



8th Annual

NORTH ALLEGHENY ROWING

MIDDLE SCHOOL INDOOR ROWING CHAMPIONSHIP

Each spring, the North Allegheny Rowing Association (NARA) proudly hosts the NA Indoor Rowing Championship - now ***Erg in the 'Burg*** - a large indoor erg race for high school and club teams from the surrounding areas. It's an exciting day of racing with over 350 competitors! This year, our **Middle School Event** will be open to **7th & 8th grade students** from several local high schools! While it is a competition, the goal is to introduce students to the sport of rowing and to have some fun. No experience is necessary - just come and pull as hard as you can!

Experienced students are welcome to the official 1K event!

New to the sport? Join the 500-meter Dash!

Rowers from the NA Crew team will be there to introduce themselves and guide the students through the events. Come early to watch some high school events and meet the coaches and crew.



SATURDAY, FEBRUARY 23, 2019

Marshall Middle School Gym

Middle School students should arrive by 1:30 pm.
Specific race times will be emailed upon registration.

High School racing begins at 8:30 am.

COST: Registration fee is \$5 and includes a free t-shirt to NA students, and medals for winners. **To register, contact Coach Bailey Chick at baileymchick@gmail.com.** Payment may be made at event.

DEADLINE: Registration must be received by Thursday, Feb. 21, 2019.

CHECK OUT OUR WEBSITE AT

<http://athletics.northallegheny.org/rowing/>