



Western Province Open Water Challenge Two

Saturday, 26th November 2011

Hosted by Western Province Aquatics

Sanctioned by Swimming South Africa
ASHANTI DAM, PAARL

EVENTS AND CATEGORIES:			
Event 1	08h00	10km	Mixed
Event 2	08h00	5km	Mixed
Event 3	11h30	3km	Mixed
Event 4	12h40	1km	Mixed
Event 5	13h20	400m Fun	Mixed (for beginners and first time swimmers - may not enter any of above events as well)

Events 1 & 2 will be swum simultaneously. Swimmers entering for the 5km event will be required to leave the water on completion of 5km. Swimmers entering for the 10km will only receive the time for the 10km event i.e. they may not receive a time for the 5km event as well.

Age Groups for medals :		
10km	16 & Over	Male & Female
5km	14-15; 16 -30; 31 & Over	Male & Female
3km	11-13; 14-15; 16-30; 31 & Over	Male & Female
1km	11 & Under; 12-13; 14-15; 16-30; 31 & Over	Male & Female
400m	All ages	Male & Female

Depending on number of entrants, additional age groups may be brought in

Prizes : Medals and prizes will be awarded for 1st, 2nd & 3rd places in all events. Competitors must be present to receive prizes/medals

Closing date for entries : Friday, 18th November 2011

Registered & Non-registered swimmers' pre-entries will close at 12 noon on Friday, 18th November 2011. Thereafter, and on race-day, entries will incur an additional late entry fee of R30 per event. Registered swimmers **must** enter through their clubs on Team Manager.

Non-registered swimmers must utilise the on-line entry forms on the website, and then submit proof of payment to either Fax no: 086 5020968 or email to : wpamarketing@icon.co.za, by 12 noon on Friday, 18th November 2011

Entry fees : R100.00 for 10km, R90.00 for 5km, R80 for 3km. R70.00 for 1km. R30.00 for 400m

WPA Website : www.wpaquatics.com

