



## UCP Marjon Sport - West Region Schools Indoor Rowing Championships 2010

Entries for the **UCP Marjon Sport Schools Indoor Rowing Championships 2010** are now open to teams from schools and colleges based in Cornwall, Devon or Somerset.

**Date: Tuesday 2nd March 2010**

**Time: 1pm-5pm**

**Venue: College of St Mark and St John (Marjons), Plymouth**

**Cost: £12.50 per Team Entry; £2.50 per Individual Entry**

*\*Please note that the format of this year's competition has been changed. Entries for years 7-11 are now taken on a 'team' rather than an 'individual' basis. Individual entries are only available for the year 12/13 and Adaptive categories.*

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### **1. Entry Details - Entries are available in the following categories;**

#### **Team Events\***

- Year 7-11 Male
- Year 7-11 Female

*\*Teams must comprise of five individuals, made up of one individual from each year group 7-11. Schools are free to enter as many teams as they like. Unfortunately individual entries in year 7-11 cannot be accepted. All year 7-11 competitors must be part of a full team in order to take part.*

#### **Individual Events\***

- Year 12/13 Male
- Year 12/13 Female
- Adaptive Legs, Trunk and Arms (Open to pupils with a stated special educational need, who have full use of legs, trunk and arms. This category may be split based on year group, subject to number of entries)
- Adaptive Trunk and Arms (Open to pupils with a stated special educational need, who have limited or no leg use. This category may be split based on year group, subject to number of entries)

*\* The year 12/13 and Adaptive events do not form part of the team competition, and therefore schools and colleges can enter as many individuals as they like in these categories.*

### **2. Competition Format**

**Team Events** - Each competitor in the team of 5 will race their individual age group event listed below, and a team relay;

Year 7 – 2 minutes; Year 8 – 3 minutes; Year 9 – 4 minutes; Year 10 – 5 minutes; Year 11 – 6 minutes; Team Relay – 1000m (teams of 5)

The regional titles (male, female and overall), will be awarded to the schools scoring the most points across the individual Year 7-11 races and team relay.

#### **Individual Events**

Year 12/13 – 2000m; Adaptive Trunk and Arms – 2 minutes; Adaptive Legs, Trunk and Arms – 3 minutes



## Entry Form

<b>School/College Name</b>	
<b>Address</b>	
<b>Contact Name</b>	
<b>Contact Number/e-mail</b>	

<b>Team Events</b>	<b>Number of Teams</b>
Year 7-11 Male	
Year 7-11 Female	

<b>Individual Events</b>	<b>Names of Competitors</b>
Year 12/13 Male	
Year 12/13 Female	

<b>Adaptive Events</b>	<b>Names of Competitors (please also specify the year group of each competitor)</b>
Adaptive Trunk and Arms (TA)	
Adaptive Legs, Trunk and Arms (LTA)	

Entry forms and entry fees must be received by **Friday February 12<sup>th</sup>** at the address below;

Tom Pattichis, British Rowing, Room Lower East 18, Seale-Hayne, Newton Abbot, Devon, TQ12 6NQ

Entry fees are £12.50 per team entry and £2.50 per individual entry. Cheques payable to *Plymouth Rowing Forum*. Entries sent after the deadline date, or those without payment will not be accepted.

Queries to Tom Pattichis – British Rowing - Office: 01626333020  
Mobile: 07818576145 E-mail – [tom.pattichis@britishrowing.org](mailto:tom.pattichis@britishrowing.org)