

2009 Hampton Roads Erg Pull

Wednesday night schedule

Time	Event
8:30:00 AM	Junior Men - Race 1
8:45:00 AM	Junior Men - Race 2
9:00:00 AM	Junior Men - Race 3
9:15:00 AM	Junior Lightweight Men - Race 1
9:30:00 AM	Junior Lightweight Men - Race 2
9:45:00 AM	Junior Lightweight Men - Race 3
10:00:00 AM	Coxswain Men 1k
10:15:00 AM	Master / Senior / Veteran Men & Women
10:30:00 AM	Junior Women - Race 1
10:45:00 AM	Junior Women - Race 2
11:00:00 AM	Junior Women - Race 3
11:15:00 AM	Junior Lightweight Women - Race 1
11:30:00 AM	Junior Lightweight Women - Race 2
11:45:00 AM	Coxswain Women 1k
12:00:00 PM	MV4 Jr Team Challenge 1k - Cox, FC, GB, Hickory, Maury
12:10:00 PM	MLt4 Jr Team Challenge 1k - Cox, FC, GB
12:20:00 PM	MN4 Jr Team Challenge 1k - FC, GB, Hickory
12:30:00 PM	WV4 Jr Team Challenge 1k - Cox, FC, GB, Hickory, JR
12:40:00 PM	WLT4 Jr Team Challenge 1k - Cox, FC GB
1:00:00 PM	Open Women
1:15:00 PM	Open Men

5K and 10K Events

9:00	Womens Jr 5k
9:00	Womens Masters 5k
9:45	Womens Jr 10k
10:30	Mens Open 5k
11:00	Mens Open 10k
11:00	Mens Veteran 10k
11:00	Mens Master 10k

Event times are subject to change based on the number of entries on race day.

Athletes and coaches are expected to allow at least 45 minutes in advance of the scheduled event to accommodate any adjustments in timing. Warm-up ergs will be available.

If the number of rowers in each flight does not fill a sufficient number of ergs, it is possible that more than one event will be conducted at the same time.