



Date:	Saturday, 22 th Feb 2020	Time:	13.00 to 13.30 Registration – Gala starts 14H00
Venue:	ST STITHIANS SCHOOL 2 Chapel Drive St Stithians College, Lyme Park, Sandton		

Event No.	Event	Estimated Time
1	800m Freestyle	
2	100m Freestyle	
	10-minute break	
3	4 x 50m Freestyle Relay (Mixed)	One team member to co-ordinate
4	4 x 50m IM Relay (Mixed)	One team member to co-ordinate
5	50m Backstroke	
6	100m Butterfly	
7	50m Freestyle	
8	100m Breaststroke	
	10-minute break	
9	100m Backstroke	
10	50m Butterfly	
11	200m Freestyle	
12	50m Breaststroke	

- A swimmer may enter a maximum of 4 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**. All payments on the day.
- Pre-entries can be emailed to Lara Wantenaar – phoenixmastersswimming@gmail.com
- **CLOSING DATE** for pre-entries is 10.00am **Friday 21st February 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, 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:		GENDER:	M F
CONTACT NO:		E-MAIL ADDRESS:	