

Nottinghamshire Indoor Rowing Championship 2010

Saturday 30th October 2010 Newark Rowing Club, Newark

Events & fees: Seniors 1,609m (1 mile): £9.00 Juniors: £6.00). (Relay £4 per team)

Entry deadline: Thursday 21st October

Race Distance: [Seniors 1 mile (1609)] [J18 / J18L / J16 2000m] [J11 – J16 as below]

EVENTS

MEN		LWT MEN		WOMEN		LWT WOMEN	
Event No.	Event Title	Event No.	Event Title	Event No.	Event Title	Event No.	Event Title
1, 609m (mile)							
1	Open	10	OpenL	18	Open	27	OpenL
2	U23	11	U23L	19	U23	28	U23L
3	30+	12	30+L	20	30+	29	30+L
4	40+	13	40+L	21	40+	30	40+L
5	50+	14	50+L	22	50+	31	50+L
6	60+	15	60+L	23	60+	32	60+L
7	70+	16	70+L	24	70+	33	70+L
8	Junior 18 (2000m)	17	Junior 18L (2000m)	25	Junior 18 (2000m)	34	Junior 18L (2000m)
9	Junior 16 (2000m)	-	-	26	Junior 16 (2000m)	-	-
Go Race Categories							
101	J15 (5 mins)	-	-	105	J15 (5 mins)	-	-
102	J14 (4 mins)	-	-	106	J14 (4 mins)	-	-
103	J13 (3 mins)	-	-	107	J13 (3 mins)	-	-
104	J12 (2 mins)	-	-	108	J12 (2 mins)	-	-
149	J11 (2 mins)	-	-	160	J11 (2 mins)	-	-
1 Minute Categories							
BOYS				GIRLS			
151	Junior 10	156	Junior 5	162	Junior 10	167	Junior 5
152	Junior 9	157	Junior 4	163	Junior 9	168	Junior 4
153	Junior 8	158	Junior 3	164	Junior 8	169	Junior 3
154	Junior 7	159	Junior 2	165	Junior 7	170	Junior 2
155	Junior 6			166	Junior 6		
	Mens	Relay		4 per team	Womens		
201	Yr 7/8/9	1500m		204	Yr 7/8/9	1500m	
202	Yr 10/11	2000m		205	Yr 10/11	2000m	
203	Yr 12/13	2500m		206	Yr 12/13	2500m	

Relays

Each team member must row at least twice

4 per team

Two non rowing members can hold the foot

The draw will appear on: www.newarkrowingclub.co.uk

Should you require a draw in the post then please send a stamped addressed envelope.

Please Complete the following details to enter

First Name

Surname

Sex

Address

Post Code

Age on race Day

Date of Birth

Daytime tel. number

E-mail address

Club

Event	Event No.	Event Title	Expected Time / Distance	Entry Fee
1,609m				
Go Row				
2000m (J16 / J18 only)				
1 minute				
Team				

Amount Enclosed £

DECLARATION: I have read and understood the terms and conditions and I agree that I will be competing entirely at my own risk.

Signed: _____ Name: _____ Date: _____

Please send your cheque (cheque no: _____) made payable to 'NEWARK ROWING CLUB'
with your entry and sent to:

Graham Price, NIRC, Millstone Cottage, Bowbridge Lane, Newark, Notts NG24 3BY

Email: gprice@itwpromedia.com

Championship Terms and Conditions

1. Entries must be made on an official entry form. Photocopies will be accepted. No pre-event qualification is required - all entries completed correctly and received before the closing date will be eligible to race.

2. Entries should be returned to: Graham Price, NIRC, Millstone Cottage, Bowbridge Lane, Newark Nott's NG24 3BY to arrive no later than Thurs 21st October 2010. Proof of posting is not proof of delivery and no responsibility will be accepted for entries lost or delayed in the post. Cheques should be made payable to 'Newark Rowing Club'. Please write the Individual Name or Club Name that the payment refers to clearly on the back of the cheque(s). Entries will not be confirmed before closing date. Please ring or e-mail if you want to check that it has been received.

3. Entries not made in accordance to the rules will not be accepted. All details specified on the entry form are required for a valid entry.

4. Entry fees are non-refundable.

5. By entering the competition, a competitor agrees to be bound by the rules.

6. Concept 2 Indoor Rowers will be used. Competitors may use the resistance of their choice, but this cannot be changed during the race.

7. The decision of the judges is final and no correspondence will be entered into.

8. No competitor will be allowed to change event on the day of racing. This includes lightweight competitors who do not make their weight.

9. The draw will appear on the Newark Rowing Club web site : www.newarkrowingclub.co.uk Nothing will be posted unless a stamped addressed envelope is included with the entry.

10. **Prizes** (medals) will be awarded to the first three in all Mile, Go Row and 1 minute sprint categories and to the winners of the relay.

11. **IMPORTANT!** For all competitors age is as of race day, except the Go Race categories and J16

/18 , (J11 through to J18). In these categories the school year will apply i.e.

J11 is under 11 on August 31st 2010 J15 is under 15 on August 31st 2010

J12 is under 12 on August 31st 2010 J16 is under 16 on August 31st 2010

J13 is under 13 on August 31st 2010 J18 is under 18 on August 31st 2010

J14 is under 14 on August 31st 2010

(J2 to 10 for the 1 minute categories are age on day of race, e.g. a 9 year old will race J9)

12. Lightweight event weight limits: Men 75kg or less, Women 61.5kg or less. Lightweight competitors will be weighed at registration up to 2 hours before their race. Competitors entered into a lightweight race who do not make their weight will be able to race but will not be eligible for a prize and will be ranked at the end of their event.

13. All race instructions form part of the rules

IMPORTANT: Medical Recommendation. If on race day you feel unwell, or have recently been suffering from a virus, we recommend that you do not race. Indoor rowing races require maximal effort and the event organisers take no responsibility for illness or injury caused as a consequence. If you have any doubts you should seek medical advice prior to racing.