

**Do I need to qualify to enter?**

No, you do not need to qualify – everyone is welcome!

**Do I need to be a member of a club or gym to compete?**

No. Anyone is eligible to enter, but you can have your school/club/gym affiliation beside your name when racing.

**What sort of indoor rowing machines are used?**

Competition is conducted on Concept2 Static Rower.

**Are there Medals?**

Yes, we will have Gold, Silver, for all categories.

**What damper setting/drag factor can I use?**

You set your own damper/drag factor, but you cannot change this once your race has started.

**Can I have a support Person/Coach with me?**

Every competitor is allow one “support person” with them on the race floor.

**When do entries close?**

Entries will close at 11:59pm on Sunday 22<sup>nd</sup> October.

**I am a coach and want to enter a group from my school. Can I do a bulk entry?**

Yes. Please email; [info@indoorrowing.co.nz](mailto:info@indoorrowing.co.nz) and discuss.

**When will the draw/schedule be released?**

Race times will be released by Tuesday 24 October, or as soon as possible after close of entries.

**When will the results be released?**

We aim to have preliminary results published directly after each race, with FULL VAILID RESULTS within 24 hours of the completion of competition. This will give you your NZ Ranking and also your Oceania Ranking.

**What happens on race day?**

- Arrive and check in to pick up a daysheet, rules, T&C's and make yourself familiar with the arena.
- Make sure you are prepared for your race times.
- Warm up with sufficient time prior to your races.

**Competitor timeline:**

- Warm up prior to race for as long as you see fit.
- You will be called to the marshalling area approx. 10-5min prior to race, or at least make yourself known to the marshals if you wish to warm up longer.
- Once the prior race is finishes, you are clear to move into the race area and final warmup on the machines.
- 2mins prior to racing, you will be asked to stop and follow the race instructions.

**What happens if I miss my race?**

We would hope we have provided you with enough information and communication so this would not be the case. However, for unforeseen circumstances, if there is an opportunity to fill you into another race, we will do so if there is space, and your results will be allocated to your corresponding age/weight/sex event.

**What happens if my machine freezes down during my race?**

If you have already started your race your monitor will tell you to “Keep Rowing”. Keep rowing while you see this message! Complete your race and the information will be stored in the machine and we will manually input that into the system.