

8th Annual Island Sprints



Saturday March 6, 2010 -- 9:30AM to 3PM
Grosse Ile Middle School Cafeteria

Start the 2010 rowing season by joining the cabin fever inflicted rowers of the mid-west and accepting the challenge of a day of island fun and competition on Concept II ergometers. Events will be categorized by gender, weight, age and ability.

- All entrants must submit completed waivers (see page 2 -- copy & download as required)
- Awards will be given to the first three finishers of each event -- Door Prizes will be Ruffled
- Entry fee is only \$10.00 for unlimited events
- Registration Starts at 8:00 AM on Race Day (please arrive early to register)
- Contact Dennis Sitek for information 734-675-1339 (evenings) or e-mail at oldoar@hotmail.com

	EVENT	AGE	DISTANCE (Meters)
1.	Women's Lightweight Novice (135 lbs. max.)	N/A	2000
2.	Men's Lightweight Novice (155 lbs. max.)	N/A	2000
3.	Women's Veteran	50+	2000
4.	Men's Veteran	50+	2000
5.	Women's Novice	N/A	2000
6.	Men's Novice	N/A	2000
7.	Women's Junior	JR*	2000
8.	Men's Junior	JR*	2000
9.	Women's Masters	30-49	2000
10.	Men's Masters	30-49	2000
11.	Women's Lightweight Junior (135 lbs. max.)	JR*	2000
12.	Men's Lightweight Junior (155 lbs. max.)	JR*	2000
13.	Coxies – Women's (120 lbs. max)	N/A	1000
14.	Coxies – Men's (120 lbs. max)	N/A	1000
15.	Women's Youth	6-13	500
16.	Men's Youth	6-13	500
17.	Team 1 – Women's Junior (4 Women)	JR*	500 Each
18.	Team 2 – Men's Junior (4 Men)	JR*	500 Each
19.	Women's Lightweight (135 lbs. max.)	N/A	2000
20.	Men' Lightweight (165 lbs. max.)	N/A	2000
21.	Women's Open	N/A	2000
22.	Men's Open	N/A	2000
23.	Team 3 – Mixed Open (2 Men & 2 Women)	N/A	500 Each

- Events will be at 15 minute intervals (Some events will have multiple flights, fastest time wins)
- Master's and Veteran's Events will be based on USRA Age Handicap Schedule
- All Juniors must be born after Jan 1, 1992 or be a high school student

Directions to the Islands Grosse Ile Middle School

From the South:

I-75 North to Fort St. - (Exit #28)
North on Fort St. to Van Horn
Right on Van Horn to Jefferson
Left on Jefferson (for only 200 yards)
Right on Grosse Ile Parkway (cross Detroit River)
Parkway to East River Road
Left on East River Road
Grosse Ile Middle School is 0.7 miles from Parkway
Enter the School from the West Parking Lot

From the North:

I-75 South to West Road. Exit (#32)
East on West Road to Allen
Right on Allen to Van Horn
Left on Van Horn to Jefferson
Left on Jefferson (for only 200 yards)
Right on Grosse Ile Parkway (cross Detroit River)
Parkway to East River Road
Left on East River Road
Grosse Ile Middle School is 0.7 miles from Parkway
Enter the School from the West Parking Lot

From the West:

I-94 East to I-275 South
I-275 South to Sibley
East on Sibley to Allen
Right on Allen to Van Horn
Left on Van Horn to Jefferson
Left on Jefferson (for only 200 yards)
Right on Grosse Ile Parkway (cross Detroit River)
Parkway to East River Road
Left on East River Road
Grosse Ile Middle School is 0.7 miles from Parkway
Enter the School from the West Parking Lot

NEW WAIVER REQUIREMENTS

In addition to the Island Sprints waiver at the bottom of this page it will be necessary to complete the USRowing waiver as well. This waiver is available for download at the USRowing web site the link is as follows:

http://www.usrowing.org/uploads/docs/2010%20Waiver_13OY5U.pdf

2010 Island Sprints

In consideration for accepting my entry I, the undersigned entrant, for myself, my heirs, executors and administrators hereby release the Township of Grosse Ile, the Grosse Ile Schools, the Grosse Ile Rowing Club, and any of the individuals organizing and conducting the 2010 Island Sprints, their representatives, successors, and assigns from any liability for injuries or damages suffered by me as a result of my participation in this event. I certify that I am physically fit and sufficiently trained to participate. I also give my permission for the free use of my name and / or picture in any broadcast of this event.

Signature of Participant

Date

Signature of Parent / Guardian if entrant is under 18 years of age

Date