

# Unified Indoor Rowing at the University of Iowa

Location: Fieldhouse 462 Indoor Rowing Room  
225 S Grand Ave. Iowa City, IA

**Registration Due Tuesday, December 31<sup>st</sup>**

**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 8<sup>th</sup>. 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!!

## Schedule:

**Wednesday**, January 15<sup>th</sup> 6:00pm-7:00pm

**Wednesday**, January 22<sup>nd</sup> 6:00pm-7:00pm

**Wednesday**, January 29<sup>th</sup> 6:00pm-7:00pm

**Wednesday**, February 5<sup>th</sup> 6:00pm-7:00pm

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

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

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

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email Address: \_\_\_\_\_

ATHLETE NAME	DOB	TSHIRT SIZE (ADULT)	GUARDIAN/CONTACT PERSONS 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!!**

Please send completed registration to [registrations@soiowa.org](mailto:registrations@soiowa.org)  
All questions can be directed to Lexxi O'Brien—[lobrien@soiowa.org](mailto:lobrien@soiowa.org) or 515-986-5520