

SSV INDOOR ROWING CHAMPS

**A FUN EVENT FOR ALL SSV
STUDENTS REGARDLESS OF
EXPERIENCE OR ABILITY**

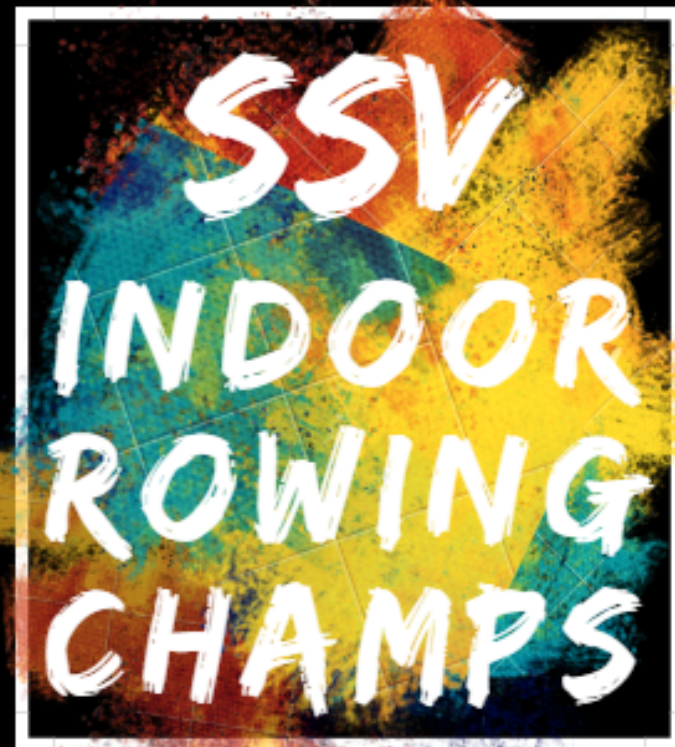
OCT 19TH

**HELD AT
MELBOURNE
GIRLS COLLEGE**





SCHOOL SPORT
VICTORIA™



THE INAUGURAL 'SSV INDOOR ROWING CHAMPS' IS AN ANNUAL EVENT AIMED TO GIVE ALL STUDENTS WHO CURRENTLY ATTEND AN SSV (SCHOOL SPORTS VICTORIA) SCHOOL THE OPPORTUNITY TO COMPETE IN THE SPORT OF INDOOR ROWING IN BOTH AN ENJOYABLE AND COMPETITIVE ENVIRONMENT REGARDLESS OF EXPERIENCE AND ABILITY AS NO ROWING EXPERIENCE IS REQUIRED.

THE DAY WILL COMMENCE WITH A WELCOMING ADDRESS AND TECHNICAL SESSION ON THE ROWING MACHINES FOR ALL COMPETITORS WHICH WILL BE RUN BY CURRENT WORLD INDOOR ROWING RECORD HOLDER AND TWO TIME OLYMPIC SILVER MEDALIST JOSH DUNKLEY-SMITH.

ALL RACES WILL BE CONNECTED TO A PROJECTION SYSTEM, CREATING A LIVE VIRTUAL RACE, ALLOWING SPECTATORS TO CHEER ALONG.

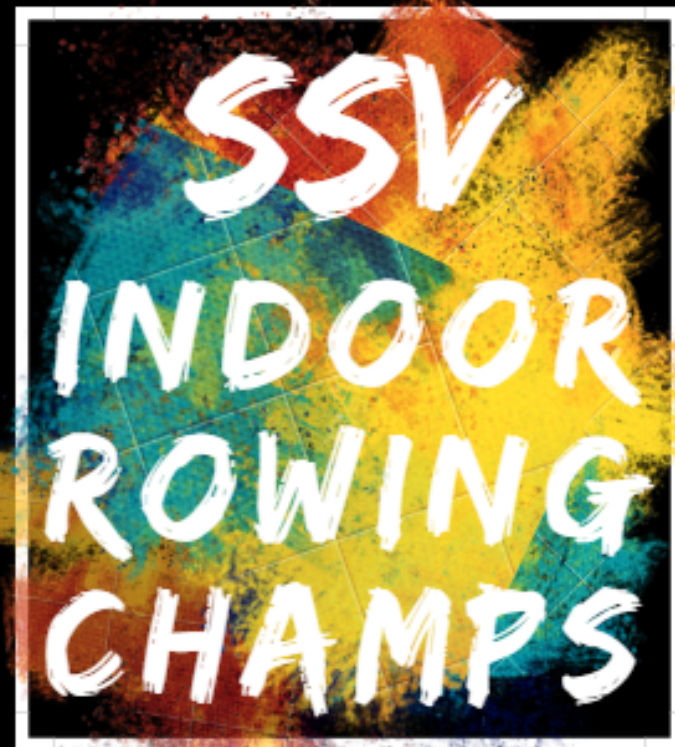
WHEN OCTOBER 19TH 2018

WHERE MELBOUREN GIRLS COLLEGE
YARRA BOULEVARD RICHMOND, VICTORIA, 3121

COST \$6 - SINGLE EVENT
\$8 - MULTIPLE EVENTS

SCHOOLS WILL BE ISSUED AN INVOICE AFTER THE SUBMISSION OF ENTRIES.





EVENTS

- 1 MIN SPRINT
 - 500M
 - 1000M
 - 200M
 - 4X 500M TEAM RELAY
- COMPETITORS MAY ENTER AS MANY EVENTS WITHIN THEIR AGE GROUPS AS THEY WOULD LIKE.
 - RELAY TEAMS MUST CONSIST OF 4 TEAMS MEMBER OF THE SAME GENDER. TEAM MEMBERS MAY COMPETE IN AN OLDER AGE GROUP BUT MAY NOT COMPETE IN A YOUNGER AGE GROUP.

AGE CATEGORIES

- UNDER 14** A COMPETITOR MAY COMPETE IN AN UNDER 14 ROWING EVENT UNTIL 31 DECEMBER OF THE YEAR IN WHICH THE ROWER REACHES THE AGE OF 13.
- UNDER 15** A COMPETITOR MAY COMPETE IN AN UNDER 15 ROWING EVENT UNTIL 31 DECEMBER OF THE YEAR IN WHICH THE ROWER REACHES THE AGE OF 14.
- UNDER 16** A COMPETITOR MAY COMPETE IN AN UNDER 16 ROWING EVENT UNTIL 31 DECEMBER OF THE YEAR IN WHICH THE ROWER REACHES THE AGE OF 15.
- UNDER 19** A COMPETITOR MAY COMPETE IN AN UNDER 19 ROWING EVENT UNTIL 31 DECEMBER OF THE YEAR IN WHICH THE ROWER REACHES THE AGE OF 18.

ENTRIES

TO ENTER THE 2018 INDOOR ROWING CHAMPS PLEASE VISIT THE ROWING VICTORIA EVENTS PAGE

WWW.ROWINGVICTORIA.ASN.AU/EVENTS/



SCHEDULE

9AM ARRIVLA OF COMPETITORS
9:15AM WELCOMING ADDRESS BY WORLD
INDOOR RECORD HOLDER
JOSH DUNKLEY SMITH

10AM RACING COMMENCES
10AM UNDER 14 FEMALE & MALE 1 MIN SPRINT
10:10AM UNDER 15 FEMALE & MALE 1 MIN SPRINT
10:20AM UNDER 16 FEMALE & MALE 1 MIN SPRINT
10:30AM UNDER 19 FEMALE & MALE 1 MIN SPRINT

10:40AM PRESENTATION OF 1 MIN SPRINT CHAMPS

11AM UNDER 14 FEMALE & MALE 500M
11:10AM UNDER 15 FEMALE & MALE 500M
11:20AM UNDER 16 FEMALE & MALE 500M
11:30AM UNDER 19 FEMALE & MALE 500M

11:40 AM PRESENTATION OF 500M CHAMPS

12PM UNDER 14 FEMALE & MALE 1000M

12:10PM UNDER 15 FEMALE & MALE 1000M
12:20PM UNDER 16 FEMALE & MALE 1000M
12:30PM UNDER 19 FEMALE & MALE 1000M
12:40PM PRESENTATION OF 1000M CHAMPS

1PM UNDER 14 FEMALE & MALE 2000M
1:10PM UNDER 15 FEMALE & MALE 2000M
1:20PM UNDER 16 FEMALE & MALE 2000M
1:30PM UNDER 19 FEMALE & MALE 2000M

1:40PM PRESENTATION OF 2000M CHAMPS

2PM UNDER 14 FEMALE & MALE 4X500M RELAY
2:15PM UNDER 14 FEMALE & MALE 4X500M RELAY
2:30PM UNDER 14 FEMALE & MALE 4X500M RELAY
2:45PM UNDER 14 FEMALE & MALE 4X500M RELAY

3PM PRESENTATION OF 4X500M RELAY CHAMPS

3:15PM CONCLUSION OF EVENT

