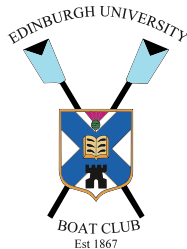


# EDINBURGH INDOOR ROWING CHAMPIONSHIPS 2023/24



**Thank you for entering the 2023/24 Edinburgh Indoor Rowing Championships! This document contains information about the day. If you have any questions, please email [edinburghindoors@gmail.com](mailto:edinburghindoors@gmail.com); we look forward to welcoming you to the DKG this Saturday!**

## **Venue**

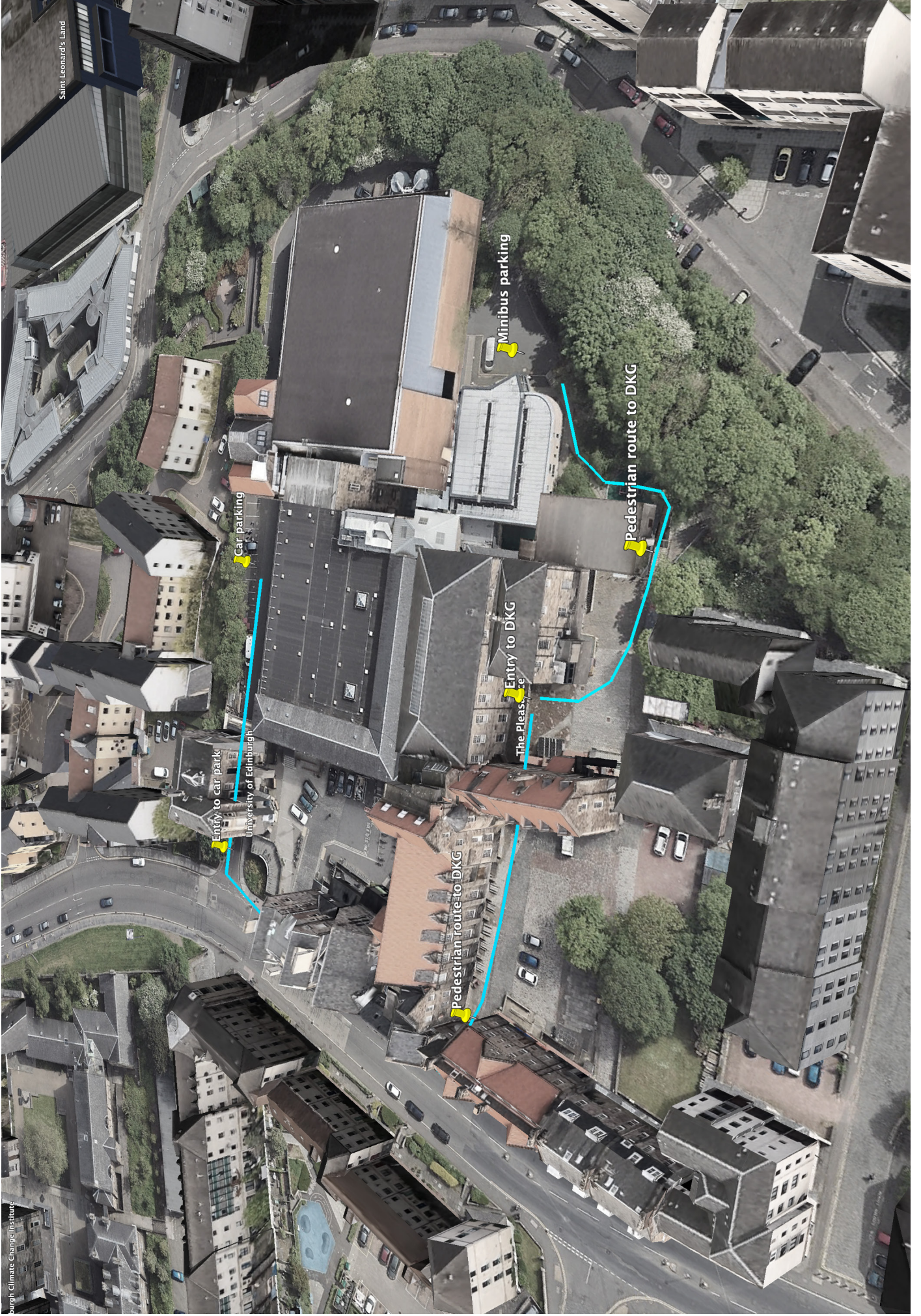
Racing will take place in the Dame Katherine Grainger Rowing Gym (DKG), which is part of the Pleasance Sports Centre. Access to and from the venue will be via a rear fire access door, the details of which are found on the graphic on the next page. The What3Words location of the entry point is `///rings.melon.snap` – this will take you to the precise location; there will be additional signage on the day. Please do not try and enter by the main entrance to the building as this is card-only access.

There are two flights of stairs up to the DKG, please let us know if you have mobility issues that might make this difficult.

## **Parking**

There is 'first-come, first-served' parking on site for cars and vehicles up to the size of a standard minibus. If you are coming in a larger vehicle (i.e a coach), please let us know as soon as possible as it will need to drop you off and wait at another University location. Please let us know if any participants have specific mobility issues that require guaranteed parking. Use the postcode EH8 9TJ to find us and consult the map below for specific instructions.

Be aware there are some roadworks outside Pleasance that has meant we've had to close our front car park.



St. Leonard's Land

University of Edinburgh

The Pleasance

# Timetable and draw

The timetable of racing is below, the draw will be published by 12pm on Friday 3 November.

<b>Edinburgh Indoors race timetable</b>	
Doors open 0800hrs	
<b>09:00</b>	<b>Women's 2000m R1</b>
<b>09:15</b>	<b>Women's 2000m R2</b>
<b>09:30</b>	<b>Women's 2000m R3</b>
<b>09:45</b>	<b>Men's 2000m R1</b>
<b>10:00</b>	<b>Men's 2000m R2</b>
<b>10:15</b>	<b>Men's 2000m R3</b>
<b>10:30</b>	<b>Women's Beginner R1</b>
<b>10:45</b>	<b>Women's Beginner R2</b>
<b>11:00</b>	<b>Women's Beginner R3</b>
<b>11:15</b>	<b>Men's Beginner R1</b>
<b>11:30</b>	<b>Men's Beginner R2</b>
<b>11:45</b>	<b>Men's Beginner R3</b>
<b>12:00</b>	<b>Coxes 500m</b>
<b>12:10</b>	<b>Senior relays</b>
<b>12:30</b>	<b>Beginner relays</b>
<b>13:00</b>	<b>Prizegiving</b>

## Race format

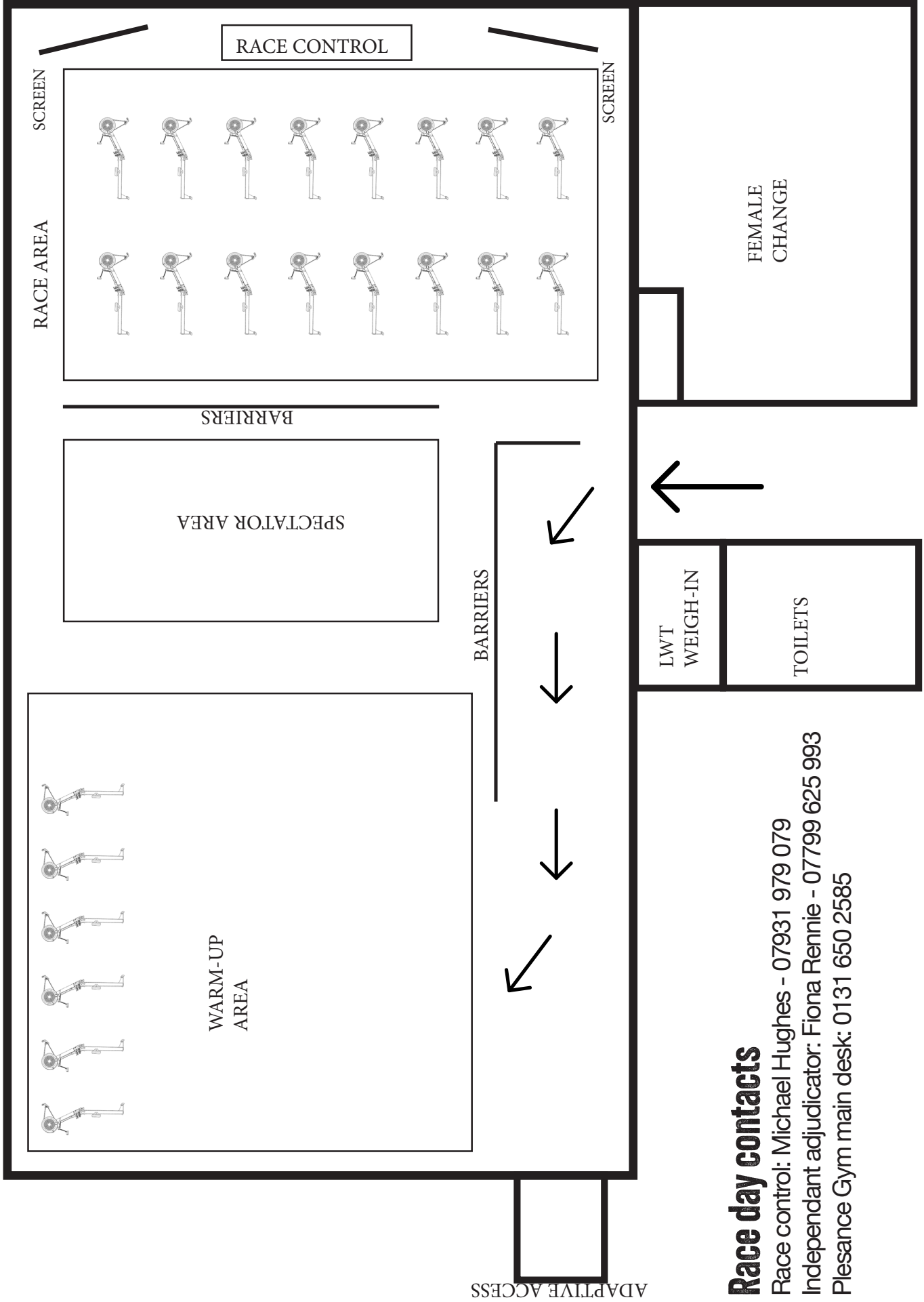
Racing will take place on Concept2 Model D rowing machines fitted with a PM5 monitor. Each race will be run via the ErgRace software, which connects the machines together and manages the race. Machines will be numbered 1-14; athletes must sit at the machine assigned to them (the screen will show the name of the participant), the draw will have assigned machine numbers for each athlete. Drag must be set according to the category in which you are competing: Open Men 138, Open Women 130, Lightweight Men 135, Lightweight Women 125. The bottom right of the screen will show the drag setting. There is no need to press any button on the monitors unless except to change units; everything is controlled by the race computer.

When the race is called to start, the warm-up screen will change to 'Prepare to Race'; the flywheel must be allowed to stop before the countdown can start. Race control will then start the race; on the screen the following sequence of words will appear: READY > ATTENTION > ROW. There is a starting horn from the race computer however, this may not be apparent from each racing machine. If a competitor requires an audible signal to start, please inform the race controller and one will be provided.

During racing the race, live positions are shown on the PM5s; spectators can follow the progress via two large screens.

**In the event of a failure of the race computer during racing, each machine will continue to store race data in the PM5 memory - so keep racing! Scores will be collected after racing is concluded.**

# DKG layout



## Race day contacts

Race control: Michael Hughes - 07931 979 079

Independant adjudicator: Fiona Rennie - 07799 625 993

Plesance Gym main desk: 0131 650 2585

## Warm-up

Rowing machines, WattBikes and mats will be available for competitors to warm up on; please be considerate when using these machines and ensure you clean mats, handles, seats and screens after use.

## Lightweights

Calibrated scales will be used to weigh athletes in prior to racing. Lightweights must weigh-in in the kit in which they intend to compete. Lightweight races will be incorporated in to the main categories, please ensure the drag is set correctly.

## First aid, emergencies and fluid spills

First-aid cover is provided by event organisers and operational staff in the main Pleasance Gym. In the event of an emergency, contact a member of the event team who will provide assistance. AEDs are available from the race control desk.

In the event of an unplanned release of bodily fluids, clean-up kits are available - it is expected the culprit, if capable, will clean up after themselves.

## Refreshments

All tap water is safe to drink in the Pleasance Gym; it is recommended that competitors bring ample supply of fluids with them. The Pleasance Cafe, located just outside of the venue will be open from 10am on race day and provides a wide range of food and drink options, as well as additional quiet seating areas. There is a number of food outlets within a short walk of the Pleasance Gym.

## Results and prizegiving

The event has an independent adjudicator should any issues arise. Results will be shared in realtime via the Edinburgh Rowing social media account (@edinburghrowing), and on the main screens in the venue. A full results list will be published soon after the event.

Each event winner (including each member of a relay team) on the day, will win an exclusive event mug. If a winner is unable to attend the prizegiving, please inform race control.

