



GAUTENG MASTERS SWIMMING



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Web page: <http://www.samastersswimming.com>

Inter-Regional Gala 2019

Date:	Saturday 9th March 2019	Times:	
Venue:	St Stithians	12H00 – 12H30	Late registration & Payment
Address	40 Peter Place - Sandton	13H00 (1PM)	Start

MIXED		Event
Event No.	Estimated Time	
1		200m Individual Medley
		5 Minute Break
2		50m Breaststroke
3		100m Backstroke
4		50m Butterfly
		10 Minute Break
5		50m Freestyle
6		100m Breaststroke
7		50m Backstroke
8		100m Butterfly
		5 Minute Break
9		100m Freestyle

- A swimmer may enter a maximum of **4 events**.
- 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 ask for 3 (**three**) timekeepers at the start of your event if you are attempting to break a record or qualify for South African Colours.
- Pre-entry fee is **R100.00** regardless of how many events you enter, Late entry fee on the day is **R150.00**
- All payments to be made on arrival at the pool (from 12H00 onwards)
- **CLOSING DATE** for pre-entries is **Friday 8th March 2019 - AT 14H00**
 - Fax: **GUY HARKER +27 11 996 0010**
(please confirm with Guy (083 461 0884) that your fax has been received)
 - E-mail: carole.bridges@clover.co.za

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:		SEX (M / F)	
EMAIL:		CELL NO:	