



POWER 8 SPRINTS



Eastern Region intends to provide the winning crews at the inaugural [Power8 Sprints](#). We need competitors who want to race on a national stage and can produce the fastest sprint rowing in the country.

Expressions of interest are invited from crews, individual rowers and coxes of all current statuses J16 and above. Anyone who is a member of a rowing club or school, college or university club in the Eastern Region can apply.

Please include gender, date of birth, current club, brief rowing history, old/new points, a current 500m erg score (optional for coxes!) and send them to Andrew.blit@btopenworld.com by 18th March. We will then arrange a trial in the first two weeks of April (date and location to best suit the triallists). Those wishing to join our coaching team should also apply to the above email address.

Subsequent training for selected crews will be organised to fit existing commitments.

This is a chance to race at the highest level, to experience the closest racing and the fastest possible rowing.