Events start at 10am

- **2,000m Challenges**
  Open & Lightweight, Rowability categories will be split into the following if more than 2 entries:
  - Year 12/13, open, 30-39, 40-49, 50-59, 60+

- **Junior categories**
  Races in line with the national ‘Go Race Indoors’ framework:
  - Year 7 – 2mins,
  - Year 8 – 3mins,
  - Year 9 – 4mins,
  - Year 10 – 5 mins,
  - Year 11 – 6 mins

- **Relay competition**
  4 people in a team - Adult & Junior sections

**NEW FOR 2015**

**1000m category**
Aimed at those who are new to indoor rowing – competing for the first time.

Male & Female categories - £4 entry fee

Entry forms available at:
westregionrowing.blogspot.co.uk

**Event kindly supported by**

**CORNISH INDOOR ROWING CHAMPIONSHIPS**

Newquay Sports Centre
24th Jan 2015

500m sprint
entries on the day
- £2 per attempt,
proceeds to a local charity

£4 per junior/£8 per adult per event

ksellar@plymstockschool.org.uk  07722569557  RowWestRegion

Event kindly supported by Tempus
Making time for leisure