

Individuals and Relay Teams may swim in the Fish Eagle 1000m Swim on either, or both days of the event:-

- On Friday the 11th March 2016, the event will start at 15:00; with the last swims of the evening at around 19:10 i.e. late entries on the day and registrations for the day will close at 18:10.
- On Saturday the 12th March 2016, the event will start at 08:00; with the last swims of the day at around 13:10 i.e. late entries on the day and registrations for the day will close at 12:10.

INDIVIDUAL SWIMMING

✓ Age Group Sections are as follows:

Boys / Girls	10 & Under	11 to 13 Years	14 to 16 Years	17 to 19 Years
Men / Woman	20 to 29 Years	30 to 39 Years	40 to 49 Years	50 to 59 Years
Men / Woman	60 to 69 Years	70 Years & Over		

Age group criteria – age on date of competing i.e. age on the 11th March and / or 12th March 2016.

RELAY TEAMS SWIMMING

✓ Relay Team Categories are as follows:

Primary School Teams	High School Teams	Corporate Teams	Disabled Teams	Club Teams	Social Teams
<i>School Teams will only consist of students from that specific school.</i>	<i>Corporate Teams will only consist of staff employed by the specific company(ies) and/or direct family.</i>		All welcome – Friends / Family / Clubs etc. (incl. swimming clubs)		

Relay teams may have both male and female swimmers (mixed teams welcome). A minimum of 5 swimmers per team; with a maximum of 40 swimmers in a team. Please note that should you wish to enter a relay team consisting of more than 5 swimmers you'll need to request the appropriate entry form from Fish Eagles Swimming Club (E: records@fisheagles.co.za).

ENTRIES AND PAYMENT

- ✓ **Entry Fees:**
 - Individual 1000m – R100.00 per person
 - Relay Team 1000m – R100.00 per team member e.g. 5 swimmers in a team = R500 entry fee.
- ✓ Pre-entries must be emailed to Fish Eagle Swimming Club records@fisheagles.co.za and/or handed to Sonja van Ryswyk (0826748270) with proof of payment at the Arboretum swimming pool from Monday to Thursday between 14:00 and 16:00; before the closing date (4th March 2016).
- ✓ Late entries / entries on the day of the event will be accepted, with a R10 late entry fee levied e.g. Entry fee on the day = R110.00 per individual / team member.
- ✓ In the event of electronic transfer towards payment: *No proof of payment No Registration, No Participation!* Entry forms must be completed properly and legibly. The Indemnity must be signed before entry forms will be accepted.
- ✓ **Payment Details:**
Kindly pay the total entry fees via EFT, as per the below account details, with **your surname as reference**. Please email proof of payment to treasurer@fisheagles.co.za.

Account Name: Fish Eagle Swimming Club
Bank: First National Bank
Branch Code: 220830
Account number: 62113390801
Type of Account: Current Account

✓ The Organizing Committee will not take responsibility for any participant who did not familiarize himself/herself with the competition rules.

T-SHIRTS, PARTICIPATION MEDALS AND PRIZE GIVING

- ✓ After your race, you must report to the event official to collect your participation medal and T-Shirt. Prize giving will take place Saturday, 12th March 2016, 1 hour after the last swimmer finishes. First, second and third places Age Group Medals will be awarded at Prize Giving. The decision of the organizing committee is final.

Medals for Each Age Group (Individuals)

- ✓ 1st place in age categories - GOLD
- ✓ 2nd place in age categories - SILVER
- ✓ 3rd place in age categories - BRONZE

All other swimmers finishing within 40 minutes receive a participation medal on completion of their swim.

Medals for Relay Teams

✓ 1 st Primary School Team (to Grade 7)	- GOLD	✓ 1 st Corporate Team	- GOLD
✓ 1 st High School Team (Grade 8 to 12)	- GOLD	✓ 1 st Disabled Team	- GOLD
✓ 1 st Social Group	- GOLD	✓ 1 st Club Team	- GOLD

All Team Swimmers finishing within 40 minutes receive a participation medal on completion of their swim. Only Teams of 5 Swimmers are eligible for the Gold medals in the respective Relay Team Categories.

Trophies

✓ Youngest competing Swimmer	✓ Oldest competing Swimmer
✓ Most entries by School	✓ Most entries by Disabled Team
✓ Most entries by Companies	✓ Most entries by Clubs
✓ Most entries by Social Groups	✓ Most number of 1000m Swims at the event
✓ Overall fastest 1000m Swim by an Individual	✓ Overall fastest 1000m Swim by a Team

OTHER IMPORTANT INFORMATION

- ✓ Keith Eaton of K&R Entertainment ... Radio presenter, Sport announcer, Commentator extraordinaire, will be our MC at the Fish Eagle 1000m Swim on the 11th & 12th March 2016!
- ✓ Our FESC learn to swim instructors will be available to offer short free lessons in the shallow end of the pool on the 11th & 12th March 2016!
- ✓ Refreshments will be on sale at pool. Please remember to bring your chairs / picnic blankets / gazebos with you!
- ✓ Should you require any further information about this event, kindly contact Fish Eagle Swimming Clubs' secretary, Angela Mittermayer via email – secretary@fisheagles.co.za – Thank you!

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