

The Great Boat Race

JANUARY 16TH-FEBRUARY 16TH

Teams of 2

30 days to Get your Row On!

No Membership Required

Log at anytime during Open Hours

Rowers will be at the ready!!

Grab a Friend
and
Catch a Wave



Each Team to Achieve 100k will receive
100k Club Inaugural Tank or T.

Top Awards of recognition and Title of:
-1st Team of any Category to 100,000 meters
“Boat Race Sprinters”

-Team with Most Meters
“Boat Race Champions”
Top Male Team Top Coed Team Top Female Team

-Affiliate Cup
(Average Overall Meters Top 5 Teams)
“Boat Race Champion Affiliate”

Rules

1-All rowing must be completed at the box and signed off by a coach to count for tally and pic posted to The Great Boat Race FaceBook Page.

2-Rowing must be completed in the box during regular business hours on either Concept 2 rower or Waterrower.

3-One crew member rowing at a time, both members must be present at time of rowing to be counted toward total.

4. Workout or WOD Rowing does Not count towards total. Each facility will have a “The Great Boat Race” poster for the Teams to Post their daily totals and local Leader Board.

5. Affiliate cup must have a minimum of 5 teams register to qualify.



Cost: \$100 per team Register at the Box or
www.crossfiteffingham.com/thegreatboatrace