

EASTERN CAPE SWIM SERIES



OPEN WATER SWIMMING ROUND THREE



SUNDAY 8 DECEMBER 2019

MARINA MARTINIQUE • JEFFREYS BAY

10km • 7.5km • 5km • 3km • 1km • 550m • 4x500m Inter Club Relay

Sanctioned by Swimming South Africa

TO ENTER GO TO: www.ecswlm.co.za

FOR MORE INFORMATION GO TO:

www.nmb-aquatics.co.za/boards/open-water-board

or contact: 084 580 8276