

Lyme Bay Indoor Rowing Invitation Meet

Important Indoor Rowing Information

Athlete Check-In

Athlete check-in opens at 09:30. Members are asked to go directly to Athlete Check-In upon arrival.

Programme Structure

Please note that in some events, different categories and both open and junior competitors are grouped together. However, competitors will be eligible for medals in their own gender, and age category.

Warm up and Cool Down

There are separate warm up/cool down Concept2 rowers available on the arena floor in a separate, signed area. Priority for the warm up area will be given to competitors whose event is next on the schedule. Once members have finished their race they will have until the finish of the following race to use the equipment in the warm up/cool down area unless competitors wish to warm up for the next race.

Marshalling

After your warm up, you will proceed through to the marshalling area when your race is called. Members will be asked to marshal for their event 15 minutes prior to the scheduled start. Please follow the instructions of all Officials. It is your responsibility to be on time for your race.

Race Start

All competitors should check their race time and be ready well in advance for their race. Races will start no earlier than the scheduled time unless all race members are in agreement. If a member is not present for the beginning of their scheduled race it will begin without them, and the organiser has no obligation to reschedule them into another race.

Results

Final results will be available at the conclusion of the last race for each event. Full results will also be posted on the LRGC website <http://www.lymeregisgigclub.com/lyme-bay-indoor-rowing/> within 24 hours.

Competition Rules

Concept2 Indoor Rowers will be used. Competitors may use the damper setting of their choice. This damper setting cannot be changed during the race.

Junior competitors are age 18 or under on the day of competition.

All category races will be straight finals, i.e. each competitor will only row once. Some races will consist of multiple gender and age groups. While these groups are run simultaneously all gender and age groups will be awarded medals.

If a competitor is making an attempt to break an existing National or World record, they must ensure that the organisers are made aware of this prior to the start of the race. Furthermore, If the competitor is classified as lightweight, they must weigh in no earlier than 2 hours prior to their race. It is the athlete's responsibility to ensure that the duration between their weigh in and event does not exceed 2 hours to satisfy British and World record criteria. Please report to the weigh in desk if you wish to fulfil this criterion. Any person who is weighed a second time and exceeds the weight limit will have their result nullified for record purposes.

If a competitor misses her/his race for whatever reason, she/he will not be able to reschedule.

Team Event Rules

The Team Event will determine the overall outcome of the Inter-Team Cup Competition.

Female teams comprise **four** women.

Male teams comprise **four** men.

Mixed teams must include a least **one** woman and **one** man.

Relay teams comprise **four** rowers.

Final Team sheets must be declared and handed to the official's desk prior to the start of the first event.

There will be four categories within the team cup competition. Team categories are Junior Female (**JF**), Junior Male (**JM**), Senior Female (**SF**) and Senior Male (**SM**).

There will be no age or weight category events.

Each Team must complete **all four** individual events to be eligible for the team relay.

Each Team member must complete **two** events (**one** individual event plus the team relay).

Substitutes may be used but any team using a substitute will not be eligible for the overall Team Cup Competition.

There is no Mixed team trophy competition.

Team Relay Rules

Relay teams comprise **four** rowers. Each rower must complete at least **one** piece of any duration or length, rotating between team members until the race distance has been completed.

Senior teams will complete **3000** metres.

Junior teams will complete **2000** metres.

The changeover strategy is vital. Rowers must row with their feet must be in the foot stretcher. Other team members may hold the rower's feet in place using the straps. Assistance from other team members can be sought with both the release of the feet from the foot stretchers and the location of the feet within the foot stretchers.

Only the rower who is seated on the rowing machine can pull the handle during the race.

If a team member dislodges from the seat while rowing, other team members can assist in lifting the rower back onto the seat.

Unlimited changeovers are permitted during the relay.

The Damper setting must be set before the race commences and must not be altered during the course of a race.

No other manipulation of the airflow through the flywheel is allowed during a race.

If any competitors miss their race for whatever reason they will not be able to reschedule.

IMPORTANT MEDICAL RECOMMENDATION

If on race day you feel unwell, or have recently been suffering from a virus, we recommend that you do not race. Indoor racing requires maximal effort, the event organisers take no responsibility for illness or injury caused consequently. If you have any doubts, you should seek medical advice prior to racing.

Physical Activity Readiness Questionnaire

Team captains are to ensure each team member completes a PAR-Q form prior to commencement of competition.