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| **SOUTH AFRICAN MASTERS SHORT COURSE CHAMPIONSHIPS - 2018** |

**REGIONAL HEATS – HOSTED BY <REGION>**

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| **Date:** | **….. October 2018** | | **Time:** | **Registration:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**  **Start Time:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** |
| **Venue:** | **\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_** | | | |
| **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 <Rxx.xx>regardless of how many events you enter. **Pay at the pool on the day.**
* **CLOSING DATE** for entries is <yyyy-mm-dd HH:mm>
* Pre-entries to be faxed to <……..> or emailed to <……..>

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

**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 <REGIONAL 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.