



GAUTENG MASTERS SWIMMING



Email: gautengmastersswimming@gmail.com
Web page: <https://www.samastersswimming.com/regions/gauteng/>

Inter-Regional Gala 2020

Date:	Saturday 7th March 2020	Times:	
Venue:	Wits Education Campus Pool	Late registration & Payment	13H00 – 13H30
Address	1 Jan Smuts Avenue, Braamfontein	Start	14H00

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

Please join us at the Sunnyside Park Hotel, Princess of Wales Street, Parktown, Johannesburg for refreshments and prize-giving after the gala

- A swimmer may enter a maximum of **4 events**. Princess of Wales Street, Parktown, Johannesburg
- 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
- Pre-entry fee is **R100.00** regardless of how many events you enter, Late entry fee on the day is **R150.00**
- **CLOSING DATE** for pre-entries is **Friday 6th March 2020 - AT 16H00**
- Pre-entries pay on arrival at the pool (between 13H00 and 13H30)
- **E-mail:** gautengmastersswimming@gmail.com

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:	
GENDER (M / F)		CELL NO:	
E-MAIL:			