

THE BRITISH ROWING INDOOR CHAMPIONSHIPS 2023 RACE DAY SCHEDULE

We're excited to be bringing BRIC back with a bang, with an exciting new format and venue open to all rowers from across the UK.

We'll be hosting BRIC at the NEC, Birmingham on 9 December as part of [FitFest 2023](#), 'The Greatest Competitive Fitness Expo'!

To help plan your day, here is an outline of the schedule:

09:00 - 12:15	MASTERS 2,000M ADAPTIVE 2,000M ADAPTIVE 4 MINUTES
11:30 - 13:15	SIXTH FORM 2,000M JUNIOR TIMED EVENTS
11:30 - 14:15	LWT MASTERS 2,000M
13:30 - 14:00	OPEN / WOMEN 2,000M LWT OPEN / LWT WOMEN 2,000M U23 2,000M
14:30 - 16:00	MASTERS 500M
15:30 - 16:30	LWT MASTERS 500M
15:30 - 16:30	JUNIOR 500M
16:15 - 17:00	ADAPTIVE 1 MINUTE
16:30 - 17:15	OPEN / WOMEN 500M LWT OPEN / LWT WOMEN 500M U23 500M
16:45 - 17:45	RELAY

Times are all approximate and are subject to minor changes once the final entries are received.