

South African K4 - information pack

Date: 14th & 15th of August 2010
 Venue: Shongweni Dam
 Hosted by: Umzinyathi canoe club
 Registration: 09h30 Saturday 14th August
 Entry fee: Senior R120 per paddler
 Junior R70 per paddler
 (Your entry fee includes a free T shirt)



Program for the 2 days

Saturday

1st	11H00
Girls U14	
Girls U16	
Girls U18	
Boys U14	

2nd	12h00
Boys U16	
Boys U18	

3rd	13h00
Men	
Sub Vet	
Vet	
Master	
Grand Master	

Sunday

1st	08h30
Girls U14	
Girls U16	
Girls U18	
Boys U14	

2nd	09h30
Boys U16	
Boys U18	

3rd	10h30
Men	
Sub Vet	
Vet	
Master	
Grand Master	

4th	14h00
Senior Women K400	

4th	11h30
Senior Women K400	

5th Race	15h00
Senior Men	

5th Race	12h30
Senior Men	
Guppy Race	13h30

Prize money

Category	1st
Girls U18 Prizes	400.00
Girls U16 Prizes	400.00
Girls U14 Prizes	
Boys U18 Prizes	400.00
Boys U16 Prizes	400.00
Boys U14 Prizes	400.00
Guppies	
Sub Vets Prizes	400.00
Vets Prizes	400.00
Sub Masters Prizes	400.00
Masters Prizes	400.00
G Masters Prizes	400.00
Senior Women	2,000.00
Vet Women	400.00
Senior Man A	2,000.00

Sponsors

Title sponsors - Toyota Hillcrest

Sub sponsors - USN

Accommodation:

There is accommodation available at the venue <http://www.msinsi.co.za/shongweni-dam.php>

Shongweni Accommodation					
		Flat Rate			
				Per Person	Min Rate
Mkangoma bush lodge	Lodge (8 sleeper)		R1,560.00 per Night		
Mkangoma bush lodge	Lodge (8 sleeper) fully catered		Price on request		
Catering			Price on request		
	Guided walk		Price on request		
Ugede tented camp	2 bed furnished tents		R370.00 per Night		
Ugede tented camp	4 bed furnished tents		R580.00 per Night		
Kwamaphumulo campsites	8 bed rustic fishing camps		R760.00 per Night		
Kwamaphumulo campsites	Non electrical		R80.00 per Night		
Ugede Conference & Gazebo Facility			R800.00 Per Day		
	Catering		Price On Request		

Reservations:

Tel: (031) 769 1283 ~ Fax: (031) 769 1175

e-mail: shongweni@msinsi.co.za

Post event activities

There will be a big screen TV showing the Rugby as well as a bring and braai that evening fires will be lit at 5pm on the large area outside. Music will be playing



Food

There will be catering at the clubhouse for purchase as follows:

Saturday

Breakfast

- Bacon & egg rolls
- Tea & cappuccino's

Lunch

- Boerewors rolls
- Ham burgers
- USN Protein shakes including the shaker (Fat free milk)

Dinner

- Bring & braai for all at the clubhouse

Sunday

Breakfast

- Bacon & egg rolls
- Muesli & yogurt
- Tea & cappuccino's

Lunch

- Boerewors rolls
- Ham burgers
- USN Protein shakes including the shaker (Fat free milk)