

ANA Learn to Row Regatta 2025 Entry Form

Email to learn2rowregatta@anarowingclub.org.au

Crew Name (pick a name for your crew): _____

Organisation (if applicable): _____

Payment Details (\$200 per competitor or \$150 if paid before 1 December 2024)

BSB: 736 000 Account No: 070182 Payment Ref: LTRR_(your surname or crew name)

Crew Coordinator Name (as a point of contact): _____

Contact number: _____ **Email:** _____

Coach: (can add later) _____ **Contact Number:** _____

Declaration by competitors:

- I declare that I am able to swim a distance of 100 metres while clothed and that I am not aware of any medical condition which would preclude me from training and competing in the ANA Learn to Row Regatta.
- I accept that as an outdoor sport, rowing has inherent risks including, but not necessarily limited to those associated with weather, water and boat handling. In participating in the sport of rowing at ANA Rowing Club, I accept personal responsibility for evaluating and accepting these risks.
- I confirm that I have read the rules of the competition below, and that I have given a true account of my rowing experience.
- I consent that the ANA Rowing Club has the full rights to use any images resulting from the photography/video filming of any regatta, training session or club event for fundraising, publicity or other purposes to help achieve the club's aims.

Competitor's Full Name:	Signature:	M	F	Date of Birth
1. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____
2. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____
3. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____
4. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>	_____

Dated _____

ROWING EXPERIENCE: Tick where appropriate for each crew member listed above	1	2	3	4
No previous rowing experience	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Previously rowed in this regatta or done Learn to Row course	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Experienced rower not competed in last 10 years	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Rules:

- The regatta is for beginner or 'rusty' rowers only. At least two members of the crew must have NO previous rowing experience. Any crew members with previous club or school level racing experience must not have competed in the last 10 years.
- Male crews must have at least three male rowers. Female crews must consist entirely of female rowers. Mixed crews must have at least two female rowers. The coxswain in any crew may be either male or female.
- Crews are not required to supply their own coxswain, but they may do so if they wish.
- Teams attend five coached training sessions to learn basic rowing skills. A coach will be provided for each crew.
- The Regatta will be held on Sunday 9th March 2025, at the ANA Rowing Club, Milne St, Bayswater, commencing at 8:00 am.
- Races are run in a knockout format over 500 m. 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 \$800 per crew (\$200 per competitor) or \$600 per crew/\$150 per competitor if paid before 1 December 2024. This includes training sessions and entry to the regatta.
- Entries close on Sunday 27th January, 2025.