



**Fifth Annual
S.L.A.S.H-F
Indoor
Rowing
Championship**

West High School Common Room,
300 West, 300 North
Salt Lake City, UT 84095
Saturday February 20th, 2010
Early Registration Before Feb 15th, \$20.00
Registration to Day Of \$25.00

ENTRY FORM

Name _____
Address _____
City _____ State _____
Zip _____
Phone _____
E-mail _____
Age _____ Date of Birth ____|____|____
(On race day) (Mo/Day/Yr) Male Female

Email your Entry to Mike Horrocks,
mhorrocksutah@earthlink.net
or mail with your entry fee to:
SLASH-F
2963 Current Creek Dr.
South Jordan
UT 84095.
Before Feb 15th to receive your discount.
Bring the Entry Fee, Form and Waiver on the day
of the race. Youth entrants need the entry for
signed by a parent or guardian.

ROWER WEIGHT CLASSES
Lightweight men are 165.0 pounds or less; Lightweight Women are 135.0 pounds or less on the day of the event. Weigh-in will be required to participate in a Light-weight division. Novices are those rowers in the first year of on-water rowing only. Coxswains are under 130.0 pounds for Men and 120.0 pounds for Women. Lightweight weigh-in is an hour prior to the competitor's event.

Entry Form

Check in 8.00am, racing commences 8.45am

Events/Divisions (Your fee covers all events)

- 2000 METER TIMED ROW (Scheduled order of heats)
- Adaptive (All classes)
- Masters Men (30 yrs.+)
- Masters Women (30 yrs.+)
- Parents Men
- Parents Women
- Collegiate Men
- Collegiate Women
- Coxswain Men
- Coxswain Women
- Junior Men (14 Yrs. and under)
- Junior Women (14 Yrs. and under)
- Junior Men (15Yrs. to 18 Yrs.) Lightweight, Other
- Junior Women (15 Yrs. To 18 Yrs.) Lightweight, Other
- Junior Novice Men (18 Yrs. and under)
- Junior Novice Women (18 Yrs. and under)
- Open Men (no restrictions) Lightweight, Other
- Open Women (no restrictions) Lightweight, Other
- 500 METER TIMED SPRINT ROW (All classes to Race together)

RELEASE AND WAIVER OF LIABILITY

In consideration of being given the opportunity to participate in any way in the SLASH-F Indoor Rowing Championships, and through my and/or my child's involvement, I acknowledge, agree, and represent on behalf of myself and/or my child that I understand the nature of this indoor rowing championship activity, that the entrant named below is qualified, in good health, and in proper physical condition to participate in such activity. Further, I understand that there are risks and dangers connected with my and/or my child's involvement and participation and that there is a risk of serious bodily harm, danger; and I, for myself and/or my child knowingly and freely accept such risk and danger; and I myself and /or my child, and behalf of heirs, personal representatives, assignees, and next of kin, hereby release, discharge, covenant not to sue, and hold harmless and indemnify Utah Junior Crew, Rowers of West, West High School and the Salt Lake School District, C2 , owners of equipment loaned for this event, and their Boards, Officers, Directors, Members, Volunteers, Employees, and Agents from any and all suits, claims, actions, rights, demands, liability, damages, costs, and expenses, of whatever kind or nature arising out of or connected with my and/or my child's participation in the SLASH-F Indoor Rowing Championships.

All exercises and use of all facilities at West High School shall be undertaken by me and/or my child (called the "guest") at the guest's sole risk. The School shall not be liable for any claims, demands, injuries, damages, action, or cause of action whatsoever, to person or property connected with the use of any of the services or facilities of the School or the premises where the same or located or arising out of acts of active or possible negligence on the part of the School, its employees, or its agents.

I have read this agreement and will read the rules and regulations of the Club which are incorporated herein by reference and I agree to be bound by their terms and conditions.

I have read this waiver before signing below, fully understand its terms, understand that I am giving up substantial rights by signing it, and am signing it freely and without any inducement or assurance of any nature, intending this to be a complete and unconditional release of all liability to the greatest extent allowed by law. I agree that if any portion of this release and waiver is held to be invalid or unenforceable, nonetheless the balance of this waiver shall continue in full force and effect.

I also agree to the terms and conditions of the US Rowing Waiver by signing this as it is effective for this event

Entrant's Signature Date

Signature of Parent or Guardian, if Entrant is under 18 Date