

**Race Day plan for the Corporates**  
(this has been provided through to the corporate teams)

Everyone arrives at 9 am - 9.15 am. Please park behind the North Shore Rowing Club, 1a Northcote Road, Milford.

9.30 am Erg relay 2k race with 10 people per team.  
10 x 200 meter relay - wear gym shoes.

10:00 am Morning Tea - Coffee and tea and cold drinks provided with some baking.

10.30 am Crews get on the water ready for 2 x 500 meter sprint races finishing beside the boat club Pontoon.  
There are 3 eights - the boats will be assigned on the day. Your coach / manager will cox.

11.30 am - 1.00 pm Crews off the water and showered/changed for

Prize Giving (Thompson Memorial gold cup see photo attached of it being presented in 1965) and Sausage sizzle  
*(we will snaz this up with some BLTs – so a Bennet Shield rehash)*

