

WINNIPEG INDOOR ERG CHAMPIONSHIP

SUNDAY, FEBRUARY 5, 2012

at the
WINNIPEG ROWING CLUB



20 Lyndale Drive

www.winnipegrowingclub.ca

237-1690

rowwrc@mts.net

Doors open at 8:00 am. \$10 registration fee must be paid prior to racing. Prizes will be awarded and food/refreshments available for participants.

RACE EVENTS

9:00 am	Masters Men - Open & Lightweight Categories	2000m
9:15 am	Senior Masters & Veteran Men - Open & Lightweight	2000m
9:30 am	Masters Women - Open & Lightweight	2000m
9:45 am	Senior Masters & Veteran Women - Open & Lightweight	2000m
10:00 am	Junior Girls	2000m
10:15 am	Junior Boys	2000m
10:30 am	Senior B & Senior Women - Open & Lightweight	2000m
10:45 am	Senior B & Senior Men - Open & Lightweight	2000m
11:00 am	500 m Crawl - Women	500m
11:15 am	500 m Crawl - Men	500m
11:30 am	CREW: Women's Club Four	2000m
11:45 am	CREW: Men's Club Four	2000m
12:00 pm	CREW: Mixed Club Four	2000m

RACE CATEGORIES

Lightweight	Women - 135 lbs or less (61kg) Men - 165 lbs or less (75kg) Weigh in must be complete no later than 30 minutes prior to race start time.
Senior	Men and Women - Open to all ages.
Senior B	Under age 23. Must be 22 or less up to and including December 31, 2012. If you turn 23 in 2012 you must row Senior.
Junior A (18 & under)	Must be 18 or under until December 31, 2012 and enrolled in a high school or lower grade. If you turn 19 in 2012 you must row Senior B.
Junior B (16 & under)	Must be 16 or under until December 31, 2012 and enrolled in high school or lower grade. If you turn 17 in 2012 you must row Junior A.
Masters	Junior Masters - Age 25 - 29 - Lightweight or open Masters - Age 30-39 - Lightweight or open Senior Masters - Age 40 - 49 - Lightweight or open Veteran Masters - Age 50 or older - Lightweight or open
Crew (Fours)	Crews Fours are divided into men's, women's and mixed divisions. (Can participate in a crew four and one individual event)
Crawl	Ever wondered what your rowing is all about? Now's your chance to try it out. 500 m races.