

NC CREW – 2012 PITTSBURGH INDOOR SPRINTS

On Saturday, North Catholic hosted the 2012 Pittsburgh Indoor Sprints, an annual mid-winter indoor rowing competition that drew over 600 competitors from all over western Pennsylvania and eastern Ohio. It is one of the five biggest qualifying races for the world indoor rowing championships that are held in Boston each February. The race kicks off the spring season for crews each year, while breaking up the long, unrowable winter training months with a little friendly competition. Three Rivers Rowing Association is the organizing body working with NC Crew to put the event together.

North Catholic Crew had a fairly strong showing, despite only being a few weeks into their conditioning regimen. Senior Emily Opperman won the Varsity Lightweight Girls event with a time of 8:06.4. Tina Sahr took the bronze medal in the Junior Lightweight Girls event with a time of 8:10.7, which was a new personal best for her by over 12 seconds. Most of the NC Crew members posted personal bests, and these rowers also finished in the top ten of their events: Nikki Stark(4th, Varsity Lightweight Girls), Tony Nguyen (6th, Youth Novice Boys), Katie Guarnaccia (9th, Junior Lightweight Girls) and Natalie Nyman (10th, Junior Lightweight Girls).

Photos from the event are available from Klimko Photography at <http://www.klimkophotography.com/> and <http://klimko.zenfolio.com/p587140418>

NC Crew will next compete at the North Allegheny Indoor Regatta on March 10, followed by training in Augusta, GA from March 17-24.