### 2012/2013 ROUND DETAILS

Month/Round	Fours - Distance/Time	Eights - Distance/time	Entries Close (11pm)
September	500m 4 x 125m	1,000m 8 x 125m	14th October 2012
October	800m 4 x (2 x 100m)	1,600m 8 x (2 x 100m)	18th November 2012
November	1,000m 4 x 250m	2,000m 8 x 250m	20th December 2012
January	4 minutes 4 x (2 x 30 sec)	8 minutes 8 x (2 x 30 sec)	3rd February 2013
February	6 minutes 4 x (2 x 45 sec)	12 minutes 8 x (2 x 45 sec)	9th March 2013
March	8 minutes 4 x (4 x 30 sec)	16 minutes 8 x (4 x 30 sec)	20th April 2013

There are **6** monthly rounds in the season and you decide how often you compete. Compete across all months to try to become the Concept2 League Champion, enter several months or try it out for just one month. The choice is yours!

The distance or time is written to describe how far or how long each member of the team must row for. For example  $2,000m - 4 \times (2 \times 250m)$  means that each competitor must complete 250m for the team twice.



DISTANCE:

FOURS 500m (4×125)

**EIGHTS 1000m (8×125)** 

	.TEAM NAME	CATEGORY	.TEAM SİZE	GENDER	RESULT.
	Team Concept	Year 7	Four	Male	mm:ss:t
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The National Junior Indoor Rowing Championships is held in London in March every year and could be the pinnacle of your indoor rowing year.

http://www.londonyouthrowing.com/events/njirc/

Did you know that you can hire indoor rowing machines from Concept2 to top-up your stock for special occasions and competitions

#### INOTE

Have you set up your Mini-League yet? It will allow you to rank yourself just among the people you want to include. You can set up as many different Mini-Leagues as you wish.

http://concept2.co.uk/schools/competition\_framework



DISTANCE:

FOURS 800M 4x (2x100M)

EIGHTS 1.600M 8x (2x100M)

.TEAM NAME	CATEGORY	.TEAM SİZE	GENDER	RESULT
Team Concept	Year 7	Four	Male	mm:ss:t

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#### INOTE

Our Adapt2Row Frame allows wheelchair users to take part easily in relay races and therefore the Concept2 League.

http://concept2.co.uk/schools/sen



DISTANCE:

FOURS 1000M 4× 250M

**EIGHTS 2,000M 8x 250M** 

	.TEAM NAME	CATEGORY	.TEAM SİZE	GENDER	RESULT.
	Team Concept	Year 7	Four	Male	mm:ss:t
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#### INOTE

Don't forget to include all the metres rowed during your League attempts in your Distance Awards Scheme tally.

http://concept2.co.uk/schools/distance\_award\_scheme

this round closes: DEC 20TH 2012



DISTANCE:

FOURS 4 MINUTES 4x (2 x 30 SEC)

EIGHTS 8 MINUTES 8× (2 × 30 SEC)

.TEAM NAME	<b>CATEGORY</b>	.TEAM SİZE	GENDER	RESULT.
Team Concept	Year 7	Four	Male	mm:ss:t

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#### INOTE

Your Sports Leaders can help with the running of and results entry for your Concept2 League teams. There is an Indoor Rowing Leaders bolt-on Award run by Sports Leaders UK.

http://concept2.co.uk/schools/leaders

this round closes: FEB.3RD 2013



DISTANCE:

FOURS & MINUTES 4x (2 x 45 SEC)

EIGHTS 12 MINUTES 8x (2 x 45 SEC)

.TEAM NAME	CATEGORY	.TEAM SİZE	GENDER	RESULT.
Team Concept	Year 7	Four	Male	mm:ss:t

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#### INOTE

Why not use our FREE Venue Race software and project a race for several indoor rowing machines at once: make taking part in the Concept2 League even more fun?

http://concept2.co.uk/schools/venue\_race

this round closes: MARCH 19H 2013



DISTANCE:

FOURS 8 MINUTES 4× (4 × 30 SEC)

EIGHTS 16 MINUTES 8× (4×30 SEC)

.TEAM NAME	CATEGORY	.TEAM SİZE	GENDER	RESULT
Team Concept	Year 7	Four	Male	mm:ss:t

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#### LHOTE

Did you know that you can download certificates for all those who have represented your school in the League this year?

http://concept2.co.uk/league/certificates

