

CORNISH INDOOR ROWING CHAMPIONSHIPS 2015

NAME:

ADDRESS:

POSTCODE:

TELEPHONE NUMBER:

EMAIL ADDRESS*:

AGE ON 24th Jan/ SCHOOL YEAR*:

WEIGHT (*Not junior*) Heavy / Light:

Lightweight – Male (under 75kg) Female (Under 61.5kg). Must weigh in at least half an hour before race time. If you are over the weight limit you may still enter in the heavyweight category.

EVENT TO ENTER: (circle) 2000m open / Junior / 2000m Year 12/13 / 1000m

EXPECTED 2000m time: min sec

GENDER: M / F

ROWABILITY CATEGORY: (circle) LTA (legs, trunk & arms) / TA (Trunk & Arms) / Arms Only

Detailed event start times and categories will be emailed out after the closing date on the 18th January. NOTE: CLOSING DATE 16TH January 2015. ALL sections of the form must be completed, those with a star* are especially important.

I HEREBY STATE THAT I AM IN A GOOD PHYSICAL STATE AND KNOW OF NO MEDICAL REASON WHY I SHOULD REFRAIN FROM ENTERING THIS EVENT.

Signed:

Date:

NEW EVENT FOR 2015 – Beginners 1000m challenge

Aimed at those entering their first indoor rowing competition – split in to Male & Female categories.

2000m RELAY EVENT:

This year we are holding a 2000m relay event, Below are the rules:

- Each team will be made up of 4 persons
- Minimum age 16 years old
- Each person to row at least twice (can row more)
- The winner will be the team to complete 2000m in the fastest time

RELAY TEAM NAMES: (Each person must complete an application form):

- 1:
- 2:
- 3:
- 4:

THE ENTRY FEE FOR EACH RELAY TEAM WILL BE £8 PER TEAM (£2 per person).

Individual - £8 per person. Junior (Year 11 and below) & 1000m - £4 per person

VENUE FOR THE EVENT:

Newquay Sports Centre – TR7 2SL

For directions please visit the centres website:

<http://www.newquaysportscentre.com/page9.htm>



There is ample parking at the venue as well as a sports bar for spectators. The centre boasts several sports pitches, gymnasium, sports hall and squash courts.

ENTRIES AND INFORMATION

Please send completed entry form by **16th January 2015** to:

Kevin Sellar – 24 Hosford Close Plymouth PL9 9UW

Email: ksellar@plymstockschool.org.uk phone: 07722569557

Cheques payable to 'WRRRC'

<http://westregionrowing.blogspot.co.uk/> Twitter: @RowWestRegion