



6th Annual Prairie Indoor Rowing Championships

Saturday, February 4, 2012

Hawrylak Auditorium
Thom Collegiate High School
265N Argyle Street, Regina, SK

Entry is due **Wednesday, February 1**. Please submit this completed form to provincialcoach@sasktel.net or haver_john@hotmail.com (Saskatoon entries only)

Name: _____

Birthday: _____ Gender: _____

Email: _____ Phone: _____

Club/Affiliation: _____

Recent 2000m time or target time: _____

Circle if appropriate:

Lightweight

Novice

Adaptive

Senior

Master

All races 2000m unless otherwise indicated

Categories

Masters Men/Women – born in 1985 or earlier. Sub categories include 27-39, 40-49 & 50+ age groupings as entries allow.

Open Men/Women – open to all ages

U23 Men/Women – athletes born in 1990 or later

Junior Men/Women – athletes born in 1994 or later

Junior B Men/Women – athletes born in 1996 or later

Novice – started rowing/erging on September 1, 2011 or later

Adaptive –for individuals with physical disabilities (1000m)

Thom Student Challenge – completely new to the sport! (500m)

Lightweight Men/ Women

- Male athletes weigh 165.0lbs or less
- Female athletes weigh 135.0lbs or less
- Only available in U23 and Senior categories
- Weigh-in between two and one hour event time

Please indicate if you are interested in participating in the following additional events:

500m Dash for Cash (Open Men/Women Categories Only) _____ (Yes/No)

250m Quad Challenge _____ (Yes/No)

Prizes awarded for first place in each respective category. Prize may not be awarded if sole entry in category.

Registration fee is \$20.00 by cash or cheque due on the day of the event. Cheque is payable to Saskatchewan Rowing Association. Fee is waived if participant is registered in the 2011/12 SRA Erg Series, or is participating in the Thom Student Challenge Event.