

VIKAMP / TETRATHLON

3-Day Clinic for beginners and advanced levels for male and female (7 – 70+ years) 15 – 17 December 2022 at Paul Roos Gymnasium, Stellenbosch

Datum	:	Donderdag, 15 Desember tot Saterdag, 17 Desember 2022
Venue	:	Paul Roos Gymnasium, Suidwal, Stellenbosch at the PRG Centre and OLD Johnnie Bosman swimming pool.
Tyd	:	13:30 tot 18:30 Vierkamp (Tetrathlon)
Koste	:	Vierkamp: R600.00 sluit in die volgende: afrigting in skerm (fencing), laserpistool-skiet, swem en hardloop asook die gebruik van toerusting vir bogenoemde dissiplines vir 3 dae.

To enter, the following forms must be completed and emailed to cvvuuren@paulroos.co.za

1. Entry form / Inskrywingsvorm (page 2)
2. Indemnity form / Vrywaringsvorm (page 3)
3. Questionnaire / Vraelys (pages 4 and 5)

Sluitingsdatum/closing date: Monday, 12 December 2022 before 18:00
for the entry form only.

Successful applications will be notified via e-mail by Monday 12 December 2022 by 20:00 where after the bank details will be sent for payment, which is to be made not later than Tuesday 13 December 2022 15:00. The following documentation must also be submitted no later than 15:00 on Tuesday 13 December 2022.

1. The returned indemnity form
2. The returned questionnaire
3. Together with proof of payment

Please email proof of payment to: cvvuuren@paulroos.co.za

Bank reference: surname + clinic e.g. Walker + clinic

If two entries: surname + clinic e.g. Walker (2) + clinic

If three entries: surname + clinic e.g. Walker (3) + clinic

Toerusting (verpligtend) / Gear (compulsory): (Provided by yourself)

1. Sonbrandroom en -hoed / Sunblock cream and a hat.
2. 2 waterbottles / 2 waterbottels (plastic not glass)
3. Middagetes(toebroodjies en vrugte) / Lunches (sandwiches and fruit)
4. Swembroek, swembrille en handdoek / swimming costume, goggles and towel.
5. Running shoes, shorts / tights, vest or T-shirt

6. If you have your own please bring, fencing equipment or horse riding gear, otherwise it can be hired at the venue (included in total cost of clinic).
7. **COMPULSORY:** Asbestos or leather or cotton glove for fencing hand (NOT plastic gloves). (Own responsibility)

Kliniekbestuurder en hooffrigter: Mnr. Coenie van Vuuren – Mobile 082 599 0339

TETRATHLON / VIERKAMP Kliniek

Entry Form / Inskrywingsvorm

Athlete Surname	
Athlete Name	
Medical Aid	
Date of Birth (dd/mm/yyyy)	
Email 1 (w)	
Email 2 (H)	
Cell no (Mother)	
Cell no (Father)	
School of athlete	
Home address	

PLEASE TICK THE AGE YOU ARE TURNING IN 2023 (*Not age in 2022*)

AGE IN 2023	MALE	FEMALE
8 and under U/09		
9 – 10 U/11		
11 – 12 U/13		
13 – 14 U/15		
15 – 16 U/17		
17 – 18 U/19		
19 – 21 Juniors		
22 – 39 Seniors		
40 – 49 Masters		
50 – 59 Masters		
60 – 69 Masters		
70+ Masters		

Indemnity Form / Vrywaringsvorm

Clinic Rules

No person under the age of 18 shall be allowed to participate in the clinic without his parent signing the indemnity form and returning it via e-mail.

Indemnity

I understand the conditions and undertake to participate at my own risk. I agree that I shall have no claim whatsoever against the organizing body, individual organizer or official, marshal, assistant, helper or agent, the sponsors or any local authority or their employees, in respect of any loss or damage to property as a result of, or arising from an error caused by the organizing body, individual organizer or official, marshal, helper or agent, the sponsors or any local authority or their employees.

Name of athlete

Name of parent/legal Guardian

Signature of athlete

Signature of parent/legal Guardian
(Athletes under the age of 18)

Email the following completed and signed forms to: cvvuuren@paulroos.co.za

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|-----------------------------------------------------|------------------------------------------------|
| 1. Entry Form / Inskrywingsvorm | <i>(Monday 12 December 2022 before 18:00)</i> |
| 2. Indemnity Form / Vrywaringsvorm | <i>(Tuesday 13 December 2022 before 15:00)</i> |
| 3. Clinic Questionnaire / Vraelys | <i>(Tuesday 13 December 2022 before 15:00)</i> |
| 4. EFT proof of payment / Bewys van betaling | <i>(Tuesday 13 December 2022 before 15:00)</i> |

EFT Reference / Bewys van betaling: Surname + Clinic (e.g. Smit + Clinic)

All payments and proof of payments must be finalised by Tuesday 13 December 2022 at 15:00.

No cash payments on day of start.

CLINIC QUESTIONNAIRE / KLINIEK VRAELYS

Athlete's name & Surname: _____

Date of birth (dd/mm/yy): _____

Your age in 2023 (**NOT 2022**) _____

A) SWIMMING INFO / FREESTYLE

NB. Applicants must at least be able to swim 50m on their own.

- Your swimming times (if available) for:
 - 50m _____
 - 100m _____
 - 200m _____
- Name of swimming club (if applicable) _____
- Highest swimming level achievement up to now (for eg: New Level 1 / 2 / 3 or SANJ).

B) RUNNING INFO (SPRINT & MIDDLE DISTANCES)

- Your running times (if available) for:
 - 400m _____
 - 800m _____
 - 1500m _____
 - 3000m _____
- Highest running level achievement: _____

C) PISTOL SHOOTING INFO

- How long have you been shooting pistol? _____
- Have you had lessons before? If so, how many? _____
- How many pentathlon / triathlé / laser-run events have you done up to now? _____
- Do you own a laser pistol? _____

D) FENCING INFO

- How long have you been fencing? _____
- How many fencing lessons have you had? _____
- What was your highest fencing level of achievement up to now? _____
- Tick the fencing equipment you own: (or write NO)
 - Jacket
 - Breeches (trousers)
 - Plastron (under jacket)
 - Mask
 - Epee (sword)
 - Glove – (own) compulsory
 - Body wire