

The Colgan Foundation New Zealand & Oceania Indoor Rowing Championships

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.

Overview

The Colgan Foundation New Zealand & Oceania Indoor Rowing Championships will be a combination of a Locally run New Zealand event centers and Oceania collaborated results.

Date

Saturday 28th October 2023

Location

Grassroots Trust Velodrome – Cambridge
Kerrs Gym – Rangī Ruru Girls School - Christchurch

Events

- 500m
- 1000m
- 2000m
- Team relays

Age Categories

Your age for events will be “your age” as of 28th October 2023.

- Under 14
- Under 15
- Under 16
- Under 17
- Under 19
- Under 21
- Under 23
- 23 - 29
- 30 - 39
- 40 - 49

- 50 - 54
- 55 - 59
- 60 - 64
- 65 - 69
- 70 - 74
- 75 - 79
- 80 - 84
- 85 - 89
- 90+

Para categories:

PR1 – U19 years, 19-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70-79 years, 80+ years

PR2 – U19 years, 19-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70-79 years, 80+ years

PR3 – U19 years, 19-29 years, 30-39 years, 40-49 years, 50-59 years, 60-69 years, 70-79 years, 80+ years

Lightweight

There is no lightweight class for any events U19 years or below

Men 75kg MAX

Women 61.5kg MAX

Weigh-in period is between 2hours prior, to 30minutes prior to race time.

Lightweight competitors who do not make their weight before the cut off time will be able to race, but we will be moved into the 'Openweight' class.

Weigh-in attire is required. This is limited to a minimum of a row suit or shorts and a top that covers the torso (females). *There are no naked weigh-ins.*

Price

\$30 for a single race, \$50 for multiple races.

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	

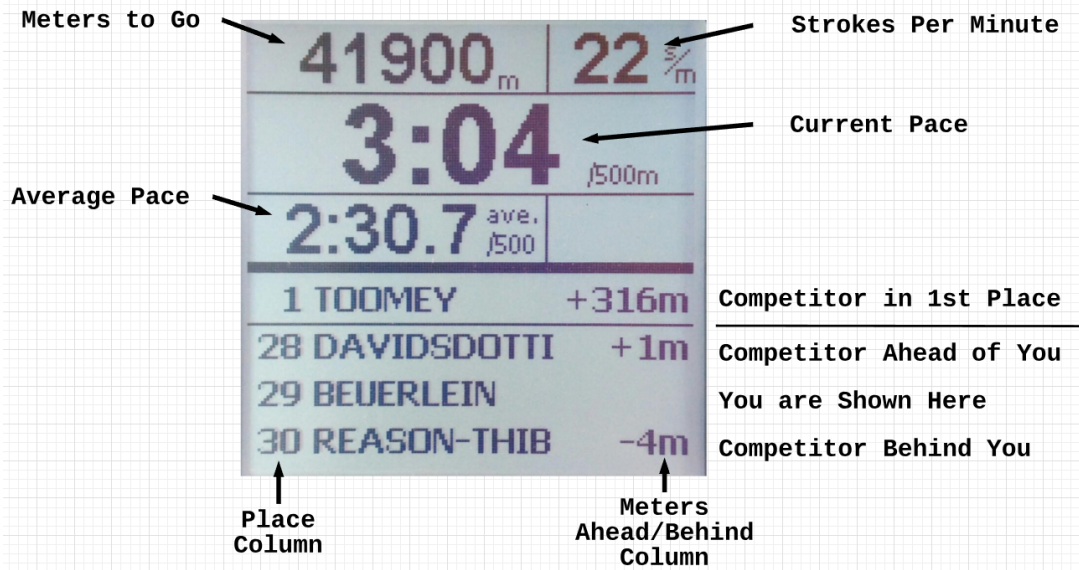
Followed pretty quickly by this one.

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.