

Please note: Your entry in the Concept Ranking can only be as accurate as the information you provide on this form. Please complete the form, in full, using BLOCK CAPITALS and return it to Concept2 by 30th April.

Alternatively you can register on the Concept2 Onling World Ranking at www.concept2.com/sranking03 - all UK and IRLtimes ranked on the Online Logbook by 30th April will be included in the Concept2 UK & IRL Ranking.

Name: _____ **Gender:** _____ **Date of Birth:** ____ / ____ / ____

Club/City/School etc: _____

Distance	Time	Age	Weight	Date of Row
	min sec 10 ^{ths}			
500m:	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> yrs	<input type="text"/>	<input type="text"/> / <input type="text"/> / <input type="text"/>
1,000m:	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> yrs	<input type="text"/>	<input type="text"/> / <input type="text"/> / <input type="text"/>
1,609m:	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> yrs	<input type="text"/>	<input type="text"/> / <input type="text"/> / <input type="text"/>
2,000m:	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> yrs	<input type="text"/>	<input type="text"/> / <input type="text"/> / <input type="text"/>
2,500m:	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> yrs	<input type="text"/>	<input type="text"/> / <input type="text"/> / <input type="text"/>
5,000m:	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> yrs	<input type="text"/>	<input type="text"/> / <input type="text"/> / <input type="text"/>
10,000m:	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> yrs	<input type="text"/>	<input type="text"/> / <input type="text"/> / <input type="text"/>
	hrs min sec			
21,097m:	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> yrs	<input type="text"/>	<input type="text"/> / <input type="text"/> / <input type="text"/>
42,195m:	<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	<input type="text"/> yrs	<input type="text"/>	<input type="text"/> / <input type="text"/> / <input type="text"/>

Contact Details

Name: _____

Address: _____

PostCode _____ **Daytime Tel:** _____

Email Address: _____

Would you like to receive a Concept2 brochure & price list? Y / N

Would you like to sign up to the Concept2 email Newsletter? Y / N

Declaration: I have read, understood & agree to the 'Terms & Conditions of Entry', including Row Guidelines where appropriate.

(Failure to complete this declaration may render your entry invalid should any problems arise with the information submitted.)

Sign & print

Return by fax or post by 30th April to:

Concept2 Ltd, Vermont House, Nottingham Sth & Wilford Ind Est, Rudington Lane, Nottingham, NG11 7HQ
 Tel: 0115 945 5522 Fax: 0115 945 5533 email: info@concept2.co.uk web: www.concept2.co.uk

Terms & Conditions of Entry

please read carefully

1. Entries must arrive at Concept 2 by 5.00pm on 30th April.
2. All entries must be on an official entry form, photocopy this one or enter electronically via our website; after a brief registration procedure you can update your time any time.
3. Limit your entries - all On-line World Ranking entries entered and ranked up to 30th April will automatically be listed in the Concept Ranking.

If you enter in writing you do not need to fax AND post your entry. For acknowledgement of faxed entries call **immediately** after transmission only (Monday-Friday, 9.00am-5.00pm).
4. Many entries we receive do not specify the weight or age of the entrant. All forms with no age included are entered into the 19-29 age category. All forms with no weight included are entered as Heavyweight.
5. All record breaking entries will be subject to verification before being published and must either be recorded at an official event (for 2000m), or for the other categories take place in a club environment and be witnessed by two independent observers Signed verification must be sent with the entry.

Entry Information

Before you start

All distances for the Concept Ranking must be performed on a Concept 2 Indoor Rower. The air resistance level may be set to individual preference but can not be altered during the row.

Setting the Monitor

Use the pre-set distance work-out mode to set your distance. The monitor will automatically time your piece to the nearest tenth of a second.

Note: on a PM1 the tenths of a second will be displayed in the Strokes/Minute area after you finish.

Remember to record them or .9 will be added by default to your time in the Ranking. e.g. a submitted 2,000m time of 7:30 will appear in the Ranking as 7:30.9

Weight Classes

Lwt men: 75kg (11st 11lbs) or less

Hwt men: over 75kg (11st 11lbs)

Lwt women: 61.5kg (9st 9lbs) or less

Hwt women: over 61.5kg (9st 9lbs)

Note: The Ranking will be posted on the website approximately one month after the closing date.

Record Breaking Entries

One or two performances in this year's Ranking may break the current British records. We check very carefully before we ratify records but have no reason to disbelieve these entries. However, as they don't comply with point 5 of the Terms and Conditions stated above we cannot register these times as official records.

Minimum Ages

There are a number of minimum ages that apply to the events in the Ranking.

2,000m minimum age is 10 years

5,000m minimum age is 13 years

10,000m minimum age is 13 years

Half Marathon minimum age is 16 years

Marathon minimum age is 16 years

Any entry below the minimum age of any category will not be accepted.



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