**TSHWANE MASTERS INTER-REGIONAL GALA**

 **HILLCREST POOL, HATFIELD , PRETORIA**

 **SATURDAY 17th NOVEMBER, 2018: Start: 14HOO**

 **LATE REGISTRATION AND PAYMENT 13H15 – 13H45**

|  |  |  |
| --- | --- | --- |
|  **WOMEN** |  **EVENT** |  **MEN** |
| **Event No** | **Est. Time** | **Est. Time** | **Event No** |
|  **1** |  |  **200M FREESTYLE** |  |  **2** |
|  **3** |  |  **100M BREASTSTROKE** |  |  **4**  |
|  **5** |  |  **50M BUTTERFLY** |  |  **6** |
|  **7** |  |  **100M BACKSTROKE** |  |  **8** |
|  **9** |  |  **50M FREESTYLE** |  |  **10** |
|  **11** |  |  **200M INDIVIDUAL MEDLEY** |  |  **12** |
|  |  |  **------------10 MINUTE BREAK--------------** |  |  |
|  **13** |  |  **100M BUTTERFLY** |  |  **14** |
|  **15** |  |  **50M BREASTSTROKE** |  |  **16** |
|  **17** |  |  **100M FREESTYLE** |  |  **18** |
|  **19** |  |  **50M BACKSTROKE** |  |  **20** |
|  **21** |  |  **4 x 50M FREE RELAY** |  |  **22** |
|  **23** |  |  **4 x 50M MEDLEY RELAY** |  |  **24** |

NB. Each swimmer may enter a maximum of **4** events excluding relays. Relays will not count for points.

Please circle the event number for each event entered and submit an estimated time. Ignore relays.

Call for 3 (three) time-keepers for a SA, Tshwane or Gauteng record attempt.

 **LATE ENTRIES**

 **Close Saturday 17th Nov. 13H45**

 **FEE: R130.00**

 **PRE ENTRIES**

 **Close Friday 16th Nov 13H00**

 **FEE: R100.00**

**Please note the additional R30 cost for late entries!**

**Entries to: FAX**: **086 548 3092 or E-MAIL**: **fyfe@lantic.net**

**PAY on arrival at the pool or to:**

**Tshwane Masters Swimming: Nedbank Eastgate, Branch No. 192405, Account No. 192 423 9779. Ref: Name/InterR**

|  |  |  |  |
| --- | --- | --- | --- |
| **FIRST NAME:** |  | **SURNAME:** |  |
| **CLUB:** |  | **DATE OF BIRTH:** |  |
| **SEX M/F** |  |
| **Email:** |  | **Cell No.:** |  |

**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 Tshwane Masters and South African Masters Swimming, their officer, 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.

**Please join us for Braai, Rolls and Salads after the gala, R10.00 for extra visitors. Drinks for sale.**