



SAMS 37TH NATIONAL SWIMMING CHAMPIONSHIPS 2021

Events Entry Form



Name of swimmer: _____ Club: _____

NB: WOMEN START FIRST WEDNESDAY & SATURDAY; MEN START FIRST THURSDAY & FRIDAY RELAYS

WOMEN		MEN	
ENTRY TIME	EVENT	ENTRY TIME	
TECHNICAL MEETING AT POOL AT 07H30			
SESSION 1- WEDNESDAY 10 MARCH AT 09H00			
1	:	200m Backstroke	2
3	:	50m Breaststroke	4
5	:	100m Butterfly	6
OPENING CEREMONY 11H30			
SESSION 2- WEDNESDAY 10 MARCH AT 13H00			
7	:	400m Individual Medley	8
9	:	100m Freestyle	10
11	NA	4x100m Mixed Freestyle Relay	11
TEAM PHOTOS on different days			
SESSION 3- THURSDAY 11 MARCH AT 08H00			
13	:	400m Freestyle	12
15	:	200m Butterfly	14
17	:	50m Backstroke	16
SESSION 4- THURSDAY 11 MARCH AT 14H00			
19	:	200m Individual Medley	18
21	:	50m Freestyle	20
23	:	200m Breaststroke	22
SESSION 5- FRIDAY 12 MARCH AT 08H00			
24	:	800m Mixed Freestyle	24
SAMS AGM			
SESSION 6- FRIDAY 12 MARCH AT 14H00			
26	NA	4x50m Freestyle Relay	25
28	NA	4x50m Medley Relay	27
29	NA	4x50m Mixed Freestyle Relay	29
30	NA	4x50m Mixed Medley Relay	30
HAPPY HOUR At Durbanville Baseball Club 18H30			
SESSION 7- SATURDAY 13 MARCH AT 08H00			
31	:	100m Backstroke	32
33	:	50m Butterfly	34
35	:	100m Breaststroke	36
37	:	200m Freestyle	38
DASH FOR CASH BY INVITATION			
39	By invitation	Backstroke Dash for Cash 50 years and over	40
41	By invitation	Backstroke Dash for Cash 49 years and under	42
AWARDS DINNER DANCE at The Quarry, Hillcrest Farm, Durbanville 18H00			

FOR OPEN WATER PLEASE COMPLETE THE SEPARATE ENTRY FORM.

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 Western Cape 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

SIGNATURE: _____ DATE: _____

SIGNATURE OF CLUB PRESIDENT: _____