



KZN MASTERS SWIMMING GALA

Venue – WERDA School Swimming Pool, 90 Parkside Road, Hillary

Date – Saturday 7th November 2020

Start – warm up from 13h00. Gala starts at 13h30

MIXED Event No	EVENT
1	200M INDIVIDUAL MEDLEY
	5min Break
2	100M BACKSTROKE
3	50M BUTTERFLY
4	50M BREASTSTROKE
5	100M FREESTYLE
	10min Break
6	100M BREASTSTROKE
7	50M BACKSTROKE
8	100M BUTTERFLY
	5min Break
9	50M FREESTYLE

NOTE

- Each swimmer may enter a maximum of **6** events
- Please **circle the event number** of each event entered
- Please call for 3 (**three**) timekeepers when you swim, if you are attempting to break a record or qualify for South African Colours
- More details/rules of the gala etc. will be sent to each entered swimmer
- No spectators-unless they are prepared to help as Covid Compliance staff / time keepers (let us know if you have done a time keepers/judges course)

- **Level 1 COVID protocols will be in place**

ADD YOUR SSA COVID registration no- leave blank if no number yet

PLEASE PRINT CLEARLY:

First name	
Surname	
Club	
DOB	
Cell no	

**PRE-ENTRIES ONLY
Close Friday 30th Oct**

NO LATE ENTRIES

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 KZN Masters and South African Masters Swimming, their officer, 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

Sign _____