

EAST MIDLAND REGION COMPETITIONS 2009

- **10th/11th January 2009** – City of Derby 7th Long Course Level 1 Licensed Open Meet at Ponds Forge, Sheffield. For more information please contact: openmeets@coderby.org.uk
- **1st February 2009** – Long Eaton 2009 at Queens LC, Derby, 25m. For more information please contact: john.hidle@ntlworld.com
- **11th/12th April 2009** – City of Lincoln Pentaqua Easter Extravaganza Mid-Distance Meet at Grantham Meres LC, 25m. For more information please contact: graham.smith@pentaqua.co.uk
- **11th/12th April 2009** – Derventio Excel 3rd Open Meet at Ponds Forge, Sheffield, 50m. For more information please contact: andy.smithurst@yahoo.co.uk
- **18th/19th April 2009** – Radford SC 27th Level 1 Open Meet at Ponds Forge, Sheffield, 50m. For more information please contact: phillip_duckworth_43@hotmail.com
- **25th/26th April 2009** – City of Derby 26th Short Course Open Meet at Queens LC, Derby. For more information please contact: openmeets@coderby.org.uk
- **4th July 2009** – City of Derby 2009 “B” Grade Open Meet at Queens LC, Derby, 25m. For more information please contact: openmeets@coderby.org.uk

County Championships 2009

Leicestershire

- 28th February/1st March 2009 – Loughborough University Pool, 50m
 - 7th/8th March 2009 – Loughborough University Pool, 50m
 - 14th/15th March 2009 – Braunstone Leisure Centre, 25m
- For more information please contact: Carole Lister (caroleandalan@minke.co.uk)

Lincolnshire

- 14th/15th February 2009 – Meres Leisure Centre, Grantham, 25m
 - 14th March 2009 – Meres Leisure Centre, Grantham, 25m
 - 21st March 2009 – Meres Leisure Centre, Grantham, 25m
 - 28th March 2009 - Meres Leisure Centre, Grantham, 25m
- For more information please contact: Sheila Smith (01522 808129)

