

Entry Form:

1. Mail entry and check using the form below, or submit entry and waiver online at:
 - <http://indoorrowingrelay.canaldock.org/registration-form/>
2. Collect \$20 from each team member and pay \$100 online at:
 - <http://indoorrowingrelay.canaldock.org/enter/>
3. Questions? Write to nicole@canaldock.org

Instructions for Team Captains:

- Like last year, we're focused on fun, healthy exercise, and friendly competition
 - Each entry includes three races per team. Each race is five minutes, and each participant must row one minute of each race. Categories: masters women, masters men, masters mixed (at least two women on any mixed team), high school girls, high school boys, high school mixed teams (at least two girls)
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Mail-in Form: Return this form and check for \$100 to: Canal Dock Boathouse, Inc. (CDBi), PO Box 124, New Haven, CT 06501 (Waivers can be completed online or the day of the event. *Note: participants under 18 must have a parent/guardian signature.)

Team name: _____

Place an "X" for your team category below:

Masters Women _____ Masters Men _____ Masters Mixed _____

High School Girls _____ High School Boys _____ High School Mixed _____

*******Mixed teams MUST have at least two (2) women or girls!*******

Captain Name: _____ Phone: _____

Captain email: _____

Rower 2: _____ email: _____

Rower 3: _____ email: _____

Rower 4: _____ email: _____

Rower 5: _____ email: _____