

23rd Monster Erg 2008

Canadian Indoor Rowing Championship

regina toronto sunday victoria february 3rd montreal halifax

order of events 2000 meters unless noted

no.	event		
1.	masters women (c+)(c,d,e,f,g,etc.)	hvy/lwt	
2.	masters women (b)	hvy/lwt	
3.	masters women (a)	hvy/lwt	
4.	masters men (c+)(c,d,e,f,g,etc.)	hvy/lwt	
5.	masters men (b)	hvy/lwt	
6.	masters men (a)	hvy/lwt	
7.	adaptive men and women	1000 meters	
8.	masters women quads	1000 meters	
9.	masters men quads	1000 meters	
10.	novice women (18-29)		
11.	novice men (18-29)		
12.	sr. B lwt. women		
13.	sr. A lwt. women		
14.	sr. B lwt. men		
15.	sr. A lwt. men		
16.	sr. B women		
17.	sr. B men		
18.	sr. A women		
19.	sr. A men		
20.	coxswains crawl men and women	500 meters	
21.	jr. A women		
22.	jr. A men		
23.	jr. A lwt. women		
24.	jr. A lwt. men		
25.	jr. B women		
26.	jr. B men		
27.	jr. C women	doubles	1000 meters
28.	jr. novice women	doubles	1000 meters
29.	jr. C men	doubles	1000 meters
30.	jr. novice men	doubles	1000 meters

sponsored by the University of Victoria and Concept 2

university of victoria

monster erg 2008

monster notes 2

entries due: friday january 25th 2008

entry fees.....\$10.00 per person/per event

payable to the University of Victoria and must be included **with the entry form for visa and master card payments** please call our secure line with the following info : number / expiry date / full name on card
secure line : 250 472 4036 receipt pickup at event

late registration is \$20.00 per person/per event space permitting.

payment must be included with late entry

Late entry will not be accepted after 12 pm noon, thur., January 31, 2008

Note: scratch fee equals entry fee

(substitutions allowed for big clubs up to January 31st)

monster notes 3

The **monster erg regatta** will run 30 events (+divisions) in the order of events as listed in **15 minute** intervals, starting at **9.30am**.

Events with small entries will be combined into time slots to facilitate the efficient running of the regatta. A schedule will be available on **Wednesday evening, January 30th** based on entries received.

registration Will open at **7.30 am**,

please have any last minute scratches done by **9.00am**

coaching Each competitor will be allowed an erg coach to accompany them in the competition zone.

spectators McKinnon Gym bleachers will be open for public viewing and large **tv Monitors** will show live progress of the event.

awards The **national champion** will receive a top canuck, limited edition national champions t-shirt

The **monster erg champion** will receive a **first place event medal** and a "**tough enough club**" T-shirt

The top three in large entry events will receive a "**tough enough club**" t-shirt along with all competitors within **3.5%** of the winning time in their event. Public presentation will only be made to top three.



national championship events

The **national champions** will be determined based on the top result between **Victoria, Halifax, Montreal, Regina and Toronto.**

monster notes 1 qualifying times distance 2000meters

The **monster erg** regatta is an official satellite of the **World Indoor Championships, the 'CRASH-B SPRINTS'** in Boston. **Four Qualifiers** of our choosing will win airfare to Boston to compete in the event. Race organizers will select the four most competitive from those who have surpassed qualifying times. To be eligible for consideration, competitors must meet the following time standards.

women

men

age	hvy	lwt	age	hvy	lwt
18 & under	7.02.1	7.31.0	18 & under	6.07.3	6.29.7
19-29			19-29		
(collegiate)	6.55.2	7.23.1		5.57.7	6.18.1
(international)	6.44.4	7.12.0		5.49.0	6.09.2
30-39	7.04.1	7.25.3	30-39	5.57.8	6.20.3
40-49	7.15.2	7.35.2	40-49	6.08.8	6.28.9
50-54	7.40.3	7.47.1	50-54	6.25.2	6.43.8
55-59	8.28.9	8.30.8	55-59	6.37.6	6.46.6
60-64	8.26.6	8.53.4	60-64	6.50.0	7.12.1
65-69	8.52.7	9.03.7	65-69	7.32.1	7.32.0

Further qualifying times are available for those over 70 upon request.

(note: these are 2008 qualifying times subject to change in 2009)

- novice** * started rowing September of 2007-college freshman with prior experience must enter Sr. B
- lightweights** * women 135# max(61.36 kg) men 165# max(75 kg)
weigh-ins begin at 7.30am
- masters** * divisions as follows, **age as of race day**
 A**30-39 hvy & lwt (please indicate weight division on entry)
 B**40-49 " "
 C**50-59 " "
 D**60-64 " "
 E**65-69 " "
 F**70-74 " "
 G**75-79 " "etc.
C division and up will be handicapped for one event champion
- * **quads** each team is comprised of 4 machines linked together to give the team a final time for 1000 meters, handicapped by average age. there is a mens and a womens open and lightweight division.
- juniors** * **A** fisa under 19 category-cannot turn 19 in year of competition (born in 1990 or later)
- * **B** fisa under 17 category (15 & 16 year olds born 92 or later)
- * **doubles** each team is comprised of 2 machines linked together to give the team a final time for 1000 meters in the following categories:
- * **C** fisa under 15 category (14 & under born 94 or later)
- * **novice** started rowing September of 2006
- seniors** * **A** open category
- * **B** fisa under 23 category-cannot turn 23 in year of competition (born in 1986 or later)