

Ergomania 2005
January 29
Pocock Rowing Center
Seattle, WA 98102
Conal Groom
info@pocockrowing.org
Open, collegiate, masters, veteran, junior, team challenge

Site:
Seattle Center House
305 Harrison Street
Seattle, WA 98109
(206)684-7200

Concept2 model "D" ergometers will be used. Competitors may use the resistance setting of their choice, but may not change during their race.

EVENTS: All races are final - competitors will be seeded based on prior erg scores and results will be compiled from all competitors within a category. Your age category is your age on race day.

Men & Women:

Open & Lightweight (men=165lbs or less; women=135lbs or less)
8- for 1000m Team Challenge(Co-ed teams encouraged!) Co-ed and age handicapped
Junior (ages 13-18) Open & Lightweight
Collegiate (ages 18-29) Must be enrolled as full time undergraduate

Open (ages 19-29) Open & Lightweight
Master (ages 30-39) Open & Lightweight
Senior (ages 40-49) Open & Lightweight
Veteran "A" (ages 50-59) Open & Lightweight
Veteran "B" (ages 60-69) Open & Lightweight
Veteran "C" (ages 70-79) Open & Lightweight
Veteran "D" (ages 80-89) Open & Lightweight

Coxswains: 1X for 500 meter dash
Must be primarily a coxswain and cannot exceed the maximum coxswain weight of 130lbs for men and 120lbs for women.

WEIGH-INS: Weigh-ins for rowers and paddlers will be on Fri. Jan. 30th from 3pm-6pm at the Pocock Rowing Center (3320 Furhman Ave, Seattle, WA 98102, 206-328-0778 or on race day at registration.

ERGS: Concept2 model "D" ergometers will for sale after racing in completed. Ergs retail for \$886.50, we will offer them for \$787.5 (\$856.8 including WAST) A \$150 deposit is required to secure an erg for purchase.

PRIZES: Medals will be awarded for 1st place and ribbons for 2nd and 3rd place. Four 1st place winners in the 1X events who meet the qualifying time standards will be awarded eligible for airfare to Crash-B's in Boston. If more than four rowers qualify, we will send those who have the largest margin from the qualifying time.

Qualifying Times

AGE /WT	WOMEN	MEN
14-18 H	7:06.2	6:05.6
14-18 L	7:38.9	6:31.9

19-29 H	6:53.6	5:48.6
19-29 L	7:19.0	6:09.3
Collegiate* open to USA & Canada undergraduate college students only		
19-29 H	6:54.5	5:58.7
19-29 L	7:25.2	6:21.9
30-39 H	7:08.5	5:58.8
30-39 L	7:23.9	6:29.6
AGE /WT	WOMEN	MEN
40-49 H	7:09.8	6:08.4
40-49 L	7:32.8	6:37.7
50-59 H	7:17.9	6:26.4
50-59 L	7:38.1	6:49.5
60-69 H	7:49.5	6:39.5
60-69 L	8:06.1	7:16.9
70-79 H	8:48.9	7:27.0
70-79 L	8:59.4	7:38.4
80-89 H	10:13.0	8:10.0
80-89 L	10:13.0	8:29.0
90-99 H	12:08.0	9:49.4
90-99 L	12:08.0	9:49.4

ENTRIES: Fees *and* forms must be **received by** January 24, 2005.

FEES*	1X	\$17	(\$22 after Jan. 10)
	2X	\$34	(\$39 after Jan. 10)
	4-	\$64	(\$70 after Jan. 10) ½ price if everyone is entered in 1x also
	8	\$136	(\$141 after Jan. 10) ½ price if everyone is entered in 1x
	Dash	\$8	(\$13 after Jan. 10)

Tentative Schedule

8:30 Men's Veteran A 1x	1:50 Men's 2x
8:50 Men's Veteran B 1x	2:10 Women's 4x
8:50 Men's veteran C 1x (70-79)	2:10 Men's 4x
8:50 Men's Veteran D 1x (80-89)	2:30 Team 1000m Challenge
8:50 Women's Veteran A 1x (50-59)	
9:10 Women's Veteran B 1x (60-69)	
9:10 Women's Veteran C 1x (70-79)	
9:10 Women's Veteran D 1x (80-89)	
9:20 Women's Senior 1x (40-49)	
9:40 Women's Masters 1x(30-39)	
9:40 Men's Senior 1x (40-49)	
9:40 Men's Masters 1x (30-39)	
9:50 Boy's Junior 1x (13-18)	
10:10 Boy's Junior 1x (13-18) Heat 2.	
10:30 Girl's Junior 1x (13-18)	
10:50 Girl's Junior 1x (13-18) heat 2	
11:10 Men's Open 1x (19-29)	
11:30 Women's Open 1x (19-29)	
11:50 Men's Open Lightweight 1x (19-29)	
11:50 Women's Open Lightweight 1x(19-29)	
12:10 Collegiate Men (18-29)	
12:30 Collegiate Women (18-29)	
12:50 Collegiate Men (18-29) heat 2.	
1:10 Collegiate Women (18-29) heat	
1:30 Coxswain Dash 500m	
1:50 Women's 2x	

MORE INFO: Call Conal Groom at 206-328-0778 or e-mail at info@pocockrowing.org

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