



QUEEN'S
UNIVERSITY
BELFAST

QUEEN'S
SPORT



Thank you for entering the 2023/24 Queen's University Belfast Indoor Rowing Championships! This document contains information about the day. If you have any questions, please email r.carney@qub.ac.uk; we look forward to welcoming you to the PEC this Wednesday! Racing will take place in the Major Hall of Queen's Sport Physical Education Centre (PEC), access to and from the venue will be via the main entrance to the PEC. Please inform the desk at the main entrance that you are here to compete, and they will grant you access to the building. There is 'first-come, first-served' parking on site for cars. Please let us know if any participants have specific mobility issues that require guaranteed parking. Use the postcode BT9 5EX to find us.

The draw will be published at the bottom this document – please arrive at least 60 minutes before your race time and report to the sign in desk to confirm your attendance as well as complete weigh in for any lightweight athletes.

Lwt weigh in

Racing will start at 12pm and finish at 3:40pm shortly followed by prizegiving.

Racing will commence by having the athletes' time slot called inviting the athletes to proceed to their allocated Concept2 ergometer – Any athlete not at their machine within 2 minutes of race start time will be disqualified. Time will then be given for athletes to set their machine to their desired drag factor. A call will be made to "STOP ROWING" following which the athlete will be instructed to set their screen to their event distance. The start procedure will commence after this and will be as follows - "COME FORWARD" "ATTENTION" "GO". The race will be monitored by independent adjudicators. Once finished please do not leave your machine until all competitors have finished racing and scores have been collected and verified by the adjudicators. If a competitor requires a visual signal to start, please inform the race controller and one will be provided. There will be no electronic tracking of races.

Warm-up - Rowing machines 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.

First aid, emergencies and fluid spills - First-aid cover is provided by event organisers and operational staff in the PEC. In the event of an emergency, contact a member of the event team who will provide assistance. AEDs are available from the PEC reception. 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 PEC; it is recommended that competitors bring ample supply of fluids with them. Clements Cafe, located just outside of the venue in the entrance to the PEC will be open on race day and provides a wide range of food and drink options, as well as additional quiet seating areas.

A full results list will be published soon after the event. Each event winner on the day, will win a QUB T-Shirt + Water Bottle. If a winner is unable to attend the prizegiving, please inform race control.

We look forward to welcoming you on Wednesday 15th!

Any questions please direct them to r.carney@qub.ac.uk

Queen's University BUCS Indoor Championship Draw: