



## 2010 National Rowing Championships

### Team Selection Time Trial

*August 28, 2010*

*Elk Lake, Victoria BC*

#### 6:00 – 7:00 a.m. Weigh-ins

- Weigh-ins will be held in the medical room at the Boathouse.
- No test weigh-ins are available.
- Women 59kg and Men 72.5kg
- Athletes must weigh-in in racing uniform.

#### 7:00 a.m. Coaches and Athlete Meeting.

- Meeting will be held in the UVic boat bay
- Attendance is **mandatory** for all participants

#### 8:00 a.m. Race Start Time

- Order of racing:
  - Men's 2-
  - Men's 1X
  - Women's 2-
  - Women's 1X
- Preliminary Start list will be posted prior to race day.
- Crews are expected to race in their club uniforms.

The entry deadline for the team selection time trail is **August 21, 2010**.

If you have any questions, or to register for the time trial, please contact:

Susanne Walker Curry  
Interim Provincial Coach and Technical Director  
[coach@rowingbc.ca](mailto:coach@rowingbc.ca)