

EVENT#: _____

2010 Ice Breaker Erg Races
Saturday April 10th at Athletic Complex, Trent University

Registration deadline: Friday April 9th. Please drop off forms along with entry fee of \$6/athlete to the Reception desk at the Athletic Complex.

Registration form:

NAME: _____ **YEAR OF BIRTH:** _____

SCHOOL: _____

Please circle:

HS Women: 135 lbs 145 lbs open

HS Men: 150 lbs 165 lbs open

University women: Itw heavyweight

University men: Itw heavyweight

Masters

ICE BREAKER ERG RACE WAIVER:

Please read carefully and sign: The waiver can be returned upon registration at the races.

I/we am/are aware that participating in physical activity with Trent University's Department of Athletics and Recreation has inherent risks, all of which I/we freely accept and assume, including personal injury, death, property damage or loss, and in consideration of acceptance of this knowledge, I/we hereby

- a) waive any and all claims that we/I may have against Trent University, and all those involved in the organization of programs and service;
- b) release Trent University from any liability for any loss, damage, injury or expense that I/we or my/our next of kin may suffer as a result of my/our participation,
- c) hold harmless and indemnify the University and all those involved in the operation and organization of programs and services, from any and all liability to any third party, resulting from my participation.

Signature of Competitor: _____ **Date:** _____

Signature of Legal Guardian (if athlete is under 18): _____

ICE BREAKER ERG RACES
Saturday April 10th, 2010

Order of Events:

- | | | |
|-----------------|----------------|---|
| Event 1: | 9:30am | University and Masters Men and Women |
| Event 2: | 10:00am | Junior HS women (b. 1994 or later) |
| Event 3: | 10:30am | Junior HS men (b. 1994 or later) |
| Event 4: | 11:00am | Senior HS women |
| Event 5: | 11:30am | Senior HS women |
| Event 6: | noon | Relay Team race (4 people /team) |

Entry fee: \$6/athlete

Juniors will race 1000m. All other events will be 2000m. Medals will be awarded to each age and weight class after their event.

Registrations and fees are due on Friday April 9th and must be dropped off at the reception desk of the Athletic Complex.

Athletes should arrive approx. 1 hour prior to their event to register, weigh in and warm up.

Max wattage event will be ongoing during the day. Help your school win the max wattage team challenge. No registration necessary.

Rules: 5 stroke warm up and record your max one stroke wattage over the next 5 strokes. Top ten women and men from each school will score in this event.

Futher info please contact Carol Love

Phone: 876-1085

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The Ice breaker Erg Races are hosted by Trent University Rowing Club