

The Barrie Rowing Club Presents,

# **The Barrie *Sprints***

**Sunday June 12, 2016**

**Southshore Community Centre on Kempenfelt Bay**

**205 Lakeshore Drive, Barrie, ON L4N 7Y9**

***A 1000m sprint event for High School age crews***

**All races are 1000m**

**All categories from experienced to novice, sweep and sculling**

**Floating "quick starts"**

**Entry Fee \$25 per athlete, includes up to four races**

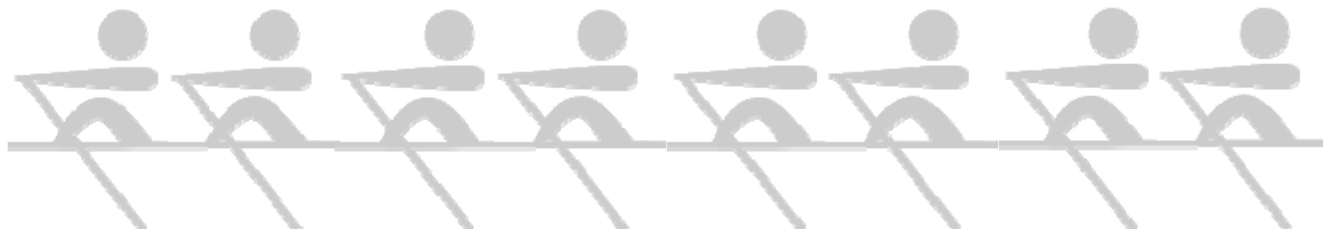
**Sanctioned by RowOntario**

**To Register contact : [Zone 4.ca](http://Zone4.ca), Barrie Sprints 2016**

**First Race 8:00am**

**Coaches Meeting 7:00am**

*"Excellent regatta for novice high school crews looking for race experience. Also suitable for more experienced rowers to fine tune starts and finishes"*



Coaches are encouraged to assess athlete's development when selecting races to enter. Course is an open water course that is roughly buoyed every 150m , in cold water conditions. Please ensure all boats have secure bow balls, proper heel straps and a bow marker holder. Our facility does not have a separate hot seating dock. Hot seating is only appropriate with a 3 race gap. BRC may be able to assist with host club equipment if required.

For additional information contact: Derek Vair, [derekv@gmail.com](mailto:derekv@gmail.com) or Matt Gleben [matt.gleben@gmail.com](mailto:matt.gleben@gmail.com)