

# CIRC2018

## Event and Expo Group Schedule

Note: Times are tentative and will be confirmed by Wednesday February 20<sup>th</sup> 2018

All Groups are seeded by submitted 2K Erg Score regardless of age, weight or experience.  
However, medals are awarded by the traditional age and experience categories.

8:00am: Group 1  
Open & Masters (50+)  
1A Women  
1B Men

8:30 Talk 1 – Learn the Recruitment Game

9:45 Talk 2 - Running a Rowing Event – *build your toolkit*

10am: Group 2  
2A Junior Girls  
2b Junior Boys

11:00 Talk 3 – New Product Review

11:30am: Group 3  
3A Middle School

12:00: Group 4  
4A College Woman & Open cox  
4B College Men

12:15 Talk 4 - Mary Whipple - *Become a top performing team*

1:30 Talk 5 - Use Nutrition for Your Athletic Benefit

1:30pm: Group 5  
5A Adaptive / Warrior Program  
5B CrossT & Dragon/Paddling Quads

1:45pm: Group 6  
6A 500m throw down Boys / Men  
6B 500m throw down Girls / Woman

2pm: Group 7  
7A Junior Challenge Girls  
7B Junior Challenge Boys

2:30pm: Group 8  
8A College / Open Challenge Woman  
8B College / Open Challenge Men

2:45 Talk 6 - Adaptive Water Sport Opportunities

3pm: Group 9  
9A CrossT & Dragon/Paddling Challenge