

ONTARIO ERGOMETER CHAMPIONSHIPS



RIDLEY COLLEGE GYM
 FEBRUARY 28, 2010
 ST. CATHARINES, ONTARIO



2000 METRES	
Approx Time	<u>ORDER OF EVENTS</u>
8:00	1. Jr. H.S. Men
8:20	2. Jr. H.S. Women
9:00	3. Jr. H.S. 150# Men
9:30	4. Jr. H.S. 165# Men
10:00	5. Jr. H.S. 135# Women
11:25	6. Jr. H.S. 145# Women
12:00	7. Masters Women* (30 yrs+)
12:20	8. Masters Men* (30+ yrs)
12:40	9. Sr. H.S. 150# Men
1:10	10. Sr. H.S. 165# Men
1:40	11. Sr. H.S. 135# Women
2:40	12. Sr. H.S. 145# Women
3:00	13. Sr. H.S. Women
3:50	14. Sr. H.S. Men
4:00	15. Open Ltwt. 165# Men
4:10	16. Open Ltwt 135# Women
4:20	17. Open Hvy Women
4:30	18. Open Hvy Men

H.S. Age & Wt. Limits
 Jr. Born 1994 or Later
 Sr. Born 1991 or Later
 Ltwt. Wm – 135 & 145 lbs Max.
 Ltwt. Men – 150 & 165 lbs. Max.

WEIGH IN 7:30 A.M. TO RACE TIME

*Medals to Each Age Group Winner
 (30-42, 43-49, 50-54, 55-59, 60-64, 65-69)
 & Lwt. Winner

PRIZES:

Medals to Winners,
 Top Ten T-Shirts,
 H.S. Team awards,
 & MANY Draw Prizes

EVENT: _____ **Event #:** _____

COMPETITOR NAME: _____

CLUB/SCHOOL: _____
 (H.S. Entries must show High School, not club)

DATE OF BIRTH: ____ / ____ / ____ **Masters Ltwt** _____
 DD / MO / YR

Each competitor must sign the following waiver/release:
 I hereby release and forever discharge the HOST CLUBS, ROWONTARIO, their directors and all servants and agents, from any injury, death, loss or damage to my person or property, howsoever caused, notwithstanding that such injury, death, loss, or damage to property may have been contributed and occasioned by negligence, upon behalf of myself, heirs, executors, administrators, and assigns.

Signature of Competitor: _____

Signature of Legal Guardian (under 18): _____

Date: _____ E-Mail: _____

Entry Deadline – Received by MONDAY, FEBRUARY 22
STRICTLY ADHERED TO! See fees!

\$10.00 per person, entered and paid by deadline
\$20.00 paid at door or late entry, accepted if space available

Send entry form and credit card number or cheque, payable to:

RIDLEY GRADUATE BOAT CLUB

5 Swan Drive
 St. Catharines, ON L2T 2C2
 FAX: (800) 313-7022
 Phone: (905) 688-5292

Credit Card: Master Card ___ **VISA** ___

Number: ____ - ____ - ____ - ____ **Expir.** ____ / ____

Card Name: _____

Signature: _____
 (Billing will be via Lifco Hydraulics)

Sponsored by: **VAL's** New Ergs for Sale \$1,175. Call 905-688-5292 to reserve one **NOW**