



## ROWING MASTERS SPRINT Preliminary regatta programme\*

Trakai, July 9-10

### Saturday (07-09)

#### Distance - 1000 meters

Time	Event	Age group
10:00	MM4-	A, B, C
10:07	MW4x	A, B, C
10:14	MM1x	A, B, C
10:21	MW2-	A, B, C
10:28	MM4-	D, E, F
10:35	MW4x	D, E, F
10:42	MM1x	D, E, F
10:49	MW2-	D, E, F
10:56	MM4-	G, H, I, J
11:03	MW4x	G, H, I, J
11:10	MM1x	G, H, I, J
11:17	MW2-	G, H, I, J

#### Distance - 500 meters

12:00	MM4+	A, B, C
12:05	MW4-	A, B, C
12:10	MM2x	A, B, C
12:15	MW1x	A, B, C
12:20	MM4+	D, E, F
12:25	MW4-	D, E, F
12:30	MM2x	D, E, F
12:35	MW1x	D, E, F
12:40	MM4+	G, H, I, J
12:45	MW4-	G, H, I, J
12:50	MM2x	G, H, I, J
12:55	MW1x	G, H, I, J

#### Lunch break (13:00 - 14:30)

14:30	MM2-	A, B, C
14:35	MW4+	A, B, C
14:40	MM4x	A, B, C
14:45	MW2x	A, B, C
14:50	MM2-	D, E, F
14:55	MW4+	D, E, F
15:00	MM4x	D, E, F
15:05	MW2x	D, E, F
15:10	MM2-	G, H, I, J
15:15	MW4+	G, H, I, J
15:20	MM4x	G, H, I, J
15:25	MW2x	G, H, I, J
16:00	Mix2x	All
16:30	Mix8+	All

**17:00** Rowing challenge - ergometer individual and teams competition (500 meters)

### Sunday (07-10)

#### Distance - 500 meters

Time	Event	Age group
09:00	MM4-	A, B, C
09:05	MW4x	A, B, C
09:10	MM1x	A, B, C
09:15	MW2-	A, B, C
09:20	MM4-	D, E, F
09:25	MW4x	D, E, F
09:30	MM1x	D, E, F
09:35	MW2-	D, E, F
09:40	MM4-	G, H, I, J
09:45	MW4x	G, H, I, J
09:50	MM1x	G, H, I, J
09:55	MW2-	G, H, I, J

#### Distance - 1000 meters

10:30	MM4+	A, B, C
10:37	MW4-	A, B, C
10:44	MM2x	A, B, C
10:51	MW1x	A, B, C
10:58	MM4+	D, E, F
11:05	MW4-	D, E, F
11:12	MM2x	D, E, F
11:19	MW1x	D, E, F
11:26	MM4+	G, H, I, J
11:33	MW4-	G, H, I, J
11:40	MM2x	G, H, I, J
11:47	MW1x	G, H, I, J

#### Lunch break (12:00-13:00)

13:00	MM2-	A, B, C
13:07	MW4+	A, B, C
13:14	MM4x	A, B, C
13:21	MW2x	A, B, C
13:28	MM2-	D, E, F
13:35	MW4+	D, E, F
13:42	MM4x	D, E, F
13:49	MW2x	D, E, F
13:56	MM2-	G, H, I, J
14:03	MW4+	G, H, I, J
14:10	MM4x	G, H, I, J
14:17	MW2x	G, H, I, J
14:45	Mix2x	All
15:15	Mix8+	All

\* Programme is a subject to be changed according to entries received in order to make better conditions for each crew to participate

Entries should be submitted using online registration system - [www.e-row.lt](http://www.e-row.lt)

More information - [www.rowingmasterssprint.com](http://www.rowingmasterssprint.com) or <https://www.facebook.com/RowingMastersSprint>