

# Alberta Rowing Association



## Indoor Rowing Championships

The Alberta Rowing Association is hosting its annual Indoor Rowing Championships on **March 10<sup>th</sup>, 2012** at the Lacombe Upper Elementary School in Lacombe, AB. At the conclusion of the erg competition, there will be a key-note speaker and a light lunch provided. Registration can be done on the day of the event, however advanced registration is preferred, please see below for details.

**Events:** Start Time: 9:30am

1. Master Women OPEN (1000m)
2. Master Men OPEN (1000m)
3. Junior Women Novice OPEN
4. Senior Women Novice OPEN
5. Junior Men Novice OPEN
6. Senior Men Novice OPEN
7. Junior A Women OPEN
8. Junior B Women OPEN
9. Junior A Men OPEN
10. Junior B Men OPEN
11. Senior A Women OPEN
12. Senior B Women OPEN
13. Senior A Women Lightweight
14. Senior B Women Lightweight
15. Senior A Men OPEN
16. Senior B Men OPEN
17. Senior A Men Lightweight
18. Senior B Men Lightweight
19. Team Relay – University
20. Team Relay – Open

**Notes:**

The ARA Indoor Championship results are used to assist in calculating summer funding for Henley. This funding is only open to those athletes competing for AB clubs at Henley. To be eligible for funding, athletes must compete at the event; unless they are away, or are sick/injured. In the event that an athlete is away, or sick/injured, alternative arrangements must be made in advance to submit times.

*Continued on page 2*

**Event Notes:**

All events will be 2,000m unless otherwise indicated.

If there are more than 8 entries in any event, heats will be created. The winner of the event will be determined as the athlete with the fastest time, regardless of their heat, for that event. Events may be combined to facilitate scheduling.

**Categories:**

Junior B: Under 17, cannot turn 17 in the year of competition

Junior A: Under 19, cannot turn 19 in the year of competition

Senior B: Under 23, cannot turn 23 in the year of competition

Senior A: Open

Master: Age 27 or greater

Novice: Athletes who began rowing on or after September 1<sup>st</sup>, 2011

Lightweight Women: 138lbs max

Lightweight Men: 168lbs max

Note: There are no weight categories for junior, novice, and master events. Weigh-ins will be on the honour system

**Early Registration Deadline:**

The early registration deadline is Wednesday February 8<sup>th</sup> by 5pm MST. Entries will be accepted after this date, including on the day of the event, however T-Shirts may not be available until after the event.

**Event Check-in:**

Event check-in will open at 8:30am and t-shirts will be distributed to those athletes who submitted entries by the early registration deadline. Late registrants' t-shirts may be distributed depending upon availability.

**Awards:**

Medals will be awarded for first place finishes. The winner of each Novice event will be awarded a \$50 dollar prize.

**Fees:**

The entry fee is \$20 dollars per athlete. This includes the t-shirt and light lunch. Please make cheques payable to the Alberta Rowing Association.

**Directions:**

Directions to the event can be found on the Alberta Rowing Association Website: [www.albertarowing.ca](http://www.albertarowing.ca)