

Saturday 14 March 2009



BAYSWATER LEARN-TO-ROW REGATTA

at Hinds Reserve, Milne St, Bayswater
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 4 friends, colleagues
or even family together for your
team. Keen but short of 3 friends?

We can arrange for crews to be put
together from spare entrants.

In Feb/Mar tackle 5 lessons in a quad scull (we'll

explain that bit) and then compete in a **real, live rowing regatta for prizes, trophies and of course ... honour!! PLUS - Spot prizes for BEST CREW NAME, BEST DRESSED and MORE.**

The ANA Challenge Cup Bayswater Learn-to-row Regatta is open to people with little, long-time-no-row or no previous rowing experience.

CALL PETA NOW FOR DETAILS ON HOW TO ENTER

cost: \$400 per crew (\$100 per person)

Co-ordinator: **Peta Mulcahy**

email: challengecup@anarowingclub.org.au

phone: **9314 6574**

or **0402 575 628**

www.anarowingclub.org.au

Proudly supported by: *Stuart Ridgway Design*

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

ACT NOW ! GET YOUR CREWS TOGETHER

ANA Challenge Cup 2009

BAYSWATER LEARN-TO-ROW REGATTA Entry Form

Crew Name: _____

Organisation (if applicable): _____

Payment Enclosed (\$400/crew - \$100 per person): 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 metres, 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 that I have read the rules of the competition below, and that I have given a true account of my rowing experience.

Crew Members:

Name:	Signature:	M	F	AGE
1. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. _____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Rules:

- The Regatta will be held on Saturday the 14th March 2009, at the ANA Rowing Club headquarters, Milne St, Bayswater, commencing at 10:30 am. Entries close on Saturday the 28th February, 2009.
- The regatta is for inexperienced or 'rusty' rowers only. Crews are asked to indicate their previous experience (see below). A point system will be used to determine that each crew has an appropriate level of (in)experience (see website for details).
- 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 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 \$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.

ROWING EXPERIENCE, Tick where appropriate for each rower listed above	1	2	3	4
Rowed in this regatta or equivalent once only				
Rowed in this regatta or equivalent twice or more				
Rowing anywhere as a very new beginner, never competed				
Completed sculling course (add to above)				
Rowed at any level above novice/veteran in last 20 years				
Rowed at club/uni/school (incl. as veteran) in last 10 years				
Currently rowing other than as very new beginner				
Rowed at novice/veteran level in last 10-15 years				
Rowed at novice/veteran level in last 15-20 years				
Rowed at novice/veteran level in last 20-25 years				
Rowed at novice/veteran level in last 25+ years				
Rowed at level above novice/veteran in last 20-25 years				
Rowed at level above novice/veteran in last 25-30 years				
Rowed at level above novice/veteran in last 30+ years				