



G.C International Open Masters Tenerife 9 th of February 2013

WWW.GLEN-CHRISTIANSEN.COM

Sign up for this unique competition where you will have the chance to compete in both long-course and short-course pool during one day! After the competition there will be a party with BBQ and music for a competitors. The competition will take place during Glen Christiansens flex camp in Tenerife where you can join in from the 3rd to the 17th of February 2013.

Program 50m pool

200m IM women and men
50m freestyle women and men
200m breaststroke women and men
50m backstroke women and men
200m freestyle women and men
50m butterfly women and men
200m backstroke women and men
50m breaststroke women and men
200m butterfly women and men

Program 25m pool

100m butterfly women and men
400m freestyle women and men
100m backstroke women and men
100m breaststroke women and men
400m IM women and men
100m freestyle women and men

Get more info at www.glen-christiansen.com or contact me at info@glen-christiansen.com

