



# Ridley Graduate Boat Club

**PLEASE POST**



## ONTARIO ERGOMETER CHAMPIONSHIPS

**SUNDAY, FEBRUARY 28, 2010**

at Ridley College, St. Catharines  
(**NEW FIELD HOUSE LOCATION!!** Big space!!)

**EVENTS:** **Masters** - Men & Women (30 & Over)  
**Lightweight & Open** - Men & Women  
**High School** (must enter as school, not club)

**H.S. categories for Men & Women, Jr & Sr:**

**Men**- 150# max, 165# max & Open; **Women**-135# max, 145# max & Open  
**Jr** (born 1994 or later) & **Sr** (born 1991 or later)

**ENTRY INFO & ERG SALES - \$ 1,175. (with PM 4 monitor !!)**

**New Model D Ergs - 35 New machines for Sale -**

**Contact-** Jack Nicholson, 5 Swan Drive, St. Catharines, ON L2T 2C2  
(905) 688-5292 or nstorrs@yahoo.com

**NOTE: - Pay by Credit Card, cheque or cash in advance  
Only \$ 10.00 !! (Pay late or at regatta - late entry is \$20.00)**

**STILL: Hundreds of Draw Prizes,  
Medals to Winners, and of course:**

**Top Ten T-Shirts, from our sponsor**

**Always a Well-Run Event !**



Customized Actionwear & Embroidery