

# Scottish Indoor Rowing Championships 2009



## Championship Terms and Conditions

1. The Championships will be held at the Centre for Sport and Exercise, Heriot Watt University, Edinburgh, EH14 4AS on Sunday the 1<sup>st</sup> of February 2009.
2. Entries must be made on an official entry form 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 Scottish Indoor Championships 2009,  
National Rowing Academy,  
366 Hamilton Road,  
Motherwell,  
ML1 3ED  
to arrive no later than **midday on Thursday 22nd of January 2009**. 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 '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. Enquires 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. By entering the competition, a competitor agrees to be bound by the rules.
6. The Championship Organising Committee reserves the right to limit the size of entry.
7. Concept2 Indoor Rowers will be used. Competitors may use the resistance setting of their choice, but this cannot be changed during the race.
8. The decision of the judges is final and no correspondence will be entered into.
9. For all competitors, age is as of race day.
10. Minimum age for competitors, on race day, is 10 years old.

11. Team Events :

- All team events will use a single rowing machine
- Teams shall consist of 4 competitors –With the exception of event 302 which will consist of 8 competitors
- Team members may make as many change-overs as they wish to cover the allotted distance but must always change in the same order
- Names of competitors for team events can be changed at registration on the day of the event.

12. Lightweight Event Weight Limits:

Men 75kg or less,

Women 61.5kg or less.

Lightweight competitors must weigh-in not more than 2 hours before their race. Competitors entered into a lightweight race who do not make their weight will not be able to compete.

13. 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.

14. If a competitor misses their race for whatever reason they will not be able to reschedule.

15. 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. Any mistake should be notified as soon as possible BEFORE race day.

16. Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> placed competitors in each individual category.

17. Prizes will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> placed teams in each team category.

18. Entry Fees:

|                           |    |                     |     |
|---------------------------|----|---------------------|-----|
| Senior Championship:      | £7 |                     |     |
| University Championship : | £6 | Team Events:        | £12 |
| Junior Championship :     | £4 | Junior Team Events: | £10 |

19. 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. Entry fees are non-refundable.

20. Events will be scheduled in the following order:

- Junior Championship Individual Events
- Senior Championship Lightweight Age Group Events
- Junior Championship Team Events
- Senior Championship Open Lightweight Events
- Senior Championship Heavyweight Age Group Events
- Senior Championship Team Events
- Senior Championship Open Heavyweight Events
- University Championship Team Events

21. 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.
22. Scottish Universities' Indoor Rowing Championship (SUIRC) The SUIRC will consist of men's and women's events in the following:  
 Individual Categories: Hwt, Lwt, Fresher  
 Team Categories: Open Team of 4, Fresher Team of 4,  
 The will also be a mixed 'Club' team of 8 which must include the following  
 A male lightweight  
 A female lightweight  
 A male fresher  
 A female fresher  
 Note: A single athlete may not qualify for more than one requirement. eg A lightweight fresher would only satisfy either the lightweight or fresher requirement. All athletes in the club 8 must complete 250m.
23. **Special Note:** Entrants in individual SUIRC 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.
24. The SUIRC is open to matriculated students who compete under the name of their university.
25. Fresher events are open to students in their first year of rowing competition (indoor or on-water).
26. 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> | 10points |
| 2 <sup>nd</sup> | 6points  |
| 3 <sup>rd</sup> | 4points  |
| 4 <sup>th</sup> | 3points  |
| 5 <sup>th</sup> | 2points  |
| 5 <sup>th</sup> | 1point   |
- In the event of a tie, the Victor Ludorum will be awarded jointly.
27. 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 and are not permitted to compete in any other event at the championship. There is no cost to enter this event.
28. Universities from outside Scotland are invited to compete in the team events of universities' championship and will be eligible for event prizes but not for the Victor Ludorum.