

2004 NEW YORK STATE  
SCHOLASTIC ROWING CHAMPIONSHIPS  
DIRECTIONS FOR ENTRY

- 1) Read the rules which follow:
  - a. Rowers may only enter ONE race in the Scholastic schedule and ONE race in the Club schedule – Provided they meet the criteria of the event.
    - i. The single can be considered either/neither Club or Scholastic
  - b. Alpha Lists
    - i. One form should include the names of everyone who will row in a scholastic event, and will require the signature of a school official.
    - ii. The other form should include the names of everyone rowing in a club event and does not require the signature of a school official.
  - c. Weigh-ins
    - i. Where applicable, the athletes have the option to weigh-in [with the entire boat - coach must attend], the day before or the morning of the race.
    - ii. Athletes will be given a second chance to make weight only if they are within 2 pounds of the required weights
    - iii. There will be no averaging
    - iv. There will be no coxswain weigh-ins
  - d. Definitions of classes
    - i. **Scholastic** = all competitors from the same school
    - ii. **Freshman** <= 9<sup>th</sup> grade from the same school
    - iii. **Junior** <= 11<sup>th</sup> grade from the same school
    - iv. **Senior** <= 12<sup>th</sup> grade from the same school
    - v. **Novice** any high school athlete who began rowing after the last day of the 2003 school year and from the same school
    - vi. **Second** <= 12<sup>th</sup> grade from the same school with the requirement that the team must have at least one entry in the senior/junior/or lightweight event.
    - vii. **Club** <= 12<sup>th</sup> grade no school restrictions and therefore open to any rower
    - viii. **Club Second** <= 12<sup>th</sup> grade with the requirement that the team must have an entry in the corresponding Club or Club Lightweight event.
    - ix. **Club Novice** any high school athlete who began rowing after the last day of the 2003 school year.
    - x. **Lightweight** <= 12<sup>th</sup> grade from the same school and no boy over 150lb or no girl over 130lb.
    - xi. **Club Lightweight** <= 12<sup>th</sup> grade with no school restrictions and no boy over 155lbs and no girl over 130lbs.
  - e. Entry Deadlines
    - i. All entries are due April 28<sup>th</sup> (Wednesday) on [www.regattacentral.com](http://www.regattacentral.com).
    - ii. All Alpha Lists must be accompanied by waivers for every competitor. Competitors without waivers will not be allowed to compete. These must be mailed to the Saratoga Rowing Association postmarked by April 28<sup>th</sup>.
- 2) Fill out the Alpha list with the names of every competitor (alphabetically)
- 3) Arrange the waivers to match the order on the Alpha list (we check the waivers!)
- 4) Write a check to **NYS High School Rowing Championships** (or pay online by credit card at Regatta Central).
- 5) Mail the complete packet (alpha list, waivers, check) to the following address:

**Saratoga Rowing Association**  
**P.O. Box 750**  
**Saratoga Springs, NY 12866**

2004 NEW YORK STATE  
SCHOLASTIC ROWING CHAMPIONSHIPS  
LINE UP SHEET

|                     |        |  |
|---------------------|--------|--|
| Organization Name   |        |  |
| Contact Information | Name   |  |
|                     | Phone  |  |
|                     | E-Mail |  |

|            |  |  |
|------------|--|--|
| Event Name |  |  |
|------------|--|--|

|    | Expected Line-up | Year |  | Spares        | Year |
|----|------------------|------|--|---------------|------|
| EX | Example, Joe     | 10   |  | Example, Jane | 11   |
| C  |                  |      |  |               |      |
| 8  |                  |      |  |               |      |
| 7  |                  |      |  |               |      |
| 6  |                  |      |  |               |      |
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| 1  |                  |      |  |               |      |

- 1) All competitors are listed on alpha sheets \_\_\_\_\_
- 2) All competitors have waivers (including spares) \_\_\_\_\_
- 3) A copy of the blade design has been included \_\_\_\_\_
- 4) All Money has been included \_\_\_\_\_
  - a. (\$85 per 8+, \$65 per 4+/4X, \$30 per 2X, \$15 per 1X)
- 5) All scholastic alpha sheets have been signed by a school official \_\_\_\_\_

Please draw all checks to the order of:  
NYS High School Rowing Championships

Please mail all entries to the following address:  
Saratoga Rowing Association  
P.O. Box 750  
Saratoga Springs, NY 12866

2004 NEW YORK STATE  
SCHOLASTIC ROWING CHAMPIONSHIPS  
SCHOLASTIC ALPHA LIST

| <b>NAME</b>  | <b>YEAR</b> | <b>NAME</b> | <b>YEAR</b> |
|--------------|-------------|-------------|-------------|
| EXAMPLE, JOE | 10          |             |             |
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ARE YOU BRINGING A TRAILER? \_\_\_\_\_  
IF NOT, WITH WHOM ARE YOU TRAVELING? \_\_\_\_\_

AS A SCHOOL OFFICIAL, I CERTIFY ALL THOSE LISTED ABOVE ARE IN REGULAR  
ATTENDANCE OF \_\_\_\_\_ SIGNED \_\_\_\_\_

2004 NEW YORK STATE  
SCHOLASTIC ROWING CHAMPIONSHIPS  
ALPHA LIST

| NAME         | YEAR |  | NAME | YEAR |
|--------------|------|--|------|------|
| EXAMPLE, JOE | 10   |  |      |      |
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ARE YOU BRINGING A TRAILER? \_\_\_\_\_  
IF NO, WITH WHOM ARE YOU TRAVELING? \_\_\_\_\_

# 2004 NEW YORK STATE SCHOLASTIC ROWING CHAMPIONSHIPS WAIVER FORM

IN CONSIDERATION OF BEING GIVEN THE OPPORTUNITY TO PARTICIPATE IN ANY SARATOGA ROWING ASSOC., NY STATE SCHOLASTIC ROWING ASSOCIATION ("CLUB") ACTIVITY ("ACTIVITY") UNTIL THE END OF THE CALENDAR YEAR. I, FOR MYSELF, MY PERSONAL REPRESENTATIVES, ASSIGNS, HEIRS, AND NEXT OF KIN:

1. **ACKNOWLEDGE, AGREE AND REPRESENT THAT I UNDERSTAND THE NATURE OF ROWING ACTIVITIES, BOTH ON THE WATER AND LAND BASED, AND THAT I AM QUALIFIED, IN GOOD HEALTH, AND IN PROPER PHYSICAL CONDITION TO PARTICIPATE IN SUCH ACTIVITY.**
2. **FULLY UNDERSTAND THAT: (A) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (B) THESE RISKS AND DANGERS MAY BE CAUSED BY MY OWN ACTIONS, OR INACTIONS, THE ACTIONS OR INACTIONS OF OTHERS PARTICIPATING IN THE ACTIVITY, THE CONDITION IN WHICH THE ACTIVITY TAKES PLACE, OR THE NEGLIGENCE OR THE RELEASEES NAMED BELOW; (C) THERE MAY BE OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES EITHER NOT KNOWN TO ME OR NOT READILY FORESEEABLE AT THIS TIME; AND I FULLY ACCEPT AND ASSUME SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I INCUR AS A RESULT OF MY PARTICIPATION IN THE ACTIVITY.**
3. **AGREE AND WARRANT THAT I WILL EXAMINE AND INSPECT EACH ACTIVITY IN WHICH I TAKE PART AS A MEMBER OF THE CLUB AND THAT, IF I OBSERVE ANY CONDITION WHICH I CONSIDER TO BE UNACCEPTABLY HAZARDOUS OR DANGEROUS, I WILL NOTIFY THE PROPER AUTHORITY IN CHARGE OF THE ACTIVITY AND WILL REFUSE TO TAKE PART IN THE ACTIVITY UNTIL THE CONDITION HAS BEEN CORRECTED TO MY SATISFACTION.**

**HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE USROWING, THE CLUB, THEIR ADMINISTRATORS, DIRECTORS, AGENTS, OFFICERS, VOLUNTEERS AND EMPLOYEES, OTHER PARTICIPATING, REGATTA ORGANIZERS, ANY SPONSORS, ADVERTISERS, AND IF APPLICABLE, OWNERS AND LESSORS OF PREMISES ON WHICH THE ACTIVITY TAKES PLACE, (EACH CONSIDERED ONE OF THE RELEASEES HEREIN) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND FURTHER I AGREE THAT IF, DESPITE THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, I, OR ANYONE ON MY BEHALF, MAKES A CLAIM AGAINST ANY OF THE RELEASEES, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS, LIABILITY, DAMAGE, OR COST WHICH ANY MAY INCUR AS A RESULT OF ANY SUCH CLAIM**

**I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.**

PRINTED NAME OF PARTICIPANT: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

DATE: \_\_\_\_\_

PARTICIPANT'S SIGNATURE (ONLY IF AGE 18 OR OVER)

X

**PARENTAL CONSENT**

**AND I, THE MINOR'S PARENT AND/OR LEGAL GUARDIAN, UNDERSTAND THE NATURE OF ROWING ACTIVITIES AND THE MINOR'S EXPERIENCE AND CAPABILITIES AND BELIEVE THE MINOR TO BE QUALIFIED TO PARTICIPATE IN SUCH ACTIVITY. I HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS EACH OF THE RELEASEES FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON THE MNOR'S ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND FURTHER I AGREE THAT IF, DESPITE THIS RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF, MAKES A CLAIM AGAINST ANY OF THE RELEASEES, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS, LIABILITY, DAMAGE, OR COST WHICH ANY MAY INCUR AS A RESULT OF ANY SUCH CLAIM**

PRINTED NAME OF PARENT/GUARDIAN: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE NUMBER: \_\_\_\_\_

DATE: \_\_\_\_\_

PARENT/GUARDIAN'S SIGNATURE (ONLY IF PARTICIPANT IS UNDER 18):

X

2004 NEW YORK STATE  
SCHOLASTIC ROWING CHAMPIONSHIPS  
CONTINGENCY PLANS

1. In the event of unrowable water on Saturday:
  - a. We will row as many of the heats as possible with changes in the race order only if necessary.
  - b. The day can/will be extended (until 7:30) if there is a possibility the water will become rowable, and the light holds.
  - c. If finals need to be cancelled, the fastest qualifying times in the heats will be awarded the medals. (Provided the heats run without a break in between like events)
  - d. Should we decide we cannot get all the heats in and subsequently need to change the order of racing, the following would be the order: Senior, then Lightweight, then Junior, then Second, then Freshmen, then Novice.
  - e. Worse case scenario is to use time on Sunday. However, the Sunday schedule will not be impacted to race Saturday events. These can be run before or after.
  
2. In the event of unrowable water on Sunday.
  - a. We will row as many finals as possible with changes in the race order only if absolutely necessary
    1. The highest priority is that every kid gets a chance to race (heat or final)
    2. The second priority is that the Cincinnati qualifying finals are run
  - b. The day can/will be extended if there is a possibility the water will become rowable.
  - c. If finals need to be cancelled, the fastest qualifying times in the heats will be awarded the medals. (Provided the heats run without a break in between)
    1. Example: Heat 1 has the 3 fastest times, but only 2 are scheduled to advance, the third boat in heat 1 will not receive the bronze medal.
    2. Example: If Heat 1 is raced before a long stoppage and Heat 2 is raced after the long stoppage, no clear distinction can be made using the times. Obviously we will try to avoid this situation.

PRACTICE SCHEDULE

1. The race course and docks will be in assembly on Friday afternoon. Crews will be allowed on the water, but there is no guarantee that everything will be in place.
2. Because the race course may still be in the process of being assembled, the people who are setting up the course and towing the docks have the priority on the water and cannot be asked to watch crews while doing their job.
3. Crews arriving on Friday afternoon will be allowed to practice only with the accompaniment of a coach.
4. To be sure that your crews are allowed to practice, crews should make arrangements to bring launches and engines
5. There will be no practice in the mornings before the racing.
6. On Saturday evening, the course will be open for coach-accompanied practice ½ hour after the completion of the final race until dusk.
7. Once again...CREWS MAY ONLY PRACTICE WITH THE ACCOMPANIMENT OF A COACH w/ LAUNCH.

**2004 NEW YORK STATE  
SCHOLASTIC ROWING CHAMPIONSHIPS  
(PRELIMINARY)  
Saturday Racing - Scholastic**

|       |                   |        |       |  |      |                          |        |       |
|-------|-------------------|--------|-------|--|------|--------------------------|--------|-------|
| 8:00  | GIRLS LT. 4+      | HEAT 1 | 3 adv |  | 1:30 | GIRLS SR. 4+             | HEAT 1 | 2 adv |
| 8:08  |                   | HEAT 2 | 3 adv |  | 1:38 |                          | HEAT 2 | 2 adv |
| 8:16  | BOYS LT. 4+       | HEAT 1 | 3 adv |  | 1:46 |                          | HEAT 3 | 2 adv |
| 8:24  |                   | HEAT 2 | 3 adv |  | 1:54 | BOYS SR. 4+              | HEAT 1 | 3 adv |
| 8:32  | GIRLS NOV. 8+     | HEAT 1 | 3 adv |  | 2:02 |                          | HEAT 2 | 3 adv |
| 8:42  |                   | HEAT 2 | 3 adv |  | 2:10 | GIRLS JR. 8+             | HEAT 1 | 3 adv |
| 8:52  |                   | HEAT 3 | 3 adv |  | 2:18 |                          | HEAT 2 | 3 adv |
| 9:02  |                   | HEAT 4 | 3 adv |  | 2:26 | BOYS JR. 8+              | HEAT 1 | 3 adv |
| 9:10  | NECESSARY MAKE-UP |        |       |  | 2:34 |                          | HEAT 2 | 3 adv |
| 9:18  | NECESSARY MAKE-UP |        |       |  | 2:42 | GIRLS SR. 8+             | HEAT 1 | 3 adv |
| 9:28  | GIRLS FROSH. 4+   | HEAT 1 | 3 adv |  | 2:50 |                          | HEAT 2 | 3 adv |
| 9:38  |                   | HEAT 2 | 3 adv |  | 2:58 | BOYS SR. 8+              | HEAT 1 | 3 adv |
| 9:48  | BOYS FROSH. 4+    | HEAT 1 | 3 adv |  | 3:06 |                          | HEAT 2 | 3 adv |
| 9:58  |                   | HEAT 2 | 3 adv |  | 3:16 | FINALS PREP.             |        |       |
| 10:08 | GIRLS LT. 8+      | HEAT 1 | 3 adv |  | 3:26 | FINALS PREP.             |        |       |
| 10:16 |                   | HEAT 2 | 3 adv |  | 3:36 | FINALS PREP.             |        |       |
| 10:24 | BOYS LT. 8+       | HEAT 1 | 3 adv |  | 3:46 | GIRLS LT. 4+             | FINAL  |       |
| 10:32 |                   | HEAT 2 | 3 adv |  | 3:54 | BOYS LT. 4+              | FINAL  |       |
| 10:40 | BOYS NOV. 8+      | HEAT 1 | 3 adv |  | 4:02 | GIRLS FROSH. 4+          | FINAL  |       |
| 10:50 |                   | HEAT 2 | 3 adv |  | 4:12 | BOYS FROSH. 4+           | FINAL  |       |
| 11:00 | GIRLS JR. 4+      | HEAT 1 | 2 adv |  | 4:22 | GIRLS NOV. 8+            | FINAL  |       |
| 11:08 |                   | HEAT 2 | 2 adv |  | 4:32 | BOYS NOV. 8+             | FINAL  |       |
| 11:16 |                   | HEAT 3 | 2 adv |  | 4:42 | GIRLS LT. 8+             | FINAL  |       |
| 11:24 | BOYS JR. 4+       | HEAT 1 | 3 adv |  | 4:50 | BOYS LT. 8+              | FINAL  |       |
| 11:32 |                   | HEAT 2 | 3 adv |  | 4:58 | GIRLS 2 <sup>ND</sup> 8+ | FINAL  |       |
| 11:40 | GIRLS FROSH. 8+   | HEAT 1 | 2 adv |  | 5:06 | BOYS 2 <sup>ND</sup> 8+  | FINAL  |       |
| 11:50 |                   | HEAT 2 | 2 adv |  | 5:14 | GIRLS JR. 4+             | FINAL  |       |
| 12:00 |                   | HEAT 3 | 2 adv |  | 5:22 | BOYS JR. 4+              | FINAL  |       |
| 12:10 | BOYS FROSH. 8+    | HEAT 1 | 3 adv |  | 5:30 | GIRLS FROSH. 8+          | FINAL  |       |
| 12:20 |                   | HEAT 2 | 3 adv |  | 5:40 | BOYS FROSH. 8+           | FINAL  |       |
| 12:30 | LUNCH BREAK       |        |       |  | 5:50 | GIRLS JR. 8+             | FINAL  |       |
| 12:40 | LUNCH BREAK       |        |       |  | 5:58 | BOYS JR. 8+              | FINAL  |       |
| 12:50 | LUNCH BREAK       |        |       |  | 6:06 | GIRLS SR. 8+             | FINAL  |       |
| 1:00  | LUNCH BREAK       |        |       |  | 6:14 | BOYS SR. 8+              | FINAL  |       |
| 1:10  | GIRLS NOV. 8+     | SEMI 1 | 3 adv |  | 6:22 | GIRLS SR. 4+             | FINAL  |       |
| 1:20  |                   | SEMI 1 | 3 adv |  | 6:30 | BOYS SR. 4+              | FINAL  |       |

**Sunday Racing - Scholastic**

|       |                              |        |       |  |       |                              |       |  |
|-------|------------------------------|--------|-------|--|-------|------------------------------|-------|--|
| 8:00  | BOYS 2X                      | HEAT 1 | 3 adv |  | 10:16 | LUNCH BREAK                  |       |  |
| 8:08  |                              | HEAT 2 | 3 adv |  | 10:26 | LUNCH BREAK                  |       |  |
| 8:16  | GIRLS 4X                     | HEAT 1 | 3 adv |  | 10:36 | LUNCH BREAK                  |       |  |
| 8:24  |                              | HEAT 2 | 3 adv |  | 10:46 | LUNCH BREAK                  |       |  |
| 8:32  | GIRLS 1X (club / scholastic) | HEAT 1 | 3 adv |  | 10:56 | LUNCH BREAK                  |       |  |
| 8:42  |                              | HEAT 2 | 3 adv |  | 11:06 | LUNCH BREAK                  |       |  |
| 8:52  | BOYS 1X (club / scholastic)  | HEAT 1 | 3 adv |  | 11:14 | BOYS 2X                      | FINAL |  |
| 9:02  |                              | HEAT 2 | 3 adv |  | 11:22 | GIRLS 4X                     | FINAL |  |
| 9:12  | GIRLS NOV. 4+                | HEAT 1 | 3 adv |  | 11:30 | GIRLS 1X (club / scholastic) | FINAL |  |
| 9:20  |                              | HEAT 2 | 3 adv |  | 11:38 | BOYS 1X (club / scholastic)  | FINAL |  |
| 9:28  | BOYS NOV. 4+                 | HEAT 1 | 3 adv |  | 11:46 | GIRLS NOV. 4+                | FINAL |  |
| 9:36  |                              | HEAT 2 | 3 adv |  | 11:56 | BOYS NOV. 4+                 | FINAL |  |
| 9:44  | GIRLS 2X                     | HEAT 1 | 3 adv |  | 12:06 | GIRLS 2X                     | FINAL |  |
| 9:52  |                              | HEAT 2 | 3 adv |  | 12:16 | BOYS 4X                      | FINAL |  |
| 10:00 | BOYS 4X                      | HEAT 1 | 3 adv |  | 12:26 | END OF SCHOLASTIC            |       |  |
| 10:08 |                              | HEAT 2 | 3 adv |  | 12:36 | Begin Club Champs            |       |  |

2004 NEW YORK STATE  
SCHOLASTIC ROWING CHAMPIONSHIPS  
CLUB RACE SCHEDULE  
(PRELIMINARY)  
Sunday Racing

|       |                              |        |       |       |                               |       |       |
|-------|------------------------------|--------|-------|-------|-------------------------------|-------|-------|
| 8:32  | GIRLS 1X (club / scholastic) | HEAT 1 | 3 adv |       |                               |       |       |
| 8:42  |                              | HEAT 2 | 3 adv |       |                               |       |       |
| 8:52  | BOYS 1X (club / scholastic)  | HEAT 1 | 3 adv |       |                               |       |       |
| 9:02  |                              | HEAT 2 | 3 adv |       |                               |       |       |
|       |                              |        |       |       |                               |       |       |
| 11:30 | GIRLS 1X (club / scholastic) | FINAL  |       |       |                               |       |       |
| 11:38 | BOYS 1X (club / scholastic)  | FINAL  |       |       |                               |       |       |
| ----- | -----                        | -----  | ----- | ----- | -----                         | ----- | ----- |
| 12:36 | CLUB GIRLS NOV. 8+           | HEAT 1 | 3 adv | 2:56  | CLUB GIRLS LT. 4+             | FINAL |       |
| 12:46 |                              | HEAT 2 | 3 adv | 3:04  | CLUB BOYS LT. 4+              | FINAL |       |
| 12:56 | CLUB BOYS NOV 8+             | HEAT 1 | 3 adv | 3:12  | CLUB GIRLS NOV. 8+            | FINAL |       |
| 1:06  |                              | HEAT 2 | 3 adv | 3:22  | CLUB BOYS NOV. 8+             | FINAL |       |
| 1:16  | CLUB GIRLS 4+                | HEAT 1 | 2 adv | 3:32  | CLUB BOYS 2X                  | FINAL |       |
| 1:24  |                              | HEAT 2 | 2 adv | 3:40  | CLUB GIRLS 4X                 | FINAL |       |
| 1:32  |                              | HEAT 3 | 2 adv | 3:48  | CLUB GIRLS LT. 8+             | FINAL |       |
| 1:40  | CLUB BOYS 4+                 | HEAT 1 | 2 adv | 3:56  | CLUB BOYS LT. 8+              | FINAL |       |
| 1:48  |                              | HEAT 2 | 2 adv | 4:04  | CLUB GIRLS 4+                 | FINAL |       |
| 1:56  |                              | HEAT 3 | 2 adv | 4:12  | CLUB BOYS 4+                  | FINAL |       |
| 2:04  | CLUB GIRLS 8+                | HEAT 1 | 3 adv | 4:20  | CLUB GIRLS 2 <sup>ND</sup> 8+ | FINAL |       |
| 2:12  |                              | HEAT 2 | 3 adv | 4:28  | CLUB BOYS 2 <sup>ND</sup> 8+  | FINAL |       |
| 2:20  | CLUB BOYS 8+                 | HEAT 1 | 3 adv | 4:36  | CLUB GIRLS 2X                 | FINAL |       |
| 2:28  |                              | HEAT 2 | 3 adv | 4:44  | CLUB BOYS 4X                  | FINAL |       |
| 2:38  | FINALS PREPARATION           |        |       | 4:52  | CLUB GIRLS 8+                 | FINAL |       |
| 2:48  | FINALS PREPARATION           |        |       | 5:00  | CLUB BOYS 8+                  | FINAL |       |