

# 2009 elk lake spring regatta schedule

ENJOY THE PITA PIT CONCESSION,  
RACE CONTROL OPENS AT 7:00 AM both days

scales open at 7.00 am/ weighins are from 7.30 to 9.30 am both days

## time trial format

1500 meters rowed in the middle lane in approximately 30 sec gaps from 350 meters out from the start to the finish / head race style

we will use head race bow markers, a \$5.00 deposit will be required.

pickup your marker at race control in the AM and return to race control after the time trial for a refund.

## saturday heats

7:30am coaches / coxswains meeting

8:30 am time trials start (at 350 meter buoy/1500 meter distance)

		w jr. 2x	16 boats	top 6 AF, next 6 BF
		m jr. 1x	20 boats	"
		m lwt 1x	17 boats	"
9:10	heat 1	m jr. B 4x	4 boats	1-3 to AF
9:20	heat 2	"	4 boats	"
9:30	heat 1	m open 2-	6 boats	1-3 to AF
9:40	heat 2	"	6 boats	"
9:50	heat 1	w lwt 1x	5 boats	1-2 to AF
10:00	heat 2	"	5 boats	"
10:10	heat 3	"	4 boats	"
10:20	heat 1	m jr. 4x	6 boats	1-3 to AF
10:30	heat 2	"	5 boats	"
10:40	heat 1	w open 1x	6 boats	1-3 to AF
10:50	heat 2	"	5 boats	"
11:00	heat 1	w jr. 1x	5 boats	1-2 to AF
11:10	heat 2	"	4 boats	"
11:20	heat 3	"	4 boats	"
11:30	heat 1	w jr. B 4x	4 boats	1-3 to AF
11:40	heat 2	"	4 boats	"
11:50	heat 1	m jr. 2-	5 boats	1-2 to AF
12:00	heat 2	"	4 boats	"
12:10	heat 3	"	4 boats	"

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### saturdays finals

1:00pm	1	w mast 4x	4 boats
1:10	2	m mast 2x	5 boats
1:20	3	w jr B 4+	3 boats
1:30	4	m jr B 4x	6 boat final from heats
1:40	5	w nov 8+	2 boats
1:50	6b	w jr. 2x	6 boat B final from TT
2:00	6a	"	6 boat A final from TT
2:10	7	m jr 4x	6 boat final from heats
2:20	8	m jv 8+	4 boats
2:30	9	m jr B 4+	3 boats
2:40	10	w jv 8+	4 boats
2:50	11	w jr B 4x	6 boat final from heats
3:00	12	m nov 8+	5 boats
3:10	13	w mast 2x	7 boats
3:20	14	m mast 4x	6 boats
3:30	15b	m lwt 1x	6 boat B final from TT
3:40	15a	"	6 boat A final from TT
3:50	16	w jr 1x	6 boat final from heats
4:00	17	m jr 2-	6 boat final from heats
4:10	18	w open 2-	7 boats
4.20	19	m open 1x	5 boats
4:30	20	w open 1x	6 boat final from heats
4:40	21a	w lwt 1x	6 boat A final from heats
4:50	22b	m jr 1x	6 boat B final from TT
5:00	22a	"	6 boat A final from TT
5:10	23	w jr 2-	6 boats
5:20	24	m open 2-	6 boat A final from heats

# 2009 elk lake spring regatta schedule

## sunday heats

7:00am coaches / coxswains meeting

8:00 am	time trials start	(at 350 meter buoy/1500 meter distance)		
		m jr. 2x	20 boats	top 6 AF, next 6 BF
8:20	heat 1	w jr. 4x	6 boats	1-3 to AF
8:30	heat 2	"	5 boats	"
8:40	heat 1	w jr. B 2x	6 boats	1-3 to AF
8:50	heat 2	"	6 boats	"
9:00	heat 1	m jr. 4+	5 boats	1-3 to AF
9:10	heat 2	"	4 boats	"
9:20	heat 1	w open 2x	5 boats	1-3 to AF
9:30	heat 2	"	4 boats	"
9:40	heat 1	m jr. B 2x	5 boats	1-3 to AF
9:50	heat 2	"	5 boats	"

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## sunday finals

10:00am	25	mix mast 4x	5 boats	51-70
10:10	25	"	4 boats	31-49
10:20	26	m open 4-	3 boats	
10:30	27	w open 8+	4 boat	finals
10:40	28b	m jr 2x	6 boat	B final from time trial
10:50	28a	"	6 boat	A final from time trial
11:00	29	m nov 4x	7 boats	
11:10	30	m jr B 8+	5 boats	
11:20	31	w jr B 2x	6 boat	final from heats
11:30	33	w jr 4x	6 boat	final from heats
11:40	34	w lwt 2x	6 boats	
11:50	35	m open 8+	5 boats	
12:00pm	36	w open 4+	2 boats	
12:10	37	m jr B 2x	6 boat	final from heats
12:20	38	w jrB 8+	2 boats	
12:30	39	mix mast 8+	4 boats	
12:40	40	m lwt 2x	3 boats	
12:50	41	m jr 8+	7 boats	
1:00	42	w jr 4+	4 boats	
1:10	43	m open 4x	4 boats	
1:20	44	w open 2x	6 boat	final from heats
1:30	45	m jv 4+	3 boats	
1:40	46	w nov 4x	7 boats	
1:50	47	m mast 1x	3 boats	
2:00	48	w jv 4+	3 boats	
2:10	49	m open 2x	7 boats	
2:20	50	w jr 8+	6 boats	
2:30	51	m jr 4+	6 boat	final from heats
2:40	52	w open 4x	4 boats	