



# Open Water Swim

Lorrain Dam, Elgin Valley - Grabouw

**Date: Sunday 28 January 2024**

[Click for Location](#)

**ENTRIES CLOSE 26 JANUARY 2024**

This is a sanctioned event and times can be used to qualify for SA Open Water Nationals

**Event 1 8:00 am 5 km / 7.5 km / 10 km R300.00 p/entry**

**Event 2 11:00 am 3 km R280.00 p/entry**

**Event 3 12:30 am 1 km R250.00 p/entry**

## Who the event is for?

- Competitive Swimmer
- Triathletes
- Open Water Swimmers
- Multisport Swimmers

**Please Note the walk from the parking to the dam is a 5-8min walk on a uneven farm road. Closed shoes recommended**

Please send entries with details below to [treasurer@ctmaquatics.co.za](mailto:treasurer@ctmaquatics.co.za) and cc [irma.come@gmail.com](mailto:irma.come@gmail.com) with POP

Name	Surname	Date of Birth	Cell	Gender	Event	Fees
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TYGERBERG AQUATICS – FNB cheque account: 50251165103

Bellville Branch – Branch Code: 200310

Reference - Name and Surname