2017 Rowing Competition

**Wednesday 18th Oct 3.45 prompt start at West Hill**

The competition is design to allow teams of 4 to compete over 2 races.

Age groups are Year 7/8 and Year 9/10

Each team must be single sex and consist of 2 pupils from each age group

 i.e Yr7/8 age must have 2 yr 7 and 2 yr 8 pupils

The order of the rowers is to be decided by the team manager

Race 1 is over a set time

* 6 mins for Yr 7/8 Change of rower at 1min 30 sec intervals on the whistle
* 8 mins for Yr 9/10 Change of rower at 2min intervals on the whistle

Race 2 is over a set distance of 2017 metres for both age groups.

Rowers may change at any time but there must be a minimum of 3 changes and all must row.

Entry Form – School\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Year 7

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Year 8

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Year 9

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Year 10

1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_