



Frosbite 2

WAHOO AQUATICS CENTRE
(College Drive, off Maxwell Drive, Sunninghill)

SATURDAY 8th June 2019

<i>Registration 13:00 – 13:30 Start 14:00 sharp</i>		
EVENT	ENTRY TIME	EVENT
1		400 IM
2		25 Freestyle
3		100 Backstroke
4		50 Butterfly
5		50 Breaststroke
6		100 Freestyle
10 Minute Break		
7		50 Backstroke
8		25 Butterfly
9		200 Freestyle (Own Stroke)
10		50 Freestyle
11		25 Backstroke
12		100 IM

- A swimmer may enter a maximum of **4** Individual events as well as the 25m events.
- Please circle the event number of each event entered and submit for each event a REASONABLE time.
- Please call for 3 (three) timekeepers when you swim if you are attempting to break a record or qualify for South African Colours – if possible mark on your entry so we can try to prepare enough timekeepers ahead of time.
- A swimmer must be a **registered member of a master's club on the day of the gala** otherwise a GMS or SAMS record or SAQT time will not be recognised.
- Entry fee is **R120** regardless of how many events you enter if you **pre-enter and have not already paid for the series**. Payable on the day.
- **Late entries will cost you R150.**
- Closing for pre-entries - Friday 7th June 2019 at 3pm
- Email to wahoomastersswimming@gmail.com
- Warm-up pool available. Snacks and drinks will be on sale at the Pool.
- Coffee will be on offer to all participants

INDEMNITY:

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 Wahoo Masters Swimming Club, 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.

PLEASE COMPLETE IN BLOCK LETTERS

First Name		Surname	
Club		Birth Date	
Gender		Age (on 31/12/2019)	
Cell No:		Email address	