

FINAL SCHEDULE			
EVENT	MARATHON EVENTS		
101	Open Men Erg Marathon (42,195M)	7:30 AM	
102	Open Women Erg Marathon (42,195M)	7:30 AM	
103	Open Men Erg Half Marathon (21,097M)	7:30 AM	
104	Open Women Erg Half Marathon (21,097M)	7:30 AM	
EVENT	PARA EVENTS		
901	Women under 50 PR1 - 1000M	8:00 AM	
902	Men under 50 PR1 - 1000M	8:00 AM	
903	Women 50+ PR1 - 1000M	8:00 AM	
904	Men 50+ PR1 - 1000M	8:00 AM	
911	Women under 50 PR2 - 1000M	8:00 AM	
912	Men under 50 PR2 - 1000M	8:00 AM	
913	Women 50+ PR2 - 1000M	8:00 AM	
914	Men 50+ PR2 - 1000M	8:00 AM	
921	Women under 50 PR3 Physical Disability - 1000M	8:00 AM	
922	Men under 50 PR3 Physical Disability - 1000M	8:00 AM	
923	Women under 50 PR3 Visual Impairment - 1000M	8:00 AM	
924	Men under 50 PR3 Visual Impairment - 1000M	8:00 AM	
925	Women under 50 PR3 Intellectual Disability - 1000M	8:00 AM	
926	Men under 50 PR3 Intellectual Disability - 1000M	8:00 AM	
927	Women 50+ PR3 Physical Disability - 1000M	8:00 AM	
928	Men 50+ PR3 Physical Disability - 1000M	8:00 AM	
929	Women 50+ PR3 Visual Impairment - 1000M	8:00 AM	
930	Men 50+ PR3 Visual Impairment - 1000M	8:00 AM	
931	Women 50+ PR3 Intellectual Disability - 1000M	8:00 AM	
932	Men 50+ PR3 Intellectual Disability - 1000M	8:00 AM	
951	Women PR1 - 2000M	8:00 AM	
952	Men PR1 - 2000M	8:00 AM	
961	Women PR2 - 2000M	8:00 AM	
962	Men PR2 - 2000M	8:00 AM	
971	Women PR3 Physical Disability - 2000M	8:00 AM	
972	Men PR3 Physical Disability - 2000M	8:00 AM	
973	Women PR3 Visual Impairment - 2000M	8:00 AM	
974	Men PR3 Visual Impairment - 2000M	8:00 AM	
975	Women PR3 Intellectual Disability - 2000M	8:00 AM	
976	Men PR3 Intellectual Disability - 2000M	8:00 AM	
EVENT	JUNIOR 20-MINUTE EVENTS		
201	Junior (age 13-19) Lightweight Men 20-Minute Row	9:00 AM	
202	Junior (age 13-19) Lightweight Women 20-Minute Row	8:30 AM	
203	Junior (age 13-19) Men 20-Minute Row	8:30 AM	
204	Junior (age 13-19) Women 20-Minute Row	8:00 AM	
EVENT	COLLEGE, OPEN & MASTERS 30-MINUTE EVENTS		
211	College (age 17-23) Men 30-Minute Row	9:30 AM	
212	College (age 17-23) Women 30-Minute Row	9:30 AM	
213	Open (age 23+) Men 30-Minute Row	9:30 AM	
214	Open (age 23+) Women 30-Minute Row	9:30 AM	

221	Veteran F (age 75-79) Men 30-Minute Row	9:30 AM	
222	Veteran F (age 75-79) Women 30-Minute Row	9:30 AM	
223	Veteran E (age 70-74) Men 30-Minute Row	9:30 AM	
224	Veteran E (age 70-74) Women 30-Minute Row	9:30 AM	
225	Veteran D (age 65-69) Men 30-Minute Row	9:30 AM	
226	Veteran D (age 65-69) Women 30-Minute Row	9:30 AM	
227	Veteran C (age 60-64) Men 30-Minute Row	9:30 AM	
228	Veteran C (age 60-64) Women 30-Minute Row	9:30 AM	
229	Veteran B (age 55-59) Men 30-Minute Row	9:30 AM	
230	Veteran B (age 55-59) Women 30-Minute Row	9:30 AM	
231	Veteran A (age 50-54) Men 30-Minute Row	9:30 AM	
232	Veteran A (age 50-54) Women 30-Minute Row	9:30 AM	
241	Senior (age 40-49) Men 30-Minute Row	9:30 AM	
242	Senior (age 40-49) Women 30-Minute Row	9:30 AM	
243	Master (age 30-39) Men 30-Minute Row	9:30 AM	
244	Master (age 30-39) Women 30-Minute Row	9:30 AM	
EVENT	Q&A: ROWING IN COLLEGE AND BEYOND	10:00 AM	
	<i>PANELISTS</i> <i>Giuseppe Lanzone: '08 & '12 U.S. Olympic rower</i> <i>Deborah Prowse: Head Coach, Liberty University</i> <i>Anthony Chacon: Assistant Coach, Colgate University</i> <i>Holly Austin: Founder, Ready Set Row</i>		
EVENT	VETERAN, SENIOR & MASTER 2K EVENTS		
301	Veteran J (age 95+) Lightweight Men 2000M	10:00 AM	
302	Veteran J (age 95+) Lightweight Women 2000M	10:00 AM	
303	Veteran J (age 95+) Men 2000M	10:00 AM	
304	Veteran J (age 95+) Women 2000M	10:00 AM	
305	Veteran I (age 90-94) Lightweight Men 2000M	10:00 AM	
306	Veteran I (age 90-94) Lightweight Women 2000M	10:00 AM	
307	Veteran I (age 90-94) Men 2000M	10:00 AM	
308	Veteran I (age 90-94) Women 2000M	10:00 AM	
309	Veteran H (age 85-89) Lightweight Men 2000M	10:00 AM	
310	Veteran H (age 85-89) Lightweight Women 2000M	10:00 AM	
311	Veteran H (age 85-89) Men 2000M	10:00 AM	
312	Veteran H (age 85-89) Women 2000M	10:00 AM	
313	Veteran G (age 80-84) Lightweight Men 2000M	10:00 AM	
314	Veteran G (age 80-84) Lightweight Women 2000M	10:00 AM	
315	Veteran G (age 80-84) Men 2000M	10:00 AM	
316	Veteran G (age 80-84) Women 2000M	10:00 AM	
317	Veteran F (age 75-79) Lightweight Men 2000M	10:00 AM	
318	Veteran F (age 75-79) Lightweight Women 2000M	10:00 AM	
319	Veteran F (age 75-79) Men 2000M	10:00 AM	
320	Veteran F (age 75-79) Women 2000M	10:00 AM	
321	Veteran E (age 70-74) Lightweight Men 2000M	10:00 AM	
322	Veteran E (age 70-74) Lightweight Women 2000M	10:00 AM	
323	Veteran E (age 70-74) Men 2000M	10:00 AM	
324	Veteran E (age 70-74) Women 2000M	10:00 AM	
325	Veteran D (age 65-69) Lightweight Men 2000M	10:00 AM	
326	Veteran D (age 65-69) Lightweight Women 2000M	10:00 AM	
327	Veteran D (age 65-69) Men 2000M	10:00 AM	

328	Veteran D (age 65-69) Women 2000M	10:00 AM	
329	Veteran C (age 60-64) Lightweight Men 2000M	10:00 AM	
330	Veteran C (age 60-64) Lightweight Women 2000M	10:00 AM	
331	Veteran C (age 60-64) Men 2000M	10:00 AM	
332	Veteran C (age 60-64) Women 2000M	10:00 AM	
333	Veteran B (age 55-59) Lightweight Men 2000M	10:00 AM	
334	Veteran B (age 55-59) Lightweight Women 2000M	10:00 AM	
335	Veteran B (age 55-59) Men 2000M	10:00 AM	
336	Veteran B (age 55-59) Women 2000M	10:00 AM	
337	Veteran A (age 50-54) Lightweight Men 2000M	10:00 AM	
338	Veteran A (age 50-54) Lightweight Women 2000M	10:00 AM	
339	Veteran A (age 50-54) Men 2000M	10:00 AM	
340	Veteran A (age 50-54) Women 2000M	10:00 AM	
351	Senior (age 40-49) Lightweight Men 2000M	10:20 AM	
352	Senior (age 40-49) Lightweight Women 2000M	10:20 AM	
353	Senior (age 40-49) Men 2000M	10:20 AM	
354	Senior (age 40-49) Women 2000M	10:20 AM	
361	Master (age 30-39) Lightweight Men 2000M	10:20 AM	
362	Master (age 30-39) Lightweight Women 2000M	10:20 AM	
363	Master (age 30-39) Men 2000M	10:20 AM	
364	Master (age 30-39) Women 2000M	10:20 AM	
EVENT	JUNIOR 2K EVENTS		
401	Junior (age 13) Men 1000M	10:40 AM	
402	Junior (age 13) Women 1000M	10:40 AM	
411	Junior (age 14) Lightweight Men 2000M	11:00 AM	
412	Junior (age 14) Lightweight Women 2000M	11:00 AM	
413	Junior (age 14) Men 2000M	11:20 AM	
414	Junior (age 14) Women 2000M	11:20 AM	
415	Junior (age 15) Lightweight Men 2000M	11:40 AM	
416	Junior (age 15) Lightweight Women 2000M	11:40 AM	
417	Junior (age 15) Men 2000M	12:00 PM	
418	Junior (age 15) Women 2000M	12:00 PM	
419	Junior (age 16) Lightweight Men 2000M	12:20 PM	
420	Junior (age 16) Lightweight Women 2000M	12:20 PM	
421	Junior (age 16) Men 2000M	12:40 PM	
422	Junior (age 16) Women 2000M	1:00 PM	
423	Junior (age 17) Lightweight Men 2000M	1:20 PM	
424	Junior (age 17) Lightweight Women 2000M	1:20 PM	
425	Junior (age 17) Men 2000M	1:40 PM	
426	Junior (age 17) Women 2000M	1:40 PM	
427	Junior (age 18) Lightweight Men 2000M	2:00 PM	
428	Junior (age 18) Lightweight Women 2000M	2:00 PM	
429	Junior (age 18) Men 2000M	2:00 PM	
430	Junior (age 18) Women 2000M	2:00 PM	
431	Junior (age 19) Lightweight Men 2000M	2:00 PM	
432	Junior (age 19) Lightweight Women 2000M	2:00 PM	
433	Junior (age 19) Men 2000M	2:00 PM	
434	Junior (age 19) Women 2000M	2:00 PM	
EVENT	COLLEGE, U23 AND OPEN 2K EVENTS		

501	College Freshmen Lightweight Men 2000M	2:20 PM	
502	College Freshmen Lightweight Women 2000M	2:20 PM	
503	U23 (age 19-22) Lightweight Men 2000M	2:20 PM	
504	U23 (age 19-22) Lightweight Women 2000M	2:20 PM	
505	College Freshmen Men 2000M	2:20 PM	
506	College Freshmen Women 2000M	2:20 PM	
507	U23 (age 19-22) Men 2000M	2:20 PM	
508	U23 (age 19-22) Women 2000M	2:20 PM	
511	Open (age 23+) Lightweight Men 2000M	2:20 PM	
512	Open (age 23+) Lightweight Women 2000M	2:20 PM	
513	Open (age 23+) Men 2000M	2:20 PM	
514	Open (age 23+) Women 2000M	2:20 PM	
EVENT	KIDS, PARENTS, COXSWAINS, RELAYS & 500M EVENTS		
	<i>Register for special events before 2 PM.</i>		
601	Kids (age 5-12) 500M	3:00 PM	
603	Parent/Child Men 500M Dash (250M each)	3:00 PM	
604	Parent/Child Women 500M Dash (250M each)	3:00 PM	
605	Parent/Child Mixed 500M Dash (250M each)	3:00 PM	
611	Junior (age 13-19) Coxswains Men 500M	3:00 PM	
612	Junior (age 13-19) Coxswains Women 500M	3:00 PM	
613	College (age 17-23) Coxswains Men 500M	3:00 PM	
614	College (age 17-23) Coxswains Women 500M	3:00 PM	
621	Junior (age 13-19) Men (4M) 2000M Relay (500m each)	3:20 PM	
622	Junior (age 13-19) Women (4W) 2000M Relay (500m each)	3:20 PM	
623	Junior (age 13-19) Mixed (2M/2W) 2000M Relay (500m each)	3:20 PM	
637	College (age 17-23) Mixed (2M/2W) 2000M Relay (500m each)	3:20 PM	
641	Open Men 2000M Relay (500m each)	3:20 PM	
640	Open Women 2000M Relay (500m each)	3:20 PM	
639	Open Mixed (2M/2W) 2000M Relay (500m each)	3:20 PM	
635	Master (age 30-39) Mixed (2M/2W) 2000M Relay (500M each)	3:20 PM	
633	Senior (age 40-49) Mixed (2M/2W) 2000M Relay (500M each)	3:20 PM	
631	Veteran (age 50+) Mixed (2M/2W) 2000M Relay (500M each)	3:20 PM	
667	Junior (age 13-19) Men 500M Sprint Championship	3:40 PM	
668	Junior (age 13-19) Women 500M Sprint Championship	3:40 PM	
663	College (age 17-23) Women 500M Sprint Championship	3:40 PM	
664	College (age 17-23) Men 500M Sprint Championship	3:40 PM	
665	Open Men 500M Sprint Championship	3:40 PM	
666	Open Women 500M Sprint Championship	3:40 PM	
651	Veteran D (age 65-69) Men 500M Sprint Championship	3:40 PM	
652	Veteran D (age 65-69) Women 500M Sprint Championship	3:40 PM	
653	Veteran C (age 60-64) Men 500M Sprint Championship	3:40 PM	
654	Veteran C (age 60-64) Women 500M Sprint Championship	3:40 PM	
655	Veteran B (age 55-59) Men 500M Sprint Championship	3:40 PM	
656	Veteran B (age 55-59) Women 500M Sprint Championship	3:40 PM	
657	Veteran A (age 50-54) Men 500M Sprint Championship	3:40 PM	
658	Veteran A (age 50-54) Women 500M Sprint Championship	3:40 PM	
659	Senior (age 40-49) Men 500M Sprint Championship	3:40 PM	
660	Senior (age 40-49) Women 500M Sprint Championship	3:40 PM	
661	Master (age 30-39) Men 500M Sprint Championship	3:40 PM	
662	Master (age 30-39) Women 500M Sprint Championship	3:40 PM	

EVENT	DOUBLE & QUAD SLIDE EVENTS		
	<i>Row anytime between 10 AM and 2:30 PM but you need to reserve a time slot at slides desk on the race floor. Registration closes at 1:30 PM.</i>		
701	Junior Men 3-Minute Crash (Double Slide)	10 AM-2:30 PM	
702	Junior Women 3-Minute Crash (Double Slide)	10 AM-2:30 PM	
703	College Men 3-Minute Crash (Double Slide)	10 AM-2:30 PM	
704	College Women 3-Minute Crash (Double Slide)	10 AM-2:30 PM	
705	Open Men 3-Minute Crash (Double Slide)	10 AM-2:30 PM	
706	Open Women 3-Minute Crash (Double Slide)	10 AM-2:30 PM	
707	Veteran A+ (age 50+) Men 3-Minute Crash (Double Slide)	10 AM-2:30 PM	
708	Veteran A+ (age 50+) Women 3-Minute Crash (Double Slide)	10 AM-2:30 PM	
709	Senior (age 40-49) Men 3-Minute Crash (Double Slide)	10 AM-2:30 PM	
710	Senior (age 40-49) Women 3-Minute Crash (Double Slide)	10 AM-2:30 PM	
711	Master (age 30-39) Men 3-Minute Crash (Double Slide)	10 AM-2:30 PM	
712	Master (age 30-39) Women 3-Minute Crash (Double Slide)	10 AM-2:30 PM	
713	Junior Men 5-Minute Quad Slide	10 AM-2:30 PM	
714	Junior Women 5-Minute Quad Slide	10 AM-2:30 PM	
715	College Men 5-Minute Quad Slide	10 AM-2:30 PM	
716	College Women 5-Minute Quad Slide	10 AM-2:30 PM	
717	Open Men 5-Minute Quad Slide	10 AM-2:30 PM	
718	Open Women 5-Minute Quad Slide	10 AM-2:30 PM	
719	Veteran A+ (age 50+) Men 5-Minute Quad Slide	10 AM-2:30 PM	
720	Veteran A+ (age 50+) Women 5-Minute Quad Slide	10 AM-2:30 PM	
721	Senior (age 40-49) Men 5-Minute Quad Slide	10 AM-2:30 PM	
722	Senior (age 40-49) Women 5-Minute Quad Slide	10 AM-2:30 PM	
723	Master (age 30-39) Men 5-Minute Quad Slide	10 AM-2:30 PM	
724	Master (age 30-39) Women 5-Minute Quad Slide	10 AM-2:30 PM	