

BUCS Indoor & Adaptive Rowing Series 2023-24

Competitor Information



Location:

University of Liverpool Sports and Fitness Centre
Bedford St N
Liverpool
L69 7ZN

There is a visitor car park outside the sports centre but car sharing is recommended. There are other places to park as well such as the cathedral car park.
The sports centre is around a 15 minute walk from Liverpool Lime St station.

Events:

BUCS specific events are

- BUCS Championship Open weight open / women - 2,000m
- BUCS Championship lightweight open / women - 2,000m
- BUCS Championship adaptive open / women - 1,000m
- BUCS Beginner open / women - 1,000m

These are also open to non-university clubs and competitors.

Lightweight weights are as follows: open 75.0kg, Women 61.5kg

This is as per BUCS regulations. Any rower who doesn't make these weights will be allowed to compete in the open category.

A beginner is defined as an athlete "who have taken up the sport - on the water (regardless of their discipline) after 1 June of the preceding academic year." as per the BUCS definition.

Entries are to be done on BUCS Play for universities for the BUCS categories. For non-university clubs entries are to be done via email. The deadline for entries is November 14th 2023.

Entry fees for the BUCS events is £8.25 as determined by BUCS. Universities will pay this through BUCS play. Clubs will pay this on the day at registration.

These are the non-BUCS informal events:

- Relays open / women / mixed - 4x500m
- Coach race - 750m
- Cox race - 500m
- Spectator race (non-rowers only) - 500m

All informal race entries are to be done at registration on the day however please register your predicted numbers via email. There is no cap on relay teams per club.

Entry fees will be £4 pp per race with the exception of the relays which will be £10 per team. Please pay as a club in one go at registration.

Relays – open to the 3 sub-categories: universities, clubs and non-rowers. Medals will be awarded to each of these subcategories within the 3 categories of open, women and mixed. Mixed relays will comprise of 2 men and 2 women. There are no senior/beginner division for relays, all abilities compete together. No other member is allowed to help with changeovers, this must be done amongst the 4 competitors.

Coaches – You are allowed to compete as both a coach and a rower. There will be a medal for men and women separately. A coach will be classified as someone who coaches a team but does not compete for that team – captains do not classify.

Coxes – You are allowed to compete as both a cox and a rower. To classify as a cox, you must have cox points on British Rowing and have coxed/be entered to cox for this season. There will be a medal for men and women separately.

Spectators – This is open to anyone who is not member of any rowing club. We will be teaching the basic erg pattern to anyone who wants to compete in the lunch break. Please bring friends/family with you to give it a go! There will be a medal for men and women separately.

Doubling up is not allowed within divisions.

Provisional Program:

Registration	from 8:00	Distance (m)	Drag factors
Div 1	Lwt M	2,000	135
8:30	Beg W	1,000	130
	Snr M	2,000	138
	Adapt W	1,000	130
Div 2	Lwt W	2,000	125
11:00	Beg M	1,000	138
	Snr W	2,000	130
	Adapt M	1,000	138
Lunch			
Div 3	Coaches	750	tbc
14:00	Coxes	500	tbc
	Spectators	500	tbc
Div 4	Relays M	4x500	138
15:30	Relays W	4x500	130
	Relays Mx	4x500	tbc

All timings are subject to change based on entries.

Drag factors are set according to BUCS regulations and will be set and checked before the race starts. You must not change these.

Races will be done in waves of 8 competitors.

Competitors must be in the hall, in the waiting zone 15 minutes before their race time.

For Division 1 and 2 registration will be open 8:00 until 9:00. One representative from each club should register the athletes. For Divisions 3 and 4,

registration will be open until 13:00, then the draw will be released on the day at 13:30. If possible, please register all divisions in one go.

Please be on time for your event. Arriving late to the waiting zone may result in disqualification.

Warm up / Cool down areas:

We will have a warm up room which will be open for 2 hours in the morning (8:00 – 10:00) for Divisions 1&2 and 2 hours in the afternoon (13:00 – 15:00) for Divisions 3&4. This will be equipped with ergs, spin bikes and mats. Competitors competing first will be given priority for the warm up room at 8:00. We understand that this is a quick turnaround for division 1 but this is based on facility restrictions.

There will also be ergs and mats available in the main hall for cool down.

Additional Information:

Medals will be awarded for each category. Any winners of a BUCS race will be sent their medal after the series has finished

Male, female and gender neutral toilets / changing will be available. Lockers will also be available, please keep big bags in here to avoid a fire hazard. Please bring padlocks for these.

Numbers in the hall may be limited, we will aim to provide extra seating areas for people not competing.

If you can provide volunteers for divisions that you are not in, that would be incredibly helpful!

Contact:

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Or our instagram @livunibc

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