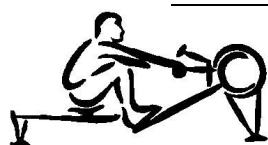


NSW INDOOR ROWING CHAMPIONSHIPS

EVENT TIMETABLE

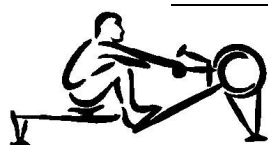
NOTE: don't believe all what you read : things will change : that is Life!

TIME	WHAT'S GOING ON?
10:00	OPEN FOR REGISTRATION, WARMUP & LIGHTWEIGHT WEIGH IN & BRIEFINGS
11:15	OFFICIAL OPENING OF NSW INDOOR ROWING CHAMPIONSHIPS
11:30	RACE 1 MENS 2000M John Langford, Dave Pimm (40-49) Geeb Smith, Gabriel Haythornthwaite (50-54)L Gary McLean, Eddie Bosch (50-59), Lindsay Hay (65-69), Peter Sheean(70-74)L Noel Donohue(75-79)
11:40	RACE 2 MIXED 2000M Amanda Behrendt(40-49)L, Tanya Bosch(60-64), Elloise Adams, Louise Oreskovic(20-29), Josh Bennett, Dale Doback,(20-29): Ryan Trembath(20-29)L
	2000m PRESENTATIONS
11:50	RACE 3 MENS 1000M Guy Rudder, Leigh Hadley, Daniel Bower, Henry Lance (30-39) Haico Aaldering, Adam Gilbert (50-54): Paul Buchhorn(60-64)L: Geeb Smith(50-54)L
12:00	RACE 4 LADIES 1000M Tayla Brown, Elloise Adams, Louise Oreskovic (20-29): Aliti Chang (40-49) Schuyler Elia(50-54), Tanya Bosch(60-64), Alex Warner(65-69) Christine Atkins (65-69)L
12:10	RACE 5 MENS 1000M Josh Bennett, Dale Doback, (20-29): Ryan Trembath (20-29)L: Gabriel Haythornthwaite (50-54)L: Peter Sheean, Richard Hanley(70-74)L, Noel Donohue(75-79) Angus Smith, Karl Kovarik(u19)
12:20	RACE 6 MENS 1000M John Langford, Stuart Dettman, David Ekins, Robert Berkelouw(40-49) Eddie Bosch(55-59), Lindsay Hay (65-69)
12:30	1000m PRESENTATIONS



NSW INDOOR ROWING CHAMPIONSHIPS

12:40	<p>RACE 7 LADIES 500M Elloise Adams, Tayla Brown, Louise Oreskovic, Allie Joyce, Tiffany White (20-29) Katrina Reynolds(30-39)L, Tanya Bosch(60-64), Alex Warner (65-69) Christine Atkins(65-69)L</p>
12:45	<p>RACE 8 MIXED 500M Alita Chang(40-49), Schuylar Elia(50-54), Roberta Thompson(55-59)L, Ryan Trembath(20-29)L, Geeb Smith(50-54)L, Peter Sheean, Richard Hanley(70-74)L, Noel Donohue(75-79)</p>
12:55	<p>RACE 9 MENS 500M Josh Bennett, Dale Doback (20-29), Guy Rudder, Leigh Hadley, Daniel Bower, Henry Lance, Luke Thomas(30-39), Angus Smith(u19)</p>
13:00	<p>RACE 10 MENS 500M Stuart Dettman, John Langford, Jim Wackett, David Ekins, Robert Berkelouw, Dave Pimm (40-49)</p>
13:10	<p>RACE 11 MENS 500M Adam Gilbert (50-54), Eddie Bosch(55-59), Lindsay Hay, Robert Grandidge(65-69)</p>
13:30	<p>500M PRESENTATIONS</p>
13:40	<p>RACE 12 LADIES RIP Elloise Adams, Louise Oreskovic, Allie Joyce, Tiffany White (20-29), Schuylar Elia(50-54), Roberta Thompson(55-59)L, Tanya Bosch(60-64), Alex Warner (65-69), Christine Atkins(65-69)L</p>
13:45	<p>RACE 13 MIXED RIP Ryan Trembath(20-29)L, Angus Smith(u19), Geeb Smith(50-54)L, Adam Gilbert, Haico Aaldering(50-54), Peter Sheean, Richard Hanley(70-74)L, Robert Grandidge, (65-69), Katrina Reynolds(30-39)L</p>
13:55	<p>RACE 14 MENS RIP Josh Bennett, Dale Doback (20-29), Guy Rudder, Leigh Hadley, Daniel Bower, Henry Lance, Luke Thomas(30-39), Angus Smith(u19), Noel Donohue(75-79)</p>
14:00	<p>RACE 15 MIXED RIP Stuart Dettman, John Langford, Jim Wackett, David Ekins, Robert Berkelouw(40-49) Eddie Bosch, Peter Fitzsimons(55-59) Alita Chang(40-49), Amanda Behrendt(40-49)L</p>
14:15	<p>RIP PRESENTATIONS</p>



NSW INDOOR ROWING CHAMPIONSHIPS

14:30	RELAY TEAMS FORMATION
14:45	JUNIORS 2000M Max Gillian, Blake Gillian, Karl Kovarik plus?
15:00	JUNIOR 2000M PRESENTATION
15:05	RELAYS
15:15	RELAY PRESENTATIONS
	CLOSE OF BUSINESS

Notes and rules:

- DO NOT RACE IF YOU ARE ILL! You won't lose your sheep station...
- Races will contain Athletes of different age & weight categories and abilities.
- Age/weight categories will be differentiated on the projection screen by a colour.
- You will only see the competitors in your category on your machine monitor.
- Please **stay on your machine** until everyone finishes the race you are in.
- PLEASE Do Not touch the competition machine monitors. You will be punished if you do...
- Check your drag factor, you cannot change it once you start your race!
- If you don't want to appear in photographs and social media please let us know, we will give you a mask to wear.
- Smile and enjoy your row!

Athletes are asked to support the event throughout the day.

Please report urgent changes to Ian Gibson, Race Director m: 0419602397

