



# ONTARIO ERGOMETER CHAMPIONSHIPS



RIDLEY COLLEGE GYM  
MARCH 2, 2008  
ST. CATHARINES, ONTARIO



2000 METRES	
<u>Approx Time</u>	<u>ORDER OF EVENTS</u>
8:00	1. Jr. H.S. Men
8:20	2. Jr. H.S. Women
9:00	3. Jr. H.S. 150 Men
9:30	4. Jr. H.S. 165 Men
10:00	5. Jr. H.S. 135 Women
11:25	6. Jr. H.S. 145 Women
12:00	7. Masters Women* (30+ yrs)
12:20	8. Masters Men* (30 yrs+)
12:40	9. Sr. H.S. 150 Men
1:10	10. Sr. H.S. 165 Men
1:40	11. Sr. H.S. 135 Women
2:40	12. Sr. H.S. 145 Women
3:00	13. Sr. H.S. Women
3:50	14. Sr. H.S. Men
4:00	15. Open Ltwt. 165 Men
4:10	16. Open Ltwt. 135 Women
4:20	17. Open Hvy Women
4:30	18. Open Hvy Men
<u>H.S. Age &amp; Wt. Limits</u>	
Jr. Born 1991 or Later	
Sr. Born 1988 or Later	
Ltwt. Wm – 135 & 145 lbs Max.	
Ltwt. Men – 150 & 165 lbs. Max.	
<u>WEIGH IN 7:30 A.M. TO RACE TIME</u>	
*Medals to Each Age Group Winner (30-42, 43-49, 50-54, 55-59, 60-64, 65-69) & Ltwt. Winner	
<b>PRIZES:</b> Medals to Winners, Top Ten T-Shirts, H.S. Team awards, & MANY Draw Prizes for each event	

EVENT: \_\_\_\_\_ Event #: \_\_\_\_\_

COMPETITOR NAME  
(PRINT): \_\_\_\_\_

CLUB/SCHOOL: \_\_\_\_\_

(H.S. Entries must show High School, not club)

DATE OF BIRTH: \_\_\_\_ / \_\_\_\_ / \_\_\_\_ Masters Ltwt \_\_\_\_  
DD / MO / YR

\*\*\*\*\*

**Each competitor must sign the following waiver/release:**  
I hereby release and forever discharge the HOST CLUBS, ROWONTARIO, their directors and all servants and agents, from any injury, death, loss or damage to my person or property, howsoever caused, notwithstanding that such injury, death, loss, or damage to property may have been contributed and occasioned by negligence, upon behalf of myself, heirs, executors, administrators, and assigns.

Signature of Competitor: \_\_\_\_\_

Signature of Legal  
Guardian (if under 18): \_\_\_\_\_

Date: \_\_\_\_\_ E-Mail: \_\_\_\_\_

\*\*\*\*\*

**Entry Deadline – Received by MONDAY, FEBRUARY 25**  
*STRICTLY ADHERED TO! See fees!*

**\$10.00 per person, entered and paid by deadline**  
**\$20.00 paid at door or late entry, accepted if space available**

Send entry form and credit card number or cheque, payable to:

**RIDLEY GRADUATE BOAT CLUB**

5 Swan Drive  
St. Catharines, ON L2T 2C2  
FAX: (905) 641-5438  
Phone: (905) 688-5292

(use one form per entry; copy as needed)

**Credit Card: Master Card** \_\_\_ **VISA** \_\_\_

**Number:** \_\_\_ - \_\_\_ - \_\_\_ - \_\_\_ **Expir.** \_\_\_ / \_\_\_

**Card Name:** \_\_\_\_\_

**Signature:** \_\_\_\_\_

(Billing will be via Lifco Hydraulics)

Sponsored by: **Ergs for Sale - \$950. Call 905-688-5292 to reserve one NOW**  
Customized Actionwear & Embroidery (now at Hannover Dr, St. Cath)



## DIRECTIONS TO RIDLEY COLLEGE:

### From West:

QEW (towards Fort Erie & Buffalo)

Exit at Highway 406 (towards Welland)

Go 4 km & Exit at Fourth Avenue

Turn Right at top of exit ramp

At 2<sup>nd</sup> Traffic Light, turn Left (Louth Street)

Go 1 km & Turn Left onto Ridley Road

1<sup>st</sup> Left into Ridley (go to gym on left)

### From East:

QEW (towards Toronto)

Exit at Martindale Road (& turn Right off Exit)

1 km after Shopping plaza on Left, Turn Left onto Ridley Road

1<sup>st</sup> Left into Ridley (go to gym on left)

Map Available by Mail



# Ridley Graduate Boat Club

PLEASE POST

## ONTARIO ERGOMETER CHAMPIONSHIPS

SUNDAY, MARCH 2, 2008

at Ridley College, St. Catharines

**EVENTS:** **HS** - Jr (born 1991 or later) & **Sr** (1988 or later)  
**Men**-150#, 165# & Open; **Women**-135#, 145# & Open  
(must enter as school, not club)  
**Masters** - Men & Women (& Ltwt.) (30 & Over)  
**Lightweight & Open** - Men & Women

**Distance: 2000 M, on new Model D Ergs**

### ENTRY FORM & INFORMATION

**Jack Nicholson** GET YOUR ENTRIES IN  
**5 Swan Drive** EARLY (1<sup>ST</sup> 600 PAID)  
**St.Catharines, ONT L2T 2C2** ARE GUARANTEED  
**(905) 688-5292** (or nstorrs@yahoo.com)

Entry Deadline- Monday, February 25 – Late Fee Paid at Regatta !!

ALWAYS A WELL-RUN AND EXCITING EVENT  
With lots of Prizes



New Model D ERGOMETERS FOR SALE: \$ 950.

Contact: Jack Nicholson (905-688-5292)



**Val's**

Customized Actionwear (on Hannover Dr, St.Catharines)