



SATURDAY 11 & SUNDAY 12 FEBRUARY 2012

EVENTS

SATURDAY, 11 FEBRUARY 2012

08:15 Ironman/woman, Biathlon, Disabled, Individual
 09:45 Company Team
 11:00 Non-Company Team
 12:15 Family Team

SUNDAY, 12 FEBRUARY 2012

08:30 Girls 13 years and under, Women 31 years +
 09:45 Boys 13 years and under, Men 31 years +
 11:00 Women 14 - 30 years
 12:15 Men 14 - 30 years

ENTRY CRITERIA

Swimmers who cannot swim 1600 metres in a pool in under 50 minutes are advised against entering.

All swimmers with entry times slower than 60 minutes must enter Event 1. All 70+ year olds without seeding times will be required to enter Event 1.

SEEDED EVENTS 5 to 8

ONLY swimmers seeded in the first batch (ORANGE CAP) will be eligible for prizes. The organisers reserve the right to accept seeding times outside of the seeding events. The onus is on the entrant to ensure correct seeding.

IRONMAN / BIATHLON EVENTS

POPE-ELLIS IRONMAN / IRONWOMAN

Incorporates the 2011 Comrades Marathon, 2012 aQuellé Midmar Mile and the 2012 Unlimited Dusi Canoe Marathon.

POPE-ELLIS COMRADES BIATHLON

Incorporates the 2011 Comrades Marathon and 2012 aQuellé Midmar Mile.

POPE-ELLIS DUSI BIATHLON

Incorporates the 2012 aQuellé Midmar Mile and the 2012 Unlimited Dusi Canoe Marathon.

SCORING

Competitors receive a percentage score per event based on the following formula:

"Cut-off Time" – "Participants Time" / "Cut-off Time" – "Winners Time"
 Ironman = Comrades + Dusi + Midmar / 300
 Biathlon = Comrades + Midmar / 200 or Dusi + Midmar / 200

Ironman entrants are automatically entered into the Biathlon sections. The Ironman competition will conclude with the Unlimited Dusi Canoe Marathon in 2012.

SCHOOL TEAMS - EVENTS 5 TO 8

All swimmers from the same campus of a school will qualify. Top 5 swimmers with the fastest accumulative time to count. It remains the responsibility of the entrant and school to check their details on the entry list prior to the event. **NO CLUBS.** Any postal entries received after 23 Jan 2012 WILL NOT be guaranteed category prizes.

CLUB TEAMS - EVENTS 7 & 8

All swimmers from the same registered club will qualify. Top 5 swimmers with the fastest accumulative time to count. It remains the responsibility of the entrant and club to check their details on the entry list prior to the event.

NOTE

To avoid the situation that arose in 2007 due to the extreme weather conditions, the organisers will officially announce a seeded list of elite swimmers for event 7 & 8. In the case of conditions becoming too difficult for weaker swimmers, these elite swimmers will have an opportunity to race with extra supervision.

ENTRY FEES

EVENT 1 - IRONMAN/IRONWOMAN/BIATHLONS

Received by	Mon, 23 Jan 2012	R175 (inc. T-shirt)
Cascades Mall Entries	Wed, 8 to Fri, 10 Feb 2012	R220 (NO T-shirt)

EVENT 1 - DISABLED

Received by	Mon, 23 Jan 2012	R110 (inc. T-shirt)
Cascades Mall Entries	Wed, 8 to Fri, 10 Feb 2012	R200 (NO T-shirt)
Midmar Dam Entries	Sat, 11 & Sun, 12 Feb 2012	R250 (NO T-shirt)

EVENT 1 - INDIVIDUALS

As per events 2-8

NOTE - ENTRIES RECEIVED AFTER 23 JAN 2012 ARE NOT GUARANTEED T-SHIRTS OR MEDALS OR ELIGIBLE FOR CATEGORY PRIZES**EVENTS 2 to 8**

Posted by	31 Oct 2011	R110
Posted by	1 Nov - 16 Dec 2011	R140
Received by	17 Dec - 23 Jan 2011/2012	R170
Cascades Mall Entries	Wed, 8 to Fri, 10 Feb 2012	R220
Midmar Dam Entries	Sat, 11 & Sun, 12 Feb 2012	R250

Entry forms and entry fees are per person per event. Entry fees will not be refunded under any circumstance. All entry fees are inclusive of VAT. Please enclose your entry fee with your completed entry form. Cheques and Postal Orders are to be made payable to MIDMAR MILE. Post dated cheques and entries without fees will not be accepted.

NOTES

The organisers reserve the right to accept or reject entries. Photocopies of the entry form will be accepted. Any special consideration must be applied for before 2 December 2011. A confirmation of entry will be emailed and sms'd to all entrants who enter before 23 January 2012. The organisers reserve the right to limit entries in each event. The organisers reserve the right to charge an administration fee for changes to a captured entry.

TEAM EVENTS

Minimum of 3 entrants and maximum of 5 entrants per team. Top 3 finishers per team to count. Fastest accumulative time will win. Male and Female swimmers may be included in a team. All 5 team members qualify for category prizes.

COMPANY TEAMS

All team members must be permanent employees of the same Company.

NON-COMPANY TEAMS

No swimming club teams will be accepted in this section.

FAMILY TEAMS

All team members must be immediate family. All team members must have a direct link to at least one other member of the team. Examples below.

CORRECT DIRECT LINKS

Father – Son	Sister – Brother
Father – Daughter	Brother – Brother
Mother – Son	Husband – Wife
Mother – Daughter	Step Father – Children
Sister – Sister	Step Mother – Children

INCORRECT

Uncle – Nephew
Uncle – Niece
Aunt – Nephew
Aunt – Niece
Cousin – Cousin

CORRECT LINK EXAMPLE

Robert Smith (Son) – Mr Bob Smith (Father) – Mrs Mary Smith (Mother, nee Brown) – Mrs Jane Green (Mother's Sister – nee Brown) – Martin Green (Son of Mother's Sister)

INCORRECT LINK EXAMPLE

Robert Smith (Son) – Mr Bob Smith (Father) – Mrs Mary Smith (Mother, nee Brown) *** Martin Green (Son of Mother's Sister) – Margie Green (sister to Martin)

No direct link between Mrs Smith and her nephew and niece!