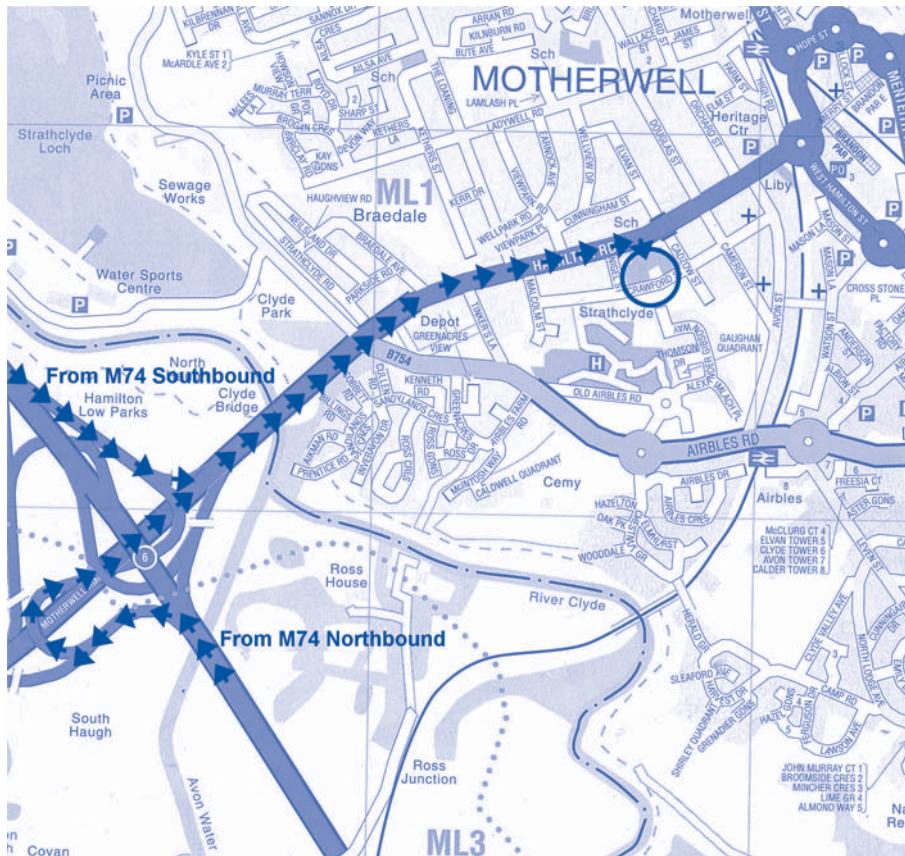


Dalziel High School Crawford Street, Motherwell

How to get there:



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

~ 2005 ~

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

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.

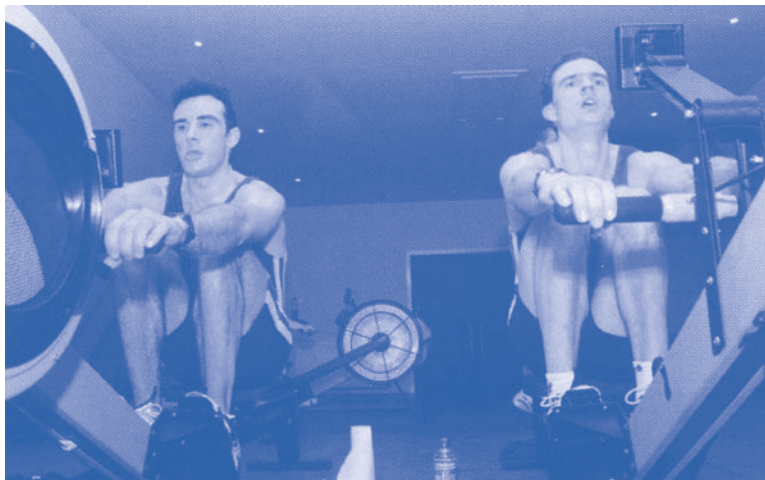
on: **Sunday 23rd January 2005**

Venue: Dalziel High School, Crawford Street, Motherwell



Third Annual S.A.R.A. *Open* Indoor Championships and Scottish Grand Prix 2005

on Sunday 23rd January 2005
at Dalziel High School, Crawford Street, Motherwell



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 14th January 2005

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.

EVENTS OFFERED

MEN (GRAND PRIX CAT.)

GP1.	Open
GP2.	U23
GP3.	30+
GP4.	40+
GP5.	50+
GP6.	60+
GP7.	70+
GP8.	Junior 18
GP9.	Junior 16

LT. WT. MEN (75kg or less)

GP10.	OpenL
GP11.	U23L
GP12.	30+L
GP13.	40+L
GP14.	50+L
GP15.	60+L
GP16.	70+L
GP17.	Junior 18L

ADDITIONAL CATEGORIES (NON GRAND PRIX)

35.	J15 (2,000m)
36.	J14 (2,000m)
37.	J13 (2,000m)
38.	J12 (1,000m)
39.	J11 (1,000m)
40.	J10 (1,000m)

WOMEN (GRAND PRIX CAT.)

GP18.	Open
GP19.	U23
GP20.	30+
GP21.	40+
GP22.	50+
GP23.	60+
GP24.	70+
GP25.	Junior 18
GP26.	Junior 16

LT. WT. WOMEN (61.5kg or less)

GP27.	OpenL
GP28.	U23L
GP29.	30+L
GP30.	40+L
GP31.	50+L
GP32.	60+L
GP33.	70+L
GP34.	Junior 18L

ADDITIONAL CATEGORIES (NON GRAND PRIX)

41.	J15 (2,000m)
42.	J14 (2,000m)
43.	J13 (2,000m)
44.	J12 (1,000m)
45.	J11 (1,000m)
46.	J10 (1,000m)

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.