



## INDIVIDUAL ENTRY FORM

### Concept2 Euro Open

### January 30<sup>th</sup>/31<sup>th</sup> 2010



<b>Name and Surname</b>	<b>Date of Birth</b>
<b>Club</b>	<b>Nationality</b>
<b>Street</b>	<b>Phone</b>
<b>Post Code</b>	<b>e-mail</b>
<b>City</b>	<b>Your erg score</b>

#### MARK THE BOX OF YOU CATEGORY (please mark only one)

WOMEN HEAVYWEIGHT	WOMEN LIGHTWEIGHT	MEN HEAVYWEIGHT	MEN LIGHTWEIGHT
<input type="checkbox"/> 1 Junior 18 W	<input type="checkbox"/> 2 Junior 18 W LW	<input type="checkbox"/> 3 Junior 18 M	<input type="checkbox"/> 4 Junior 18 M LW
<input type="checkbox"/> 5 Under 23 W	<input type="checkbox"/> 7 Under 23 W LW	<input type="checkbox"/> 9 Under 23 M	<input type="checkbox"/> 11 Under 23 M LW
<input type="checkbox"/> 6 Open W	<input type="checkbox"/> 8 Open W LW	<input type="checkbox"/> 10 Open M	<input type="checkbox"/> 12 Open M LW
<input type="checkbox"/> 13 30-39 W	<input type="checkbox"/> 14 30-39 W LW	<input type="checkbox"/> 15 30-39 M	<input type="checkbox"/> 16 30-39 M LW
<input type="checkbox"/> 17 40-49 W	<input type="checkbox"/> 18 40-49 W LW	<input type="checkbox"/> 19 40-49 M	<input type="checkbox"/> 20 40-49 M LW
<input type="checkbox"/> 21 50-59 W	<input type="checkbox"/> 22 50-59 W LW	<input type="checkbox"/> 23 50-59 M	<input type="checkbox"/> 24 50-59 M LW
<input type="checkbox"/> 25 60-69 W	<input type="checkbox"/> 26 60-69 W LW	<input type="checkbox"/> 27 60-69 M	<input type="checkbox"/> 28 60-69 M LW
<input type="checkbox"/> 29 Over 70 W	<input type="checkbox"/> 30 Over 70 W LW	<input type="checkbox"/> 31 Over 70 M	<input type="checkbox"/> 32 Over 70 M LW
<b>ADAPTIVE WOMEN</b>	<b>ADAPTIVE MEN</b>	<b>TEAM-EVENT WOMEN</b>	<b>TEAM-EVENT MEN</b>
<input type="checkbox"/> 33 AD LTA W	<input type="checkbox"/> 36 AD LTA M	<input type="checkbox"/> 39 Quad-Women 4 x 500m	<input type="checkbox"/> 40 Quad-Men 4 x 500m
<input type="checkbox"/> 34 AD TA W	<input type="checkbox"/> 37 AD TA M		
<input type="checkbox"/> 35 AD AS W	<input type="checkbox"/> 38 AD AS M		

1. The Concept 2™ Model D ergometer will be used. You may use the damper setting (drag factor) of your choice, but the setting may not be changed during the race.
2. Race distance: 1.000 m for adaptive categories, 2.000m all other categories, Team-Event (teams of 4, changeover every 500m)
3. Entries should be returned to: Sybille Meier, Wupperstr. 3, D-45219 Essen, Germany, Tel. +49.172.2109970, Fax. +49.2054.104674, Mail. meldung@indoor-cup.de, it to arrive not later than January 20<sup>th</sup> 2010 at 18.00h
4. In the Events 1-12 we have qualifying heats on Saturday afternoon and finals for the fastest ten rowers on Sunday morning. In all other events, we have a finals-only format. The best time will win each event. Look at the race schedule at: [www.euroopen2010.com](http://www.euroopen2010.com).
5. Under-23 participants (Events 5,7,9,11) must have been born on or after January 1, 1988. Junior participants (Events 1-4) must have been born on or after January 1, 1992. For all other events, age is as of race day.
6. Lightweight weight limits: Men 75kg or less, Women 61.5kg or less. Junior Men(18) 70kg or less, Junior Women(18) 60kg or less. Lightweights weigh in time between one and two hours before the start of the race.
7. Important Medical Recommendation: All juniors must present a medical certificate stating that they are in physical condition to compete in races, or prove affiliation to their national rowing federation. Indoor rowing racing requires maximal effort and the organizers take no responsibility for illness or injury caused as a consequence. If you have any doubts you should seek medical advice before racing.
8. Entry Fee: Race: 1-38 = 18€, Race: 39 + 40 = 20€. All fees are non-refundable! Late entries will be accepted up to the team manager meeting, but will cost double the standard entry fee.

By signing this entry form I declare that I am aware of and accept the rules of the Concept2 Euro Open 2010, which are intended to be part of this entry form. I agree that the organizers for the Euro Open may collect and use the personal information given above, to form the list of participants in the race, to prepare the official list of results and for all operations connected to the participation in the race, also for promotion, information or for printed material. I may consult, modify or cancel the data relating to me as declared above. I declare that I am in physical condition to be able to cover the virtual distance of 2000 meters on an Indoor Rower and therefore release the organizers from any responsibility in this regard.

<b>Date</b>	<b>Signature</b>
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