

# Third Annual S.A.R.A. Open Indoor Championships and Scottish Grand Prix

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



## on Sunday 23rd January 2005

### at Dalziel High School, Crawford Street, Motherwell



#### EVENTS OFFERED

MEN (GRAND PRIX CAT.)		WOMEN (GRAND PRIX CAT.)	
GP1.	Open	GP18.	Open
GP2.	U23	GP19.	U23
GP3.	30+	GP20.	30+
GP4.	40+	GP21.	40+
GP5.	50+	GP22.	50+
GP6.	60+	GP23.	60+
GP7.	70+	GP24.	70+
GP8.	Junior 18	GP25.	Junior 18
GP9.	Junior 16	GP26.	Junior 16
LT. WT. MEN (75kg or less)		LT. WT. WOMEN (61.5kg or less)	
GP10.	OpenL	GP27.	OpenL
GP11.	U23L	GP28.	U23L
GP12.	30+L	GP29.	30+L
GP13.	40+L	GP30.	40+L
GP14.	50+L	GP31.	50+L
GP15.	60+L	GP32.	60+L
GP16.	70+L	GP33.	70+L
GP17.	Junior 18L	GP34.	Junior 18L
ADDITIONAL CATEGORIES (NON GRAND PRIX)		ADDITIONAL CATEGORIES (NON GRAND PRIX)	
35.	J15 (2,000m)	41.	J15 (2,000m)
36.	J14 (2,000m)	42.	J14 (2,000m)
37.	J13 (2,000m)	43.	J13 (2,000m)
38.	J12 (1,000m)	44.	J12 (1,000m)
39.	J11 (1,000m)	45.	J11 (1,000m)
40.	J10 (1,000m)	46.	J10 (1,000m)

**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](http://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 14th January 2005

**Spectators :** Free entry to event

**Concept 2**

**Product Information :** [www.concept2.co.uk](http://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 23rd January 2005.
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.

