

Ergomania! 2012 SCHEDULE OF EVENTS

Start time	Events	event numbers
7:45 AM	60 minute	1-4
8:45 AM	BREAK	
9:00 AM	Masters Women 40+	7-14
9:15 AM	Masters Women 30-39	15
	Masters Men 70-79 60-69 (Open)	17-21
9:30 AM	Masters Men 60-69 (open/ltwt) 50-59 (open)	21-23
9:45 AM	Masters Men 50-59 (ltwt) 40-49 (open/ltwt)	24-26
10:00 AM	Masters Men 30-39 (open/ltwt)	27-28
10:15 AM	BREAK	
10:30 AM	Masters Team Challenge heat 1	39
10:45 AM	Masters Team Challenge heat 2	39
11:00 AM	Junior Girls heat 1 (open)	40
11:15 AM	Junior Girls heat 2 (open)	40
11:30 AM	Junior Girls heat 3 (open)	40
11:45 AM	Junior Girls heat 4 (open)	40
12:00 PM	Junior Girls heat 5 (ltwt)	41
12:15 PM	BREAK	
12:30 PM	Junior Girls heat 6 (ltwt), Junior Boys heat 1 (open)	41, 42
12:45 PM	Junior Boys heat 2 (open)	42
1:00 PM	Junior boys heat 3 (open)	42
1:15 PM	Junior boys heat 4 (open/ltwt)	42,43
1:30 PM	Junior boys heat 5 (ltwt)	43
1:45 PM	Junior boys heat 6 (ltwt)	43
2:00 PM	Coxswains dash	44-45
2:15 PM	BREAK	
2:30 PM	Collegiate Women (open)	48
2:45 PM	Collegiate Women (open) Collegiate Men (open)	48, 50
3:00 PM	Collegiate Men (open/ltwt)	50-51
3:15 PM	Open Women	52-53
3:30 PM	Open Men	54-55
3:45 PM	1 k events Women (adaptive, masters, juniors) 1 k events Men (masters, juniors)	34, 56-65
4:00 -4:45 PM	Middle School boys and girls	68-69

LIST OF EVENTS BY DISTANCE

DISTANCE EVENTS	EVENT NUMBERS	
	OPENWT	LIGHTWT
Open Men 1 hour	1	2
Open Women 1 hour	3	4
2000 METER EVENTS (all 1x)		
Masters Women 80+	5	6
Masters Women 70-79	7	8
Masters Women 60-69	9	10
Masters Women 50-59	11	12
Masters Women 40-49	13	14
Masters Women 30-39	15	16
Masters Men 80+	17	18
Masters Men 70-79	19	20
Masters Men 60-69	21	22
Masters Men 50-59	23	24
Masters Men 40-49	25	26
Masters Men 30-39	27	28
Junior Girls 14-18	40	41
Junior Boys 14-18	42	43
Collegiate-U23 Women 19-22	48	49
Collegiate-U23 Men 19-22	50	51
Open Women	52	53
Open Men	54	55
TEAM EVENTS		
CO-ED TEAM CHALLENGE CUP (four-person)	39	
JUNIOR TEAM CHALLENGE CUP (four-person)	46	
Collegiate Women ltwt 2K team challenge (four-person)	47	
1000 METER AND SHORTER EVENTS		
Men's Adaptive 1X (LTA-VI, LTA-PD, LTA-ID, TA, A)	29, 30, 31, 32, 33	
Women's Adaptive 1X (LTA-VI, LTA-PD, LTA-ID, TA, A)	34, 35, 36, 37, 38	
Masters Women 1x (handicapped)	56	57
Junior Girls 1x	58	59
Open Women 1x	60	61
Masters Men 1x (handicapped)	62	63
Junior Boys 1x	64	65
Open Men 1x	66	67
Men's Coxswains Dash (500m; all ages)		44
Women's Coxswains Dash (500m; all ages)		45
Boy's Middle School Dash (500m; ages 11-14)	68	
Girl's Middle School Dash (500m; ages 11-14)	69	