

South West Indoor Rowing Competition 2019

Bideford Amateur Athletics Club (also known as Bideford Blues) and Bideford College Boat Club have come together once again to host this Indoor Rowing competition. We hope you will come along and support our event on:

**Saturday 9th February 2019 at
Bideford College
Abbotsham Road, Bideford, North Devon EX39 3AR
Racing starts at 10am**

Events

Junior Categories - £5 per person

Year 7 -2 mins, Year 8 – 3 mins, Year 9 – 4 mins,
Year 10 – 5 mins, Year 11 – 6 mins

2000m Challenges - £10 per person

Open and Lightweight categories will be split into the following providing 2 or more entries have been received.

Year 12/13, Open, 30-39, 40-49, 50-59, 60+

Relay Competition - £20 per team

4 People in a team

2000m Relay for adults & an 8 min relay for juniors.

How to enter

Entry fees and forms are required and must be received by 25th January 2019. Late entries will be accepted but will incur a £2.50 admin fee.

Please send your entry form along with a cheque made payable to Bideford AAC to Mrs Lorna Colwill, 27 Devonshire Park, Bideford, North Devon EX39 5HZ.

- Check in and weigh in opens at 9am, with the first race starting at 10am. Please check in at least 30 mins before your race. Weighing in will only be necessary for those registered as lightweight.
- Lightweight categories are Men 75kg or less, Women 61.5kg or less.
- Any lightweights over the specified weight will still be able to race as heavyweight.
- There won't be heats but races may be split.
- Concept 2 rowers will be available to warm up.
- Refreshments will be available to purchase throughout the day.

A timetable will be available after the closing date and can be emailed directly to you should you wish to receive it. Any questions please call 07946577573 or email colwim@aol.com.



South West Indoor Rowing Competition 2019

Entry Form

Name:

Address:

Postcode:

Tel No:

Email: D.O.B:

Weight: (for lightweight entries only)

Emergency Contact

Name: Tel No:

Event: **Junior £5 per entry**

Year 7 -2 mins (M/F)	Year 8 – 3 mins (M/F)
Year 9 – 4 mins (M/F)	Year 10 – 5 mins (M/F)
Year 11 – 6 mins (M/F)	

2000m Challenges - £10 per entry

Open

Year 12/13(M/F)

Open(M/F)

30-39(M/F)

40-49(M/F)

50-59(M/F)

60+(M/F)

Lightweight

Year 12/13(M/F)

Open(M/F)

30-39(M/F)

40-49(M/F)

50-59(M/F)

60+(M/F)

Relays – All competitors will need an individual entry form containing their contact details but please nominate a Team Captain to collect everyone’s money and put the whole team’s relay entry in on their form only.

Relays - £20 per team

Men’s Relay	Ladies’ Relay.....

Mixed Relay	
	
	
	

8min Junior Relay - £20 per team

Junior Boys	Junior Girls

Mixed Relay		
		
		
		

Please note entrants consent to their inclusion in all official photographic, visual and audio recordings of the event as participants or audience for use in future promotional material for similar events on receipt of their entry form.

Signed

Dated