

# English Indoor Rowing Championship

## Manchester Velodrome, Sunday 21<sup>st</sup> February 2010

**ENTRIES WILL ONLY BE ACCEPTED BY POST** WITH FULL ENTRY FEE AND FORM  
TO ARRIVE NO LATER THAN MONDAY 1<sup>st</sup> FEBRUARY 2010.

Please **DO NOT** use registered post

Individual Entry Fee: Open-59 **£12.00**; 60+,70+ J11-J18, Junior **£6.00**.

Team Entry Fee: Junior team of 4 **£12.00** Adult teams of 4 **£24.00** Open-50+ 500m **£6.00**

*The events tables below are colour coded to show the price for each event.*

**Entries to arrive by Monday 1<sup>st</sup> February 2010.**

### ADULT CHAMPIONSHIP EVENTS (2,000M UNLESS OTHERWISE STATED)

Age	Men	Lwt Men	Women	Lwt Women
Event	Event No	Event No	Event No	Event No
Open	1	7	13	19
30+	2	8	14	20
40+	3	9	15	21
50+	4	10	16	22
60+	5	11	17	23
70+	6	12	18	24
Open ( 500m)	25	29	33	37
30+ ( 500m)	26	30	34	38
40+500m)	27	31	35	39
50+(500m)	28	32	36	40

### JUNIOR INDIVIDUAL EVENTS

Age / Event	Race Distance / Time	Men: Event No	Women: Event No
J18	2000m	41	49
J18 Lwt	2000m	42	50
J16	2000m	43	51
J15	5 min	44	52
J14	4 min	45	53
J13	3 min	46	54
J12	2 min	47	55
J11	2 min	48	56

### TEAM EVENTS Race Distance 3000m (Teams of 4)

Event	Men: Event No	Women: Event No	Mixed :Event No
Open	57	58	59

### J18 – J16 – J14 TEAM EVENTS Race distance 3000m (Teams of 4)

	Men: Event No	Women: Event No	
J18	60	64	-
J16	61	65	-
J14	62	66	-

### J12 TEAM EVENT Race distance 3000m (Teams of 4 – can have male & female members)

	Event No		
J12	63	-	-

Send your entry form and entry fee, made payable to 'Hollingworth Lake Rowing Club', to arrive by Monday 1<sup>st</sup> February to:

EIRC, 51 Featherstall Road, Littleborough, Rochdale OL15 8JJ

For further info phone Rebecca Tel: 07815 788 215 or Email: [ian@thejohnfamilyonline.com](mailto:ian@thejohnfamilyonline.com)

Please do **not** contact us about individual entries, race times etc until **after** Sunday 14th February

## Individual Entry Form

Please ensure all entrants have read the 'Terms and Conditions' before continuing. Entry to the event confirms agreement to **all** 'Terms and Conditions'. Entry forms must be returned by Monday 1st February 2010

First Name of **Competitor**: \_\_\_\_\_ Surname of **Competitor**: \_\_\_\_\_

Address of **Contact**: \_\_\_\_\_

Post Code: \_\_\_\_\_ Daytime Phone number of **Contact**: \_\_\_\_\_

Email address of Contact: \_\_\_\_\_

Club (if applicable): \_\_\_\_\_

**Individual Entry Fee:** Open-59 **£12.00**; 60+,70+,J11-J18 **£6.00**; Adult Open- 50+ 500m **£6.00**

Enter Cheque Number here: \_\_\_\_\_

**If individual entering more than one event please complete for each event**

Event No:	Event Title:	Expected Time	<input style="width: 80%; height: 20px;" type="text"/>
D.O.B. / /	Age on day:	Expected distance (J11-J15) m	

Event No:	Event Title:	Expected Time	<input style="width: 80%; height: 20px;" type="text"/>
		Expected distance (J11-J15) m	

Event No:	Event Title:	Expected Time	<input style="width: 80%; height: 20px;" type="text"/>
		Expected distance (J11-J15) m	

**Optional:** For the purpose of race commentary, please enclose on a separate sheet details of sporting backgrounds and/or achievements of any of the above entrant.

Entry of the event confirms your agreement to **all** "Terms & Conditions" outlined on the last page of the entry form.

**Signature of Competitor:** \_\_\_\_\_ **Date** \_\_\_\_\_

If not signed, the person competing will have been deemed to accept terms and conditions

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## Team Entry Form

Please ensure all entrants have read the 'Terms and Conditions' before continuing. Entry to the event confirms agreement to **all** 'Terms and Conditions'. Entry forms must be returned by Monday 1<sup>st</sup> February 2010

First Name of **Contact**: \_\_\_\_\_ Surname of **Contact**: \_\_\_\_\_

Address of **Contact**: \_\_\_\_\_

Post Code: \_\_\_\_\_ Daytime Phone number of **Contact**: \_\_\_\_\_

Email address of Contact: \_\_\_\_\_

Club (if applicable): \_\_\_\_\_

J12 – J18 team of 4 **£12.00**      Adult Team of 4 **£24.00**

Enter Cheque Number here: \_\_\_\_\_

**If individual entering more than one team event please complete a separate form**

Event No:	Event Title:	Team Name
<b>Team Members</b>		
Competitor Name	Age on Day	M/F
Signature If not signed, the person competing will have been deemed to accept terms and conditions		
1		
2		
3		
4		

**Optional:** For the purpose of race commentary, please enclose on a separate sheet details of sporting backgrounds and/or achievements of any of the above entrant.

Entry of the event confirms your agreement to **all** "Terms & Conditions" outlined on the last page of the entry form.

**Signature of Contact:** \_\_\_\_\_ **Date** \_\_\_\_\_

## **TERMS AND CONDITIONS**

### **General**

1. Entries must be made on an official entry form. Photocopies will be accepted. No pre-event qualification is required.
2. Entries should be returned to: EIRC, 51 Featherstall Road, Littleborough, Rochdale OL15 8JJ to arrive by Monday 1<sup>st</sup> February 2010. Proof of posting is not proof of delivery and no responsibility will be accepted for entries lost or delayed in the post. Please **DO NOT** use registered post. Cheques should be made payable to 'Hollingworth Lake Rowing Club'. Please write the Individual Name or Club Name that the payment refers to clearly on the back of any cheque(s).
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. To avoid any disappointment and in order to clarify any entry details please ensure you include a daytime telephone number. Incomplete or illegible entries will not be accepted.
4. Entry fees are non-refundable.
5. By entering the competition, a competitor agrees to be bound by the rules and terms & conditions.
6. All entry instructions form part of the rules.
7. The Championship Organising Committee reserves the right to limit the size of entry.
8. Concept2 Indoor Rowers will be used. Competitors may use the resistance level of their choice, but this cannot be changed during the race.
9. Minimum age for competitors, as of race day, is 10 years.
10. For all competitors age is as of race day, except the junior categories J11 to J18.
  - J11 = aged under 11 on August 31st 2009
  - J12 = aged under 12 on August 31st 2009
  - J13 = aged under 13 on August 31st 2009
  - J14 = aged under 14 on August 31st 2009
  - J15 = aged under 15 on August 31st 2009
  - J16 = aged under 16 on August 31st 2009
  - J18 = aged under 18 on August 31st 2009
11. Lightweight event weight limit: Men 75kg or less, Women 61.5kg or less.
12. Lightweight competitors will be weighed at Lightweight Weigh-In between 2 hours and 1 hour before their race. Lightweight competitors who do not make their weight will be able to race. Their time will be listed at the bottom of the race category they entered, but they will not be placed. Their time will however be included in the Concept Ranking, as a heavyweight time.
13. All category races 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.
14. The judges' decision is final. No correspondence will be entered into.

### **Individual Events**

15. The race distance is 2,000m for all individual categories except J11 & J12 - 2 min; J13 - 3 min; J14 - 4 min; J15 - 5 min.
16. The first, second and third individual in each event will be awarded a Gold, Silver or Bronze EIRC medal at award ceremonies throughout the day.
17. No competitor will be allowed to change event on the day of racing. This includes lightweight competitors who do not make their weight (see point 12 above). Race confirmation, a Race Schedule and directions to the venue will be sent to all entrants after the closing date. ANY mistakes should be notified as soon as possible before race day.

### **Adult Team events**

18. Race distance 3000m. Teams are made up of four members, either the same sex (Events 57 or 58) or mixed (Event 59) depending on the category entered.

### **Junior Team Events**

19. Race Distance 3000m. J18, J16 and J14 Teams are made up of four members of the same sex. (Events 60, 61, 62, 64, 65 and 66)  
J12 (Event 63) teams can be made up of teams of the same sex OR mixed, racing in one event. Each member of the first, second and third team in each event will be awarded a Gold, Silver or Bronze EIRC team medal immediately following the final heat of their race category.

### **Important Medical Recommendation**

20. If on race day you feel unwell, have recently been suffering from a virus or are on medication, we recommend that you do not race. Indoor rowing racing requires maximal effort and the EIRC 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.

### **Waiver**

Entry to the EIRC confirms that you understand that participation in the event involves risks of bodily injury, including stroke, paralysis, heart attack and death, as well as loss or damage to property. Your decision to participate in the event is made by you in full recognition of these risks and is entirely voluntary. In consideration of your acceptance of the entry form, you agree that you, your executors and administrators assign to hold harmless E.I.R.C., The Indoor Rowing Championships Ltd, Manchester Velodrome, Concept 2 Inc., Concept 2 Ltd, Hollingworth Lake Rowing Club, their respective directors, officers, employees, representatives, agent successors and assigns from all liability on account of injury, loss, claim, or damage to your health, well being or property on account of your participation in the event. In addition, you hereby give permission to the event organisers and Concept 2 Inc. and their representatives, employees and agents to take photographs of you during the event and hereby release claim to such photographs

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