



The 2019 Singleton Sundial Swims Entry Form

Please read and sign the Participant Agreement and complete and post this form.
No entries accepted after the Autumnal Equinox - 9.00am, 21st March 2019.

Participant Agreement – Please Read and Sign

I have read the Conditions of Entry and I understand that I should not participate in any of the Singleton Sundial Swims unless I have achieved an appropriate level of fitness through training. I verify that I am aware of the risks involved, and that I am sufficiently fit to take part in all the Singleton Sundial Swims. I will not hold Singleton Masters Swimming Club Inc. responsible or accountable for any injury or illness sustained as a result of participating in the Singleton Sundial Swims. **Participant's Signature:** _____

Participant Details

Name: _____ Registration Number: _____

Choose an Achievement certificate, or Secret Society of Sundial Swimming membership certificate? (Please indicate one choice only): _____

Email Address: _____

Club Name: _____ Club Code: _____

Club Postal Address: _____

Send Entries to:
singletonmsc@hotmail.com

or

2019 Singleton Sundial Swims
12 Brucedale Ave
Singleton NSW 2330

Entry Fee Payments (A\$12.00)

Direct Deposit:

Acc Name: Singleton Masters Swimming Club

BSB: 650 300

Acc Number: 509076200

Cheques should be made payable to: -

Singleton Masters Swimming Club





The 2019 Singleton Sundial Swims Conditions of Entry

- All swims must be completed between January 1st and December 31st, 2019
- Swims may be completed in either a 25m or 50m pool
- Participants may complete the swims in any stroke.
- Entries will be accepted until the 2019 Autumn Equinox – 9.00am Thursday 21st March 2019, and must be submitted on the official nomination form
- Sundial Swimmers must be financial members of Masters Swimming Australia, or of their own country's official Masters Swimming body.
- All Participants who complete the 12 swims of the Singleton Swim in 2019 automatically become members of the Secret Society of Sundial Swimming and will receive a membership certificate, or a Certificate of Achievement. Certificates will be posted to the Club Postal Address, or the nominated Postal Address recorded on the Entry Form.
- Swims can be completed at the convenience of the Participant. A recommended program is to complete one Sundial Swim per month.
- Swim the 400m and 800m swims then submit your times for the Endurance 1000 program!
- 100m, 200m, 400m, and 800m events contested during Masters Swimming Australia sanctioned swim meets may be submitted and will be accepted after verification by SMSC.
- SMSC reserves the right to accept or reject any entry received.
- **Note:** It would greatly assist the SMSC if the Sundial Swim Recording Sheets can be posted monthly. All Recording Sheets must be received by January 17th, 2020.

