



Mantario Rowdown

*** Kenora * Winnipeg * Pinawa ***

Sunday, June 16, 2019 10:00 am - 4:00 pm

@ Kenora Rowing Club on Rabbit Lake

Rowdown Information:

- What: 3 Club Rowdown (plus Master's from other clubs who participated in June 14/15 Master's camp)
- Who: all rowers
- Where: Kenora Rowing Club on Rabbit Lake
- When: Sunday, June 16 from 10 – 4 pm
- Register: Via your club coach, ON REGATTA CENTRAL, by June 10th
- Fee: \$25 includes racing + BBQ. You will also be charged the RCA seat fee per event.
- Other: Water, fruit & bars on site + BBQ

Bring your own lunch!



Mantario Rowdown Proposed Order of Events

Men 1x

10:00 am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8

Women's 2x

10:20 am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8



Men 2x

11:00 am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8

Women's 1x

11:20 am

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8

LUNCH BREAK



Men's and Women's 4x

13:00 pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8

Mixed 2x

2:00 pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8



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Mixed 4x

3:00 pm

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8

