



# AUSTRALIAN INDOOR ROWING CHAMPIONSHIPS 2016



**Calling all  
rowers!**  
rowing machine/  
gym fanatics!!



Proudly  
supporting



## Challenge yourself to be your best

**Anyone who knows how to use a Rowing Machine is welcome!**

The 2016 Australian Indoor Rowing Championships (AIRC) will be run in Clubs, Schools and Gyms throughout November, so why not challenge yourself and others across the country to set a personal best; set an Australian record; or win the title of being the best in Australia?

**IF YOU ARE NOT A 'ROWER' BUT HAVE USED AN ERG OR ROWING MACHINE YOU ARE WELCOME TOO!!** Open to all; it doesn't matter about ability as everyone can improve, anyone from the age of 12 can enter.

### RACES INCLUDED WITHIN EACH EVENT INCLUDE:

- > Open and Lightweight 500m - Men's and Women's
- > Open and Lightweight 1000m - Men's and Women's
- > Open and Lightweight 2000m - Men's and Women's
- > 1 min rip - Men's and Women's Open and Lightweight
- > Team Relay 4 x 500m (Team Mixed)

### GRIFFITH UNIVERSITY SURFERS PARADISE ROWING CLUB

159 Bundall Rd Bundall, Queensland

SATURDAY 19TH NOVEMBER 2016 FROM 2PM

Register online by Sunday 13th November 2016

[www.gusprc.com](http://www.gusprc.com) or Find us on Facebook/GUSPRC

### ENTRY FEES

#### ADULT

\$27 per race

\$47 for multiple races

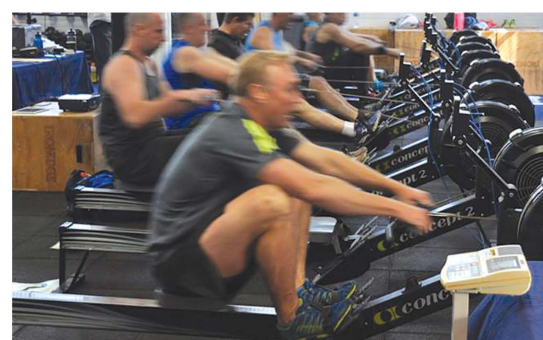
#### UNDER 19

\$22 per race

\$37 for multiple races

\$2 from every entry goes to RCD

REGISTRATIONS ONLINE ONLY  
BY 13/11/16 [www.gusprc.com](http://www.gusprc.com)



HANCOCK  
PROSPECTING



SURFERS PARADISE  
ROWING CLUB