

# Scottish Indoor Rowing Championships 2013



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## Entry and Event Information

1. The Championships will be held on **Sunday the 20<sup>th</sup> of January 2013** at the  
Centre for Sport and Exercise  
Heriot Watt University  
Edinburgh,  
EH14 4AS  
**Note:** Do not sent postal correspondence to this address
2. Online entries should be made at [www.ScottishIndoorRowingChamps.org](http://www.ScottishIndoorRowingChamps.org) and must be received by **Midnight on Saturday 12th of January 2013**. Online entry needs to be accompanied by an online payment.
3. Discounted entry fees are available on entries made before Midnight on Thursday 20<sup>th</sup> December 2012.
4. Entry Fees:

	Entries made AFTER 20 <sup>th</sup> December	Entries made BEFORE 20 <sup>th</sup> December
• Senior / University Championship:	£8.50	£5.50
• Senior Sprint Championship:	£5	£4
• Junior Championship:	£5.50	£2.50
• Team Events:	£15	£10
• Junior Team Events:	£12	£10

Entry fees are non-refundable.
5. Enquiries regarding entries should be made to the organisers via email at: [entries@ScottishIndoorRowingChamps.org](mailto:entries@ScottishIndoorRowingChamps.org)
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.
7. Concept 2 Indoor Rowers will be used. Competitors may use the “drag factor” setting of their choice, but this cannot be changed during the race. For details of race distances refer to the event entry list.
8. No pre-event qualification is required. Competitors will be requested to submit an estimated expected time(distance for timed races) to ensure that athlete can be “seeded” into races with athletes of a similar standard.

9. 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.

10. Age categories:

Senior Age Group Categories

These are based on the competitor's age on the day of the event. **(20<sup>th</sup> January 2013)**

For example a competitor whose 40<sup>th</sup> birthday is on the day of the Championships would compete in 40+ category.

Junior Age Group Categories

These are based on the competitor's age on the **1st September 2012** (ie the year preceding the Championships) Please refer to the table below.

J10 - born after 1<sup>st</sup> September 2002

J11 - born after 1<sup>st</sup> September 2001

J12 - born after 1<sup>st</sup> September 2000

J13 - born after 1<sup>st</sup> September 1999

J14 - born after 1<sup>st</sup> September 1998

J15 - born after 1<sup>st</sup> September 1997

J16 - born after 1<sup>st</sup> September 1996

J18 - born after 1<sup>st</sup> September 1994

**Important: The classification of the junior age group categories have changed since last year's Championships.** It is the responsibility of those making the entry to ensure that competitors are entered in the correct age category.

11. 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 J18 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.

12. Lightweight Event Weight Limits:

- Men 75kg or less                      Women 61.5kg or less.
- Lightweight competitors must weigh-in **between 1 and 2 hours** before the scheduled start of 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.

13. Adaptive Events:

- Adaptive Events are offered in Legs, Trunk & Arms (LTA), Trunk & Arms(TA) and Arms & Shoulders(AS) classifications. Please contact the organisers for more information if required.
- Adaptive races take place over 1000m

14. 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.

15. An entry list will be emailed to all competitors by Monday 14<sup>th</sup> January 2013. Any mistakes should be notified as soon as possible BEFORE race day.
16. Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> placed competitors in each individual category. Prizes will be awarded to 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> placed teams in each team category.
17. A special prize will be awarded, in the following categories, to the competitors who achieve the best performance in relation to the accepted World Best Times/Distance, for their age category as listed on [www.concept2.com](http://www.concept2.com)
  - Best Ranked Junior Man
  - Best Ranked Junior Woman
  - Best Ranked Senior Man
  - Best Ranked Senior Woman
18. 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
19. 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.
20. 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
21. **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.
22. The university championships are open to matriculated students of Scottish Universities who compete under the name of their university.
23. Fresher events are open to students in their first year of rowing competition (indoor or on-water).
24. 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:

1 <sup>st</sup>	10 points
2 <sup>nd</sup>	6 points
3 <sup>rd</sup>	4 points
4 <sup>th</sup>	3 points
5 <sup>th</sup>	2 points
6 <sup>th</sup>	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	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	Men's Over 70	1000m	212	Women's Over 70	1000m	
113	Men's Adaptive	1000m	213	Women's Adaptive	1000m	
114	Men's Team	2000m	214	Women's Team	2000m	

Junior Championship Events						
Male Events			Female Events			
Event	Event Name	Distance	Event	Event Name	Distance	Distance
120	Boy's J10	2min	220	Girl's J10	2min	
121	Boy's J11	2min	221	Girl's J11	2min	
122	Boy's J12	2min	222	Girl's J12	2min	
123	Boy's J13	3min	223	Girl's J13	3min	
124	Boy's J14	4min	224	Girl's J14	4min	
125	Boy's J15	5min	225	Girl's J15	5min	
126	Boy's J16	2000m	226	Girl's J16	2000m	
127	Boy's J18	2000m	227	Girl's J18	2000m	
128	Boy's J18 Team	2000m	228	Girl's J18 Team	2000m	
Mixed Events						
	<b>Event</b>	<b>Event Name</b>	<b>Distance</b>			
	300	J15 Team	1000m			

Scottish University Championship Events						
Male Events			Female Events			
Event	Event Name	Distance	Event	Event Name	Distance	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 Senior Team	2000m	233	Female Senior Team	2000m	
134	Male Fresher Team	2000m	234	Female Fresher Team	2000m	