



GAUTENG MASTERS SWIMMING ASSOCIATION

PHOENIX MASTERS SWIMMING CLUB

Email: phoenixmastersswimming@gmail.com
 Web page: <http://www.samastersswimming.com>



Date:	Saturday, 25 th January 2020	Time:	Registration: 1.00 to 1:30 Gala starts 14.00
Venue:	<u>Wits Education Campus, Parktown</u>		

Event No.	Event	Estimated Time
1	400 Freestyle	
2	50m Breaststroke	
3	200m Backstroke	
4	50m Butterfly	
	10 minute break	
5	50m Freestyle	
6	50m Backstroke	
7	200m Butterfly	
8	100m Breaststroke	
	10 minute break	
9	200m Individual Medley	
10	100m Freestyle	

- A swimmer may enter a maximum of 5 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**. Payment on the day.
- Pre-entries can be emailed to Lara Wantenaar at: phoenixmastersswimming@gmail.com
- **CLOSING DATE** for pre-entries is 10.00am **Friday 24th JANUARY 2020**

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, Phoenix 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
CONTACT NO:		E-MAIL ADDRESS:		