

Scottish Indoor Rowing Championships 2012



Tuesday, 24 January 2012

Dear Competitor,

Many thanks for entering the 2012 Scottish Indoor Rowing Championships.

Two documents have been prepared to accompany this letter:

A List of Events and Competitors

Race Timetable

Please check these documents carefully and contact us ASAP if there are any issues.

The Championships will take place at the
Centre for Sport and Exercise,
Heriot Watt University
Edinburgh
EH14 4AP

The Heriot Watt Campus is easy to access from the centre of Edinburgh and is located 5minutes drive from Edinburgh airport. The campus is half a mile from the Calder Junction of the A720 City of Edinburgh by-pass and the A71, and you'll see signs for Heriot Watt University on your approach.

Lothian Buses offers local bus services 25, X25, 34, 45 and N25 (night bus) to the campus. Service 25 is the most frequent, leaving the city centre every 15 minutes during the day and every 30 minutes after 8.00pm.



Map of the Heriot Watt Campus
The Visitor Car Parks is marked A
The CSE is marked X

Pre-Race

Please register your intention race to upon your arrival at the event venue. It would also be appreciated if you could inform us if you intend to withdraw.

A warm up area, with a number of ergos, is located outside the main hall. Additionally a CV suite with various exercise equipment is available.

Changing rooms, showers and lockers are available.

Please note however, that the lockers require a padlock.

Race Area

The race area contains 20 Concept2 ergos electronically linked together. Please ensure you know which ergo you have been assigned to and check with a race marshal before entering the race area. Only competitors are permitted in the race area.

You will be given time before the race to set up your machine and adjust the drag factor.

Lightweight Athletes

Lightweight competitors must weigh-in not more than 2 hours before their race. Athletes successfully weighing in will be issued with a race slip. You will not be admitted to the race area without a valid race slip. Competitors entered into a lightweight race who do not make their weight will not be able to compete.

The lightweight weigh in limits are

Men 75kg

Women 61.5kg

Timing Bands

For the first time at this year's Championships, all individual event competitors will receive a Scottish Rowing silicon wrist band. Competitors will receive a different based on the time or distance they have achieved. When you finish your race you will be issued with a token. You will be able to redeem the token for your wrist band at registration.

2km Races	Other Races	Colour Combination	
Time	Average 500m Split		
Under 6:15.0	Under 1:35.0	Orange	Green
6:15.0 - 6:29.9	1:35.0 - 1:39.9	Orange	Black
6:30.0 - 6:44.9	1:40.0 - 1:44.9	Orange	White
6:45.0 - 6:59.0	1:45.0 - 1:49.9	Orange	Purple
7:00.0 - 7:14.9	1:50.0 - 1:54.9	Blue	Green
7:15.0 - 7:29.9	1:55.0 - 1:59.9	Blue	Black
7:30.0 - 7:44.9	2:00.0 - 2:04.9	Blue	White
7:45.0 - 8:59.0	2:05.0 - 2:09.9	Blue	Purple
8:00.0 - 8:14.9	2:10.0 - 2:14.9	Green	Green
8:15.0 - 8:29.9	2:15.0 - 2:19.9	Green	Black
8:30.0 - 8:44.9	2:20.0 - 2:24.9	Green	White
Over 8:45.0	Over 2:25.0	Green	Purple

Bands will not be awarded for the 500m individual or team events

Team Events

Teams will be asked to confirm the names of competitors at registration. A single race slip will be issued at registration to each team competing in Team Events. Any substitutions must be detailed on this race slip. Teams will not be permitted access to the race area without a race slip.

Competitors are reminded that during team event races, they may make as many changes as they wish but must always change in same order.

In the under 15 category, prizes will be awarded to the top 3 fastest teams and also the fastest all-boys team, all-girls team and mixed team.

Results and Medal Ceremonies

Results will be posted at various locations through the venue. If you are lucky enough to be a prize-winner please assemble in the area to the left of race area shortly before the medal ceremony is due to begin. Please ensure you arrive for your medal ceremony on time. Due to the large entry, the Championships will be running to a strict timetable and we would not want you to miss your moment of glory.

Scottish University Championships

Entrants in the individual university events (excluding the fresher category) have automatically been entered in the corresponding senior championship category. There will be an additional results classification (and prizes) for this event.

Refreshments

Hot and cold drinks along with a range of food are available at the race venue. In addition the Heriot Watt University campus has a range of shops and amenities.

Finally, good luck with your last minute preparation and we hope you have a successful race.

Graeme Cunningham

Scottish Rowing

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Selected Accommodation in the Area

NOTE: Please note that prices may vary from below & that special offers may apply at time of booking

Hotel	Address & Phone No.	Price
Edinburgh Conference Centre Heriot-Watt University (on campus) www.edinburgh-conference.com/stay 0 miles from venue	Heriot-Watt University Riccarton Edinburgh EH14 4AS Tel: 0131 451 3669	Limited availability Call for price
Marriot Dalmahoy Hotel & Country Club www.marriott.co.uk 3.1 miles from venue	Kirknewton Edinburgh, EH27 8EB Tel: 0131 333 1845	Rooms from: £80.00 per night
Hilton, Edinburgh Airport www.hilton.co.uk/edinburghairport 4.2 miles from venue	Edinburgh Airport Edinburgh, EH28 8LL Tel: 0131 519 4400	Rooms from: £58.50 per night
Travelodge, Edinburgh (Haymarket / Edinburgh Central) www.travelodge.co.uk 4.6 / 6.0 miles from venue	24 Eglinton Crescent Edinburgh, EH12 5BY Tel: 0871 984 6365 33 St Mary's Street Edinburgh, EH1 1TA Tel: 0871 984 6137	Rooms from: £75.00 per night

