



# ORILLIA ROWING CLUB

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## *Indoor Rowing Event – hosted by Orillia Rowing Club & CrossFit Orillia*

**Date:** Saturday January 28, 2017

**Time:** Registration starts 8:00am., Warmups 9:00 am., Racing starts 9:30 am.

**Events:** 2000, 1000, 500 m. – Masters, Senior/University, High School, Youth, plus Doubles Events (Men, Women, Mixed, & Parent-Offspring)

**Location:** CrossFit Orillia, 7 Progress Drive, Unit 2, Orillia

**Cost:** \$20 per person

### **Personal Information:** *(please print clearly)*

Name \_\_\_\_\_ Phone #: \_\_\_\_\_

Year of Birth: \_\_\_\_\_  
Email Address: \_\_\_\_\_ Gender (circle): Male / Female

School/University: \_\_\_\_\_ Coach: \_\_\_\_\_

Events (circle): 2000m. 1000m. 500m. 500m. Double (with \_\_\_\_\_)

In case of an emergency, contact \_\_\_\_\_ Phone #: \_\_\_\_\_

### **Waiver:**

"I \_\_\_\_\_ hereby represent that to the best of my knowledge, I suffer from no physical or health disability by which I put myself at increased risk by taking part in the Indoor Rowing Event hosted by the Orillia Rowing Club and CrossFit Orillia.

I acknowledge that taking part in this event will be a significant physical performance. I hereby waive and release any claim that might be made by myself, or anyone else as a result of any injury or illness suffered or aggravated as a result of my participation in this event against the Orillia Rowing Club and CrossFit Orillia, or against any persons taking part in the organization and/or operation of the Indoor Rowing Event. This waiver and release shall be binding upon me, my heirs, executors and assigns."

Signature: \_\_\_\_\_

Signature of Parent or Guardian if under 18 years of age: \_\_\_\_\_

Print Name: \_\_\_\_\_