

## Announcement

Indoor-Challenge Final 05/06 – World Championships Qualification  
**11th NRW Indoor-Cup**  
**NRW National Ergo Rowing Championship**  
**5th February 2005**

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

**Sunday 5<sup>th</sup> February.2005**

No.	Race	Time	Rules and Regualtions:	
A	J13/J14 Girls	13.00	<b>I. Race Distance:</b> 500m: Fun Race 1.000 m: Children 1.500 m: Juniors 15/16 2.000 m: all others and Fours <b>II. Qualifications:</b> When there are more than 10 entrants in Races 1-12, there will be Heats run in the morning from 8.30 over the normal distance. 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 <b>Entry Deadline:</b> Wednesday 25.01.2005, 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> <b>IV. Entry Fees:</b> Single entry 12 Euro Club Fours 20 Euro <b>V. Additional Information:</b> Double entry fees should be discussed with the Administration <b>VI. Lightweight (Lwt.):</b> Weigh-in time: earliest, two hours before, latest, one hour before the first race Start time <b>Heavyweight:</b> 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 <b>VII Fun Races</b> Restricted to competitors who have NOT compted in a regatta from the German Rowing Federation in the last 2 years.	<b>Fours:</b> VIII. The race will be over the normal distance of 2000m, with each team member rowing 500m, followed by the next team member. Racing crews may not compete. Only the fastest four from a Club will be considered for Points. The <u>Fun Fitness Four</u> must have at least 1 female The <u>Children's Four</u> will consist of 2 Boys and 2 Girls born in 1992/93. The <u>Junior Four</u> will consist of one Junior Boy and one Junior Girl born in 1990/91 and one Junior Boy and one Junior Girl born in 1988/89. The <u>Club Four</u> will consist of two male and two female participants. <b>IX. Presentation Ceremonies:</b> Will take place after the following race. <b>X. Individual Prizes:</b> The Winner, as well as 2nd and 3rd places will receive special prizes and a certificate. <b>Team Prizes:</b> 1. Prize: 1 Concept2 Ergometer 2. Prize: 1 Pair Rowing Sculls 3. Prize: 2 Ergo-Slides <b>XI. Team Points:</b> 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, <b>X II. World Championships:</b> The Winners of Race 5-12 qualify automatically for "Team Germany" and will be nominated for the World Indoor Championships in Boston <b>XIII. Kettwiger RG</b> Sybille Meier Boris Orlowski NRW Eberhard Mogk Ralf Wenzel Friwi Bucker Thomas Jung
B	J13/J14 Boys	13.15		
C	Fun Race See VII	13.35		
1	J15/16 Junior Women	13.50		
2	J15/16 Lwt Junior Women	14.00		
3	J15/16 Junior Men	14.10		
4	J15/J16 Lwt Junior Men	14.20		
5	J17/18 Junior Women	14.30		
6	J17/18 Lwt Junior Women	14.45		
7	J17/J18 Junior Men	15.00		
8	J17/18 Lwt Junior Men	15.15		
9	Women 19-29 Lwt	15.30		
10	Women 19-29.	15.45		
11	Men 19-29 Lwt	16.00		
12	Men 19-29	16.15		
D1	Men 30-39	16.30		
D2	Men 30-39 Lwt.			
D3	Men 40-49			
D4	Men 40-49 Lwt.			
D5	Men 50-59			
D6	Men 50-59 Lwt			
D7	Men 60-69			
D8	Men 60-69 Lwt			
D9	Men 70-79			
D0	Men 70-79 Lwt			
E1	Women 30-39	16.45		
E2	Women 30-39 Lwt			
E3	Women 40-49			
E4	Women 40-49 Lwt			
E5	Women 50-59			
E6	Women 50-59 Lwt			
E7	Women 60-69			
E8	Women 60-69 Lwt			
E9	Women 70-79			
E0	Women 70-79 Lwt			
F	Fun Fitness Four See VII	17.00		
G	Childrens Mixed Four	17.15		
H	Junior Mixed Four	17.30		
I	Club Mixed Four	17.45		

### 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 the to the Event office at the beginning of the Championships.