



The 12th Annual
Chicago Indoor Rowing Championship

Chicago State University
 Jacoby Dickens Center
 9501 S. King Drive
 Chicago, Illinois 60628

Saturday February 27, 2010
 Registration deadline 2/17/10

ENTRY FORM

Please print carefully

Name _____

Address _____ Apt _____

City _____ State _____

Zip _____

Phone _____

Fax _____

E-mail _____

Age (On race day) _____ Date of Birth (Mo/Day/Yr) _____ Male Female

Affiliation _____

2k Erg Score _____

Entry forms must be received on or before Wed, February 18th 2009.
 Complete this entry form, sign the waiver, and submit with appropriate entry fee, made payable to CIRC. Please mail/fax entry to:

Attn: CIRC
 3501 North Southport Suite 190
 Chicago, Illinois 60657
 V(312) 731-0441 F(773) 871-9464
ENTRY FEE MUST ACCOMPANY
SIGNED PRE-REGISTRATION

SORRY, NO REFUND.
 For further information please call: (312) 731-0441
 See www.chicagoindoorrowing.com for SCHEDULE OF EVENTS

COMPETITORS MUST CHECK-IN 1 HOUR PRIOR To Their EVENT

ENTRY FEES (Your fee covers all events)

Individual Entry	\$35.00
Colleigate / Junior/ Middle School --- Individual Entry	\$25.00
T-Shirt S M L XL	\$15.00
TOTAL	

Cash Check Visa MC Amex

Card Number _____

Expiration Date _____

---Do not use this form for Team or Record Challenge Entry---

COMPETITORS MUST CHECK-IN one (1) HOUR PRIOR TO THEIR EVENT.

Events/Divisions (Your fee covers all events)

- 2000 METER TIMED ROW Regular Lightweight
- Adaptive (All classes)
 - Veteran Men (50 yrs.+, subdivided by age decade if enough entrants.)
 - Veteran Women (50 yrs.+, subdivided by age decade if enough entrants.)
 - Senior Men (40 yrs.+)
 - Senior Women (40 yrs.+)
 - Masters Men (30 yrs.+)
 - Masters Women (30 yrs.+)
 - Collegiate Men
 - Collegiate Women
 - Collegiate Novice Men
 - Collegiate Novice Women
 - Coxswain Men
 - Coxswain Women
 - Junior Men (18 Yrs. and under)
 - Junior Women (18 Yrs. and under)
 - Junior Novice Men (18 Yrs. and under. NO LW category)
 - Junior Novice Women (18 Yrs. and under. NO LW category)
 - Open Men (no restrictions)
 - Open Women (no restrictions)

- 500 METER TIMED SPRINT ROW (All classes to Race together)
- 500 METER MIDDLE SCHOOL CHALLENGE

Adaptive Events

- Middle School (8 to 13) Junior (14 to 18) Open Masters (30+)
- 500 Meters (Novice & Middle School only) 1000 Meters
- LTA (Legs, Trunk & Arms) TA (Trunk & Arms - fixed seat) A (Arms only- fixed seat)

Impairment:

- Physical Visual Hearing Cognitive
- Other: Explain: _____

ROWER WEIGHT CLASSES

Lightweight men are 165.0 pounds or less; Lightweight Women are 135.0 pounds or less on the day of the event. Weigh-in will be required to participate in a Light-weight division. Novices are those rowers in the first year of on-water rowing only. Coxswains are under 130.0 pounds for Men and 120.0 pounds for Women. Lightweight weigh-in is an hour prior to the competitor's event.

RELEASE AND WAIVER OF LIABILITY

In consideration of being given the opportunity to participate in any way in the Chicago Indoor Rowing Championships, and through my and/or my child's involvement, I acknowledge, agree, and represent on behalf of myself and/or my child that I understand the nature of this indoor rowing championship activity, that the entrant named below is qualified, in good health, and in proper physical condition to participate in such activity. Further, I understand that there are risks and dangers connected with my and/or my child's involvement and participation and that there is a risk of serious bodily harm, danger; and I, for myself and/or my child knowingly and freely accept such risk and danger; and I myself and /or my child, and behalf of heirs, personal representatives, assignees, and next of kin, hereby release, discharge, covenant not to sue, and hold harmless and indemnify the Chicago Indoor Rowing Association, the Chicago State University, C2, owners of equipment loaned for this event, and their Boards, Officers, Directors, Members, Volunteers, Employees, and Agents from any and all suits, claims, actions, rights, demands, liability, damages, costs, and expenses, of whatever kind or nature arising out of or connected with my and/or my child's participation in the Chicago Indoor Rowing Championships.

All exercises and use of all facilities of the Chicago State Univ. (Park) shall be undertaken by me and/or my child (called the "guest") at the guest's sole risk. The Park shall not be liable for any claims, demands, injuries, damages, action, or cause of action whatsoever, to person or property connected with the use of any of the services or facilities of the Park or the premises where the same or located or arising out of acts of active or possible negligence on the part of the Park, its employees, or its agents. I have read this agreement and will read the rules and regulations of the Club which are incorporated herein by reference and I agree to be bound by their terms and conditions.

I have read this waiver before signing below, fully understand its terms, understand that I am giving up substantial rights by signing it, and am signing it freely and without any inducement or assurance of any nature, intending this to be a complete and unconditional release of all liability to the greatest extent allowed by law. I agree that if any portion of this release and waiver is held to be invalid or unenforceable, nonetheless the balance of this waiver shall continue in full force and effect.

Entrant's Signature _____ Date _____

Signature of Parent or Guardian, if Entrant is under 18 _____ Date _____