



Freeze or Fry Regatta

Saturday May 26th, 2012

Telford Lake, Leduc, Alberta

Race Distance: 1000 m

Racing Categories:

Open

- Open to all athletes

Lightweight (no weigh-ins)

- Males whose weight does not exceed 75 kg (165 lb)
- Females whose weight does not exceed 61 kg (135 lb)

Junior

- Athletes under the age of 19 years throughout 2012

Master

- Athletes that are 21 years of age and older as of January 1st, 2012.
 - Masters CANNOT compete in open events
 - Handicaps: 1 second for each year older than the youngest competitor in the race.
- Crews will use average age. Mixed crews must be 50% female.

Novice

- Athletes who started rowing after September 1st, 2011

Adaptive

Events

Open Men	1x, 2x, 4x, 2-, 4-, 8+
Open Women	1x, 2x, 4x, 2-, 4-, 8+
Light Men	1x, 2x, 4x
Light Women	1x, 2x, 4x
Junior Men	1x, 2x, 4x, 2-, 4-, 8+
Junior Women	1x, 2x, 4x, 2-, 4-, 8+
Master Men	1x, 2x, 4x, 2-, 4-, 8+
Master Women	1x, 2x, 4x
Mixed Master	2x, 4x
Novice Men	4x
Novice Women	4x
Mixed Novice	8+
Adaptive	2x

Regatta Schedule

Preliminary schedule in attached excel spreadsheet

For events with more than 6 entries, heats will be added at the start of the regatta.

(i.e. for an event with 2 heat races, top 3 crews from each will advance to final)

Events will be merged if warranted.

The regatta will NOT be delayed for hot seating.

8:00 Coaches' meeting

9:00 Racing begins

Entry Procedure

Please fill in attached excel spreadsheet

- for all entries, include last name of bow-person

Additional info required for specific categories

- for Junior entries, please indicate if crew under age of 17 (i.e. Junior B)
- for Master entries, also include average age of crew
- for Adaptive entries, please indicate LTA, TA, or AS

Send entries to Derek Liu (Email: dmliu@ualberta.ca)

All entries must be submitted no later than midnight Sunday May 20th, 2012

Schedule will be finalized based on submissions that met Sunday deadline

Late entries will be accepted at the discretion of the organizers

Entry Fees

\$20.00 per person payable to Edmonton Rowing Club

Directions to Regatta Site

- Please help the Telford Lake Alberta Training Centre maintain good relations with our neighbors.
- Follow route marked by dark bold line
- Avoid shortcutting through the neighborhood.
(i.e. do not use 46 Ave, 46a Ave or 47 Ave)
- Use Black Gold Drive instead.

