

 **SAMS WINTER CHALLENGE 2016**

**VISITORS WELCOME**

***ALL PROCEEDS TO GO TO <A NOMINATED CHARITY>***

The Province Winter Challenge 2015 has 3 categories:

* 1 Hour Individual Challenge
* 1 Hour Relay Challenge (for teams of 4)
* 1 Hour Mile Challenge

**1 Hour Individual Challenge: Entry Fee: R ………….. per Swimmer**

In this challenge, a swimmer swims as far as he/she can in one (1) hour in a standard pool (25m or 50m) during the month of **August 2015**

**WFC Mile Challenge: Entry Fee: R…………… per swimmer**

The challenge is to swim the 4 different strokes as well as an IM. The objective is not to swim the same stroke twice. It is up to the swimmer to decide which stroke to swim for the indicated distances. The challenge needs to be done consecutively but it does not matter how long it takes. However, rest should only be taken between distances. The amount of rest time is up to each individual. The statistic for this event would be to see how many swimmers did level 1, or 2 or 3.

**1 Hour Relay Challenge: Entry Fee: R………….. per team**

In this challenge, teams of 4 swimmers will relieve one another and see how far they can swim in one (1) hour in a standard pool (25m or 50m). Normal relay rules apply.

**General Rules:**

 1.The3 challenges may be held on separate days: this could mean that a person could swim in the

 1 Hour Fitness Challenge/Mile Challenge and then form part of a relay on another day.

 2. The challenge must be done in the month of August, 2016

 3. The Relay Challenge may not be used as part of the Individual Challenge.

**Optional - Sponsorship Form:**

An individual may be sponsored e.g .**50c** per metre by their family, friends or employers.

A separate form is attached for this purpose.

All proceeds will be **donated to <a charity chosen by the Region’s committee>**.

All completed forms to be emailed to nominated person’s email address or faxed to **………………………………** Monies can be paid on the day on the day or deposited into:

Bank Details**: ………………………………………………………………………………………………………………**