

# LEICESTER UIARS

# 2023



## EVENT GUIDE

Thank you for entering BUCS Indoor and Adaptive Rowing Championships at Leicester University. This document contains information about the day. If you have any questions please email [SU-rowing@leicester.le.ac.uk](mailto:SU-rowing@leicester.le.ac.uk) or send us an Instagram DM @uolbc.

We're very excited to welcome you all back to Leicester on November 19th 2023!

### The Venue

Racing will take place in the Danielle Brown Sports Centre Gym (DBSC). Access to and from the venue will be via a rear fire access door, the details of which can be found on the graphic on the next page. The What3Words location of the entry point is [///solved.keys.zealous](#) – this will take you to the exact location; there will be signs in place on the day.

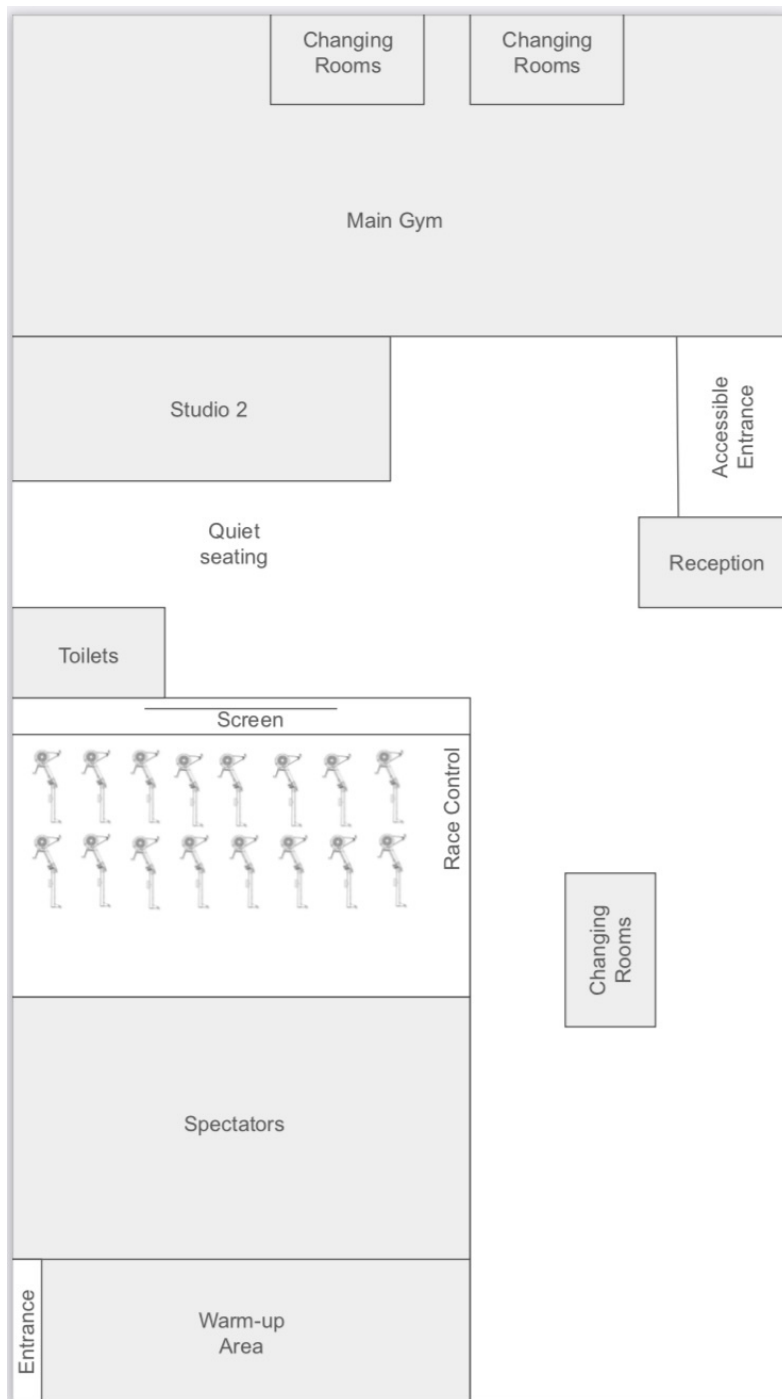
Please do not try and enter by the main entrance to the building as this is card-only access, except for accessible entry. Please feel free to ask reception for directions if required.

Full Address:

Danielle Brown Sports Centre,  
University of Leicester,  
Wyggeston Drive (Gate 1),  
University Road,  
Leicester,  
LE1 7RH.

### Parking

Parking is available on site and is located next to the main entrance. Please enter the university campus via Gate 1, Wyggeston Drive. There is also a paid overflow multi-story car park, if necessary, in Freeman's Common, What3Words [///fuels.fired.healers](#).



Layout of the Danielle Brown Sports Centre.

## Timetable & Draw

The timetable of the day is shown below. The draw will be published no later than 5pm on Friday 17th November. Doors will open at 08:30am.

<i>Time</i>	<i>Event</i>
08:30	Weigh-in opens
10:00	Beginner Men's Championship
10:30	Beginner Women's Championship
11:00	Open Women's Championship
11:40	Open Men's Championship
12:20	Lightweight Women's Championship
13:00	Lightweight Men's Championship
13:30	Prizegiving
14:00	Relays
15:00	Prizegiving

## Race Format

Racing will take place on Concept2 rowing machines fitted with PM5 monitors. Races will be run via the ErgRace software, which syncs the machines up together and controls the race.

Machines will be numbered as racing lanes and the draw will show allocated machines to each athlete. A competitors assigned erg should list their name and race on the screen. Please be mindful of the wires connecting ergs.

Drag factor must be set according to the competition category and is as follows:

<i>Drag Factor</i>	<i>Category</i>
138	Open/Beginner Men
130	Open/Beginner Women
135	Lightweight Men
125	Lightweight Women

The drag factor setting will be shown on the bottom right of the warm-up screen.

You will not have to press any buttons on the screen – everything is controlled by the racing software.

When the race is called to start, the warm-up screen will display ‘Prepare to Race’. Note that the flywheel must not be moving before the countdown can start. When the race starts, the screen will show READY > ATTENTION > ROW.

When all rowers are at the sit ready position, the starter will begin the START SEQUENCE

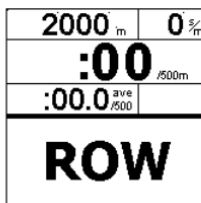


This is the first screen that will show on your PM3/PM4/PM5 display.



Followed pretty quickly by this one.

There is a random time delay of one to two seconds between **Attention** and **ROW**.



Begin rowing when **ROW** is visible on your display. If you start early the computer will false start you.

A **false start** occurs when a competitor pulls on the handle too early and the flywheel is accelerated above a certain threshold. Race control will remove a person from the event if they have personally caused 3 false starts.

If a false start occurs, the offending lane number is available for display to the audience, and is also shown on the erg screens so that it is public knowledge who the offending athlete(s) are. We will wait for flywheels to slow and stop before starting the race again.

During the live race, positions will be shown on each erg screen and spectators can follow the race status on a projected screen, as shown below.

C2 CHAMPS 5K				concept 2 ERG Race	1st: 4849m	0:35
PL	NAME	GAP	PACE	4900m	4850m	4800
1	Alex Dunne	+7	1:47		▶	
2	Dick Dreissigacke	0	1:56		▶	
2	David Hart		1:57		▶	
4	Silvan Zehnder	-7	1:59		▶	
5	M Lyons	-9	2:03		▶	
6	Peter Dreissigack	-21	2:10		▶	
7	Scott Hamilton	-35	2:22		▶	

If there is a technical failure, such as race software, an individual screen malfunctioning, or wire disconnection the race data will be stored in the erg memory as usual so **do not stop racing!**

In this case, scores will be manually collected after the race.

## Warming up

There will be a designated warm up area with mats and a smaller number of ergs. Please be considerate when using the warm up area – allow athletes in earlier waves to use the equipment.

As soon as the previous race has ended, you will be allowed a minimum of 20 minutes to warm-up on your assigned race erg.

## Lightweights

Weigh-in will open in Studio 2 from 08:30am and competitors must weigh-in before the start of their race. Lightweights must weigh-in wearing the kit they intend to compete in. Any competitors not meeting lightweight requirements on the day will automatically be redrawn into the respective open championship. Please speak to race control in the event you do not wish to be redrawn into open championships.

Lightweight Men	Lightweight Women
75 kg	61.5 kg

## First Aid & Emergencies

First-aid cover is provided by event organisers and gym staff in the main Danielle Brown Sports Centre. In the event of a minor emergency, contact a member of the event team who will provide assistance. For a major emergency please call 999 immediately.

The nearest AED is located at the Mary Macintosh Building (100 yd).

## Food & Drink

Competitors are encouraged to bring a large supply of snacks. All tap water is drinkable and there are multiple water fountains in the building so please bring your own water bottle. Refreshments will also be available to buy from several outlets on campus including the Library Café (David Wilson Library), Delicious (Charles Wilson Building) and Starbucks (Percy Gee Building).

## Results & Prizegiving

Results will be shared in realtime via the club's social media account (@uolbc), and on the main screens in the venue. A full results list will be published soon after the event.

Winners and runners up of each event will be awarded a gold, silver or bronze medal for their efforts after the end of racing. Please allow time for verification of results after the final race.

In the event of a tie the drawing competitors will receive the same rank and the next athlete behind them will take the second next title, i.e 5th, tied 6th, 8th...

If medal positions are tied, each drawing competitor will be awarded the appropriate medal. For example, tied 1st will both receive gold, while 3rd and 4th positions will receive silver and bronze respectively.

## Race Day Contacts

Club President: Lucy - 07759211695

Gym Reception: +44 (0)116 252 3118

Campus Security: +44 (0)116 2522023

**We would like to thank DMURC continuing to support us hosting BUCS UIARS for the East Midlands by loaning their ergs for the event!**