

Saturday 28th February 2015

Long Course (5000m Riverscourt to Whitlingham Green)

Short Course (2000m Surlingham Straight to Whitlingham Green)

This Event is Run, under British Rowing Rules of Racing

Entries Close 6pm Saturday 21st February 2015

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10.30am First Division Short Course (2,000m)

MEN: 1x, 4x, 4x+

WOMEN: 2x, 4+, 8+

MIXED: 2x, 4+, 8+

All above as Novice or Junior (state age category)

First Division Long Course 10.45 am (5,000m)

Trophy for Fastest Men's and Women's Boat in this Division

8+'s/ 4x /4- / 4+ / 2X / 2- /1x	Men	Elite / IM2 / Nov / J18 / J16 /Masters A, C, E, G
	Women	Elite / IM2 / Nov / J18/ J16/ Masters A, C, E, G
	Mixed	Elite / IM2 / Nov / Junior / Masters A, C, E, G

Second Division Short Course 2.15 pm (2,000m)

MEN: 2x, 4+, 8+

WOMEN: 1x, 4x+, 4x

MIXED: 4x,

All above as Novice or Junior (state age category)

Second Division Long Course 2-30pm (5,000m)

8+'s/ 4x /4- / 4+ / 2X / 2- /1x	Men	Senior/IM1/ IM3 / J17 / J15 / Masters B, D, F, H
	Women	Senior/IM1/ IM3 / J17 / J15 / Masters B, D, F, H
	Mixed	Senior/IM1/ IM3 / J17 / J15 / Masters B, D, F, H

Short Course: The Short Course is run over part of the Long Course. The finish is the same for both courses. It is run in conjunction with the Long Course. Therefore there can be **NO BOAT SHARING BETWEEN THE LONG AND SHORT COURSES FOR EACH DIVISION.**

A prize will only be given to a winning crew for a category with at least 3 competing entries. The committee reserves the right to move competitors up a category, if entries in one event are insufficient.

Entry fee £10.00 per seat

Entries:-

- **ONLINE using BROE- ENTRIES AND PAYMENT**
- **For race communications - Nigel Kippin, 55 Bracondale, Norwich, Norfolk, NR1 2AT**
- Mobile phone 07833 453103
- email: nigelkippin@ntlworld.com

Cheques payable to "Norwich Rowing Club"