



It's the LAST STRETCH only a few days left and all will be leaving home to congregate at the Port Elizabeth Pool. Training for Nationals is drawing to a close, if you haven't started yet, just wing it... by the 24th we can all sit back and say Its all done.

There are just a few notifications that we would like to share so that there is no confusion when you get to the pool.

**GALA RULES:**

Competitors must take note that the gala will be run according to FINA rules. If you require a copy of the FINA rules, they can be downloaded from the FINA Website. Please remember that all scratchings and changes must take place according to the times set out on the entry forms.

**OFFICIALS & TIME KEEPERS:**

Please guys we are in need of some time keepers even if you can help for one session it will help. Can you please complete the attached form and return it ASAP.

**800m TWO SWIMMERS PER LANE:**

Please remember that in the 800m Free there are two swimmers per lane. Heat A will start at the warm up pool side where heat B will start at the opposite side. Each swimmer will have his or her own lap counter and bell. Keep to your side of the black line. - GOOD LUCK.

**PARKING:**

On Wednesday morning for those who have paid for parking the guard at the gate will have your name on a list, he will let you in and look after your vehicle. Your parking ticket will be in your goody bag which team captains can collect at the pool on Wednesday.

**FUNCTIONS:**

A route map has been included giving directions to the function venue. May you all enjoy what has been provided for all competitors.

Just a note to remember, the theme for the Gala Dinner is NAUTICAL.

For those who will be attending the functions your tickets will be in your goody bag.

All function tickets will have to be displayed at the door so please don't loose them.

**OPENING CEREMONY:**

Opening ceremony will start at 17h00, flag bearers must please collect their flags from the LOC co-ordinator on Wednesday before the ceremony, light snacks will be provided after the formalities.

**OPEN WATER CHAMPIONSHIPS:**

We have provided a map of the event, Please take note of the start times. registration takes place at 10h00. the 1km starts at 10h15 and the 3km at 10h30.

Enough time has been allocated for competitors to get back to Port Elizabeth for the pool session that starts at 14h00.

The route to the Marina will be signposted from the freeway outside JBay.

**DASH FOR CASH:**

Prize Money has been allocated to all 8 positions in each age group so no swimmer will walk away empty handed. Good luck to all those who are swimming.

**GOODY BAGS:**

Team Captains can collect the teams goody bags at the pool on Wednesday.

**KIT:**

All kit orders can be collected at the pool on Wednesday. We do still have a few garments that we will be selling at the pool for those who missed the deadline. there are not many though.

**#wegotu**



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## Team Photographs

South African Masters Sw Champ				
South African Masters Swimming 35th LC Champs				
20-23 March 2019 at the Newton Park pool Port Elizabeth Team List				
TEAM PHOTO SCHEDULE				
	Team	Total Athletes		
1	SGSTM-FO FO-SG Stadtwerke Muenchan	1	Thursday	
2	CSCM-TSH Champion SCM	3	Thursday	
3	MARLI-FO FO-Marlins Masters ST	5	Thursday	
4	FEMS-EDD Fish Eagles MSC	12	Thursday	
5	PHOE-JHB Phoenix MSC	13	Thursday	
6	WAHO-JHB Wahoo MSC	41	Thursday	
7	PEMA-NMA PE Masters Aquatics	68	Thursday	
		<b>143</b>		
1	AQUA-JHB Aqua Athlete SCM	1	Friday	
2	INFA-NMA Infinity Swimming Academy	1	Friday	
3	FLOD-JHB Florida SCM	3	Friday	
4	BEST-NMA Bay Eagle STM	4	Friday	
5	DOLP-CPT Cape Dolphins MSC	8	Friday	
6	FRST-MAN Free State MSC	13	Friday	
7	AMAK-BUF Amakhosi MSC	33	Friday	
8	COEL-TS Coelacanth MSC	100	Friday	
		<b>163</b>		
1	TENER-FO FO-Tenerife Masters	1	Saturday	
2	FINS-MPD Fins SCM	2	Saturday	
3	DMSSG-FO FO-DMSS Gators	2	Saturday	
4	WINE-CPT Winelands MSC	5	Saturday	
5	MEGA-EKU Masters East Gauteng Aquatics	13	Saturday	
6	WATR-JHB Waterborn SCM	13	Saturday	
7	SYNR-ETH Synergy MSC	45	Saturday	
8	CPTW-CPT Cape Town MSC	60	Saturday	
		<b>141</b>		
		<b>447</b>		

### TEAM PHOTOGRAPHS:

Teams have been split into groups to have their team photographs taken in the mornings before the gala. The photographer will be at the pool from 06h30 when the pool opens. Attached is a listing of days and teams that report on the specific days. PLEASE don't be late. If you don't pitch there is no second chance for a team photograph.

The photographer will also be spending some time at the pool each day taking some action shots.

A big thank you to all the teams that supported us by taking an advert in the programme, no matter how small, it all helps.

Please!!! we are appealing to all competitors, family and friends to please put you name down for an Official session, timekeepers need not be qualified. The official dress for timekeepers is navy pants, white shirt and closed shoes

**Look Forward to seeing you all**