

Edmonton Rowing Club
Box 52002 RPO Garneau
Edmonton, Alberta
T6G 2T5

info@edmontonrowing.ca
780-484-6946



Freeze or Fry Regatta

Saturday May 28th, 2011

Telford Lake, Leduc, Alberta

Racing Categories:

Open

Open to all competitors

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 2011

Masters

Athletes that are 27 years of age and older as of January 1st, 2011.

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, 2010

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+

Regatta Schedule

Please allocate athletes and shells appropriately according to the schedule.

The regatta will NOT be delayed for hot seating.

8:00 Coaches' meeting

9:00 Racing begins

Entry Procedure

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

All entries must be submitted on the entry form no later than midnight Sunday May 22nd, 2011

Entry fee: \$20.00 per person. Fees Payable to Edmonton Rowing Club

Late entries (\$40.00 per person) will be accepted until Wednesday May 25th, 2011

No additional late entries accepted after midnight Wednesday May 25th, 2011