



Intra-Club Regatta

**\$5.00
includes
breakfast**

- ◆ Open Women's Quad
- ◆ Open Men's Quad
- ◆ Novice Women's Quad
- ◆ Novice Men's Quad
- ◆ Open Women's Double
- ◆ Open Men's Double

**March
20th
7am**

Novice races will be over 300m (from the Red Bridge). Open races will be over 500m. Masters' handicaps will not apply.

If the event is a success it will be repeated through the year, and points may be awarded towards a trophy at the end of the year.

Anyone who has completed a "learn to row" is eligible to nominate. Anyone who has been to a State Championship is not a novice rower. Novice crews may include one experienced rower.

Form some crews and nominate, or alternatively nominate yourself and you will be included in a crew. The Regatta Committee will use commonsense to resolve any issues that arise.

**Townsville and JCU Rowing
Club Inc.**

Date - March 20th 2010

Time - 0600hrs

For More Information Contact
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