



SSA Approved

Hosted by Mpumalanga Swimming

**LONGMERE DAM, WHITE RIVER  
9TH - 10TH JANUARY 2020**



# SSA GRAND PRIX - OPEN WATER SWIM

9th January - 3km, 7.5km & 10km  
10th January - 5km

Entry Procedures:  
Pre - Entries close on 6th January: Cost is R200.00 per event  
Late Entries close 45 minutes prior to the start of the event:  
Cost is R300.00 per event CASH  
EVENTS STARTS AT 09:00 DAILY

For more information and entry forms email:  
[openwater@swimsa.co.za](mailto:openwater@swimsa.co.za)

