



Nottinghamshire Indoor Rowing Championship 2011

Sunday 18th November 2012 Newark Rowing Club, Newark

Venue Address: Newark Rowing Club, Farndon Road, Newark, Nottingham, NG24 4SE

Events & fees: Seniors 2,000m: £9.00 Juniors: £6.00). (Relay £12 per team)

Entry deadline: Saturday 10th November

Race Distance: [Seniors 2000m / J18 / J18L / J16 2000m / J11 – J16 Go Row: as below]

EVENTS							
MEN		LWT MEN		WOMEN		LWT WOMEN	
Event No.	Event Title	Event No.	Event Title	Event No.	Event Title	Event No.	Event Title
2000m		2000m		2000m		2000m	
1	Open	10	OpenL	18	Open	27	OpenL
2	U23	11	U23L	19	U23	28	U23L
3	30+	12	30+L	20	30+	29	30+L
4	40+	13	40+L	21	40+	30	40+L
5	50+	14	50+L	22	50+	31	50+L
6	60+	15	60+L	23	60+	32	60+L
7	70+	16	70+L	24	70+	33	70+L
8	Junior 18	17	Junior 18L	25	Junior 18	34	Junior 18L
9	Junior 16	-	-	26	Junior 16	-	-
Go Race Categories							
101	J15 (5 mins)	-	-	105	J15 (5 mins)	-	-
102	J14 (4 mins)	-	-	106	J14 (4 mins)	-	-
103	J13 (3 mins)	-	-	107	J13 (3 mins)	-	-
104	J12 (2 mins)	-	-	108	J12 (2 mins)	-	-
149	J11 (2 mins)	-	-	160	J11 (2 mins)	-	-
1 Minute Categories							
BOYS				GIRLS			
151	Junior 10	156	Junior 5	162	Junior 10	167	Junior 5
152	Junior 9	157	Junior 4	163	Junior 9	168	Junior 4
153	Junior 8	158	Junior 3	164	Junior 8	169	Junior 3
154	Junior 7	159		165	Junior 7	170	
155	Junior 6			166	Junior 6		
	Mens	Relay		4 per team	Womens		
201	Yr 7/8/9	2000m		204	Yr 7/8/9	2000m	
202	Yr 10/11	2000m		205	Yr 10/11	2000m	
203	Yr 12/13	2000m		206	Yr 12/13	2000m	

Relays

Each team member must row at least twice / 4 competitors per team / Two non rowing members can hold the foot

The draw and race instructions will appear on:

www.newarkrowingclub.co.uk

No draw will be sent in the post

Any questions please e-mail: gprice@itwpromedia.com



Please Complete the following details to enter

First Name	
Surname	
Sex	
Age on race Day	
Date of Birth	
Contact tel. number	
E-mail address	
Club	

Event	Event No.	Event Title	Expected Time / Distance	Entry Fee
2000m				
Go Row				
1 minute				
Team				

Amount Enclosed £

<p>DECLARATION: I have read and understood the terms and conditions and I agree that I will be competing entirely at my own risk.</p> <p>Signed: _____ Name: _____ Date: _____</p>

Please send your cheque (cheque no: _____) made payable to 'NEWARK ROWING CLUB' with your entry and sent to:

Graham Price, NIRC, Millstone Cottage, Bowbridge Lane, Newark, Notts NG24 3BY
Email: gprice@itwpromedia.com

The draw and race instructions will appear on:

www.newarkrowingclub.co.uk
No draw will be sent in the post



Championship Terms and Conditions

1. Entries must be made on an official entry form. Photocopies will be accepted. No pre-event qualification is required - all entries completed correctly and received before the closing date will be eligible to race (subject to rule 14)
2. **Entries should be returned to:**
Graham Price, NIRC, Millstone Cottage, Bowbridge Lane, Newark, Nott's, NG24 3BY to arrive no later than Saturday 10th November 2012. 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 'Newark Rowing Club'. Please write the Individual Name or Club Name that the payment refers to clearly on the back of the cheque(s). Entries will not be confirmed before closing date. Please ring (07793 437582) or e-mail (gprice@itwpromedia.com) if you want to check that it has been received.
3. 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.
4. Entry fees are non-refundable.
5. By entering the competition, a competitor agrees to be bound by the rules.
6. Concept 2 Indoor Rowers will be used. Competitors may use the resistance of their choice, but this cannot be changed during the race.
7. The decision of the judges is final and no correspondence will be entered into.
8. No competitor will be allowed to change event on the day of racing. This includes lightweight competitors who do not make their weight.
9. The draw will appear on the Newark Rowing Club web site : www.newarkrowingclub.co.uk **Nothing will be posted.**
10. **Prizes** (medals) will be awarded to the winners of all Mile, Go Row and 1 minute sprint categories and to the winners of the relay.
11. **IMPORTANT!** For all competitors age is as of race day, except the Go Race categories and J16 /18 , (J11 through to J18). In these categories the school year will apply i.e.
J11 is under 11 on August 31st 2012 J15 is under 15 on August 31st 2012
J12 is under 12 on August 31st 2012 J16 is under 16 on August 31st 2012
J13 is under 13 on August 31st 2012 J18 is under 18 on August 31st 2012
J14 is under 14 on August 31st 2012
(J2 to 10 for the 1 minute categories are age on day of race, e.g. a 9 year old will race J9)
12. Lightweight event weight limits: Men 75kg or less, Women 61.5kg or less. Lightweight competitors will be weighed at registration up to 2 hours before their race. Competitors entered into a lightweight race who do not make their weight will be able to race but will not be eligible for a prize and will be ranked at the end of their event.
13. All race instructions form part of the rules
14. Newark Rowing Club reserves the right to reject any entry. (In particular those people whose cheques bounced or were cancelled in previous years will have their entry rejected).

IMPORTANT: Medical Recommendation. If on race day you feel unwell, or have recently been suffering from a virus, we recommend that you do not race. Indoor rowing races require maximal effort and the event 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.