



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

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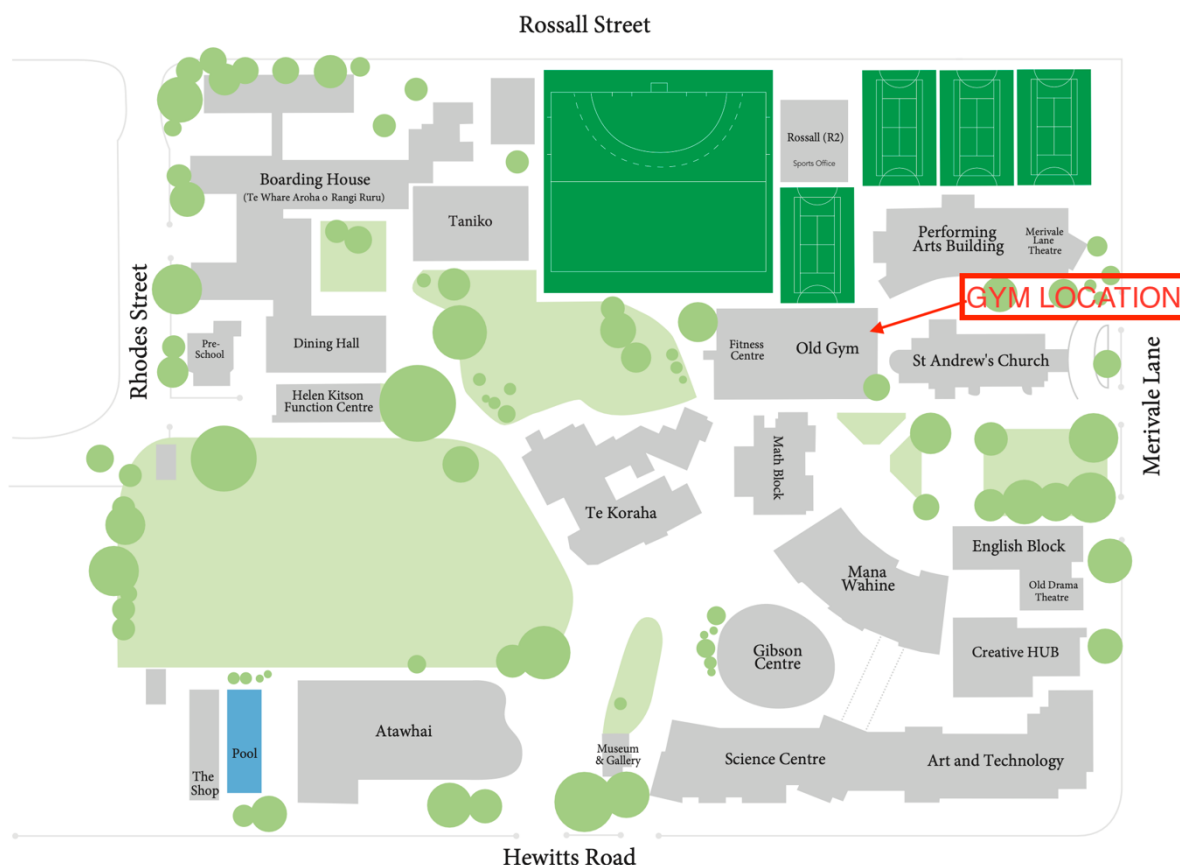
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## Disclaimer:

***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 profession medical advice, to say I am fit and healthy enough to use this machine.***

## RANGI RURU SITE MAP:

There is parking by the church on Merivale Lane and on Hewitt's Road main entrance.



## 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](mailto: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 <sub>m</sub>	0 <sub>%</sub>
:00	/500m
:00.0 <sub>ave</sub>	/500
 Sit ready	

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

2000 <sub>m</sub>	0 <sub>%</sub>
:00	/500m
:00.0 <sub>ave</sub>	/500
 Attention	

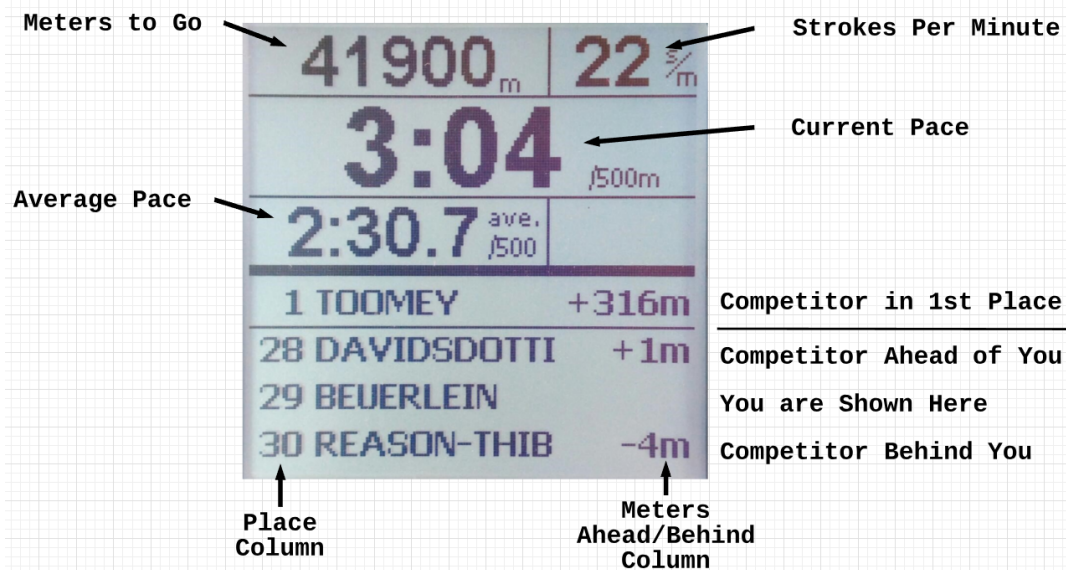
Followed pretty quickly by this one.

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

2000 <sub>m</sub>	0 <sub>%</sub>
:00	/500m
:00.0 <sub>ave</sub>	/500
<b>ROW</b>	

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

**\*REMEMBER YOU ARE RACING FOR YOURSELF AND AGAINST OTHER PEOPLE  
IN ANOTHER LOCATION. LOCK IN, FOCUS, AND DO YOUR BEST SO YOU CAN  
SEE IF YOU HAVE THE FASTEST TIME IN NZ & IN THE OCEANIA REGION!!\***



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

<b><i>LANE</i></b>				
<b><i>1</i></b>	Helen	Gunn	OPENWIEGHT	30 - 39
<b><i>2</i></b>	Julia	Mercer	OPENWEIGHT	30 - 39
<b><i>3</i></b>	Ilonka	Buwalda	PARA	40 - 49
<b><i>4</i></b>	Isabella	Wilson	OPENWEIGHT	Under 15
<b><i>5</i></b>	Alice	Egerton	OPENWEIGHT	Under 16
<b><i>6</i></b>	Olivia	Piebenga	OPENWEIGHT	Under 19



*9:20am RACE 2: 2000M MEN'S MIXED AGE/WEIGHT*

***LANE***

<b><i>1</i></b>	Bruce	Patton	LIGHTWEIGHT	80 - 84	
<b><i>2</i></b>	David	Hatton	OPENWEIGHT	30 - 39	
<b><i>3</i></b>	Terry	O'Neill	OPENWEIGHT	PARA	Ashburton
<b><i>4</i></b>	George	Wilson	OPENWEIGHT	Under 16	
<b><i>5</i></b>	Bede	Giera	OPENWEIGHT	Under 17	St Bedes
<b><i>6</i></b>	Logan	Jenner	OPENWEIGHT	Under 19	



*9:40am RACE 3: 1000M MEN'S U16, U17*

***LANE***

<b><i>1</i></b>	Bruno	Dooley	OPENWEIGHT	Under 16	St Bedes Rowing
<b><i>2</i></b>	Alex	Cowan	OPENWEIGHT	Under 16	St Bedes Rowing
<b><i>3</i></b>	Lucas	Corcoran	OPENWEIGHT	Under 17	St Bedes Rowing
<b><i>4</i></b>	Jamie	Warren	OPENWEIGHT	Under 17	St Bedes Rowing
<b><i>5</i></b>	Hugo	van Herel	OPENWEIGHT	Under 17	St Bedes Rowing
<b><i>6</i></b>					





10:15am RACE 4: MIXED 1000M

**LANE**

<b>1</b>	Bruce	Patton	LIGHTWEIGHT	80 - 84	
<b>2</b>	Allan	Hallberg	OPENWEIGHT	65 - 69	4 peak gym
<b>3</b>	Terry	O'Neill	OPENWEIGHT	PARA	Ashburton
<b>4</b>					
<b>5</b>	Ilonka	Buwalda	<b>PARA</b>	40 - 49	
<b>6</b>	Olivia	Piebenga	OPENWEIGHT	Under 19	



*10:30am RACE 5: MEN'S MIXED1000M*

***LANE***

<b><i>1</i></b>					
<b><i>2</i></b>	Simon	Slade	OPENWEIGHT	40 - 49	
<b><i>3</i></b>	Logan	Jenner	OPENWEIGHT	Under 19	
<b><i>4</i></b>	Thomas	Woodgate	OPENWEIGHT	Under 19	St Bedes Rowing
<b><i>5</i></b>					
<b><i>6</i></b>					



10:50am RACE 6: 500M MEN U17

**LANE**

<b>1</b>					
<b>2</b>	Lucas	Corcoran	OPENWEIGHT	Under 17	St Bedes Rowing
<b>3</b>	Jamie	Warren	OPENWEIGHT	Under 17	St Bedes Rowing
<b>4</b>	Hugo	van Herel	OPENWEIGHT	Under 17	St Bedes Rowing
<b>5</b>	Bede	Giera	OPENWEIGHT	Under 17	St Bedes Rowing
<b>6</b>					



**LANE**

*11:05am RACE 7: 500M MEN'S MIXED AGE/WEIGHT*

<b>1</b>	Bruce	Patton	LIGHTWEIGHT	80 - 84	
<b>2</b>	Logan	Keys	OPENWEIGHT	30 - 39	AVON
<b>3</b>	Simon	Slade	OPENWEIGHT	40 - 49	
<b>4</b>	Eric	Murray	OPENWEIGHT	40 - 49	ERGFIT
<b>5</b>	Allan	Hallberg	OPENWEIGHT	65 - 69	4 peak gym
<b>6</b>	Terry	O'Neill	OPENWEIGHT	PARA	Ashburton



*10:52am RACE 8: 500m FEMALE MIXED AGE*

***LANE***

<b><i>1</i></b>				
<b><i>2</i></b>	Ilonka	Buwalda	PARA	40 - 49
<b><i>3</i></b>	Isabella	Wilson	OPENWEIGHT	Under 15
<b><i>4</i></b>	Alice	Egerton	OPENWEIGHT	Under 16
<b><i>5</i></b>	Olivia	Piebenga	OPENWEIGHT	Under 19
<b><i>6</i></b>				



*11:08am RACE 9: 500M MALE U16, U19*

***LANE***

<b><i>1</i></b>	Logan	Jenner	OPENWEIGHT	Under 19	
<b><i>2</i></b>	Thomas	Woodgate	OPENWEIGHT	Under 19	St Bedes Rowing
<b><i>3</i></b>	George	Wilson	OPENWEIGHT	Under 16	
<b><i>4</i></b>	Bruno	Dooley	OPENWEIGHT	Under 16	St Bedes Rowing
<b><i>5</i></b>	Alex	Cowan	OPENWEIGHT	Under 16	St Bedes Rowing
<b><i>6</i></b>					



11:25AM RACE 10: REALYS

**LANE**

1	St Bede's Rowing 1	Lucas Bruno Hugo Alex	Under 19
2			
3	St Bede's Rowing 2	Thomas Lucas Alex Bede	Under 19
4			
5	Paraforester	Terry O'Neill Tbc Tbc Tbc	Men's 40+
6	Gold carders	Allan Hallberg Tbc Tbc Tbc	Men's 40+

## 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/DE_UsersManual.pdf)

[https://www.concept2.com/files/pdf/us/indoor-rowers/C\\_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.**