

# 5th Annual Island Sprints



**Saturday March 3, 2007 -- 10AM to 3PM**  
**Grosse Ile Middle School Cafeteria**

Start the 2007 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 waiver (see page 2 -- copy as required)
- Awards will be given to the first three finishers of each event -- Door Prizes will be Raffleed
- Entry fee is only \$10.00 for unlimited events
- Registration Starts at 8:30AM on Race Day (please arrive early to register)
- Contact Dennis Sitek for information 734-675-1339 (evenings) or e-mail at [oldoar@hotmail.com](mailto: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, 1989 or be a high school student

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# Directions to the Islands Grosse Ile Middle School

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## 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 Rive Road  
Grosse Ile Middle School is 0.7 miles from Parkway  
Enter the School from the North  
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 Rive Road  
Grosse Ile Middle School is 0.7 miles from Parkway  
Enter the School from the North  
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 Rive Road  
Grosse Ile Middle School is 0.7 miles from Parkway  
Enter the School from the North  
Parking Lot

## 2007 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 2007 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