



COLGAN FOUNDATION 2023 NEW ZEALAND INDOOR ROWING CHAMPIONSHIPS *CAMBRIDGE PROGRAMME*

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Disclaimer:

I understand that by using the Concept2 Rowing Machine, I do so at my own risk. I understand the functionality and proper use of the machine. I have read the Concept2 Manual and the safety information around using the machine in correct manner to manufacturers specifications. I understand that improper use may result in injury. By using the machine, I do so at my own risk, discretion & understand the Concept2 Rowing Machine, requires physical exertion and I have had professional medical advice, to say I am fit and healthy enough to use this machine.

Health and Safety.

PARTICIPATION IN THIS EVENT IS ENTIRELY AT YOUR OWN RISK:

Should you feel that you are no longer able to compete, you can withdraw your entry by emailing info@indoorrowing.co.nz in line with the published terms and conditions.

MEDICAL ISSUES DURING RACING: If you experience any pain, discomfort, nausea, dizziness, or shortness of breath while participating in this event, please STOP rowing and consult an onsite medical expert.

JUNIORS: If you are under 16 years of age, please ensure you have a parent or legal guardian on site with you. If you are the parent or legal guardian of a competitor under the age of 16, you agree to be fully responsible for their safety.

BE PREPARED: Please make sure you warm up properly, have eaten and hydrated sufficiently, you are wearing appropriate clothing and footwear. Ensure you have practised your race distance before the event; the race should not be the first time you attempt it.

Race start procedure:

You will be given a warning two minutes before the race is due to start. With one minute to go you will need to stop rowing and put your handle down to allow the rowing machine fan to stop. You will then be instructed to pick up your handle and get ready to race. All race start instructions will be visible on your rowing machine monitor.

You can find further details of, and familiarise yourself with, the race starts procedure and race view below:

RACE START SEQUENCE

PM3/PM4/PM5 VIEW DURING THE START SEQUENCE

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

2000 _m	0 _%
:00	/500m
:00.0 _{ave}	/500
 Sit ready	

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

2000 _m	0 _%
:00	/500m
:00.0 _{ave}	/500
 Attention	

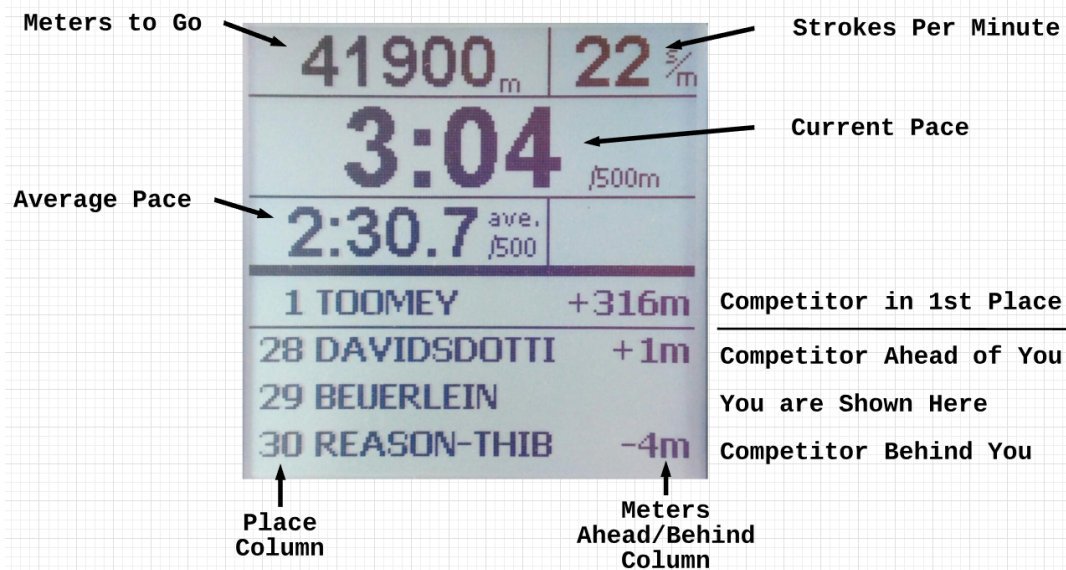
Followed pretty quickly by this one.

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

2000 _m	0 _%
:00	/500m
:00.0 _{ave}	/500
ROW	

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

RACE DISPLAY



If you see this on your screen: **Keep Rowing** don't stop, keep rowing!

Important

The time between "Attention" and "ROW" is different for each race to prevent people from trying to predict the start.

If a **false start** occurs, the monitor will display "False Start" and will list the lanes responsible. Stop rowing and put the handle back in the handle hook.

During the race

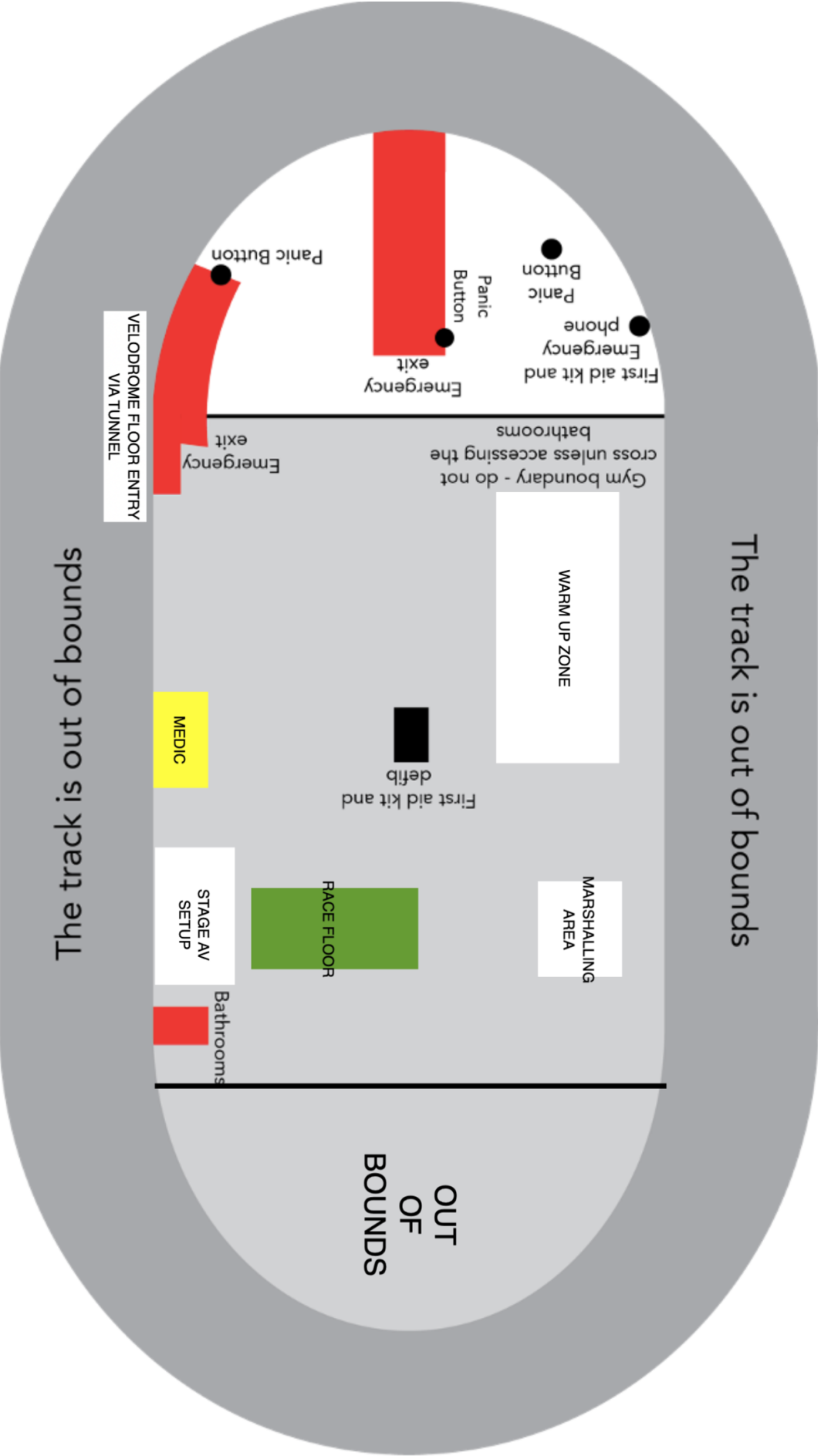
If you experience technical issues during your race, please continue to row until you have completed the distance. If the connection comes back in this time the race system will be able to read your back up file and extrapolate your score. If it does not come back, your monitor will still contain your score which can be manually added after the race.

After the race

Once the race has finished, the race official will approve the race at which point the race system will disconnect your monitor. You do not need to do anything whilst this is happening,

Enjoy.

ErgFit





9:00am RACE 1: 2000M FEMALE MIXED AGE/WEIGHT

LANE

1	Ayla	Rowe	LIGHTWEIGHT	Under 21
2	Nicola	Goss	OPENWEIGHT	30 - 39
3	Marie	France	OPENWEIGHT	40 - 49
4	Barbara	Armstrong	OPENWEIGHT	40 - 49
5	Hannah	Lyle	OPENWEIGHT	40 - 49
6	Debbie	White	OPENWEIGHT	50 - 54
7	Lynley	Allison	OPENWEIGHT	PARA
8				
9				
10				
11				
12				



9:20am RACE 2: 2000M MENS MIXED AGE/WEIGHT

LANE

1	Stephen	Gibbons	LIGHTWEIGHT	55 - 59	Waikato RC
2	Anthony	Spijkerman	LIGHTWEIGHT	65 - 69	
3	Andy	Tomlinson	OPENWEIGHT	30 - 39	
4	Brent	Smart	OPENWEIGHT	55 - 59	
5	Richard	Shaw	OPENWEIGHT	55 - 59	
6	Garry	Aitchison	OPENWEIGHT	75 - 79	
7	Sean	Brooks-Adams	OPENWEIGHT	Under 19	
8	Phil	Handford	OPENWEIGHT	60 – 64	
9	Henry	Gavin	LIGHTWEIGHT	Under 21	WAIKATO RC
10					
11					
12					



9:40am RACE 3: 1000M MEN U16

LANE

1	Tristan	Rooseboom	OPENWEIGHT	Under 16	TAURANGA BOYS
2	Jacob	Gilbert	OPENWEIGHT	Under 16	TAURANGA BOYS
3	Peter	Browne	OPENWEIGHT	Under 16	TAURANGA BOYS
4	Mac	Knowles	OPENWEIGHT	Under 16	TAURANGA BOYS
5	Wilson	Gee	OPENWEIGHT	Under 16	TAURANGA BOYS
6	Rory	McKenzie	OPENWEIGHT	Under 16	TAURANGA BOYS
7	Jesse	Kingsnorth	OPENWEIGHT	Under 16	TAURANGA BOYS
8	Oscar	Milne	OPENWEIGHT	Under 16	TAURANGA BOYS
9	James	Muir	OPENWEIGHT	Under 16	TAURANGA BOYS
10	Tyler	Nelson	OPENWEIGHT	Under 16	TAURANGA BOYS
11	Kyle	Walters	OPENWEIGHT	Under 16	TAURANGA BOYS
12	Keenan	McConnochie	OPENWEIGHT	Under 16	TAURANGA BOYS



9:54AM RACE 4: 1000M MEN U17, U19

LANE					
1	Julius	Lünenburg	OPENWEIGHT	Under 17	TAURANGA BOYS
2	Kurtis	Smith	OPENWEIGHT	Under 17	TAURANGA BOYS
3	Lachlan	Cole	OPENWEIGHT	Under 17	TAURANGA BOYS
4	Alex	Rose	OPENWEIGHT	Under 19	TAURANGA BOYS
5	Jameson	McConnochie	OPENWEIGHT	Under 19	TAURANGA BOYS
6	Eben	Bircham	OPENWEIGHT	Under 19	TAURANGA BOYS
7	Nathan	Helms	OPENWEIGHT	Under 19	TAURANGA BOYS
8	Tejeshwar	Sandhu	OPENWEIGHT	Under 19	TAURANGA BOYS
9	Luke	Berquist	OPENWEIGHT	Under 19	
10					
11					
12					



10:10AM RACE 5: 1000M MEN U14, U15

LANE

1	Elikaï	MANUEL	OPENWEIGHT	Under 14	French Polynesia
2	Corin	Brown	OPENWEIGHT	Under 15	TAURANGA BOYS
3	Oscar	Fairweather	OPENWEIGHT	Under 15	TAURANGA BOYS
4	Luka	Adam	OPENWEIGHT	Under 15	TAURANGA BOYS
5	Barend	Muller	OPENWEIGHT	Under 15	TAURANGA BOYS
6	Aiden	Soper	OPENWEIGHT	Under 15	TAURANGA BOYS
7	Matthew	Bartlett	OPENWEIGHT	Under 14	TAURANGA BOYS
8	Naia	Te Haara	OPENWEIGHT	Under 16	TAURANGA BOYS
9					
10					
11					
12					



10:24AM RACE 6: 1000M FEMALE MIXED AGE/WEIGHT

LANE

1	Ayla	Rowe	LIGHTWEIGHT	Under 21
2	Nicola	Goss	OPENWEIGHT	30 - 39
3	Marie	France	OPENWEIGHT	40 - 49
4	Barbara	Armstrong	OPENWEIGHT	40 - 49
5	Hannah	Lyle	OPENWEIGHT	40 - 49
6	Debbie	White	OPENWEIGHT	50 - 54
7	Lynley	Allison	OPENWEIGHT	PARA
8	Grace	Iremonger	OPENWEIGHT	Under 19
9				
10				
11				
12				



LANE

10:38AM RACE 7: 1000M MALE MIXED AGE/WEIGHT

1	Stephen	Gibbons	LIGHTWEIGHT	55 - 59	Waikato RC
2	Anthony	Spijkerman	LIGHTWEIGHT	65 - 69	
3	Yohann	OOPA	LIGHTWEIGHT	40 - 49	CAP Marara Tahiti
4	Kevin	SCOTT	OPENWEIGHT	30 - 39	French Polynesia
5	Jean Sebastien	BIENIAS	OPENWEIGHT	40 - 49	French Polynesia
6	Simon	Cherry	OPENWEIGHT	50 - 54	
7	Richard	Shaw	OPENWEIGHT	55 - 59	
8	Garry	Aitchison	OPENWEIGHT	75 - 79	
9	Robin	taylor	OPENWEIGHT	75 - 79	
10					
11					
12					



10:52am RACE 8: 500m MEN U16

LANE

1	Wilson	Gee	OPENWEIGHT	Under 16	TAURANGA BOYS
2	Tyler	Nelson	OPENWEIGHT	Under 16	TAURANGA BOYS
3	Tristan	Rooseboom	OPENWEIGHT	Under 16	TAURANGA BOYS
4	Rory	McKenzie	OPENWEIGHT	Under 16	TAURANGA BOYS
5	Peter	Browne	OPENWEIGHT	Under 16	TAURANGA BOYS
6	Oscar	Milne	OPENWEIGHT	Under 16	TAURANGA BOYS
7	Mac	Knowles	OPENWEIGHT	Under 16	TAURANGA BOYS
8	Kyle	Walters	OPENWEIGHT	Under 16	TAURANGA BOYS
9	Jesse	Kingsnorth	OPENWEIGHT	Under 16	TAURANGA BOYS
10	James	Muir	OPENWEIGHT	Under 16	TAURANGA BOYS
11	Jacob	Gilbert	OPENWEIGHT	Under 16	TAURANGA BOYS
12	Keenan	McConnochie	OPENWEIGHT	Under 16	TAURANGA BOYS



11:02AM RACE 9: 500M MALE U17, U19

LANE

1	Tejeshwar	Sandhu	OPENWEIGHT	Under 19	TAURANGA BOYS
2	Sean	Brooks-Adams	OPENWEIGHT	Under 19	
3	Nathan	Helms	OPENWEIGHT	Under 19	TAURANGA BOYS
4	Lachlan	Cole	OPENWEIGHT	Under 17	TAURANGA BOYS
5	Kurtis	Smith	OPENWEIGHT	Under 17	TAURANGA BOYS
6	Julius	Lünenburg	OPENWEIGHT	Under 17	TAURANGA BOYS
7	Jameson	McConnochie	OPENWEIGHT	Under 19	TAURANGA BOYS
8	Eben	Bircham	OPENWEIGHT	Under 19	TAURANGA BOYS
9	Alex	Rose	OPENWEIGHT	Under 19	TAURANGA BOYS
10	Henry	Gavin	LIGHTWEIGHT	Under 21	
11	Luke	Berquist	OPENWEIGHT	Under 19	
12	Naia	Te Haara	OPENWEIGHT	Under 16	TAURANGA BOYS



11:12AM RACE 10: 500M MALE U14,U15,75-79

LANE

1	Corin	Brown	OPENWEIGHT	Under 15	TAURANGA BOYS
2	Oscar	Fairweather	OPENWEIGHT	Under 15	TAURANGA BOYS
3	Luka	Adam	OPENWEIGHT	Under 15	TAURANGA BOYS
4	Barend	Muller	OPENWEIGHT	Under 15	TAURANGA BOYS
5	Aiden	Soper	OPENWEIGHT	Under 15	TAURANGA BOYS
6	Elikaï	MANUEL	OPENWEIGHT	Under 14	French Polynesia
7	Garry	Aitchison	OPENWEIGHT	75 - 79	
8	Robin	taylor	OPENWEIGHT	75 - 79	
9	Matthew	Bartlett	OPENWEIGHT	Under 14	TAURANGA BOYS
10					
11					
12					



11:22am RACE 11: 500m FEMALE MIXED AGE/WEIGHT

LANE

1	Teresa	PADOVESE	LIGHTWEIGHT	55 - 59	French Polynesia
2	Nicola	Goss	OPENWEIGHT	30 - 39	
3	Marie	France	OPENWEIGHT	40 - 49	
4	Lynley	Allison	OPENWEIGHT	PARA	
5	Hannah	Lyle	OPENWEIGHT	40 - 49	
6	Grace	Iremonger	OPENWEIGHT	Under 19	
7	Debbie	White	OPENWEIGHT	50 - 54	
8	Barbara	Armstrong	OPENWEIGHT	40 - 49	
9	Ayla	Rowe	LIGHTWEIGHT	Under 21	
10	Nadia	Koucha	LIGHTWEIGHT	55 - 59	VELODROME GYM
11					
12					



11:32am RACE 12: 500M MALE MIXED AGE/WEIGHT

LANE

1	Brent	Smart	OPENWEIGHT	55 - 59	
2	Richard	Shaw	OPENWEIGHT	55 - 59	
3	Nigel	Wilson	OPENWEIGHT	50 - 54	
4	Jean Sebastien	BIENIAS	OPENWEIGHT	40 - 49	French Polynesia
5	Kevin	SCOTT	OPENWEIGHT	30 - 39	French Polynesia
6	Anthony	Spijkerman	LIGHTWEIGHT	65 - 69	
7	Jean Christophe	WINTER	LIGHTWEIGHT	60 - 64	French Polynesia
8	Stephen	Gibbons	LIGHTWEIGHT	55 - 59	Waikato RC
9	Cedric	BAZIN	LIGHTWEIGHT	40 - 49	French Polynesia
10	Yohann	OOPA	LIGHTWEIGHT	40 - 49	CAP Marara Tahiti
11	Michael	Brake	OPENWEIGHT	23 - 29	NZ Costal
12					

11:50am RACE 13: RELAYS U16, U15

LANE			
1	<u>TBC – C</u>	Rory McKenzie James Muir Wilson Gee Mac Knowles	<u>Under</u> <u>16</u>
3	<u>TBC – D</u>	Keenan McConnochie Kyle Walters Tristan Rooseboom Peter Browne	<u>Under</u> <u>16</u>
5	<u>TBC – E</u>	Jesse Kingsnorth Aiden Soper Jacob Gilbert Oscar Milne	<u>Under</u> <u>16</u>
7	<u>TBC – F</u>	Corin Brown Oscar Fairweather Luka Adam Barend Muller	<u>Under</u> <u>15</u>
9			
10			
11			
12			



12:06pm RELAYS cont.

LANE

1

TBC A

Alex Rose
Jameson McConnochie
Eben Bircham
Nathan Helms

**UNDER
19**

2

3

TBC B

Julius Lünenburg
Lachlan Cole
Kurtis Smith
Tyler Nelson

**UNDER
17**

4

5

Horny
Hellraisers

Ayla Rowe
Amy Penniket
TBC
TBC

Women's
19-39

6

7

TAHITI

**TBC
TBC
TBC
TBC**

8

9

Bootilicious
babes

Debbie White
Barb Armstrong
TBC
TBC

**WOMENS
40+**

10

TERMS AND CONDITIONS AND PARTICIPANT WAIVER

1. Warning and acceptance of risks

1. 1.1. The Participant, guardian or caregiver is aware that by participating in the NZ & Oceania Indoor Rowing Championship, the Participant will be exposed to many significant risks, including, without limitation, risks of death, physical and mental injury, disease, loss and damage of unsecured property, and economic loss. The risks associated with participation include, without limitation, the risk that the Participant may suffer harm as a result of: (a) exhaustion; (b) injuries to bones, joints, ligaments, muscles, tendons and other aspects of the Participant's muscular skeletal system (c) aggravation, acceleration or recurrence of an existing injury or disease; (d) dehydration; (e) oxygen deprivation; (f) falls; (g) allergic reactions; (h) infections; (i) grazes, cuts, abrasions, wounds and blisters; (j) psychological and psychiatric injury; and (k) many other causes.
2. 1.2. The Participant, guardian or caregiver understands ALL the risks and hazards which can be associated with the location of their participation in this event in either location run by the New Zealand Indoor Rowing Association (NZIRA)
3. 1.3. The Participant, guardian or caregiver fully appreciates the nature and extent of all risks involved by participating in the NZ & Oceania Indoor Rowing Championships, that the Participant freely, voluntarily and absolutely ACCEPTS ALL RISKS whatsoever arising out of or in relation to the Participant's participation.
4. 1.4. I hereby release the event manager and the NZIRA, their officers, directors, volunteers, employees, sponsors or any third-party associated with organizing and running the NZ & Oceania Indoor Rowing Championships, of any liability, financial or otherwise, which might arise whether or not by negligence, from any direct or indirect loss, injury or death which might be sustained by me or any other party directly or indirectly associated with me, from my intended or actual participation in the event and its related activities.
5. 1.5. The Participant, guardian or caregiver has read and understands the Concept2 Manual on how to use the Concept2 Indoor Rowing Machine with all safety warnings and acknowledges any risks involved with using one.

https://www.concept2.com/files/pdf/us/indoor-rowers/DE_UsersManual.pdf

https://www.concept2.com/files/pdf/us/indoor-rowers/C_UsersManual.pdf

<https://www.concept2.com/service/manuals>

2. Medical

The Participant and or, guardian or caregiver, declares that the Participant is, and will continue to be medically, physically fit, mentally fit and stable, to participate in the NZ & Oceania Indoor Rowing Championships.

The participant, guardian or caregiver has received professional medical advice if and when needed

in order to compete. The Participant will immediately notify the event team or The NZIRA in writing of any change to the Participant's fitness and ability to participate. The Participant, guardian or caregiver understands and accepts that the Event team will continue to rely upon this declaration as evidence of the Participant's fitness and ability to participate.

3. Rules and Bylaws

The participant, guardian or caregiver acknowledge that this event is being run in conjunction with the World Rowing Federation (FISA) and therefore bylaws and rules governing the sport of 'Rowing' will need to be adhered to if relevant to the event.

<http://www.worldrowing.com/fisa/publications/rule-book>

4. Data Collection

Personal Information will be collected for the purpose of entry systems and will only be used and shared with the associated event organisers and governing bodies of the NZ Indoor Rowing Championships for communication purposes.

5. Results, Photos, Images.

The Participant, guardian or caregiver acknowledges that event organisers or third-party associates, may create, store, record, transmit, reproduce photographs and electronic images of the event and the Participant consents that the organisers or their third-party associates may use these photographs or images for proper purpose without identification or compensation of any kind.

6. I have read and agree to all the safety information, rules and conditions above and from any associated links within these terms and conditions as were indicated on the registration and entry form.