

**2012 St. Louis Indoor Rowing Championships**  
**February 4, 2012**  
**Washington University Athletic Complex**

The 19<sup>th</sup> annual St. Louis Indoor Rowing Championships will be held on February 4, 2012 at the Washington University athletic complex starting at 8:00 AM. There will be multiple different categories depending on age and experience levels. Medals will be awarded to the top finisher in each category. The race will be for a distance of 2000 meters on Concept II Model D Indoor Rowers. **Anyone is welcome to compete even if you have never rowed before!** The categories will be as follows:

Open Junior Girls  
Lightweight Junior Girls  
Open Collegiate Women  
Lightweight Collegiate Women  
Open Women (19-29)  
Masters Women (30-39)  
Senior Women (40-49)  
Veteran Women (50-59)  
Veteran Women B (60+)  
Cox woman  
Novice Women/Junior

Open Junior Boys  
Lightweight Junior Boys  
Open Collegiate Men  
Lightweight Collegiate Men  
Open Men (19-29)  
Masters Men (30-39)  
Senior Men (40-49)  
Veteran Men (50-59)  
Veteran Men B (60+)  
Cox Men  
Novice Men/Junior

Lightweight divisions defined by 135 max for women, 165 max for men. Weigh-ins will take place the morning of the race.

**Registration can be done online ([www.regattacentral.com](http://www.regattacentral.com)) or on race day in person. Entry fee is \$15.00. For more information, go the St. Louis Rowing Club Website ([stlouisrowingclub.com](http://stlouisrowingclub.com)).**

**We will also be selling new Concept 2 ergometers at a discounted price. See our website for details or contact John Mason at the number or email listed below.**

**Additional information on indoor rowing/racing can be obtained at [www.concept2.com](http://www.concept2.com).**

**Any questions can be directed to John Mason at 314-913-6125 or at [masonje@aol.com](mailto:masonje@aol.com).**