



Home International Regatta 2010

Welsh Open Trials

Sunday 18th April

WOMEN and MEN - Junior, Senior and Adaptive

ALL athletes will be expected to compete in both divisions

07:30hrs – 08:00hrs Registration and Weigh In for LWT

No specific weight for LWT at this stage but need to be able to demonstrate required weight is achievable

09:30 hrs

Division 1: 1x or 2-

2x option for Welsh Based J16 and adaptive athletes.

13:15 hrs

Division 2: Men 2- or 2x

2x option for Welsh Based J16 and adaptive athletes

2x and 2- Crews to be formed from Div. 1 Results

16:15 hrs

Division 2: Women 2- or 2x

2x option for Welsh Based J16 and adaptive athletes

2x and 2- Crews to be formed from Div. 1 Results

**Venue: Cardiff Bay Water Activity Centre,
Jim Driscoll Way, Grangetown, Cardiff, CF11 7HB**

Cost: £5 per athlete payable on the day

Register online at:

www.walesrowing.com/international/selection_policy.htm