

**Invitation**  
**SUNDAYS WELL SWIMMING CLUB**  
**CORK**  
**IRELAND**  
Affiliated to Swim Ireland.                      Founded 1924

*Sundays Well Swimming Club invite you to compete at the*

**Michael Bowles Festival of Sprint Swimming**  
**12th & 13th Dec '09**

50's in all strokes PLUS 4 X 50m relays in all strokes.

For further details please contact Ann O'Toole (Secretary)  
085 8478845 or 021 4364887  
e-mail: [kams@eircom.net](mailto:kams@eircom.net)

Come and join us for a festival of fast swimming and fun for all.

**AGE GROUPS:**

Under 11                      Under 13                      Under 15                      Open

**VENUE: LEISUREWORLD, BISHOPSTOWN, CORK, IRELAND.**  
**25M Complex**

**Special accommodation rates available on request.**