

# NORTH EAST INDOOR ROWING CHAMPIONSHIPS 2023

**Thank you for entering the North East Indoor Rowing Championships and supporting our partner charity Sport in Action! This document contains details about the day. Any questions, please email [ella.thomson@durham.ac.uk](mailto:ella.thomson@durham.ac.uk). We look forward to welcoming you at Durham University on Saturday!**

## Venue

Racing will take place in the old sports hall at the Graham Sports Centre, Durham University. Access to the venue will be through the main entrance. Walk straight past reception and the squash courts. Turn right through the purple door (before the double doors to the stairs) and the sports hall will be at the end of the corridor. Ask reception for directions to the old sports hall if needed.

## Parking

Parking is available on site and is located next to the main entrance. There is also an overflow car park, if necessary, which follows on from the main car park. Use the postcode DH1 3SE to find the venue.

## Registration

Please report to the race control desk on arrival at the sports hall where you will be checked in.

## Timetable and Draw

The timetable of the day is shown below. The draw will be published by 12pm on Friday 10<sup>th</sup> November.

Doors will open at 10:30. Competitors are advised to arrive up to 45 mins before their start time to allow time to warm up.

## Timetable:

| Time  | Event   | Wave |
|-------|---|------|
| 11:45 | Women's 2k                                    | 1    |
| 12:00 | Women's 2k (inc. junior)                      | 2    |
| 12:15 | Men's 2k                                      | 1    |
| 12:30 | Men's 2k                                      | 2    |
| 12:45 | Men's 2k (inc. master + junior + lightweight) | 3    |
| 13:05 | 2k Prizegiving                                |      |
| 13:15 | Women's 1k                                    | 1    |
| 13:25 | Women's 1k                                    | 2    |
| 13:35 | Men's 1k (inc. guest)                         | 1    |
| 13:50 | 1k Prizegiving                                |      |
| 14:00 | Junior boys 4 min                             | 1    |
| 14:10 | Junior boys 4 min                             | 2    |
| 14:20 | Junior girls 4 min                            | 1    |
| 14:30 | Junior Prizegiving                            |      |
| 14:40 | 250m sprints (drop in available)              | 1    |
| 14:55 | Men's 2k relays (drop in available)           | 1    |
| 15:15 | Women's 2k relays (drop in available)         | 1    |
| 15:30 | Junior mixed 2k relays                        | 1    |
| 15:50 | Sprint and relay Prizegiving                  |      |

## Racing Format

Racing will take place on Concept2 rowing machines fitted with PM5 monitor. 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.

Drag factor must be set according to the competition category and is as follows: Open men 138, Open Women 130, Lightweight Men 135, Lightweight Women 125, Junior Boys 115, Junior Girls 105. The drag factor setting will be shown on the bottom right of the 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, then ATTENTION, and then ROW.

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

**If there is a technical failure, such as race software or an individual screen malfunctioning, the race data will be stored in the erg memory as usual so do not stop racing! In this case, scores will be collected after the race.**

## **Warm up**

**There will be a designated warm up area with Concept2 rowing machines, ErgBikes and mats. Please be considerate when using the warm up area – allow athletes in earlier waves to use the equipment.**

## **Lightweights**

**Calibrated scales will be available behind the main event desk. Lightweights must weigh in up to 2 hours prior to racing and in their racing kit.**

## **Guest Events**

**Guest events will be incorporated into the main categories where possible. Do not be alarmed if the timetable doesn't state your category explicitly – the published draw will contain this information. Please ensure your drag factor is set according to the details above.**

## **First aid and Emergencies**

**First-aid cover will be provided by the event coordinators and the main staff at the Graham Sports Centre. In the event of a greater emergency, alert a member of the event team who will give assistance.**

## **Food and Drink**

**Competitors are encouraged to bring their own supply of fluids and foods they wish to consume. All tap water is drinkable and there are multiple water fountains in the building. Refreshments will also be available to buy from the Maiden Castle café, located by the main reception desk. It will be open from 9:00 – 17:00 and has additional quiet seating areas.**

## **Prizegiving**

**Results will be shared immediately over live commentary and a full results list published after the event.**

**Prizegiving will commence after each event has finished and each guest event winner will win a NEIRC 2023 gold medal. BUCS event results are taken from across all Indoor Rowing Series across the country.**

