

CORNISH INDOOR ROWING CHAMPIONSHIPS 2012

NAME:

ADDRESS:

POSTCODE:

TELEPHONE NUMBER:

EMAIL ADDRESS*:

AGE ON 18TH MARCH / 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

EXPECTED 2000m time: min sec

GENDER: M / F

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

Event start times and categories will be emailed out after the closing date on the 9th March.

NOTE: CLOSING DATE 9TH March 2012. 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:

Sportivate

LOTTERY FUNDED | SPORT ENGLAND

ADDITIONAL PRIZE

There will be a separate prize for any rowers who have been part of the 'Sportivate, Rowivate' project at the following gyms: Lux Park, Polkyth, Truro & Helston. The trophy will go to the fastest entrant. Please circle the 'Sportivate' symbol on the left if you have been a 'Sportivate, Rowivate' participant.

2012M RELAY EVENT:

As a fitting tribute to the fact that we are hosting the Olympic Games this year, we are holding a 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 2012m 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) - £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 **9th March** to:

Rhiannon Halliday, 11 The Green, Lower Burraton, Saltash, Cornwall, PL12 4SQ

Email: Rhiannon.halliday@britishrowing.org. Phone: 07818576145

Cheques payable to 'WRRCC'

Facebook page: 'Cornish Indoor Rowing League'