



# 29th International Indoor Rowing Race ALFA

BIGGEST INDOOR ROWING COMPETITION IN THE BALTIC STATES

**VIRTUAL**

## Location

22. January 2022, virtual (Time-Team)

Start at 11.00 am

## Time-Team Connection

You need: C2 RowErg, USB 2.0 A - USB 2.0 B cable

Laptop with USB port, Internet connection

Google Chrome browser

## Registration

On webpage: [www.soudespinning.ee/en/alfarace](http://www.soudespinning.ee/en/alfarace)

NB! Registration deadline 19.01.2022 at 11:59 pm

## Race codes

Send by email after registration deadline

## Participation fee

Adult: 15€ | Juniors: 10€ (22.01.2022 30€ | 20€)

## Seniors 1000m

Men Open, Men Lwt (<75kg), Men for all

Woman Open, Woman Lwt (<61,5kg), Woman for all

Masters men: M30-39, M40-49, M50-59, M60-69, M70+

Masters woman: W30-39, W40-49, W50-59, W60-69, W70+

Para men: PR1-2, PR3

Para woman: PR1-2, PR3

## Juniors 1000m

Jun men: U-19 (2004-2005), U-17 (2006-2007), U-15 (2008-2009)

Jun woman: U-19 (2004-2005), U-17 (2006-2007), U-15 (2008-2009)

## Juniors 500m

Jun men: U-13 (2010 - ...)

Jun woman: U-13 (2010 - ...)

## Information

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