

LowMed

Open Water Swim

4 February 2018

Registration from 07:00

event time	distance	entry fee
08:00	5000m	R250
09:00	3000m	R230
09:45	1500m	R180
10:15	750m	R150
10:30	400m	R120
after 400m	100m	R50

Download entry forms from
www.lowmed.co.za

no cap - no race

 @LowMedHealthSport
 www.lowmed.co.za

Enquiries:
Elize Maas - 013 741 1820
30 Orange Street, West Acres, Nelspruit



4 February 2018

Longmere Dam, Lowveld Canoe Club

Name: _____
Surname: _____
Gender: Male ___ Female ___
ID Number: _____ Age: _____
Contact no.: _____
E-mail address: _____
Medical Aid: _____
Medical Aid no.: _____
Emergency Contact Details: Name: _____
Cell no.: _____

Event Distances (mark with X)

5000m (R250)
3000m (R230)
1500m (R180)
750m (R150)
400m (R120)
100m (R50)

Age Categories (mark with X)

Junior		Open (14-30yr)		Veterans (31yr-older)	
Boys	<input type="checkbox"/>	Men	<input type="checkbox"/>	Men	<input type="checkbox"/>
Girls	<input type="checkbox"/>	Women	<input type="checkbox"/>	Women	<input type="checkbox"/>

All entrants participate entirely at their own risk and agree that they shall have no claim whatsoever against the organising body, sponsors, helpers and owners of support services in the event of any injury, loss or damage that a participant may suffer personally or to property, caused directly or indirectly by negligence, accidental or otherwise by anyone of the above mentioned parties or any third party not associated with the race itself.

I agree

Signature of entrant/guardian: