

**TSHWANE MASTERS SWIMMING LONG COURSE CHAMPIONSHIPS 2019 THURSDAY,
14th AND SATURDAY, 16th FEBRUARY AT HILLCREST POOL, PRETORIA**

PLEASE COMPLETE THE ENTRY FORM BELOW:

(kindly circle and enter a time for the events in which you are competing)

SURNAME..... FIRST NAME..... M/F.....

CLUB..... REGION..... EMAIL.....

Date of birth..... Age (as at **31/12/19**)..... (Tel/Cell)

SESSION ONE – THURSDAY 14TH FEB 6:00pm (Registration 5:15 to 5:45pm) Note 1						
LADIES	ESTIM.	EVENT			ESTIM.	MENS
EVENT	TIME				TIME	EVENT
1		1500m	FREESTYLE	(Note 2)		2
3		800m	FREESTYLE	(Note 2)		4
5		400m	FREESTYLE	(Note 2)		6
7		400m	IM			8
		200m	ANY STROKE	(Note 4)		
SESSION TWO - SATURDAY 16th FEBRUARY 13h00 (Registration 12h15-12h45)						
9		100m	BACKSTROKE			10
11		50m	BREASTSTROKE			12
13		200m	IM			14
15		200m	FREESTYLE			16
		10 MINUTE BREAK				
17		100m	BUTTERFLY			18
19		50m	FREESTYLE			20
21		200M	BREASTSTROKE			22
23		200m	BACKSTROKE			24
		10 MINUTE BREAK				
25		100m	BREASTSTROKE			26
27		50m	BUTTERFLY			28
29		50m	BACKSTROKE			30
31		100m	FREESTYLE			32
33		200m	BUTTERFLY			34

1. Freestyle events in session one may be run simultaneously. Kindly select your preferred event.
2. A swimmer may include their 800 and 400 Free as part of their 1500 or their 400 Free as part of their 800 Freestyle. **Each event is payable.**
3. A swimmer may do a 200 event in session 1 in lieu of doing the event in session 2.
4. Please state the event no. for the 200 that you choose to swim in Session 1.

PRE-ENTRIES ONLY PRE-ENTRIES ONLY PRE-ENTRIES ONLY

**COST FOR PRE-ENTRIES: Tshwane Masters R10 per event, Non-Tshwane Masters R20 per event.
 Pay on arrival at the pool.**

If you have entered, and do not take part, you will still be liable for payment. **Kindly abide by this ruling.**

Please either FAX ENTRIES to Derek: 086 548 3092 or E-MAIL to Derek: fyfe@lantic.net

Cut-off : Long events by Thursday 14 February: Midday 12h00

Cut-off: Short events by Friday 15th February: Midday 12h00

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 Tshwane Masters Swimming Club and Tshwane Masters 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.

NB. Please call for 3 timekeepers if attempting a record. Signature.....