

# Scottish Indoor Rowing Championships 2010



## 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 31<sup>st</sup> of January 2010.
2. Entries must be made on an official entry form or by using the online entry system. All entries completed and received with the appropriate entry fee before the closing date will be eligible to race.
3. Online entry is available at [www.SIRC2010.notlong.com](http://www.SIRC2010.notlong.com) Please note that an online entry needs to be accompanied by an online payment.
4. Paper entry forms, along with the appropriate payment, should be returned to:  
SIRC 2010  
National Rowing Academy  
366 Hamilton Road  
Motherwell  
ML1 3ED
5. Entries must be received by **midday on Friday 22nd of January 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 'Scottish Rowing'. Please write the individual name or club that the payment refers to clearly on the back of the cheque(s).
6. 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)
7. By entering the competition, a competitor agrees to be bound by the rules. The Championship Organising Committee reserves the right to limit the size of entry. The decision of the judges is final and no correspondence will be entered into. No pre-event qualification is required.
8. Concept 2 Indoor Rowers will be used. Competitors may use the resistance setting of their choice, but this cannot be changed during the race. For details of race distances refer to the event entry list.
9. For all competitors, age is as of race day. Minimum age for competitors, on race day, is 10 years old.
10. Team Events:
  - All team events will use a single rowing machine.

- Teams shall consist of 4 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.
- The Under 15 Junior team event may comprise any combination of boys and girls. I.e. single sex teams are permitted. Where appropriate the organisers may award multiple prizes in this category.

11. 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.

12. 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 in the last race for each category. To help this process competitors are required to submit their expected time.

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

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

15. An entry list will be published on the Scottish Rowing website – [www.scottish-rowing.org.uk](http://www.scottish-rowing.org.uk) by Monday 25<sup>th</sup> January 2010. Any mistakes should be notified as soon as possible BEFORE race day. Should you require information to be mailed directly please add £1 to an entry.

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. A coxswain's race is offered with prizes being awarded. 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.

19. Entry Fees:

- |                                     |     |
|-------------------------------------|-----|
| • Senior / University Championship: | £7  |
| • Senior Sprint Championship:       | £4  |
| • Junior Championship:              | £4  |
| • Team Events:                      | £12 |
| • Junior Team Events:               | £10 |

Entry fees are non-refundable.

20. Events will be scheduled, where possible, in the following order:
- Junior Championship Individual Events
  - Senior Championship Age Group Lightweight Events
  - Junior Championship Team Events
  - Senior / University Championship Open Lightweight Events
  - Senior Championship Age Group Heavyweight Events
  - Senior / University Championship Open Heavyweight Events
  - Senior Championship Team Events
  - University Championship Team Events
  - Senior Sprint Championship 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. The Scottish Universities' Indoor Rowing Championships will consist of men's and women's events in the following:
- Individual Categories: Heavyweight, Lightweight, Fresher
  - Team Categories: Open Team, Fresher Team
23. **Special Note:** Entrants in individual university 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 university championships are 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> | 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   |

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

27. Universities from outside Scotland are invited to compete in the team events of the universities' championships and will be eligible for event prizes but not for the Victor Ludorum.