Location: Fieldhouse 462 Indoor Rowing Room

225 S Grand Ave. Iowa City, IA

**Registration Due Tuesday, December 31st**

**Schedule:**

**Wednesday**, January 15th 6:00pm-7:00pm

**Wednesday**, January 22nd 6:00pm-7:00pm

**Wednesday**, January 29th 6:00pm-7:00pm

**Wednesday**, February 5th 6:00pm-7:00pm

**Saturday**, February 8th Iowa Indoor Rowing Challenge; tentatively 11:00am-1:00pm

**Program description:** Learn how to row on the rowing machine, and then train to get ready to compete in the 2020 Iowa Indoor Rowing Challenge that takes place on February 8th. All rowing activities are based out of the Fieldhouse, Rm 462 for practices, and the competition will be on the Main Deck.

**Required attire:** athletic shoes and athletic clothing. Bring a water bottle!!

Delegation/Facility/Individual: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Contact Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Phone: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_City:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_State:\_\_\_\_\_\_\_ Zip:\_\_\_\_\_\_\_\_\_\_\_

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| **ATHLETE NAME** | **DOB** | **TSHIRT SIZE (ADULT)** | **GUARDIAN/CONTACT PERSONS EMAIL ADDRESS** |
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Email Address: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

* Athletes MUST be able to attend every program date 1/15, 1/22, 1/29, 2/5, 2/8
* Athletes MUST have a current Special Olympics Iowa physical on file at the state office.
* Participants will receive a tshirt for the Rowing Challenge.
* This program has a maximum capacity, so send in registrations as soon as you can!!