

**concept 2**  
INDOOR ROWER



Organised with the assistance of  
**David Hislop**  
Personal Training  
www.dhpersonaltraining.com

Design By  
**walrus**  
design  
walrusdesign@aol.com

Scottish Indoor Rowing Championships 2006  
at  
Wishaw Sports Centre  
on  
5th February 2006



## Race Timetable

Race No.	Time	Event No.	Category	Distance
1	1000	44	Boys J10	2 mins
		50	Girls J10	2 mins
		43	Boys J11	2 mins
		49	Girls J11	2 mins
2	1010	42	Boys J12	2 mins
		48	Girls J12	2 mins
3	1020	41	Boys J13	3 mins
		47	Girls J13	3 mins
4	1030	40	Boys J14	4 mins
		46	Girls J14	4 mins
5	1040	39	Boys J15	5 mins
		45	Girls J15	5 mins
6	1050	10	Boys J16	2000m
		29	Girls J16	2000m
7	1110	19	Men J18 Lwt	2000m
		38	Women J18 Lwt	2000m
8	1130	9	Men J18 Hwt	2000m
		28	Women J18 Hwt	2000m
Medal Ceremony 1 Races 1-8 Events 9, 10, 19, 28, 29, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50				
9	1215	13	Men 30+ Lwt	2000m
		14	Men 40+ Lwt	2000m
10	1230	32	Women 30+ Lwt	2000m
		33	Women 40+ Lwt	2000m
		34	Women 50+ Lwt	2000m
		35	Women 60+ Lwt	2000m
11	1245	15	Men 50+ Lwt	2000m
		16	Men 60+ Lwt	2000m
12	1300	36	Women 70+ Lwt	2000m
		37	Women 80+ Lwt	2000m

		26	Women 70+ Hwt	2000m
		27	Women 80+ Hwt	2000m
		17	Men 70+ Lwt	2000m
		18	Men 80+ Lwt	2000m
		7	Men 70+ Hwt	2000m
		8	Men 80+ Hwt	2000m

13	1315	12	Men U23 Lwt	2000m
----	------	----	-------------	-------

14	1330	11	Men Open Lwt	2000m
----	------	----	--------------	-------

Medal Ceremony 2

Races 9-14

Events 7, 8, 11, 12, 13, 14, 15, 16, 17, 18, 26, 27, 32, 33, 34, 35, 36, 37

15	1400	31	Women U23 Lwt	2000m
----	------	----	---------------	-------

16	1415	30	Women Open Lwt	2000m
----	------	----	----------------	-------

17	1430	3	Men 30+ Hwt	2000m
		4	Men 40+ Hwt	2000m

18	1445	22	Women 30+ Hwt	2000m
		23	Women 40+ Hwt	2000m
		24	Women 50+ Hwt	2000m
		25	Women 60+ Hwt	2000m

19	1500	5	Men 50+ Hwt	2000m
		6	Men 60+ Hwt	2000m

Medal Ceremony 3

Races 15-19

Events 3, 4, 5, 6, 22, 23, 24, 25, 30, 31

20	1530	21	Women U23 Hwt	2000m
----	------	----	---------------	-------

21	1545	20	Women Open Hwt	2000m
----	------	----	----------------	-------

22	1600	2	Men U23 Hwt	2000m
----	------	---	-------------	-------

23	1615	1	Men Open Hwt	2000m
----	------	---	--------------	-------

Medal Ceremony 4

Races 20-23

Events 1, 2, 20, 21