

# 18th Annual Island Sprints



**Saturday March 7, 2020 -- 9:00AM to 3PM**  
**Grosse Ile Middle School Cafeteria**

Start the 2020 rowing season by joining the cabin fever inflicted rowers of the mid-west and accepting the challenge of a day of island fun and competition on Concept 2 ergometers. Events will be categorized by gender, weight, age and ability.

- Awards will be given to the first three finishers of each event – there will be
- Entry fee is only \$10.00 for unlimited events
- **NEW Registration Details – see page 2 – Registration stars at 8AM on race day**
- All entrants must submit completed waivers (see page 2 -- copy & download as required)
- Contact Dennis Sitek for information 734-675-1339 or by e-mail at [oldoar@gmail.com](mailto:oldoar@gmail.com)

	<u>EVENT</u>	<u>AGE</u>	<u>DISTANCE (Meters)</u>
1.	Women's Youth	Up to 8 <sup>th</sup> Grade	500
2.	Men's Youth	Up to 8 <sup>th</sup> Grade	500
3.	Women's Lightweight Novice (130 lbs max)	N/A	2000
4.	Men's Lightweight Novice (150 lbs max)	N/A	2000
5.	Women's Masters (30-49) & Veterans (50+)	See Below	2000
6.	Men's Masters (30-49) & Veterans (50+)	See Below	2000
7.	Women's Novice	N/A	2000
8.	Men's Novice	N/A	2000
9.	Women's Junior	JR*	2000
10.	Men's Junior	JR*	2000
11.	Women's Lightweight Junior (135 lbs. max.)	JR*	2000
12.	Men's Lightweight Junior (155 lbs. max.)	JR*	2000
13.	Coxies – Women's (120 lbs. max)	N/A	1000
14.	Coxies – Men's (120 lbs. max)	N/A	1000
15.	Team 1 – Women's Junior (4 Women)	JR*	500 Each
16.	Team 2 – Men's Junior (4 Men)	JR*	500 Each
17.	Women's Lightweight (135 lbs. max.)	N/A	2000
18.	Men' Lightweight (165 lbs. max.)	N/A	2000
19.	Women's Open	N/A	2000
20.	Men's Open	N/A	2000
21.	Team 3 – Mixed Open (2 Men & 2 Women)	N/A	500 Each

- Events will be at 15 minute intervals (Some events may have multiple flights, fastest time wins)
- Medal will be awarded to Master's and Veteran's within Events 5 & 6)
- USRA Age Handicap Schedule will be in use for Masters & Veterans
- All Juniors must be born after Jan 1, 2002 or be a high school student

# Directions to the Islands Grosse Ile Middle School

Grosse Ile Middle School Address: 22270 East River Road – Grosse Ile, MI 48138

## REGISTRATION

To register for the 2020 Island Sprints use the Google Form or QR code shown below. Coaches with several rowers are encouraged to use this form as it will help expedite registration on March 7th. Individual rowers can register on line or on the morning of March 7th, please arrive early to ensure time to register.

Deadline for on-line registration is March 4<sup>th</sup> at 11:59 PM.

Payment (\$10/rower) is due at the Island Sprints on March 7, 2019

<https://goo.gl/forms/hWYXnFG81hJxCaXl3>



## WAIVER REQUIREMENTS

In addition to the Island Sprints waiver at the bottom of this page it is necessary to complete the USRowing waiver as well. This waiver is available for download at the USRowing web site the link is as follows:

[https://usrowing.org/documents/2020/1/2//USRowing\\_Waiver\\_2020.pdf?id=2157](https://usrowing.org/documents/2020/1/2//USRowing_Waiver_2020.pdf?id=2157)

### **2020 Island Sprints**

In consideration for accepting my entry I, the undersigned entrant, for myself, my heirs, executors and administrators hereby release the Township of Grosse Ile, the Grosse Ile Schools, the Grosse Ile Rowing Club, and any of the individuals organizing and conducting the 2020 Island Sprints, their representatives, successors, and assigns from any liability for injuries or damages suffered by me as a result of my participation in this event. I certify that I am physically fit and sufficiently trained to participate. I also give my permission for the free use of my name and / or picture in any broadcast of this event.

Signature of Participant

Date

Signature of Parent / Guardian if entrant is under 18 years of age Date