

Scottish Amateur Rowing Association

Scottish Indoor Rowing Championships 2006

Wishaw Sport Centre, Alexander Street, Wishaw

Dear Competitor,

Please find below some general information about the Scottish Indoor Rowing Championships that are being held on Sunday 5th February 2006. Attached are the detailed race schedule, directions to Wishaw Sports Centre and a list of local hotels. We look forward to seeing you at the event,

The Organising Team

General Information

1. The SARA Open Indoor Rowing Championships will be held at Wishaw Sports Centre, Alexandra Street, Wishaw. Wishaw is approximately 5 miles from the Hamilton/Motherwell junction (Junction 6) of the M74 motorway.
2. The first race will start at 10.00am. The registration point will open at 9.00am. All competitors must register their intention to race at least one hour before the race. Lightweight competitors must register between 1 and 2 hours before their race time – at this point they will be officially weighed. Please remember to keep your registration card with you at all times. Any lightweight who does not make the required weight may take part for a time only, but will not receive a medal. They will, however, receive a certificate recording their official time.
3. Medal Ceremonies will be held at regular intervals throughout the day. Please do not wander off until the official times have been announced for your particular event.
4. There are changing rooms at the Sports Centre and these will be clearly marked.
5. Wishaw Sports Centre has a cafeteria where food and drinks may be purchased.
6. The official Certificates will be sent to you after the event.