

- We can only accommodate 19 teams (only allowed 2 teams per lane as per Covid regulations)
- We will therefore initially limit entries to 2 teams per club - if you are only entering 1 team please let us know so we can open up a spot for the bigger clubs
- Cost per team is R500
- Please send team name, swimmer's and counter names to mega6hour@gmail.com
- Due to Covid regulations we will unfortunately not have the braai afterwards, please bring your own snacks and drinks. We will have coffee and tea on offer
- No spectators allowed, each team will be allowed one additional person to act as counter
- Athletes and support/officials/admin staff to obtain unique nr/permit nr from SSA via "Information and Declaration by Members of SSA before activities can resume (COVID-19 compliance)" link: <https://forms.gle/FFnYFyEGBNhMSCVe8> . You can use an existing unique nr if you already have one
- Athletes and support/officials/admin staff to fill in screening form on morning of event - please print and bring with you
- Temperature screening will be done upon arrival, temperatures to be recorded in attendance register
- Athletes and support/officials/admin staff to sanitize hands upon entry into pool complex and regularly throughout the day
- Athletes and support/officials/admin staff to wear masks at all times unless eating, drinking or swimming
- Athletes and support/officials/admin staff to adhere to social distancing - only lap counter and next heat athlete to be behind the blocks under the veranda - all other athletes to be on the grassed area, properly socially distanced. Please bring gazebos and chairs