

# ***Grand Rapids Spring Sprints***

## ***21-Mar-09***

### **Race Schedule**

- ▶ **7:30AM School open to all athletes & spectators**
- ▶ **7:50AM Main competition gym doors open**
- ▶ **8:00 - 8:30AM Check-in and Registration**
- ▶ **8:00 - 8:30AM Weigh-in Scales Open**
- ▶ **8:40AM Coach's Meeting**
- ▶ **9:00AM First Race**

Event Number	Race Number	Event Name	Start Time
1	1	High School Novice Men	9:00
	2	High School Novice Men	9:13
2	3	High School Novice Women	9:26
	4	High School Novice Women	9:39
	5	High School Novice Women	9:53
	6	High School Novice Women	10:06
3	7	High School Coxswain Men	10:20
4	8	High School Coxswain Women	10:29
5	9	High School 150# Men	10:38
	10	High School 150# Men	10:53
6	11	High School 130# Women	11:08
	12	High School 130# Women	11:23
7	13	High School Open Men	11:38
	14	High School Open Men	11:53
8	15	High School Open Women	12:08
	16	High School Open Women	12:23
<b><i>Door Prize Announcement</i></b>			12:45
<b>Awards Presentation</b>			12:50