

# ENTRY FORM

**BIRC**  
British Indoor Rowing Championship  
& **EURO OPEN**  
2012



## Concept2 British Indoor Rowing Championship 2012

**Date:** Sunday 25th March 2012     **Venue:** University of Nottingham - University Park Sports Center

**Entry Fees:** Open-59 = £20; Student Open, 60+, Adaptive = £15; J11-J18 inc Adaptive = £7.50

**Multiple Entry Fees:** J11-J18 = First 10 @ £7.50 then additional entries @ £3.75 (see point 4 of Terms & Conditions)

**Entries Close:** Friday 17th February 2012 for postal entries, or online at [www.concept2.co.uk/birc](http://www.concept2.co.uk/birc) until Tuesday 21st February

**Late entries will incur a £5.00 per entry surcharge and are not guaranteed a place**

### ADULT EVENTS (2,000m unless otherwise stated)

Age	Entry	Men	Lwt Men	Women	Lwt Women
Event	Fee	Event No.	Event No.	Event No.	Event No.
Open	£20	A1	B1	C1	D1
Student Open	£15	A2	B2	C2	D2
30-34	£20	A3	B3	C3	D3
35-39	£20	A4	B4	C4	D4
40-44	£20	A5	B5	C5	D5
45-49	£20	A6	B6	C6	D6
50-54	£20	A7	B7	C7	D7
55-59	£20	A8	B8	C8	D8
60-64	£15	A9	B9	C9	D9
65-69	£15	A10	B10	C10	D10
70-74	£15	A11	B11	C11	D11
75-79	£15	A12	B12	C12	D12
80-84	£15	A13	B13	C13	D13
85-89	£15	A14	B14	C14	D14
90+	£15	A15	B15	C15	D16
100+	£7.50	A16	B16	C16	D16
FES Open**	£7.50	A17	-	C17	-
LTA Open**	£7.50	A18 (1,000m)	-	C18 (1,000m)	-
TA Open**	£7.50	A19 (1,000m)	-	C19 (1,000m)	-
AS Open**	£7.50	A20 (1,000m)	-	C20 (1,000m)	-

**\*\* Adaptive Events;** If you feel that you are eligible to compete in the adaptive events please download the Adaptive Entry form which can be found at [www.concept2.co.uk/birc/entryform](http://www.concept2.co.uk/birc/entryform)

**Key:** FES = Functional Electronic Stimulus, LTA = Legs, Trunk, Arms, TA = Trunk, Arms, AS = Arms/Shoulders

### JUNIOR EVENTS

Age / Event	Entry Fee	Race Distance / Time	Men: Event No.	Women: Event No.
J18	£7.50	2,000m	E1	F1
J18 Lwt	£7.50	2,000m	E2	F2
J16	£7.50	2,000m	E3	F3
J15	£7.50	5 min	E4	F4
J14	£7.50	4 min	E5	F5
J13	£7.50	3 min	E6	F6
J12	£7.50	2 min	E7	F7
J11	£7.50	2 min	E8	F8
Junior LTA**	£7.50	1,000m	E9	F9
Junior TA**	£7.50	1,000m	E10	F10
Junior AS**	£7.50	1,000m	E11	F11

**\*\* Adaptive Events;** If you feel that you are eligible to compete in the adaptive events please download the Adaptive Entry form which can be found at [www.concept2.co.uk/birc/entryform](http://www.concept2.co.uk/birc/entryform)

**Key:** FES = Functional Electronic Stimulus, LTA = Legs, Trunk, Arms, TA = Trunk, Arms, A = Arms/Shoulders

**Send your entry form and entry fee, made payable to 'British Indoor Rowing Championship', to arrive by Friday 17th February 2012 to:**

BIRC Entries, Unit 16 Nottm South & Wilford Ind Est, Ruddington Lane, Nottingham NG11 7EP.

Tel: 0115 945 5522 Fax: 0115 945 5533 Email: [birc@concept2.co.uk](mailto:birc@concept2.co.uk) Web: [www.concept2.co.uk/birc](http://www.concept2.co.uk/birc)

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& **EURO OPEN**  
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Please ensure all entrants have read the 'Terms and Conditions' below before continuing. Entry to the event confirms agreement to **all** 'Terms and Conditions'. Entry forms must be returned by Friday 17th February 2012.

First name of contact: \_\_\_\_\_ Surname of contact: \_\_\_\_\_

Address of contact: \_\_\_\_\_

Post Code: \_\_\_\_\_ Daytime contact number: \_\_\_\_\_

Email address of contact: \_\_\_\_\_  
(Entry confirmation will be sent shortly after close of entries, if an email address is provided it will be sent by email only)

Club (if applicable): \_\_\_\_\_

**Individual Entry Fee: Open-59 £20; Student Open, 60+, Adaptive £15; J11-J18 £7.50**  
**Late entries will incur a £5.00 surcharge and are not guaranteed a place**

Enter cheque number here: \_\_\_\_\_ Or pay online at [www.concept2.co.uk/birc](http://www.concept2.co.uk/birc)

First Name:	Surname:	
Event no.	Event Age:	Expected 2,000m time : .
D.O.B. / /	Age on day:	Expected distance (J11-J15) m

First Name:	Surname:	
Event no.	Event Age:	Expected 2,000m time : .
D.O.B. / /	Age on day:	Expected distance (J11-J15) m

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Event no.	Event Age:	Expected 2,000m time : .
D.O.B. / /	Age on day:	Expected distance (J11-J15) m

First Name:	Surname:	
Event no.	Event Age:	Expected 2,000m time : .
D.O.B. / /	Age on day:	Expected distance (J11-J15) m

**Optional:** For the purpose of race commentary, please enclose on a separate sheet details of sporting backgrounds and/or achievements of any of the above entrants.

Entry of the event confirms your agreement to **all** 'Terms and Conditions' outlined on the last page of the entry form.

**Signature of contact:** \_\_\_\_\_ **Date:** \_\_\_\_\_

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Tel: 0115 945 5522 Fax: 0115 945 5533 Email: [birc@concept2.co.uk](mailto:birc@concept2.co.uk) Web: [www.concept2.co.uk/birc](http://www.concept2.co.uk/birc)

# Terms and Conditions

## General

1. The British Indoor Rowing Championship is an open event with no qualification requirements.
2. Entries must be made on an official entry form. Photocopies will be accepted. No pre-event qualification is required.
3. Entries should be returned to:  
BIRC Entries  
Unit 16  
Nott'm Sth & Wilford Ind. Est.  
Ruddington Lane  
Nottingham  
NG11 7EP  
To arrive no later than Friday 17th February (post) or Tuesday 21st February (online). 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 'British Indoor Rowing Championship'. Please write the Individual Name or Club Name that the payment refers to clearly on the back of any cheque(s). For credit/debit card payments please visit [concept2.co.uk/birc/entry\\_form](http://concept2.co.uk/birc/entry_form) to enter and pay online.
4. Entries not made in accordance to the rules will not be accepted. All details specified on the entry form are required for a valid entry. To avoid any disappointment and in order to clarify any entry details please ensure you include a daytime telephone number. Incomplete or illegible entries will not be accepted.
5. There is a discounted entry fee available for multiple junior entries from a single school/club. For the individual events the first 10 entries are full price at £7.50 and any additional entries are half price at £3.75.
6. Entry fees are non-refundable after the closing date. Withdrawals before the closing date will receive a 75% refund.
7. By entering the competition, a competitor agrees to be bound by the rules and terms & conditions.
8. All entry instructions form part of the rules.
9. The Championship Organising Committee reserves the right to limit the size of entry.
10. Concept2 Indoor Rowers will be used. Competitors may use the resistance level of their choice, but this cannot be changed during the race.
11. Minimum age for competitors, as of race day, is 10 years.
12. For all competitors age is as of race day, except the junior categories J11 to J18.  
J11 = under 11 on August 31st 2011 (will turn 11 in the 2011/2012 school year)  
J12 = under 12 on August 31st 2011 (will turn 12 in the 2011/2012 school year)  
J13 = under 13 on August 31st 2011 (will turn 13 in the 2011/2012 school year)  
J14 = under 14 on August 31st 2011 (will turn 14 in the 2011/2012 school year)  
J15 = under 15 on August 31st 2011 (will turn 15 in the 2011/2012 school year)  
J16 = under 16 on August 31st 2011 (will turn 16 in the 2011/2012 school year)  
J18 = under 18 on August 31st 2011 (will turn 17 or 18 in the 2011/2012 school year)
13. Lightweight event weight limit: Men 75kg or less, Women 61.5kg or less.
14. All category races 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 sting. 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.
15. The judges' decision is final. No correspondence will be entered into.

## Categories

1. The race distance is 2,000m for all individual categories except the adaptive categories (1,000m); J11 & J12 (2 min); J13 (3 min); J14 (4 min); J15 (5 min).
2. The first, second and third individual in each event will be awarded a Gold, Silver or Bronze BIRC medal immediately following the final heat of their race category.

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3. BIRC will make available, to the ARA, results from all athletes that are eligible for the U23 selection. An U23 athlete will meet the FISA age classification for the forthcoming season, (you must be 22 or under for the whole racing season, from the first national trials held in October to the World Under-23 Championships in July, ie born on or after 1st August 2012-23). All athletes must provide a date of birth when they enter. Medals will also be given for the U23 competitors taken from the Open and Student categories.
4. The student events are open to 'internal' students, registered at a university or college, and following a full-time or part-time course of study recognised by that institution.
5. Lightweight competitors will be weighed at lightweight Weigh-In between 2 hours and 1 hour before their race. Lightweight competitors who do not make their weight will be able to race. Their time will be listed at the bottom of the race category they entered, but they will not be placed. Their time will however be included in the Concept Ranking, as a heavyweight time.
6. If a competitor misses his/her race for whatever reason he/she will be able to race in a later race if a place is available, but will not be eligible for a medal.
7. No competitor will be allowed to change event on the day of racing. This includes lightweight competitors who do not make their weight (see point 5 above). Race confirmation, a Race Schedule and directions to the venue will be sent to all entrants after the closing date and also made available online in the Event Information section as it becomes available. ANY mistakes should be notified as soon as possible before race day. If a mistake is discovered on race day that renders the competitor ineligible to row in the category in which they had been entered that competitor will not be able to race.
8. The Noel Frost Millennium Cup. This will be awarded to the veteran aged 50 or over on race day (male or female), whose time is the best when compared to the existing World Record for their event.
9. The Champion of Champions Trophy. This will be awarded to the Open or Student Open winner whose time is the best when compared to the fastest of the existing Open championship records.
10. Entries into the FES Open races, A17 and C17, will only be accepted from people who have completed the FES rowing course at ASPIRE, London Regatta Centre or the Cardiff Centre.
11. Adaptive Event entrants also need to complete the adaptive entry form which can be downloaded at [www.concept2.co.uk/birc/entry\\_form\\_adaptive](http://www.concept2.co.uk/birc/entry_form_adaptive)

## Important Medical Recommendation

If on race day you feel unwell, have recently been suffering from a virus or are on medication, we recommend that you do not race. Indoor rowing racing requires maximal effort and the BIRC organisers take no responsibility for illness or injury caused as a consequence. If you have any doubts you should seek medical advice prior to racing.

## Waiver

Entry to the BIRC confirms that you understand that participation in the event involves risks of bodily injury, including stroke, paralysis, heart attack and death, as well as loss or damage to property. Your decision to participate in the event is made by you in full recognition of these risks and is entirely voluntary. In consideration of your acceptance of the entry form, you agree that you, your executors and administrators and assign to hold harmless B.I.R.C, The Indoor Rowing Championships Ltd, The University of Nottingham, Concept2 Inc., Concept2 Ltd, their respective directors, officers, employees, representatives, agent successors and assigns from all liability on account of injury, loss, claim, or damage to your health, well being or property on account of your participation in the event. In addition, you hereby give permission to the event organisers and Concept2 Inc. and their representatives, employees and agents to take photographs of you during the event and hereby release claim to such photographs.