

## 2020 Blinkhorne & Carroll Winter series

### Race 1: Individual 5km Erg row

- You may complete your row and submit results anytime before 10.30am Sunday 10<sup>th</sup> May.
- It must be completed on a Concept2 static erg (no sliders allowed). Monitor (with date set correctly) to be pre-set to 5000m countdown. (Not acceptable to start at zero and stop at approx. 5km)
- Results will be determined as a percentage of the Concept2 world records for 5km.  
<https://www.concept2.com/indoor-rowers/racing/records/world?machine=1&event=5000&gender=All&age=All&weight=All>
- Age (on the day) will be used to determine categories per Concept2 records, no allowance for grading abilities (e.g. Novice, Senior etc.) Lightweight Women: < 61.5kg. Lightweight Men: < 75kg

**Entry** to be emailed to: [whanganuirowing@gmail.com](mailto:whanganuirowing@gmail.com) and / or [gus.scott@collegiate.school.nz](mailto:gus.scott@collegiate.school.nz) closing **10.30am Sunday 10<sup>th</sup>**.

- Needs to include: Name, Gender, DOB, weight in kg (if wishing to enter L/W) Photo of C2 monitor showing your result

### Blinkhorne & Carroll Forestry sponsored cash prizes:

Place	Prize
1	\$50.00
2	\$35.00
3	\$20.00
4	\$15.00
5	\$10.00
SPOT	\$50.00

Spot prize doubles from \$50.00 to \$100.00 if there are more than 30 entries, and goes to \$150.00, if more than 40 entries are received!