

ANA Rowing Club

Challenge Cup 2007

Entry Form

Crew Name: _____

Organisation (if applicable): _____

Category: Male Female

Payment Enclosed (\$300): Yes No

Crew Co-ordinator: Name: _____

Ph: _____ Email: _____

Coach: _____ Contact Number

Declaration by crew members:

I declare that I am able to swim a distance of 50 meters and that I am not aware of any medical condition which would preclude myself from training and competing in the ANA Challenge Cup rowing regatta. I confirm I have read the rules of the competition overleaf and that I should not be excluded based upon previous rowing experience.

Crew Members:

Name: _____ Signature: _____

1. _____

2. _____

3. _____

4. _____

Rules:

- The Regatta will be held on Sunday the 18th March 2007, at the ANA Rowing Club headquarters, Milne St, Bayswater, commencing at 10:30 am. Entries close on Monday the 5th March, 2007.
- The regatta is for novice rowers only. No more than one member of the crew (not including the coxswain) may have had any previous racing experience and that crew member shall not have participated in club or school competition in the last 5 years. One other crew member may have previously competed in this event but at least two members of each crew must be complete beginners with absolutely no previous rowing experience.
- Crews are not required to supply their own coxswain, but they may do so if they wish.
- Male teams must consist of a minimum of three male rowers. Female teams must consist entirely of female rowers although the coxswain in any crew may be either male or female.
- Teams are required to attend 5 supervised training sessions to learn basic rowing skills. A coach will be provided for each crew to teach them the basics. Crews can attend a maximum of 6 training sessions only. Additional sessions are not permitted in the interests of keeping the competition fair.
- Races are run in a knockout format over 500m. First round losers will be given a second chance through a repechage system, so all crews will race at least twice on the day.
- Entry fee is \$300 per crew (\$75 per person). This includes all training sessions and entry to the regatta. Please make cheques payable to ANA Rowing Club Inc.