

## London Youth Games Indoor Rowing



### Race Day Information

Date	6 <sup>th</sup> July 2008
Time	9:30am
Location	Crystal Palace National Sports Centre - Indoor Running Track
Racing	10:30am - 1:30pm (approx.)

#### *Upon Arrival*

- the team should find an area within the hall to base themselves
- Registration begins at 9.30am, Racing from 10:30am
- the Team Manager must go **alone** to the Registration desk to confirm their entries for the Indoor Rowing Competition and to pick up their Race Pack

#### *Race Pack*

- In your race pack you will find:
  - the Order of Racing
  - a map of the venue
  - a copy of the Rules
  - race cards for each individual competitor
  - this information sheet

Below are some extra points to help the event run safely and smoothly...

- Please ensure that each competitor brings their race card to the race floor. This is the entry pass to their race
- There will be an invigilator on each machine to assist competitors and to ensure the rules are followed.
- The invigilator will also record the competitors name and distance covered as a backup to the main race system. At the end of each race the invigilator will mark the back of the competitors hand with the letter R. This is to ensure that each competitor only competes once.
- The *first* race of the day will be the Year 11 Girls, followed by the Year 11 Boys, then Year 10 Girls and so on. As the older competitors race for a longer time, this format will give them longer to recover before the team relay race.
- The maximum damper lever setting (resistance) will be level 6. This is for safety reasons and will be strictly enforced on the day.
- The damper lever cannot be moved once a race has started (this includes the team relay event as well as the individual races).
- Only competitors are allowed in the race area at any time.
- If a competitor is not on their machine once the start sequence has been initiated then their race will be forfeit.
- During the team relay race only racing competitors can hold the footstraps
- During the team relay each person can only row once for 1 minute.  
Eg - If your team has only 7 competitors then your team can only row for 7 out of the 10 mins. It is in your best interest to ensure you have a full team on the day.

There will be a Team Managers 1 minute race between the Individual and Team Relay races.

*Prepare yourselves accordingly!*

(NB - the race is voluntary and non-points scoring).