

# Saturday 14 March 2009



# BAYSWATER

## LEARN-TO-ROW REGATTA

**BAYSWATER LEARN-TO-ROW REGATTA**

requires teamwork, commitment and fun, fun, fun. A once-a-year opportunity to learn to row as a team and compete on the hallowed Bayswater straight. Get a group of friends, colleagues or even family together for your team.

Tackle 5 lessons in a quad scull (we'll explain that bit) and then compete in a real, live rowing regatta for prizes,

trophyes and of course ... honour!! **PLUS - Spot prizes for BEST CREW NAME, BEST DRESSED and MORE.** The ANA Challenge Cup Regatta is open to people with little, long-time-no-row or no previous rowing experience. At least two members of each crew must be complete beginners.



**CALL PETA MULCAHY NOW FOR DETAILS ON HOW TO ENTER**  
cost: \$400 per crew (\$100 per person)

**[www.anarowingclub.org.au](http://www.anarowingclub.org.au)**

email: [challengecup@anarowingclub.org.au](mailto:challengecup@anarowingclub.org.au)

phone: **9314 6574**

or **0402 575 628**

Bring family, friends and work colleagues to a great picnic, BBQ occasion. Sausage sizzle, cakes, refreshments and many activities available on regatta day.

Proudly supported by:

*Stuart Ridgway Design*

**ACT NOW ! GET YOUR CREWS TOGETHER**

**ANA Challenge Cup 2009**  
**BAYSWATER LEARN-TO-ROW REGATTA**  
**Entry Form**

Crew Name: \_\_\_\_\_

Organisation (if applicable): \_\_\_\_\_

Category: Male  Female  Payment Enclosed (\$400): 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 13<sup>th</sup> March 2005, at the ANA Rowing Club headquarters, Milne St, Bayswater, commencing at 10:30 am. Entries close on Monday the 28<sup>th</sup> February, 2005.
- The regatta is for novice rowers only. No more than one member of the crew may have had any previous racing experience (including corporate/beginners style regattas) and that crew member shall not have participated in club or school competition in the last 10 years. Previous participation rules do not apply to coxswains.
- 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.
- 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 \$400 per crew (\$100 per person). This includes all training sessions and entry to the regatta. Please make cheques payable to ANA Rowing Club Inc.