



PRE ENTRIES ONLY

**SOUTH AFRICAN MASTERS SHORT COURSE CHAMPIONSHIPS –
2020 2021 Season**

REGIONAL HEATS – HOSTED BY NMBA MASTERS SWIMMING ASSOCIATION

Date:	20 January 2021	Time: 17h45	Registration: 11 JANUARY 2021 Start Time: 18h00
Venue:	SUMMERWOOD PRIMARY SCHOOL		
PRE-ENTRIES ONLY: MIXED		EVENT	
Event No.	Estimated Time		
1		200m Individual Medley	
		10 minute break	
2		400m Freestyle	
3		50m Breaststroke	
4		200m Butterfly	
5		100m Backstroke	
		10 minute break	
6		50m Freestyle	
7		200m Breaststroke	
8		100m Individual Medley	
9		50m Butterfly	
		10 minute break	
10		50m Backstroke	
11		200m Freestyle	

- A swimmer may enter a maximum of **6** events and compete in **one** Regional championship gala.
- The order of events must be strictly adhered to.
- Submit for each event a recent or reasonable time, **failing which you will NOT be entered.**
- Please circle the event number and call for 3 (**three**) timekeepers if you are attempting to break a record or qualify for SA Colours. Please note - a swimmer **has to be a Registered Masters Swimmer** before or on the day of the gala in order to participate.
- Entry fee is **R10.00 per event – minimum entry fee is R30.00. Pay at the pool on the day.**
- **CLOSING DATE** for entries is **Monday 11 January 2021**
- Pre-entries to be or emailed to **pemastersswim@gmail.com**

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 NMBA Masters Swimming Association 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:

FIRST NAME:		SURNAME:	
CLUB:		DATE OF BIRTH:	
TEL / CELL No:		SEX (M / F)	
E-MAIL:			