

## Announcement

Indoor-Challenge Final 04/05 – World Championships Qualification  
**10th NWRV Indoor-Cup**  
**NRW National Ergo Rowing Championship**  
**29th January 2005**

**THG-Hall**  
**Essen-Kettwig**

**Saturday 29.01.2005**

No.	Race	Time	Rules and Regualtions:
A	J13 Girls	13.00	<p>I. <u>Race Distance:</u>            1.000 m: Children and Fours            1.500 m: Juniors 15/16            2.000 m: all others</p> <p>II. <u>Qualifications:</u>            When there are more than 10 entrants in Races 1-12, there will be Heats run in the morning between 9.00 and 12.00. The 10 fastest from each event will qualify for the Finals in the afternoon.            There are no Heats for Children, Masters and Fours. In these events, the fastest time rowed will win</p> <p>III. <u>Entry Deadline:</u>            Wednesday 19.01.2005, 18.00  <b>Kettwiger Rudergesellschaft</b>  <b>Frau Sybille Meier</b>  <b>Wupperstr. 3, 45219 Essen</b>  <b>Germany</b>            Tel.: +49 (0172) 260 20 68            Tel.: +49 (0172) 210 99 70            Fax.: +49 (02054) 104 674            Entry via e-mail available!            e-mail: <a href="mailto:meldung@indoor-cup.de">meldung@indoor-cup.de</a>            Entry Forms on the Internet:            Internet: <a href="http://www.indoor-cup.de">www.indoor-cup.de</a></p> <p>IV. <u>Entry Fees:</u>            Single entry 10 Euro            Club Fours 25 Euro</p> <p>V. <u>Additional Information:</u>            Double entry fees should be discussed with the Administration</p> <p>VI. <u>Lightweight (Lwt.):</u>            Weigh-in time: earliest, two hours before, latest, one hour before the first race Start time  <u>Heavyweight:</u>            J15/16 Junior Women 57,5 kg            J15/16 Junior Men 67,5 kg            J17/18 Junior Women 60,0 kg            J17/18 Junior Men 70,0 kg            Women / Masters 61,5 kg            Men / Masters 75,0 kg</p>
B	J13 Boys	13.10	
C	J14 Girls	13.20	
D	J14 Boys	13.40	
1	J15/16 Junior Women	14.00	
2	J15/16 Lwt Junior Women	14.15	
3	J15/16 Junior Men	14.30	
4	J15/16 Lwt Junior Men	14.45	
5	J17/18 Junior Women	15.00	
6	J17/18 Lwt Junior Women	15.15	
7	J17/18 Junior Men	15.30	
8	J17/18 Lwt Junior Men	15.45	
9	Women 19-29 Lwt	16.00	
10	Women 19-29.	16.15	
11	Men 19-29 Lwt	16.30	
12	Men 19-29	16.45	
E1	Men 30-39	17.00	<p>VII. <u>Fours:</u>            Racing Crews are NOT allowed.            Only the fastest four from a Club will be considered for Points.            The <u>Children's Four</u> will consist of 2 Boys and 2 Girls born in 1991/92.            The <u>Junior Four</u> will consist of one Junior Boy and one Junior Girl born in 1989/90 and one Junior Boy and one Junior Girl born in 1987/88.            The <u>Club Four</u> will consist of two male and two female participants.  <u>Presentation Ceremonies:</u>            Will take place after the following race.</p> <p>VIII. <u>Individual Prizes:</u>            The Winner, as well as 2nd and 3rd places will receive special prizes and a certificate.</p> <p>IX. <u>Team Prizes:</u>            1. Prize: 1 Concept2 Ergometer            2. Prize: 1 Pair Rowing Sculls            3. Prize: 2 Ergo-Slides</p> <p><u>Team Points:</u>            Individual Races: 1. 12P, 2. 10P, 3. 8P, 4. 7P, 5. 6P, 6. 5P, 7. 4P, 8. 3P, 9. 2P, 10. 1P,            Club Fours: 1. 18P, 2. 16P, 3. 14P, 4. 12P, 5. 10P, 6. 8P, 7. 7P, 8. 6P, 9. 5P, 10. 4P,  <u>World Championships:</u>            The nominations and announcement of „Team Germany“ for the World Championships in Boston will take place during the evening's entertainment  <u>„After Row Party“:</u>            After the racing, there will be a Sportsman's Party in the Hall. Entry for race participants is free!</p> <p>XXI Kettwiger RG Sybille Meier            Boris Orlowski            NWRV Eberhard Mogk</p> <p>XXII</p>
E2	Men 30-39 Lwt.		
E3	Men 40-49		
E4	Men 40-49 Lwt.		
E5	Men 50-59		
E6	Men 50-59 Lwt		
E7	Men 60-69		
E8	Men 60-69 Lwt		
E9	Men 70-79		
E0	Men 70-79 Lwt		
F1	Women 30-39	17.15	
F2	Women 30-39 Lwt		
F3	Women 40-49		
F4	Women 40-49 Lwt		
F5	Women 50-59		
F6	Women 50-59 Lwt		
F7	Women 60-69		
F8	Women 60-69 Lwt		
F9	Women 70-79		
F0	Women 70-79 Lwt		
G	Children's Mixed Four	17.30	
H	Junior Mixed Four	17.45	
I	Club Mixed Four	18.00	
	„After Row Party“	18.30	

### Other Information:

Youth licenses: Participants in children's and junior racing require a youth license or doctor's certificate. If a DRV license is available from 2004, this will be sufficient. Licenses which are not listed in the most recent license list of the German Rowing Federation, are to be delivered to the Event office at the beginning of the Championships.