

2008 ERG SPRINTS RESULTS

Congratulations to all the South County Rowers who participated in the Prince William Invitational Erg Sprints! We took home **8 medals** total! It was awesome to see so many of you there willing to put it all out there - and you did a fantastic job! I was quite impressed with the efforts of our novice rowers who have hardly had any erg time compared to most of their competition. I was proud of each and every one of you because you gave it everything you had in both the individual races and the relay races. One of the best things I saw, besides the heart everyone showed, was the teamwork. Rowers always had a teammate coxing them through the race and every one of you was aware of who was competing and whether or not they had a "coxswain" behind them. It was great to watch teamwork in action, and I think everyone did better because of the encouragement they got during the race.

I have attached the result sheets and the numbers highlighted are the 1, 2, 3 places as awarded, and the times. Notice how close some of the times were, even 4th, 5th, 6th place on down. They were exciting races to watch because it wasn't always over until the very last stroke.

I will be getting a printout of each one of your races so we will be able to go over the data and the race from beginning to end.

Some of the races were so close and so many of you were just out of medal contention. Here is a listing of the rowers who medaled or came in top 4:

<u>CATEGORY</u>	<u>ROWER</u>	<u>PLACE</u>
Men 14 and under	Matt Warner	1st place
Women 14 under	Ashley Patterson	3rd place
Men 16 and under	Keane McBride	4th place
Lwt. Men 18 and under	Brandan Nalls	2nd place
	Hayden Shea	4th place
Lwt. Women 18 under	Alexandra Morrison	3rd place
	Emily Jorgenson	4th place
Men 18 under	David Peterson	3rd place
	Dante DeVito	4th place
Women 18 under	Quinn Kratovil	2nd place
	Genny Savoie	3rd place
Mxd relay (composite)	Dante DeVito	3rd place

What a great day!
Coach King