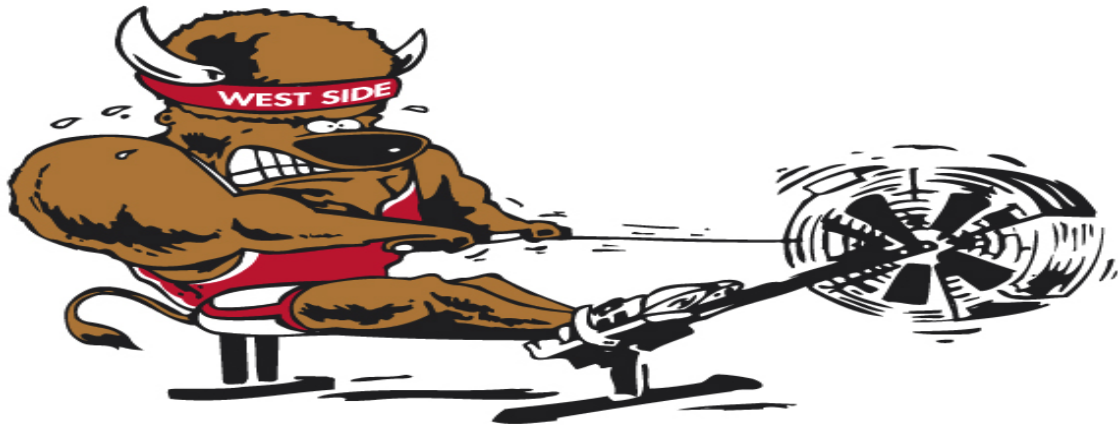


Shuffle Off to Buffalo



March 10, 2012 9am @ The West Side Rowing Club Buffalo, NY

After a multiple year hiatus, the original indoor rowing race in Buffalo is back! The 2012 Shuffle Off to Buffalo will be held on Saturday March 10 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). We will also host an SAT event for all athletes taking the SAT early on this date.

The entry deadline for the 2012 Shuffle Off to Buffalo is Sunday March 4th. All individual and team entries must be emailed to Matt Logue (mplogue@wsrc.org) by this date. The preliminary schedule will be released on Wednesday March 7th. Late entries will be accepted from March 8 until 9am on March 11th. Day of event registration will open at 8am. Coaches will have the option of submitting a team entry form for this event. Contact Matt Logue (mplogue@wsrc.org) for more details about this option!

Entry Fee's for the Shuffle Off to Buffalo will be \$10 per athlete. Entries received on the day of the event will be \$15 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 165lbs 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, 2011.
8	U17 Lightweight Women	Female athletes who do not reach the age of 17 in 2012 and are 135lbs or less.*
9	U19 Lightweight Women	Female athletes who do not reach the age of 19 in 2012 and 135lbs or less.*
10	U17 Women	Female athletes who do not reach the age of 17 in 2012.
11	U19 Women	Female athletes who do not reach the age of 19 in 2012.
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, 2011.
14	U17 Lightweight Men	Male athletes who do not reach the age of 17 in 2012 & are 165lbs or less*
15	U19 Lightweight Men	Male athletes who do not reach the age of 19 in 2012 & are 165lbs or less. *
16	U17 Men	Male athletes who do not reach the age of 17 in 2012
17	U19 Men	Male athletes who do not reach the age of 19 in 2012
18	Mens Coxswain 500-meter Dash	Male athletes 120lbs or less*
19	Modified Womens 500-meter Dash	Female athletes in grade 6 or higher with no competitive experience
20	Modified Mens 500-meter Dash	Male athletes in grade 6 or higher with no competitive experience
21	SAT Event	Female and Male athletes who are taking the SAT's this day.

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