SOUTH AFRICAN
K 4 MARATHON CHAMPIONSHIPS
2ND & 3RD August 2014
Umzinyathi Canoe Club, Shongweni Dam

Saturday start 08h00 and Sunday start 08h00

ENTRY FORM

One Form per K4 Team

Full Names: ……Age……CSA no:……..

……..……..Age……CSA no:……..

……Age……CSA no:……...

……Age……CSA no:…….

NOTES:-

K4 racing events will be held in the following categories subject to the conditions below: Male and Female – U14 – U16 - U18 - U21 - Senior - Sub Veteran –Veteran - Sub-Master - Master - Sub-Grand Master - Grand Master.

Categories will be combined where insufficient entries are received. Three boats are required for a category to be raced. Awards will be in accordance with the CSA regulations - 3 boats for Gold and 5 for Silver and Bronze as well. Age groups are all calculated according to the current ICF age category rules.

ENTRY FEE: **R200.00 Senior and R100.00 per Junior**

ENTRIES CLOSE: 30th August 2014

We will try to accommodate as many teams as possible with K4 boats once entry has been received!

Queries: Allan Westwood awestwood@healthandwealth.co.za, 082 371 4925