

Home International Regatta 2009

Welsh Open Trials

Sunday 15th March

WOMEN - Junior, Senior and Adaptive

Sunday 29th March

MEN - Junior, Senior and Adaptive

ALL athletes will be expected to compete in both divisions

8am - 9.15am 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

10.15 am Division 1: 1x or 2-

2x option for Welsh Based J16 and adaptive athletes.

1.15pm Division 2: 1x

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



The Welsh Amateur Rowing Association