



2016 ERGfit Indoor Racing Series

ENTRY FORM

Name:

Address:

Suburb: Postcode:

Email Address:

Mobile: D.O.B: / / Age (on race day):

Gender M / F Club / School / Organisation / Team Name:

Category: (Please tick)

12 & Under Junior (13-18yrs) Open (19-29yrs) Master (30-39) Senior (40-49) Veteran (50+)

Indoor Racing Series Dates	5000 metres	2000 metres	1000 metres	500 metres	Predicted Time
Race 1: Saturday 20 th August	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
Race 2: Saturday 17 th September	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2km 5km
Race 3: Saturday 15 th October	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	500m 1km

Payment Details: (Please tick)

Direct Deposit into "ERGfit" bank account (to be received 3 days prior to Race day)

Bendigo bank BSB: 633 000 Account: 1277 30935 Reference: Your name

Credit Card VISA MasterCard

Card Number: _ _ _ _ / _ _ _ _ / _ _ _ _ / _ _ _ _ Expiry Date: _ _ / _ _

Name on Card: CVV No: _ _ _

Signature:

Individual Entry Fee Options: \$21.00 per race day (unlimited events) \$ _____

Total \$ _____

Informed Consent:

ERGfit Indoor Rowing & Training Studio provides indoor rowing races, instructor courses, group fitness classes and LEARN 2row programs for all ages & levels of fitness. The information obtained will be treated as confidential & will not be released or revealed to anyone without your consent. Your right to privacy is important to us.

The health and safety of all participants at ERGfit Indoor Rowing & Training Studio is our prime concern.

I have read this consent form and understand what I will be participating in. I agree to withdraw my right to make any claim of any kind whatsoever against "ERGfit" for any injury or illness arising directly or indirectly from the indoor racing series or any advice that I have received from "ERGfit".

I understand that any photographs or videos taken during this course may be used for instructional & promotional purposes without payment of any kind to you and without further notice to you or permission from you.

Please tick if you **do not** wish for your photo / video to be taken. No photos / videos please.

Signature of Participant

Signature of Witness

.....

Date: / /

Date: / /

2016 ERGfit Indoor Racing Series

ENTRY FORM

Terms & Conditions

1. To keep the entry fees at a minimum this year, there will be NO prizes awarded.
2. Entry fees are \$21.00 per race day with unlimited events. All monies are non-refundable & payable prior to race day.
3. Racing will commence with the 5km first, followed by 2km, 1km then 500 metres.
Approximate Race Schedule;

Men 5km	12.15pm	Women 5km	12.45pm
Men 2km	1.15pm	Women 2km	1.30pm
Men 1km	1.45pm	Women 1km	2pm
Men 500m	2.10pm	Women 500m	2.20pm
4. Doors open at 12pm with racing commencing at 12.15pm. Racing should conclude by 2.30pm.
5. Entries must be made on the official entry form. Photocopies will be accepted. No pre-event qualification is required however predicted times & distances are useful.
6. Payment can be made by cash, credit card, EFTpos or direct deposit into ERGfit bank account.
7. To avoid any disappointment & in order to clarify any entry details please ensure you include a daytime telephone number or mobile number. Incomplete or illegible entries will not be accepted.
8. By entering the competition, a competitor agrees to be bound by the rules.
9. The Event Organising Committee reserves the right to limit the size of entry.
10. Concept 2 Model D Indoor Rowers will be used & fitted with an ERG cooler (C-Breeze). Competitors may use the resistance level of their choice, but this cannot be changed during the race.
11. For all competitors, age is as of race day. This also applies to juniors i.e. Junior (12-18) is open to anybody aged 12-18 on race day.
12. All entry instructions form part of the rules.
13. All categories may &/or can race together, i.e. each competitor will only row once over a specific distance or time and will compete against other rowers racing over the same distance or time. The event is seen as not only race preparation for further racing but a fun, friendly event, catering for non competitive rowers and the like.
14. If a competitor misses his/her race for whatever reason he/she will not be able to re-schedule.
15. Only page 1 of this form needs to be returned. Please retain a copy for your records.
16. Australian and World Indoor Rowing Records can be found at www.concept2.com.au on the online world rankings page.

IMPORTANT: Medical Recommendation. If on race day you feel unwell, or have recently been suffering from a virus, we recommend that you do not race. Indoor racing requires maximal effort and the event organisers take no responsibility for illness or injury caused as a consequence. If you have any doubts you should seek medical advice prior to racing.

Post or email completed form & payment to:

ERGfit Indoor Rowing & Training Studio
PO Box 1106,
Niddrie, VIC 3042.
Ph: 0407 802 686
info@ergfit.com.au

Registration Form May Be Photocopied

ENTRIES CLOSE:

Race 1: Friday 19th August 6pm
Race 2: Friday 16th September 6pm
Race 3: Friday 14th October 6pm