

## **An Exciting Challenge!**

Please post the attached announcement regarding the

# **5<sup>th</sup> Annual Connecticut Indoor Rowing Championship**

Saturday, January 27, 2007  
Sacred Heart University (William Pitt Center)  
Fairfield, CT  
12 pm ~ 6pm

Race categories~  
Students: U-14 through Collegiate  
Adults: Open and Master's Age Groups

Registration only via Regatta Central  
([www.regattacentral.com](http://www.regattacentral.com))

Registration deadline: January 23, 2007

**Event Sponsors:**  
**Saugatuck Rowing Club and Olympic Athletes Rowing at**  
**Saugatuck (O.A.R.S.)**

# 5<sup>th</sup> ANNUAL CONNECTICUT INDOOR ROWING CHAMPIONSHIPS

SATURDAY January 27, 2007

SACRED HEART UNIVERSITY WILLIAM H. PITT CENTER  
FAIRFIELD, CONNECTICUT

SPONSORED BY SAUGATUCK ROWING CLUB and OLYMPIC  
ATHLETES ROWING AT SAUGATUCK (O.A.R.S.)

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**Time:** 12 pm-6 pm (race times will be posted one week prior to the event);

**Distance:** 2000 meters (U-14 ages: 1000 meters)

**Who can compete?** Anyone: novice and experienced athletes - College, High School or Middle School; Open and Masters (individual and teams).

**Registration:** Registration will be performed ONLY through Regatta Central at: [www.regattacentral.com](http://www.regattacentral.com). All students should register through your school and coach. Please provide a most recent 2000 meter erg score, if possible. **ALL registrations MUST be received by January 23, 2007!**

**Cost: \$20 juniors and collegiate/\$25 open and masters/\$35 per team, (\$5 more for day of registration).**

**Format:** Each event is a final. The fastest 3 times in each individual category will receive an award. First Place awards to Team Relay.

**RACE CATEGORIES (ALL CATEGORIES EXCEPT U-14 AND U-16 WILL HAVE LIGHTWEIGHT AND HEAVYWEIGHT DIVISIONS; ALL WILL HAVE MEN'S AND WOMEN'S DIVISIONS): LIGHTWEIGHT=135 LB WOMEN/165 LB MEN**

**U-14 (1K), U-16, U-19**  
**College Freshman**  
**College Varsity**  
**OPEN (Elite)**  
**Masters 30-39**  
**Senior 40-49**

**Veteran 50-99 IN 5 YR**  
**AGE GROUPS**  
**Coxswain Women (120**  
**LBS OR UNDER)**  
**Coxswain Men (U-130**  
**LBS OR UNDER)**

**Team Event (4 Rowers**  
**per team): U-40; 40-49;**  
**50 and up (500 meters**  
**each)**

FOR MORE INFORMATION CONTACT SHARON KRIZ AT  
[sharonkriz@gmail.com](mailto:sharonkriz@gmail.com) OR (203) 221-7475

**From New York and Points South:**

Hutchinson River / Merritt Parkway (Route 15) North to Exit 47. Left off ramp onto Park Ave. Go through first light. Sacred Heart University's main entrance will be on the right. Pass information booth and make first right. Follow signs for the William H. Pitt Center.

**From Hartford and Points North:**

Route 91 South to Exit 17. Take Wilbur Cross / Merritt Parkway (Route 15) South to Exit 47 (Park Ave.). Left off ramp. Sacred Heart University's main entrance is through the first traffic light on the right. Follow directions to Pitt Center.

**From Points East:**

Interstate 95 South. In Milford take Exit 38 to Merritt Parkway. Merritt Parkway (Route 15) South to Exit 47 (Park Ave.). Left off ramp. Main entrance to campus is through the first light on the right. Follow directions to the Pitt Center.

**From Points West:**

Interstate 84 East to Exit 9 (Bridgeport Route 25). Take right off exit ramp. Take left at light onto Route 25 South. Take Route 25 to Merritt Parkway (Route 15) South. Route 15 South to Exit 47 (Park Ave.). Left off ramp. Sacred Heart campus is on the right through the first traffic light. Follow directions to the Pitt Center.