



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 2 days before your actual event. 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](http://www.chicagoindoorrowing.com) for details

**ENTRY FEES (Your fee covers all events)**

Individual Entry w/Record Challenge	\$50.00
T-Shirt S M L XL	\$15.00
<b>TOTAL</b>	

Cash  Check  Visa  MC  Amex

Card Number \_\_\_\_\_ Expiration Date \_\_\_\_\_

## Events/Divisions

2000 METER TIMED ROW  Regular  Lightweight

- 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.+)
- Open Men (no restrictions)
- Open Women (no restrictions)

## Adaptive Events

- Open (+24) 1000 m  Masters (30+) 1000 m
- LTA (Legs, Trunk & Arms)  TA (Trunk & Arms - fixed seat)  A (Arms only- fixed seat)

Impairment:

- Physical  Visual  Hearing  Cognitive

Other: Explain: \_\_\_\_\_

**\$10,000 Record Challenge**  
 Open to all competitors 24 years and older and not part of a Junior or Collegiate team  
 Competitor agrees to all rules on the CIRC website  
 See Record Challenge for details

### 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. Note: Not applicable for adaptive competitors

### 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 \_\_\_\_\_