

2014 IRONMEN ERG CLASSIC PROGRAM SCHEDULE

<u>Event</u>	<u>Description</u>	<u># of Heats</u> (w/ Combined Events)	<u>Approximate Start time</u>	<u>Warm-up Begins</u>	<u>Check-in Ends</u>
1	Women's Open	1-Combined 1 2 6 8	8:00 am	7:30 am	7:30 am
2	Men's Open	1- Combined 1 2 6 8	8:00 am	7:30 am	7:30 am
6	Men's Senior (40-49)	1- Combined 1 2 6 8	8:00 am	7:30 am	7:30 am
8	Men's Veteran (50+)	1- Combined 1 2 6 8	8:00 am	7:30 am	7:30 am
9	Girl's 7th Grade (1000m)	1- Combined 9 & 11	8:15 am	7:45 am	7:45 am
10	Boy's 7th Grade (1000m)	1- Combined 10 & 12	8:30 am	8:00 am	8:00 am
11	Girl's 8th Grade (1000m)	1- Combined 9 & 11	8:15 am	7:45 am	7:45 am
12	Boy's 8th Grade (1000m)	1- Combined 10 & 12	8:30 am	8:00 am	8:00 am
13	Women's HS Coxswain (1000m)	1	9:00 am	8:30 am	8:30 am
14	Men's HS Coxswain (1000m)	1	9:15 am	8:45 am	8:45 am
15	Women's HS Freshmen	2	9:30 am	9:00 am	9:00 am
16	Men's HS Freshmen	3	10:00 am	9:30 am	9:30 am
17	Women's HS Novice	1	10:45 am	10:15 am	10:15 am
18	Men's HS Novice	1	11:00 am	10:30 am	10:30 am
19	Women's HS Lightweight ^{Lwt} (135 lbs max)	2	12:00 Noon	11:30 am	11:30 am
20	Men's HS Lightweight ^{Lwt} (165 lbs max)	3	12:30 pm	12:00 pm	12:00 pm
21	Women's HS Open	1	1:15 pm	12:45 pm	12:45 pm
21	Men's HS Open	2	1:30 pm	1:00 pm	1:00 pm

NOTES:

Lwt - Lightweight weigh-ins are from 10:30 am to 11:30 am

Waivers - If not completed on-line. Each Athlete (and a legal guardian if athlete is younger than 18) must sign two (2) Waivers at check-in to compete.

Medals - Medals to the top 3 places in each event - medal ceremony approximately 30 minutes after event