



ONTARIO ERGOMETER CHAMPIONSHIPS



RIDLEY COLLEGE GYM
MARCH 8, 2009
ST. CATHARINES, ONTARIO



2000 METRES		ORDER OF EVENTS
Approx Time		
8:00	1.	Jr. H.S. Men
8:20	2.	Jr. H.S. Women
9:00	3.	Jr. H.S. 150 Men
9:30	4.	Jr. H.S. 165 Men
10:00	5.	Jr. H.S. 135 Women
11:25	6.	Jr. H.S. 145 Women
12:00	7.	Masters Women* (30 yrs+)
12:20	8.	Masters Men* (30+ yrs)
12:40	9.	Sr. H.S. 150 Men
1:10	10.	Sr. H.S. 165 Men
1:40	11.	Sr. H.S. 135 Women
2:40	12.	Sr. H.S. 145 Women
3:00	13.	Sr. H.S. Women
3:50	14.	Sr. H.S. Men
4:00	15.	Open Ltwt. 165 Men
4:10	16.	Open Ltwt. 135 Women
4:20	17.	Open Hvy Women
4:30	18.	Open Hvy Men

H.S. Age & Wt. Limits

Jr. Born 1993 or Later
Sr. Born 1990 or Later
Ltwt. Wm – 135 & 145 lbs Max.
Ltwt. Men – 150 & 165 lbs. Max.

WEIGH IN 7:30 A.M. TO RACE TIME

*Medals to Each Age Group Winner
(30-42, 43-49, 50-54, 55-59, 60-64, 65-69)
& Ltwt. Winner

PRIZES:

Medals to Winners,
Top Ten T-Shirts,
H.S. Team awards,
& MANY Draw Prizes

EVENT: _____ **Event #:** _____

COMPETITOR NAME: _____

CLUB/SCHOOL: _____

(H.S. Entries must show High School, not club)

DATE OF BIRTH: ____ / ____ / ____ **Masters Ltwt** _____

DD / MO / YR

Each competitor must sign the following waiver/release:

I hereby release and forever discharge the HOST CLUBS, ROWONTARIO, their directors and all servants and agents, from any injury, death, loss or damage to my person or property, howsoever caused, notwithstanding that such injury, death, loss, or damage to property may have been contributed and occasioned by negligence, upon behalf of myself, heirs, executors, administrators, and assigns.

Signature of Competitor: _____

Signature of Legal
Guardian (under 18): _____

Date: _____ E-Mail: _____

Entry Deadline – Received by MONDAY, MARCH 2

STRICTLY ADHERED TO! See fees!

\$10.00 per person, entered and paid by deadline

\$20.00 paid at door or late entry, accepted if space available

Send entry form and credit card number or cheque, payable to:

RIDLEY GRADUATE BOAT CLUB

5 Swan Drive
St. Catharines, ON L2T 2C2
FAX: (905) 641-5438
Phone: (905) 688-5292

Credit Card: Master Card ___ **VISA** ___

Number: ____ - ____ - ____ - ____ **Expir.** ____ / ____

Card Name: _____

Signature: _____

(Billing will be via Lifco Hydraulics)

Sponsored by: **VAL's** Ergs for Sale - \$1,275. Call 905-688-5292 to reserve one **NOW**