



# Hampton Roads Erg Pull Entry Form

Saturday February 13, 2010  
Granby High School, Norfolk, Virginia

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, State, Zip \_\_\_\_\_

Phone \_\_\_\_\_ e-mail \_\_\_\_\_

Age on race day: \_\_\_\_\_ DOB (m/d/y) \_\_\_\_\_

Best recent 2000 meter erg score (min:sec): \_\_\_\_\_: \_\_\_\_\_

Club, High School, College: \_\_\_\_\_

**Entry Fees:**

Entry: \$16 per person  
entries received after 2/6:  
registration \$20.00  
Please Make Checks to:  
HRRC.

*Credit Cards are accepted only through on-line registration. Payment by check may be made on race day*

**If Mailing entry, send this form and fee to:**

Rob Reali  
Hampton Roads Erg Pull  
219 Glen Echo Drive  
Norfolk, VA 23505

**Events (select as many as you would like)**

\*Note: -Veteran Men / Women" Crash-B handicapped system will apply to all that fit into this age category.

- |   |   |
|---|---|
| <input type="checkbox"/> Master Men (age 27 - 39)   | <input type="checkbox"/> Junior Lightweight Men <165 lbs              |
| <input type="checkbox"/> Master Women (age 27 - 39) | <input type="checkbox"/> Junior Lightweight Women <135lbs             |
| <input type="checkbox"/> Senior Men (age 40 - 49)   | <input type="checkbox"/> Coxswain Men <130 lbs                        |
| <input type="checkbox"/> Senior Women (age 40 - 49) | <input type="checkbox"/> Coxswain Women <120lbs                       |
| <input type="checkbox"/> Veteran Men (age 50+) *    | <input type="checkbox"/> Junior Men 10k <input type="checkbox"/> 5k   |
| <input type="checkbox"/> Veteran Women (age 50+)*   | <input type="checkbox"/> Junior Women 10k <input type="checkbox"/> 5k |
| <input type="checkbox"/> Open Men                   | <input type="checkbox"/> Open Men 10k <input type="checkbox"/> 5k     |
| <input type="checkbox"/> Open Women                 | <input type="checkbox"/> Open Women 10k <input type="checkbox"/> 5k   |
| <input type="checkbox"/> Junior Men                 | <input type="checkbox"/> Master Men 10k <input type="checkbox"/> 5k   |
| <input type="checkbox"/> Junior Women               | <input type="checkbox"/> Master Women 10k <input type="checkbox"/> 5k |

Team or single entrants may register online at [www.hrrc.net/erg](http://www.hrrc.net/erg)

- High schools clubs may copy and present their club waivers, if not signing an online waiver at [RegattaCentral.com](http://RegattaCentral.com)
- Coaches please note that no team entries will be accepted the day of the race and no entries will be accepted via email

Question: Contact Rob Reali at [regattadirector@hrrc.net](mailto:regattadirector@hrrc.net)