



TRIAL FOR OUR BUCS SQUAD

to race university nationals
on 2nd-4th May 2020

2k ergo test to be held on
5th March at Goldie Boathouse

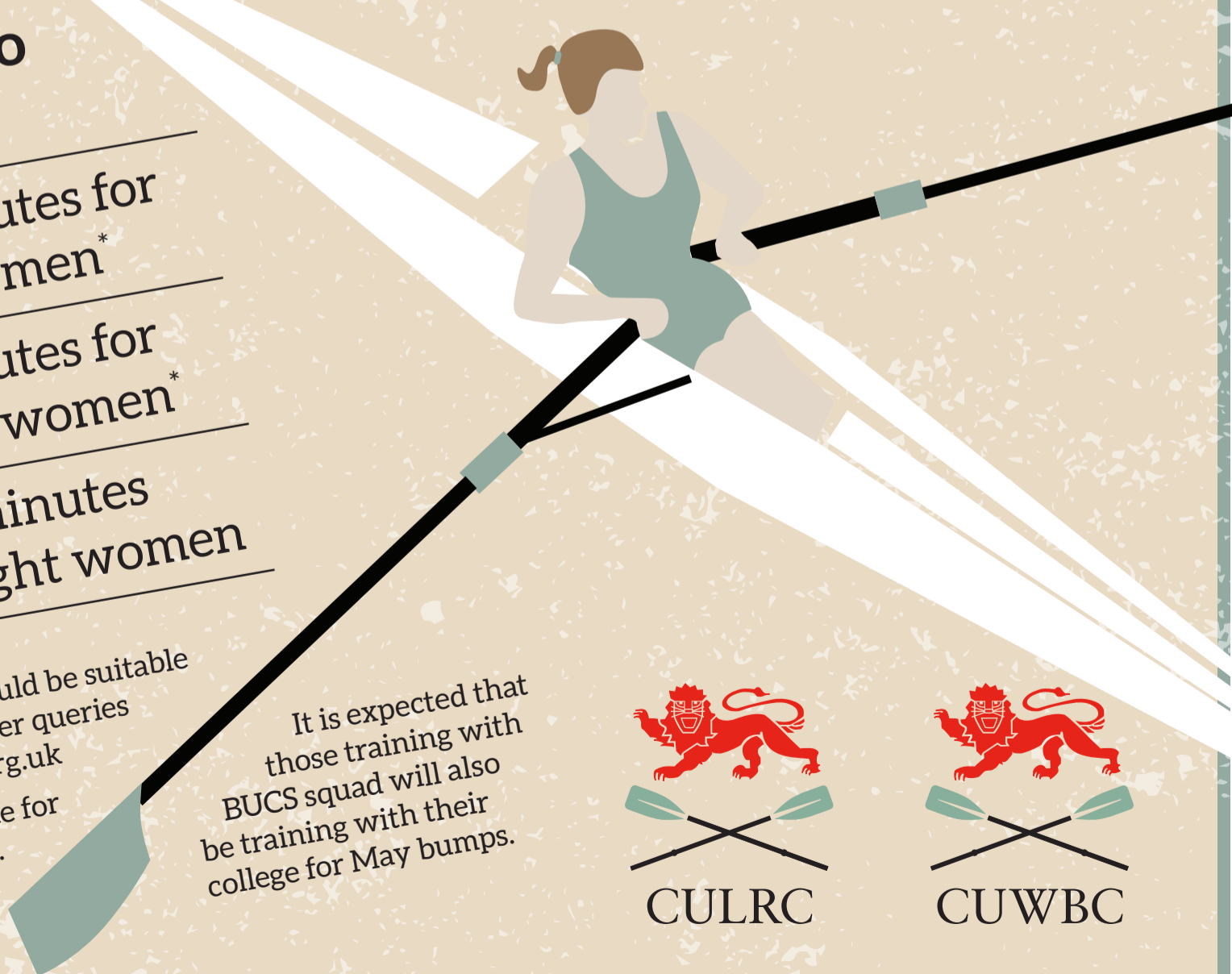
Sign up via link on email or
contact katy@cuwbc.org.uk

Guideline ergo
scores are

- under 7 minutes for
Lightweight men*
- under 8 minutes for
Lightweight women*
- under 7.45 minutes
for Openweight women

*if you are unsure if you would be suitable
as a lightweight or have other queries
please email katy@cuwbc.org.uk
Beginner categories available for
those in first year of rowing.

It is expected that
those training with
BUCS squad will also
be training with their
college for May bumps.



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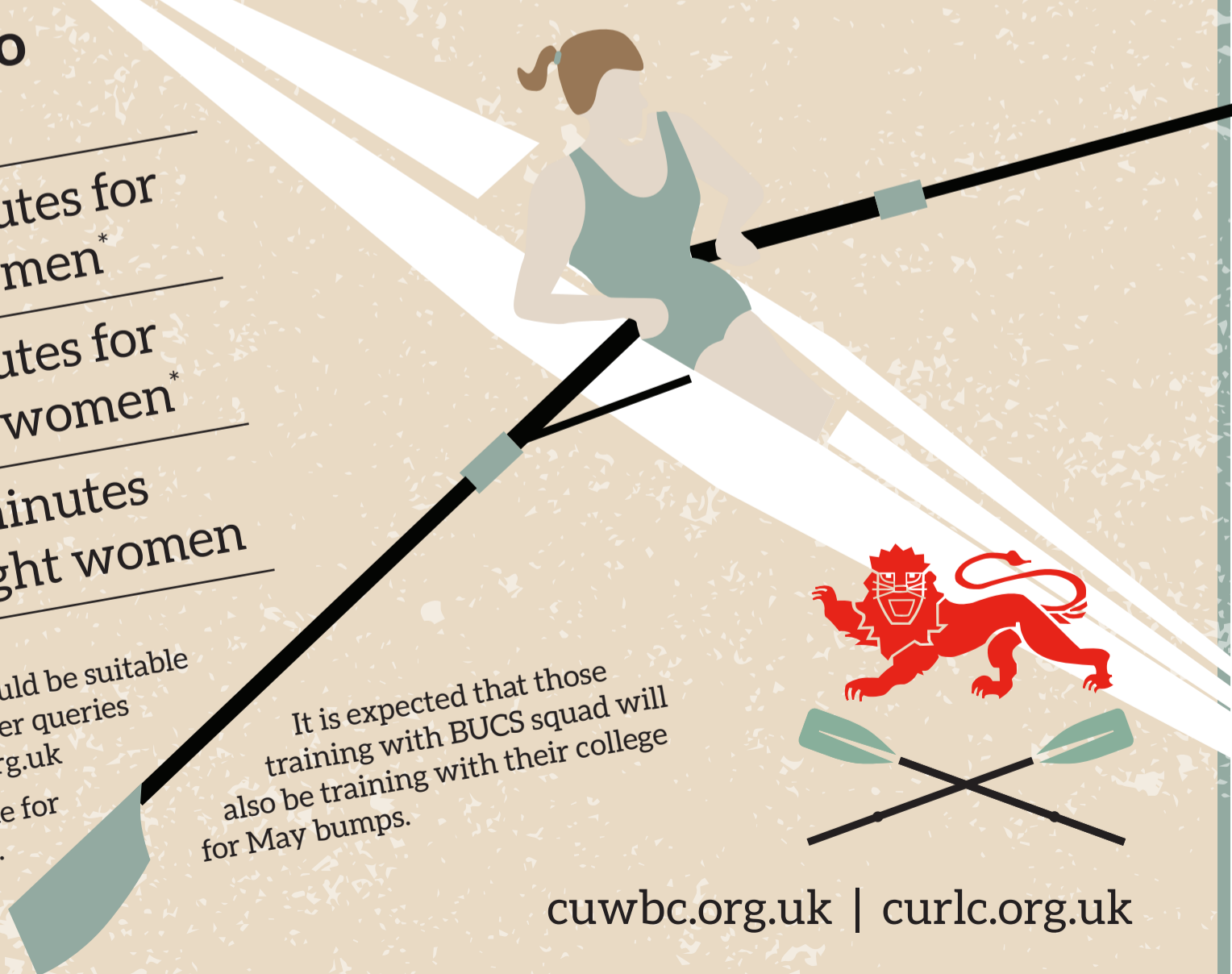
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