

Competitor Instructions

Location

The event is being held in the sports hall, Leeds Beckett University, Headingley Campus, Leeds, LS6 3QS.

Free parking is available on Headingley Campus and can be accessed via Church Wood Avenue. For sat nav please use LS6 3QS. The venue is approximately 20-25 minutes' walk from Headingley Station.

Arrival & Registration

Registration opens at 9:30am, please don't arrive before this time whilst the venue is being set up. All athletes to register individually, they will be given a registration slip that they must retain and take with them to the race floor. For relay teams only 1 member of each team will register the team.

Various toilets and changing rooms are available just follow the signs from inside the sports hall.

There will be adequate space to sit around the edge of the sports hall within your teams when not involved in racing.

Lightweight Weigh In

Lightweight weigh in will be open between 9:30-11:30am. All athletes must weigh in wearing suitable race kit. It will be recorded on your registration slip if you have successfully weighed in. You should bring some form of ID with you so that can confirm the correct person is weighing in.

In the event of an athlete being unable to weigh in they will be offered a swap to an open weight race where space in the draw allows enabling them to compete in that event. If there is no space in the event, then they will be allowed to race in the lightweight race but for time only.

Lightweight weigh in will be situated in Dance Studio 3. Please follow the signs.

Warm Up

There will be an area within the sports hall with warm up ergs for you to use any time before the race. There will be some limited time to warm up on the race ergs just before your race.

Refreshments

There will be a refreshment & bake sale from LBURC & UOLBC within the event hall. Should you want additional items a Sainsburys, or the BP Garage is a short walk away, event volunteers will be happy to assist giving directions.

Spectators

All spectators must stay behind the barriers when cheering on their teammates. 1 person per athlete will be allowed to come onto the race floor and provide verbal encouragement from a closer position. They must stay seated and cannot interfere with the racing in any way.

Racing

Once the race floor is cleared will then be directed to the correct erg and must hand your registration slip to the race floor volunteers. You will have time to warm up and set drag factor before the race. Typical drag factors are 138 for openweight men, 135 for lightweight men, 130 for openweight women, 125 for lightweight women.

Following the race, you must stay with your erg until the race floor volunteers have confirmed your time and written it on your registration slip which they will pass to race control after, this is a backup incase technology fails. Once this has been done you may exit the race floor.

Relay Races

For relay races you will be called straight to the race floor following the previous race vacating the race floor.

During relays there is only allowed to be the 4 athletes that make up the team on the race floor, there can be no other supporting members. It is up to each team how often and when they choose to change athlete provided all athletes take at least one turn rowing

Medals

Medals and victor ludorum for the most successful club will be awarded immediately following the last event.

Timetable

Race Number	Time	Event
	09:30:00	Arrival
	9:30-11:30	Lightweight Weigh In
1	10:30:00	Mens Heavyweight 2km
2	10:45:00	Mens Heavyweight 2km
3	11:00:00	Womens Heavyweight 2km
4	11:15:00	Womens Heavyweight 2km
5	11:30:00	Mens Lightweight 2km
6	11:45:00	Womens Lightweight 2km
7	12:00:00	Mens Beginner 1km
8	12:10:00	Mens Beginner 1km
9	12:20:00	Mens Beginner 1km
10	12:30:00	Womens Beginner 1km
11	12:40:00	Womens Beginner 1km
12	12:50:00	Womens Beginner 1km
13	13:00:00	Womens Beginner 1km
14	13:10:00	Mens 500m Sprint
15	13:20:00	Mens 500m Sprint
16	13:30:00	Womens 500m Sprint
17	13:40:00	Womens 500m Sprint
18	14:00:00	Mixed 2km Relay
19	14:20:00	Womens 2km Relay
20	14:40:00	Mens 2km Relay
	15:00:00	Medals

Hall Layout

