



Ages 40 & up  
Every 5-Year  
Divisions



GOLD  
SILVER  
BRONZE  
MEDALS

# ARKANSAS OPEN

## SWIM MEET

**Saturday, November 18, 2023**  
**3:00pm @ University of Central Arkansas (UCA)**  
**CONWAY, AR.**

Presented by  
**UAMS Health Ortho & Sports Medicine**



**Mens/Womens**

**Age Groups**  
40-44, 45-49,  
50-54, 55-59, etc

Freestyle  
Backstroke  
Breaststroke  
Butterfly  
Indiv. Medley

**SIGNUP** at: [www.arseniorolympics.org / swimming](http://www.arseniorolympics.org/swimming)

Benefiting the Arkansas Senior Olympics, a 501(c)3 non-profit

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Contact **Greg Eberdt 501-321-1441**

