

# Scottish Indoor Rowing Championships 2008

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## Championship Terms & Conditions

1. The Championships will be held at the Centre for Sport & Exercise, Heriot-Watt University, Edinburgh, EH14 4AS, on Saturday 9<sup>th</sup> February 2008.
2. Entries must be made on an official entry form. Photocopies will be accepted. No pre-event qualification is required. All entries completed and received with the appropriate entry fee before the closing date will be eligible to race.
3. Entry forms, along with the appropriate payment, should be returned to the: Entries Secretary, Scottish Indoor Rowing Championships 2008, National Rowing Academy, 366 Hamilton Road, Motherwell, ML1 3ED **to arrive no later than midday on Friday 1<sup>st</sup> February 2008.** 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 the 'Scottish Amateur Rowing Association'. Please write the individual name or club that the payment refers to clearly on the back of the cheque(s).
4. Enquiries regarding entries should be made to the Entries Secretary via email at: [graeme.cunningham@scottish-rowing.org.uk](mailto:graeme.cunningham@scottish-rowing.org.uk)
5. Entry fees are non-refundable.
6. By entering the competition, a competitor agrees to be bound by the rules.
7. The Championship Organising Committee reserves the right to limit the size of entry.
8. Concept 2 Indoor Rowing Machines will be used. Competitors may use the resistance setting of their choice, but this cannot be changed during the race.
9. The decision of the judges is final and no correspondence will be entered into.
10. For all competitors, age is as of race day.
11. Minimum age for competitors, on race day, is 10 years old.
12. All entry instructions form part of the rules.
13. Royal Mile Challenge: This event category, raced over 1807m, is open to competitors who are not members of the Scottish Amateur Rowing Association, the Amateur Rowing Association, the Welsh Amateur Rowing Association or the Irish Amateur Rowing Union.
14. Team Events:
  - All Team Events will use a single rowing machine
  - Teams shall consist of 4 competitors – with the exception of events 133 and 233 which will consist of 8 competitors.

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- Teams in the Mixed Team events must have an equal or greater number of female competitors.
  - Names of competitors for Team Events can be changed at registration on the day of the event.
15. 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 not be able to compete.
16. All events will be straight finals, i.e. each competitor will only row once. Some categories will involve several races. The times from all the races for a single category will be ranked to give an overall listing. The organisers will try to arrange for the fastest competitors of each category to be the last race for each category. To help this process, competitors are required to submit their expected time.
17. If a competitor misses his/her race for whatever reason he/she will not be able to reschedule.
18. Information will be sent to competitors via email and posted on the SARA Website ([www.scottish-rowing.org.uk](http://www.scottish-rowing.org.uk)). Should you require information to be mailed directly, please add £1 to an entry. Competitors will note that entry fees have been reduced from last year's Championships.
19. No competitor will be allowed to change event on the day of racing. This includes lightweight competitors who do not make their weight. A confirmation of which event a competitor has been entered in will be sent to all entrants via email. Any mistakes should be notified as soon as possible BEFORE race day.
20. Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed competitors in each individual category.
21. Prizes will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> placed teams in each team category.
22. Entry Fees:
- |                                       |    |                                     |
|---------------------------------------|----|-------------------------------------|
| Senior Championship:                  | £6 |                                     |
| University Championship (Individual): | £6 | University Championship (Team): £12 |
| Royal Mile Challenge (Individual):    | £6 | Royal Mile Challenge (Team): £12    |
| Junior Championship (Individual):     | £4 | Junior Championship (Team): £8      |

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23. Events will be scheduled in the following order:

Junior Championship Individual Events  
Royal Mile Challenge Individual Events  
Junior Championship Team Events  
Senior Championship Lightweight Events  
Royal Mile Team Events  
Senior Championship Heavyweight Events  
University Championship Team Events

24. Competitors may enter any number of events in which they are eligible to do so, on the understanding that the organisers cannot be responsible for assuring that sufficient rest periods are provided.

25. Scottish University Indoor Rowing Championships (SUIRC).

The SUIRC will consist of men's and women's events in the following:

- Individual Categories: Heavyweight, Lightweight, Fresher.
- Team Categories: Open Team of 4, Open Team of 8, Fresher Team of 4.

26. **Special Note:** Entrants in Individual Scottish University Championship events (excluding the fresher category) will automatically be entered in the corresponding Senior Championship category. Separate races will NOT be held. There is no additional cost to be paid.

27. The SUIRC is open to matriculated students who compete under the name of their University.

28. Fresher events are open to students in their first year of rowing competition (indoor or on-water).

29. A Scottish Universities Sport Victor Ludorum will be awarded to the most successful University Club. Each event category will attract the following number of points:

1 <sup>st</sup>	10 points
2 <sup>nd</sup>	6 points
3 <sup>rd</sup>	4 points
4 <sup>th</sup>	3 points
5 <sup>th</sup>	2 points
6 <sup>th</sup>	1 point

30. In the event of a tie, the Victor Ludorum will be awarded jointly.

31. A coxswain's race is offered with prizes presented as normal, although this event will not attract any points towards the Victor Ludorum. Entrants in the coxswain's race should be an active coxswain. There is no cost to enter this event.