



**PRE ENTRIES ONLY**

**SOUTH AFRICAN SHORT COURSE CHAMPIONSHIPS - 2019**

REGIONAL HEAT HOSTED BY GAUTENG MASTERS SWIMMING ASSOCIATION

<b>Date:</b> 19 October 2019		<b>Time:</b> 13H00	<b>Register:</b> 12H30 – 13H00
<b>Venue:</b> WAHOO AQUATICS, SUNNINGHILL			
<b>MIXED</b>		<b>EVENTS</b>	
<b>Event No.</b>	<b>Estimated Time</b>		
1		100m Freestyle	
2		400m Individual Medley	
		<b>10 minute break</b>	
3		50m Backstroke	
4		100m Butterfly	
5		50m Breaststroke	
		<b>10 minute break</b>	
6		200m Backstroke	
7		50m Freestyle	
8		100m Breaststroke	
9		50m Butterfly	
		<b>10 minute break</b>	
10		100 Individual Medley	
11		800m Freestyle	

- The order and numbering of events must be strictly adhered to.
- A swimmer may enter a maximum of **6** events and compete in **one** Regional championship gala.
- Please circle the selected event numbers and submit for each a recent or reasonable time, **failing which you will NOT be entered.**
- Call for 3 (**three**) timekeepers if you are attempting to break a record or qualify for SAMS Colours. Please note - a swimmer must be a SAMS Registered Masters Swimmer before or on the day of the gala in order to participate.
- Entry fee is **R100** regardless of how many events you enter. **Pay at the pool on the day.**
- **PRE-ENTRIES ONLY:** **CLOSING DATE** for entries is 15H00 on **18th OCTOBER 2019.**
- Pre-entries to be emailed to ***GautengMastersSwimming@gmail.com***

**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 Association 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.

<b>FIRST NAME:</b>		<b>SURNAME:</b>	
<b>CLUB:</b>		<b>DATE OF BIRTH:</b>	
<b>TEL/CELL No:</b>		<b>GENDER (M / F)</b>	
<b>E-MAIL:</b>			