



Phoenix Masters Swimming Club
GAUTENG MASTERS SWIMMING ASSOCIATION



Date:	Saturday, 23 th Feb 2018	Time:	12.00 to 12.30 Registration – Gala starts 13H00
Venue:	ELLIS PARK Cnr North Lane & Erian Str, Doornfontein, Johannesburg		

Event No.	Event	Estimated Time
1	800m Freestyle	
2	100m Freestyle	
	10-minute break	
3	50m Backstroke	
4	100m Butterfly	
5	50m Freestyle	
6	100m Breaststroke	
	10-minute break	
7	100m Backstroke	
8	50m Butterfly	
9	200m Freestyle	
10	50m Breaststroke	
11	4 x 50m Freestyle Relay	One team member to co-ordinate
12	4 x 50m Freestyle Relay (Mixed)	One team member to co-ordinate

- A swimmer may enter a maximum of 4 events
- The order of events must be strictly adhered to
- Please **circle the event number** of each event entered
- Submit for each event a recent or reasonable time, failing to do so will result in no seeding
- Please call for 3 (**three**) timekeepers when you swim, if you are attempting to break a record or qualify for South African Colours
- Entry fee is **R100-00** regardless of how many events you enter, late entries fee on the day is **R150-00**. All payments on the day.
- Pre-entries can be emailed to Lara Wantenaar – lara.wantenaar@gmail.com
- **CLOSING DATE** for pre-entries is 10.00am **Friday 22nd February 2018**

WAIVER: - **By entering**, I agree that I participate at my own risk, waive any claim arising from or connected with any injury or loss that I may sustain while, or as a result of, participating in any Masters Swimming or related activity whether caused by negligence or otherwise against the Gauteng Masters swimming and South African Masters Swimming, their officers, members, employees, agents and assistants and indemnify them in respect of any claim against them arising from my participation in Masters Swimming or related activity.

FIRST NAME:		SURNAME:	
CLUB:		DATE OF BIRTH:	
SIGNATURE:		GENDER:	M F
CONTACT NO:		E-MAIL ADDRESS:	