

March 14 - March 26, 2022

Beast of the East Indoor Rowing Competition

Three Events. One Winner. All
Virtual.

Throw down with the fastest indoor rowers across the Atlantic provinces and see how you measure up. CrossFitters, rowers, home workout enthusiasts - all are welcome at Beast of the East.



Three Tests

One Winner

All Virtual

Test #1: Battle of Wills

Test your mind; push your body
5km for time

Monday, Mar. 14 to Saturday, Mar. 19

Test #2: Grip it and Rip it

It won't be pretty: max meters in 1
minute

Sunday, Mar. 20 to Thursday, Mar. 24

Test #3: The Humbler

No holds barred: pull your fastest 2km
Friday, Mar. 25 - Saturday, Mar. 26

The top athletes overall from all age categories (10 male and 10 female) will earn points for each event. The male and female athletes who earn the most points after all three events will be crowned Beast of the East and receive a \$250 cheque.

Age Categories

Junior (under 19)

Senior (ages 19-35)

Masters 1 (ages 36-50)

Masters 2 (ages 51+)

Lightweight (men 75kg, women 61.5kg)

Para (PR1, PR2, PR3)

All events will be held virtually: you can compete from home, from your gym, CrossFit box, or rowing club - anywhere you have access to a Concept 2 Ergometer

Submissions must be made by 11:59 pm on the final day of each test, using the submission folders on the Row NS website.

Registration

The registration fee for this event is \$30 to participate in all three events and compete for the title of the Beast of the East. Fees must be made by e-transfer to rowing@rowns.ca, using the password indoorrowing.

Fees must be paid before you submit the results for your first test.

You must complete all three events to be considered for the title of Beast of the East.

Must be a resident of Atlantic Canada