

TSHWANE MASTERS INTER-REGIONAL GALA

Venue – Hillcrest Swimming Pool, Pretoria

Date – Saturday 7th November 2020

Start – 14h00

WOMEN		EVENT	MEN	
Event No	Est. Time		Est. Time	Event No
1		200M FREESTYLE		2
3		100M BREASTSTROKE		4
5		50M BUTTERFLY		6
7		100M BACKSTROKE		8
9		50M FREESTYLE		10
11		200M INDIVIDUAL MEDLEY		12
		10 MINUTE BREAK		
13		100M BUTTERFLY		14
15		50M BREASTSTROKE		16
17		100M FREESTYLE		18
19		50M BACKSTROKE		20
21		4 x 50M FREE RELAY		22
23		4 x 50M MEDLEY RELAY		24

NOTE

- Each swimmer may enter a maximum of 4 events excluding relays.
- Relays will not count for points.
- Please circle the individual event number entered and submit an estimated time.
- Call for 3 (three) timekeepers for a SA, Tshwane or Gauteng record attempt.
- Mail entries and POP to - coelacanthsmc@gmail.com
- Payment on arrival or made to:
 - Tshwane Masters Swimming – Nedbank
 - Eastgate, Branch No 192405
 - Account No 192 423 9779
 - Ref - Name/InterReg

First name	
Surname	
Club	
DOB	
Gender	
Email	
Cell no	

PRE-ENTRIES
Close Friday 6th Nov 13H00
FEE: R100.00

LATE ENTRIES
Close Saturday 7th Nov 13H45
FEE: R150.00

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 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

Please join us for Braai, Rolls and Salads after the gala, R10.00 for extra visitors. Drinks for sale.