

monster erg

2009 race schedule

				number racing
event 1	masters women(c+)		9.30am	9
event 2/3	masters women(a,b)		9.30	8
event 4	masters men(c+)		9.45	13
event 5/6	masters men(a,b)		10.00	8
event 7	adaptive	1000	no event	
event 8	masters mixed lwt 4	1000	no event	
event 9	masters mixed hvy 4	1000	10.15	3 teams
event 10	novice women		10.30	17
event 11	novice men		10.45	19
event 12/13	sr. a/b lwt. women		11.00	11
event 14/15	sr. a/b lwt. men		11.15	12
event 16/18	sr. a/b women		11.30	17
event 17/19	sr. a/b men		11.45	18
event 20	novice mixed 4 relay		12.00am	6 teams
event 21	intramural mixed 4		12.00am	1 team
event 22	coxswains crawl	500	12.15pm	12
event 23	jr. a women	a	12.30	8
		b	12.45	24
		c	1.00	24
event 24	jr. a men	a	1.15	19
		b	1.30	24
		c	1.45	22
event 25	jr. a lwt. women	a	2.00	15
event 26	jr. a lwt. men	a	2.15	11
		b	2.30	16
junior national team and provincial team meetings 2:40 pm room tba junior a's				
event 27	jr. b women	a	2.45	15
		b	3.00	24
		c	3.15	24
event 28	jr. b men	a	3.30	8
		b	3.45	20
		c	4.00	24
event 29	jr. mixed 4		4.15	5 teams
junior national team and provincial team meetings 4:20 pm room tba junior b's				
event 30	jr. c womens double	1000	4.30	12 teams
event 31	jr. novice womens double	1000	4.30	1 team
event 32	jr. c mens double	1000	4.45	11 teams
event 33	jr. novice mens double	1000	4.45	3 teams
				531 total

THERE WILL BE 24 RACE ERGS and 28 for warmup

WEIGHINS LWT WOMEN 135, MEN 165 (61.4kg w / 75kg m)

open@ 7:30am to 10:45 am for masters & seniors & 11:00am to 1:00pm for juniors

COACHES PLEASE RELAY SCRATCHES TO race control UPON ARRIVAL

Gavin McKay (junior national team coordinator) and Chuck McDiarmid (rowing bc provincial coach) will host an information meeting for interested juniors and coaches as indicated in the schedule. It will likely be in the apparatus gym behind the warmup area.