



# Competitor Information

## Registration

All competitors can register at any time but should do so no less than 60 minutes before their race. Registration will take place from 7:00am on the main concourse. When you register you will receive your registration card and a bottle of water. The registration card is very important - do not lose it. On one side of your registration card is a medical questionnaire – you MUST complete the questionnaire before you race. Your competitor information will be colour coded on the registration card, this colour corresponds to the different race systems and will become obvious when you enter the NIA.

## Lightweight Weigh-In

In addition to registering, all lightweight competitors must weigh-in. The weigh-in area is located next to the warm up area. You can register any time (see above) but must weigh-in between 2 hours and 1 hour before the start of your race; your race time and earliest weigh-in time will be sent to you after the close of entries and will also be printed on your registration card.

## Warm-Up Machines

There will be warm-up machines available to competitors from 7am. These will be located at the back of the main arena floor, please see the Floor Plan.

## Competitor Holding Area

10 minutes before the start of your race you will be asked to make your way to the competitor holding area, from here you will be directed to your race machine at the appropriate time.

## Competitor Coaching

No coaches will be allowed into the Competition Area at any times. The only exception will be if adaptive competitors require assistance. If this is the case you must call 0115 945 5522 or email [birc@concept2.co.uk](mailto:birc@concept2.co.uk) with full details by 5:00pm on Thursday 23rd October.

## Medal Ceremonies

At the end of your race you will be asked to stay by your machine until the medallists for each category have been identified. They will then be collected from their race machine and directed to the medal ceremony.

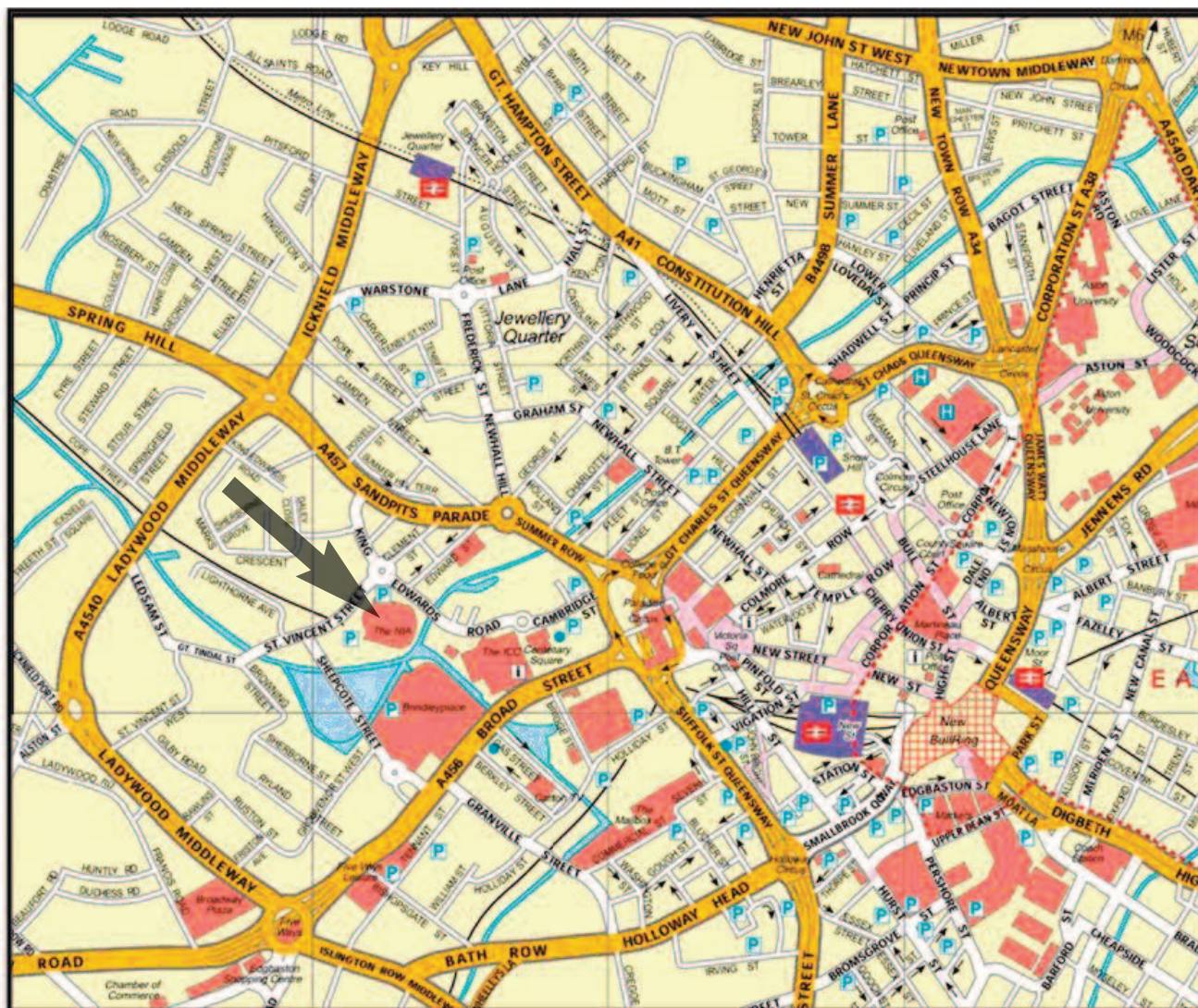
The commentators will announce when you are free to leave the race arena. The medallists will be given a medallists T-shirt and certificate.

Medallists will be expected to wear the T-shirt for the medal ceremony. If there is more than one heat in an event then the medal presentation will take place after the last race of that event. If you think you have posted a fast enough time from the early heats please be at the front of the arena for the medal presentation at the end of the last race in your event.

# Travel & Accommodation

## Getting There

The NIA is located on King Edwards Road in the Centre of Birmingham (centre of the map below). We recommend that if you are driving to the NIA you follow the signs posted around Birmingham as the one way system may not be fully illustrated on this map:



## Travel Information

Please be aware that the inaugural EDF Energy Birmingham Half Marathon is being held on the same day as the British Indoor Rowing Championship. This will undoubtedly mean some disruption to traffic in and around Birmingham so please allow extra time for your journey. More information on the half marathon route and affected roads can be found on the EDF Energy Birmingham Half Marathon website:

[www.birminghamhalfmarathon.com/travelinfo](http://www.birminghamhalfmarathon.com/travelinfo)



## Parking

There are 3 car parks at the NIA itself:

- North Car Park - Entrance on King Edwards Road
- Upper South Car Park - Entrance on Sheepcote Street
- Lower South Car Park - Entrance on St Vincent Street

**Please note:** the Lower South Car Park will be used as an overspill car park only and therefore may not be open.



**Parking Fees:** Upto 4 hours = £4, up to 8 hours = £6, upto 24 hours = £8. **CHANGE ONLY**

If you intend to arrive by minibus, please use the North Car Park. If you will be arriving in a coach or any other oversized vehicle please be aware that these cannot be accommodated in the car parks, NIA staff will be on hand to advise of alternative parking arrangements.

## Accommodation

As the British Indoor Rowing Championship will take place on a Sunday, people may want to stay in Birmingham the night before and/or the night after they race. For more information on available accommodation please contact Carole Duffy on Tel: 01564 794305; Fax: 01564 794533 or email: [carole@duffyworld.co.uk](mailto:carole@duffyworld.co.uk)