

The Central Ontario Rowing Association Inc. (1953 to 2019 66th Year)
Saturday July 6th, 2019. South Course Welland Ontario
Saturday July 13th 2019. St Catharines R.C. Martindale Pond
List of Events Page 1 Of 2

Event #	List Of Events	Event#	List Of Events
1	Master's Women. Single (Indicate AA,A,B,C,D,E,F,G,H,I,J)	23a	U19 Lwt Men Eight
2	Master's Men Single (Indicate AA,A,B,C,D,E,F,G,H,I,J)	23b	U19 Men Eight
3a	U17 Lwt Women Single	24a	U17 Lwt Men Single
3b	U17 Women Single	24b	U17 Men Single
4a	U19 Lwt Men Pair	25a	U19 Lwt Women Pair
4b	U19 Men Pair	25b	U19 Women Pair
5a	U23 Lwt Women Quad	26a	U23 Lwt Men Quad
5b	Sr Lwt Women Quad	26b	Sr Lwt Men Quad
5c	U23 Women Quad	26c	U23 Men Quad
5d	Sr Women Quad	26d	Sr Men Quad
6a	U17 Lwt Men Cox Four	27a	U17 Lwt Women Cox Four
6b	U17 Men Cox Four	27b	U17 Women Cox Four
7a	U19 Lwt Women Double	28a	U19 Lwt Men Double
7b	U19 Women Double	28b	U19 Men Double
8a	U17 Lwt Women Cox Quad	29a	U17 Lwt Men Cox Quad
8b	U17 Women Cox Quad	29b	U17 Men Cox Quad
9a	U23 Lwt Men Eight	30a	U23 Lwt Women Eight
9b	Sr Lwt Men Eight	30b	Sr Lwt Women Eight
9c	U23 Men Eight	30c	U23 Women Eight
9d	Sr Men Eight	30d	Sr Women Eight
10a	U19 Lwt Men Single	31a	U19 Lwt Women Single
10b	U19 Men Single	31b	U19 Women Single
11a	U23 Lwt Women Pair	32a	U23 Lwt Men Pair
11b	Sr Lwt Women Pair	32b	Sr Lwt Men Pair
11c	U23 Women Pair	32c	U23Men Pair
11d	Sr Women Pair	32d	Sr Men Pair
12a	U17 Lwt Men Quad	33a	U17 Lwt Women Quad
12b	U17 Men Quad	33b	U17 Women Quad
13a	U19 Lwt Women Cox Four	34a	U19 Lwt Men Cox Four
13b	U19 Women Cox Four	34b	U19 Men Cox Four
14a	U23 Lwt Men Double	35a	U23 Lwt Women Double
14b	Sr Lwt Men Double	35b	Sr Lwt Women Double
14c	U23 Men Double	35c	U23 Women Double
14d	Sr Men Double	35d	Sr Women Double
15a	U17 Lwt Women Eight	36a	U17 Lwt Men Eight
15b	U17 Women Eight	36b	U17 Men Eight
16	Master's Women Quad (Indicate AA,A,B,C,D,E,F,G,H,I,J)	37	Master's Men Quad (Indicate AA,A,B,C,D,E,F,G,H,I,J)
17	Master's Men Double (Indicate AA,A,B,C,D,E,F,G,H,I,J)	38	Master's Women Double (Indicate AA,A,B,C,D,E,F,G,H,I,J)
18	PARA Rowing Event	39a	U23 Lwt Men Single
19a	U23 Lwt Women Single	39b	Sr Lwt Men Single
19b	Sr Lwt Women Single	39c	U23 Men Single
19c	U23 Women Single	39d	Sr Men Single
19d	Sr Women Single	40a	U19 Lwt Men Quad
20a	U19 Lwt Women Quad	40b	U19 Men Quad
20b	U19 Women Quad		

**The Central Ontario Rowing Association Inc. (1953 to 2019 66th Year)
 Saturday July 6th, 2019. South Course Welland Ontario
 Saturday July 13th 2019. St Catharines R.C. Martindale Pond
 List of Events Page 2 Of 2**

Event #	List of Events	Event #	List Of Events
21a	U23 Lwt Men Straight Four	41a	U23 Lwt Women Straight Four
21b	Sr Lwt Men Straight Four	41b	Sr Lwt Women Straight Four
21c	U23 Men Straight Four	41c	U23 Women Straight Four
21d	Sr Men Straight Four	41d	Sr Women Straight Four
22a	U17 Lwt Women Double	42a	U17 Lwt Men Double
22b	U17 Women Double	42b	U17 Men Double
		43a	U19 Lwt Women Eight
		43b	U19 Women Eight

WAIVER / RELEASE

**THE CENTRAL ONTARIO ROWING ASSOCIATION & OTHER INDIVIDUALS CONNECTED WITH THE
 RUNNING OF THIS REGATTA CAN NOT BE HELD RESPONSIBLE FOR THE PHYSICAL FITNESS OF
 COMPETING CREWS.**

**EACH CLUB & COMPETITOR IS RESPONSIBLE FOR THEIR
 OWN PHYSICAL FITNESS.**

FOR INSURANCE COVERAGE

**ALL COMPETITORS, COACHES, CLUB & REGATTA OFFICIALS & UMPIRES
 MUST BE REGISTERED WITH THEIR ROWING CLUBS,
 PROVINCIAL & NATIONAL ASSOCIATIONS**

**ONLY ENTRIES FROM MEMBER CLUBS OF CORA OR INVITED
 ASSOCIATIONS WILL BE ACCEPTED AT THIS REGATTA**

CORA ENTRY FEES:

Singles: 15.00, Doubles/Pairs: 25.00, Quads/Fours: 50.00, Cox Fours: 60.00, Eights: 80.00

YEARLY ASSOCIATION FEES FOR MEMBER CLUBS: \$100.00

RCA & ROWONTARIO FEES TO BE ADDED TO CORA ENTRY FEES

Singles: 5.50, Doubles/Pairs: 11.00, Quads/Fours: 22.00, Cox Fours: 27.50, Eights: 47.50.

QUESTIONS: JOE LYTTLE

10 MARBLEHEAD CRES BRAMPTON ONTARIO CANADA L6S-2T9

TEL: 905-791-1820 EMAIL: jlyttle@rogers.com

SUBMIT ENTRIES ON REGATTA CENTRAL

Closing Dates Sunday June 30th, & July 7th, 2019.