



2018-2019 SRA Erg Series/Weekly Ranked Workouts Notice

JOIN THE FUN!

The 2018-2019 erg season is now upon us and to add a little competition to our Winter we are running the annual Erg Series. It consists of four races, where points will be accumulated based on results. The Weekly Ranked Workouts will also be compiled and circulated. The Weekly Ranked workouts culminate in the annual Prairie Indoor Rowing Championship to be held on Saturday, February 2nd in Regina. An awards banquet is held the evening of the event.

All races are to be completed within the test window only. Results are to be submitted typed or in a spreadsheet to the SRA Executive Director via email saskrowing@sasktel.net. Individual and coach group submissions permitted. Individual submissions must include a screen shot of your results. **Deadline for each week's submission is the Monday following by 8am.** The weekly ranked workouts will run from December through to April. The first series of races are as follows:

SRA Erg Series

November 10 to December 31 – 6000m

Prairie Indoor Rowing Championships, February 2 – 2000m + 500m

February 15 to March 31 – 6000m

April 1 to April 30 – 2000m

Weekly Ranked Workouts

Monday, December 3 to Sunday, December 9 – 10 minutes

Monday, December 10 to Sunday, December 16 – 3 x 1000m/3 min rest

Monday, December 31 to Sunday, January 6 – 500m

Monday, January 7 to Sunday, January 13 – 10 minutes

Monday, January 14 to Sunday, January 20 – 3 x 1000m/3 min rest

Monday, January 21 to Sunday, January 27 – 500m



SASKATCHEWAN ROWING ASSOCIATION MEMBERS:

Participation in this activity is included in your annual membership. There is a separate fee for the Prairie Indoor Rowing Championships event. If you would like to join one of our member clubs, we would be happy to have you train and compete with us at one of our facilities. Please email saskrowing@sasktel.net and we will direct you to one of our great clubs.

NON-MEMBERS OF THE SRA:

We invite participation by all indoor rowers into both the Weekly Ranked Workouts and the Erg Series. To participate on your own at a facility outside of one of our SRA Member clubs, there is a \$50 fee payable to the Saskatchewan Rowing Association. This provides you with the Weekly Ranked Workouts, the Erg Series Workouts, as well as entry into the Prairie Indoor Rowing championships on February 2, 2019.

To participate as a non-member, you must complete the erg workout within the designated time frame and submit the result with a screenshot of the result. There is no obligation to do all the workouts, however, there are points awarded per workout. To register, email saskrowing@sasktel.net. Payment can be made by etransfer.

This is a fun way to motivate ourselves though the winter season, and create some friendly competition.

We look forward to seeing on the ERG!