



ENTRY FORM 2016

Race number (official use)

One Mile (1.6km) - R 100 entry fee	
500 m Short Swim - R 40 entry fee	

SURNAME: _____ NAME: _____

EMAIL: _____ CELL: _____

DATE OF BIRTH: _____ AGE RACE ON DAY: _____ SEX: _____

MEDICAL AID: _____ MEMBERSHIP # _____

EMERGENCY CONTACT NAME: _____ TEL NO _____

I declare that: I am competent to swim the race distance in adverse conditions. I agree that I will be bound by the decisions and instructions of the event organisers and safety crew. I understand that I may be withdrawn from the race at their discretion. Liability: I agree that competitors swim entirely at their own risk. I have informed myself of the nature of the event and am aware that I may be exposed to risks that I am not normally exposed to. I voluntarily assume the risks of taking part in the event and I and my heirs, executors, administrators and assigns hereby jointly and severally irrevocably indemnify, hold harmless and expressly exempt the race organisers or persons concerned in the running of this event from any liability due to damage, loss, injury or death suffered by or to myself howsoever arising, and whether sustained directly or indirectly or in consequence of any act of commission or omission.

Signature: _____ Guardian (if under 18 years): _____

All swimmers are required to wear brightly coloured swim caps.
 Compulsory race briefings will take place at the starting points of each race 30 minutes before the start.
 The 500 m event will start at 09:30 and the One Mile event will start at 10:00
 Prize Giving will take place at the Port Owen Yacht Club as close to 12h00 as possible.
 Course and swimmers instructions will be finalised at the race briefings on the day. All participants are required to attend the race briefings.

Pre-entry details: (Prior to 1 November 2016 only)

Late entries to be done on race day at venue.

EFT payments into the following banking account:

Account name: V van Dalen

Capitec Savings Account Number: 1368630004

Branch Code: 470010

Reference: Your name and surname

Email proof of payment and completed entry form to vania.leonard@evogroup.co.za

For any queries, email or contact Vania Leonard at above details. Tel: 079 4855 355