



PRE ENTRIES ONLY

SOUTH AFRICAN MASTERS SHORT COURSE CHAMPIONSHIPS – 2020 2021 Season

REGIONAL HEATS – HOSTED BY Fish Eagle Masters

Date:	31 March	Time:	Registration: <u>9.30</u> Start Time: <u>10.00</u>
Venue:	<u>Glenwood house School George</u>		
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.
- 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 per event -minimum fee R30 **Pay at the pool on the day.**
- **Contact no. Jill 083 420 5029**

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 Fish Eagle Masters 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:			