

Second Annual S.A.R.A. Open Indoor Championships 2004

(organised by the Scottish Amateur Rowing Association
web: www.scottish-rowing.org.uk)



on Saturday 24th January 2004
at Dalziel High School, Crawford Street, Motherwell



EVENTS OFFERED

MEN	WOMEN
1. Open	34. Open
2. 30 - 34	35. 30 - 34
3. 35 - 39	36. 35 - 39
4. 40 - 44	37. 40 - 44
5. 45 - 49	38. 45 - 49
6. 50 - 54	39. 50 - 54
7. 55 - 59	40. 55 - 59
8. 60 - 64	41. 60 - 64
9. 65 - 69	42. 65 - 69
10. 70 - 79	43. 70 - 79
11. 80 - 89	44. 80 - 89
12. 90+	45. 90+
13. J18	46. J18
14. J16	47. J16
15. J15	48. J15
16. J14	49. J14
17. J13	50. J13
18. J12	51. J12
19. J11	52. J11
20. J10	53. J10
LT. WT. MEN (75kg or less)	LT. WT. WOMEN (61.5kg or less)
21. Open	54. Open
22. 30 - 34	55. 30 - 34
23. 35 - 39	56. 35 - 39
24. 40 - 44	57. 40 - 44
25. 45 - 49	58. 45 - 49
26. 50 - 54	59. 50 - 54
27. 55 - 59	60. 55 - 59
28. 60 - 64	61. 60 - 64
29. 65 - 69	62. 65 - 69
30. 70 - 79	63. 70 - 79
31. 80 - 89	64. 80 - 89
32. 90+	65. 90+
33. J18	66. J18

Race Distance : J10, J11, J12 all 1000m - all other events 2000m

Race Machine : Concept 2 Indoor Rower

Qualification : Anyone aged 10 or over

Entry Fee (per event): Junior Events - £5.00 - All others £8.00

Entry Fees must accompany the Entry Form.

Cheques to be made payable to
Scottish Amateur Rowing Association

Entry Forms : Downloadable from the web at:
www.scottish-rowing.org.uk/eventso3.html

Completed Entry Forms and Cheques should be posted to:

**The National Rowing Academy
(for the attention of Entries Secretary)
Strathclyde Country Park
Motherwell ML1 3ED**

Closing Date : Friday 16th January 2004

Spectators : Free entry to event

Concept 2

Product Information : www.concept2.co.uk
Tel: 0115 945 5522

Water supplied free of charge.

Tearoom and bar facilities available at venue.

Be an S.A.R.A. Champion!

Gold*, Silver** and Bronze***

Championship Medals awarded for all events. All competitors will receive a certificate showing their official time.

* Minimum of 2 to compete

** Minimum of 3 to compete

*** Minimum of 4 to compete

(i.e. you need to beat an opponent to win a medal)

General

1. For the purpose of this competition a competitor will compete at the age he/she is on the day of the event, i.e. on 24th January 2004.
2. If you are the only entry in an event you will be moved to the next appropriate event unless you state otherwise on your entry form.
3. Souvenir T-Shirts will be on sale at the event, approximately £8.00.

