



Sunday 22nd June 2014

Swan Pool, Sandwell Valley Country Park, Park Lane/Forge Lane,

WEST BROMWICH, B71 3SZ

We are having an OPEN WATER Event in the West Midland Region 2014, come and support us, and have a go at Open Water Swimming.

Are you new to Open Water swimming? Want to have a go? Then our 750m event is for you. This event is for anyone who has not previously done any open water swimming.

If you are an Open Water swimmer and want to get an OW swim before your Regional Championships, come and join us and have a go at the 1500m and/or 3000m swim.

Further information and entry form can be found on

www.westmidlandswimming.org

or contact West Midland Region Open water Secretary by email

childs234@btinternet.com