



ORILLIA ROWING CLUB

P.O. BOX 981, ORILLIA, ONTARIO L3V 6K8
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Indoor Rowing Event

New This Year!!! Team Challenge between Lakehead University & UOIT

Date: Sunday January 22, 2012

Time: Registration starts 8:00am., Warmups 9:00 am., Racing starts 9:30 am.

Events: 2000, 1000, 500, 100 m. – University, High School, Youth, Masters, and Team Relay

Location: Orillia Crossfit
7 Progress Drive, Unit 2, Orillia

Cost: \$15 per person

Personal Information: *(please print clearly)*

Name	Phone #
Year of Birth	Email Address
Gender (circle) Male / Female	
School/University	Coach

Events (circle): 2000m. 1000m. 500m 100m. Team Relay

In case of an emergency, contact _____ Phone #: _____

Waiver:

"I _____ hereby represent that to the best of my knowledge, I suffer from no physical or health disability by which I put myself at increased risk by taking part in the Indoor Rowing Event hosted by the Orillia Rowing Club and Orillia Crossfit.

I acknowledge that taking part in this event will be a significant physical performance. I hereby waive and release any claim that might be made by myself, or anyone else as a result of any injury or illness suffered or aggravated as a result of my participation in this event against the Orillia Rowing Club and Orillia Crossfit, or against any persons taking part in the organization and/or operation of the Indoor Rowing Event. This waiver and release shall be binding upon me, my heirs, executors and assigns."

Signature of Athlete: _____

Signature of Parent or Guardian (if under 18 years of age): _____