



NORTH EAST INDOOR ROWING CHAMPIONSHIPS 2009



WEDNESDAY 9th DECEMBER 2009
THE GRAHAM SPORTS CENTRE
DURHAM UNIVERSITY
RACING BETWEEN 1PM AND 7PM

2KM HEAVY AND LIGHTWEIGHT EVENTS FOR:

- ALLCOMERS
- UNIVERSITY
- COLLEGE
- FRESHERS
- VETERAN

PLUS:

ERGO CHALLENGE—1 ERGO, 4 PEOPLE, 3000M

- OPEN
- COLLEGE
- DURHAM NOVICE CUP

Event organised by Durham University Boat Club

For more information please contact Matt Pearce at m.j.pearce@durham.ac.uk

SPONSORED BY

PRICEWATERHOUSECOOPERS 

NORTH EAST INDOOR ROWING CHAMPIONSHIPS 2009 TERMS AND CONDITIONS

- **Entries should be returned to Matt Pearce, C/O Durham University Boat Club, Maiden Castle, Durham University, Durham, DH1 3SE. To arrive no later than 1st December 2009. Cheques should be made payable to 'Durham University Boat Club'.**
- **Entry fees are non-refundable.**
- **By entering the competition, a competitor agrees to be bound by the rules.**
- **Concept II Indoor Rowers will be used. Competitors may use the resistance level of their choice, but this cannot be changed during the race. It is recommended that trialists set their machines to the following drag factor: Men = 135, Women = 130**
- **Minimum age for competitors is 16**
- **For all competitors age is as of race day**
- **Lightweight event limits: Men 75kg or less, women 61.5kg or less, lightweight competitors will be weighed at registration between 2 hours and 1 hour prior to their race time. Competitors entered into a lightweight race who do not make weight will be able to race, but their time will be placed in the heavyweight results**
- **No competitor will be allowed to change event on the day of racing, notwithstanding the above rule**
- **The decision of the judges is final and no correspondence will be entered into.**

Eligibility

- **Allcomers: Open to all athletes**
- **Freshers: Open to any athlete that has not rowed before August 1st 2009**
- **College: Open to all members of a Durham College who are not a current member of the University Boat Club**
- **University: Open to all athletes who are full members of a University, as defined by BUSA**
- **Veteran: The Concept II handicapping system will be applied to all veteran results**

Team Events

The following rule applies to the Northcroft ergo challenge

- **Teams are made up of four members of the same sex, you have one ergo and need to cover 3000m. Each member must be involved, you may recruit extra people to hold feet etc, but no one other than the 4 competitors may touch the ergo handle.**
- **A separate Durham Colleges prize will be offered provided 3 or more teams enter. Eligibility is the same as for the individual event.**
- **DCR Novice cup entries must all have competed in the 2009 Novice cup.**

IMPORTANT NOTES

- **ENTRY TO THE NORTH EAST INDOOR ROWING CHAMPIONSHIPS 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.**
- **ENTRY TO THE NORTH EAST INDOOR ROWING CHAMPIONSHIPS CONFIRMS THAT YOU AGREE TO THE EVENT ORGANISERS TO TAKE PHOTOGRAPHS DURING THE EVENT AND RELEASE CLAIM TO SUCH PHOTOGRAPHS**



NORTH EAST INDOOR ROWING CHAMPIONSHIPS 2009

This years event will be held on Wednesday December 9th at the Graham Sports Centre, Durham University

Race distance: 2000m

EVENTS							
MEN	<input type="checkbox"/>	LIGHT MEN	<input type="checkbox"/>	WOMEN	<input type="checkbox"/>	LIGHT WOMEN	<input type="checkbox"/>
Allcomers		Allcomers		Allcomers		Allcomers	
University		University		University		University	
Freshers		Freshers		Freshers		Freshers	
College		College		College		College	
Veteran		Veteran		Veteran		Veteran	

Entry fee for all events: £5

Entries close: Tuesday 1st December 2009

Please tick box next to the event you wish to enter

First Name: _____ **Surname:** _____ **Gender:** _____

Address _____

Phone Number: _____ **E-mail:** _____

Club: _____ **Date of Birth:** _____

Expected time: _____

**Send your entry form and fee, made payable to 'Durham University Boat Club' to arrive by 1st December 2009 to:
Matt Pearce, C/O Durham University Boat Club, Maiden Castle, Durham University, Durham, DH1 3SE**



NORTH EAST INDOOR ROWING CHAMPIONSHIPS 2009 ERGO CHALLENGE

This years event will be held on Wednesday December 9th at the Graham Sports Centre, Durham University

The Ergo Challenge event is for teams of four (same sex) to cover 3000m as fast as possible, each member must be involved, you may recruit extra people to hold feet etc, but no one other than the 4 competitors may touch the ergo handle.

A separate Durham Colleges prize will be offered provided 3 or more teams enter. Eligibility is the same as for the individual event.

Team Name			
MEN	✓	WOMEN	✓
Open Men		Open Women	
College Men		College Women	
DCR Novice Cup Men		DCR Novice Cup Women	
Rower 1			
Rower 2			
Rower 3			
Rower 4			

Entry fee is £20, entries close Tuesday 1st December 2009.

Contact Name: _____

Address _____

Phone Number: _____ **E-mail:** _____

Club: _____

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