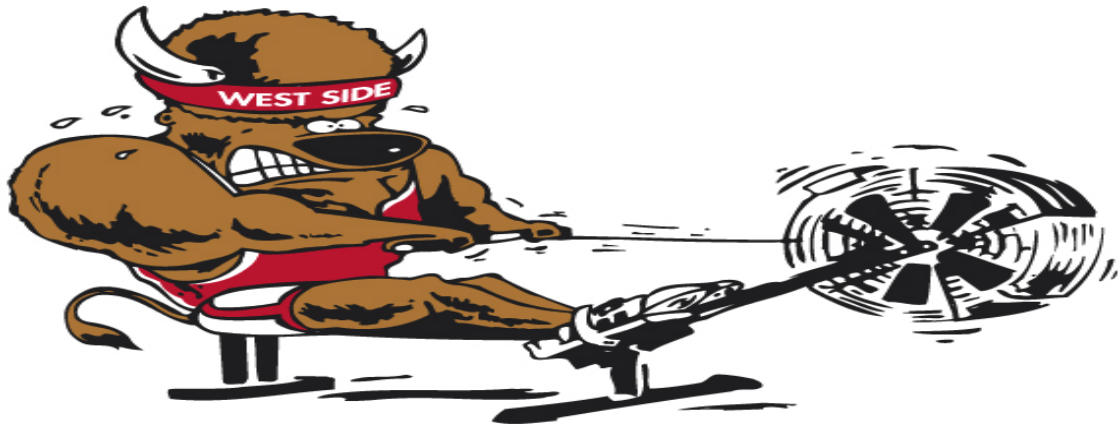


Shuffle Off to Buffalo



February 15, 2014 9am @ The West Side Rowing Club Buffalo, NY

The West Side Rowing Club would like to invite you to compete in The 2014 Shuffle Off to Buffalo! This indoor rowing event will be held on Saturday February 15, 2014 at the West Side Rowing Club. Events for all ages and skill levels will be offered. Races will be 2,000 meters for competitive Masters, Open, Under 19 and Under 17 events. There will also be 500-meter dash events for coxswain and modified rowers (6th – 8th grade).

The entry deadline for the 2014 Shuffle Off to Buffalo is Monday, February 10th. The preliminary schedule will be released on Wednesday February 12th. Late entries will be accepted until February 13th. Day of event registration will open at 8am.

Entry Fee's for the Shuffle Off to Buffalo will be \$10 per athlete. Entries received on the day of the event will be \$20 per athlete. Cash or check made payable to "The West Side Rowing Club" will be accepted. All fees are in American funds and Canadian money will be accepted at par.

The list of events for the Shuffle Off to Buffalo will be:

Event #	Event	Event Description
1	Masters Women	Female athletes over the age of 21. Times will be handicapped by age category.
2	Masters Men	Male athletes over the age of 21. Times will be handicapped by age category.
3	Open Lightweight Women	Female athletes 19 & up and are 135lbs or less.
4	Open Women	Female athletes 19 & up
5	Open Lightweight Men	Male athletes 19 & up and are 155lbs or less
6	Open Men	Female athletes 19 & up
7	Youth Novice Women	Female athletes that began training with a competitive program after August 1, 2013.
8	U17 Lightweight Women	Female athletes who do not reach the age of 17 in 2014 and are 135lbs or less.*
9	U19 Lightweight Women	Female athletes who do not reach the age of 19 in 2014 and 135lbs or less.*
10	U17 Women	Female athletes who do not reach the age of 17 in 2014.
11	U19 Women	Female athletes who do not reach the age of 19 in 2014.
12	Womens Coxswain 500-meter Dash	Female athletes 115lbs or less*
13	Youth Novice Men	Male athletes that began training with a competitive program after August 1, 2013.
14	U17 Lightweight Men	Male athletes who do not reach the age of 17 in 2014 & are 155lbs or less*
15	U19 Lightweight Men	Male athletes who do not reach the age of 19 in 2014 & are 165lbs or less. *
16	U17 Men	Male athletes who do not reach the age of 17 in 2014
17	U19 Men	Male athletes who do not reach the age of 19 in 2014
18	Mens Coxswain 500-meter Dash	Male athletes 121lbs or less*
19	Modified Womens 500-meter Dash	Female athletes in grade 6-8 with no competitive experience
20	Modified Mens 500-meter Dash	Male athletes in grade 6-8 with no competitive experience

* Top 5 lightweights and coxswains will be weighed in at the conclusion of their respective events.