

Scottish Indoor Rowing Championships 2012



Championships Terms and Conditions

1. The Championships will be held on **Sunday the 29th of January 2012** at the
Centre for Sport and Exercise
Heriot Watt University
Edinburgh,
EH14 4AS
Note: Do not sent postal correspondence to this address
2. All entries must be made using the online entry system accompanied by an online payment. In exceptional circumstances the organisers may accept entries and payment by other means. Please contact the entries secretary should you have an issue. All properly completed entries received with the appropriate entry fee before the closing date will be eligible to race.
3. Online entries should be made at www.SIRC2012.notlong.com and must be received by **Midnight on Saturday 21st of January 2012**. Online entry needs to be accompanied by an online payment.
4. Discounted entry fees are available on entries made before Midnight on Monday 19th December 2011.
5. Enquiries regarding entries should be made to the organisers via email at: graeme.cunningham@scottish-rowing.org.uk
6. 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.
7. 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.
8. Age categories are based on the competitors age on the day of the event. For example a competitor aged 13 would compete in the under 14 category.
9. 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, for example to the fastest team comprising all girls.

10. 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 first race. Competitors who do not make their weight will not be able to compete.
 - Competitors entered in multiple lightweight events need only weigh in once.
11. 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.
12. In the event of an equipment failure and if possible within the existing race programme competitors may be given the opportunity to compete in another race and still be eligible for an event prize. Entire races will not be re-rowed in the event of an equipment failure.
13. An entry list will be emailed to all competitors and published on the Scottish Rowing website www.scottish-rowing.org.uk by Monday 23rd January. Any mistakes should be notified as soon as possible BEFORE race day.
14. Medals will be awarded to 1st, 2nd, and 3rd placed competitors in each individual category. Prizes will be awarded to 1st, 2nd, and 3rd placed teams in each team category.

	Entries made AFTER 19 th December	Entries made on or BEFORE 19 th December
15. Entry Fees:		
• Senior / University Championship:	£8	£6
• Senior Sprint Championship:	£5	£4
• Junior Championship:	£5	£3
• Team Events:	£14	£12
• Junior Team Events:	£12	£10
Entry fees are non-refundable.		

16. Events will be scheduled, where possible, in the following order:
- Junior Championship Individual 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
17. 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 ensuring that sufficient rest periods are provided.
18. 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
19. **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.

20. The university championships are open to matriculated students of Scottish Universities who compete under the name of their university.

21. Fresher events are open to students in their first year of rowing competition (indoor or on-water).

22. 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:

- 1st 10 points
- 2nd 6 points
- 3rd 4 points
- 4th 3 points
- 5th 2 points
- 6th 1 point

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

Event List

Senior Championship Events						
Male Events				Female Events		
Event	Event Name	Distance		Event	Event Name	Distance
100	Men's Open Hwt	2000m		200	Women's Open Hwt	2000m
101	Men's Open Lwt	2000m		201	Women's Open Lwt	2000m
102	Men's Open Sprint Hwt	500m		202	Women's Open Sprint Hwt	500m
103	Men's Open Sprint Lwt	500m		203	Women's Open Sprint Lwt	500m
104	Men's Over 30 Hwt	1000m		204	Women's Over 30 Hwt	1000m
105	Men's Over 30 Lwt	1000m		205	Women's Over 30 Lwt	1000m
106	Men's Over 40 Hwt	1000m		206	Women's Over 40 Hwt	1000m
107	Men's Over 40 Lwt	1000m		207	Women's Over 40 Lwt	1000m
108	Men's Over 50 Hwt	1000m		208	Women's Over 50 Hwt	1000m
109	Men's Over 50 Lwt	1000m		209	Women's Over 50 Lwt	1000m
110	Men's Over 60 Hwt	1000m		210	Women's Over 60 Hwt	1000m
111	Men's Over 60 Lwt	1000m		211	Women's Over 60 Lwt	1000m
112	Male Adaptive	1000m		212	Female Adaptive	1000m
113	Male Team	2000m		213	Female Team	2000m

Junior Championship Events						
Male Events				Female Events		
Event	Event Name	Distance		Event	Event Name	Distance
120	Boy's Under 11	2min		220	Girl's Under 11	2min
121	Boy's Under 12	2min		221	Girl's Under 12	2min
122	Boy's Under 13	2min		222	Girl's Under 13	2min
123	Boy's Under 14	3min		223	Girl's Under 14	3min
124	Boy's Under 15	4min		224	Girl's Under 15	4min
125	Boy's Under 16	5min		225	Girl's Under 16	5min
126	Boy's Under 17	2000m		226	Girl's Under 17	2000m
127	Boy's Under 19	2000m		227	Girl's Under 19	2000m
129	Under 19 Team	2000m		229	Under 19 Team	2000m

Mixed Events			
	Event	Event Name	Distance
	300	U15 Team	1000m

Scottish University Championship Events						
Male Events				Female Events		
Event	Event Name	Distance		Event	Event Name	Distance
130	Open Hwt	2000m		230	Open Hwt	2000m
131	Open Lwt	2000m		231	Open Lwt	2000m
132	Fresher Individual	2000m		232	Fresher Individual	2000m
133	Male Team	2000m		233	Female Team	2000m
134	Male Fresher Team	2000m		234	Female Fresher Team	2000m