

## Ice Breaker Erg Races

### Saturday April 9<sup>th</sup>, 2011 at Athletic Complex, Trent University

**ENTRY FEE: \$6/athlete**

**Registration Deadline: Thursday, April 7th**

Please drop off forms along with entry fee of \$6/athlete to the reception desk at the Athletic Complex.

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

Date of Birth: \_\_\_\_\_

School: \_\_\_\_\_

Please circle applicable category and class:

HS Women-JR	135lbs	145lbs	Open
HS Women-SR	135lbs	145lbs	Open
HS Men-JR	150lbs	165lbs	Open
HS Men-SR	150lbs	165lbs	Open
University Women	135lbs	Open	
University Men	165lbs	Open	
Masters Men	Open		
Masters Women	Open		

**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 9<sup>th</sup>, 2011**

**Order of Events:**

- |          |         |   |
|----------|---------|---|
| Event 1: | 9:30am  | University and Masters Men and Women                                      |
| Event 2: | 10:00am | Junior HS Women (b. 1995 or later)  |
| Event 3: | 10:30am | Junior HS Men (b. 1995 or later)  |
| Event 4: | 11:00am | Senior HS Women   |
| Event 5: | 11:30am | Senior HS Men   |
| Event 6: | 12pm    | Relay Team Race (4 people/team)<br>*Relay Teams to be decided on race day |

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

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

For further info, please contact Jacqui Cook, Head Coach-Peterborough Rowing Club/Trent University  
705.313.6972  
[jacquicook@gmail.com](mailto:jacquicook@gmail.com)

*The Ice Breaker Erg Races are hosted by Trent University Rowing Club*