

TSHWANE MASTERS SWIMMING - LONG COURSE CHAMPIONSHIPS 2020
DATES - THURSDAY, 13th AND SATURDAY, 15th FEBRUARY
VENUE - HILLCREST POOL, PRETORIA

First Name		Gender	
Surname		DOB	
Club		Age on 31/12/2020	
Region			
Email			
Cell no			

<p>PRE-ENTRIES ONLY</p> <p>Entry fee is R100, being a flat rate for both days, Thursday 13th and Saturday 15th February. Swimmers may only swim 8 events over the two days.</p>
<p>Pay on arrival at the pool.</p>
<p>If you have entered, and do not swim, you will still be liable for payment. Kindly abide by this ruling.</p>

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

SESSION ONE - THURSDAY 13th FEBRUARY – 18h00 (Registration 17h15 - 17h45)				
LADIES EVENT	ESTIM. TIME	EVENT	ESTIM. TIME	MENS EVENT
1		1500m FREESTYLE - Note 1		2
3		800m FREESTYLE - Note 1		4
5		400m FREESTYLE - Note 1		6
7		400m IM		8
		200m ANY STROKE - Note 2		
SESSION TWO - SATURDAY 15th 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

IMPORTANT NOTES

1. Freestyle events in session one on Thursday 13th may be swum simultaneously. This means that a swimmer can indicate their 400m and 800m freestyle as part of their 1500m, similarly they may swim 400m as part of their 800m. Should the swimmer choose one of the abovementioned options, each distance would contribute to the 8 events allowed to swim.
2. A swimmer may do a 200 event in session 1 in lieu of doing the event in session 2. Please state the event no. for the 200m that you choose to swim in Session 1.

<p>E-MAIL ENTRIES to Debbie - coelacanthsmc@gmail.com Cut-off: Long events by Thursday 13th February - Midday 12h00 Cut-off: Short events by Friday 14th February - Midday 12h00</p>
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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	
Date	