



NORTH EAST SCHOOLS INDOOR ROWING CHAMPIONSHIPS 2008



TUESDAY 2ND DECEMBER 2008
THE GRAHAM SPORTS CENTRE
DURHAM UNIVERSITY
RACING BETWEEN 4PM AND 6PM

Events for Boys and Girls:

- **J12 - 2Minutes**
- **J13 - 3Minutes**
- **J14 - 4Minutes**
- **J15 - 5Minutes**
- **J16 - 2000m**
- **J18 - 2000m**

2012 Team Relay

1 Ergo, 2012m, 2 Boys, 2 Girls

Event organised by Durham University Boat Club

For more information please contact Amanda Goodwin at amanda.goodwin@durham.ac.uk

SPONSORED BY

Northcroft

**NORTH EAST SCHOOLS INDOOR ROWING
CHAMPIONSHIPS 2008
TERMS AND CONDITIONS**

- **Entries should be returned to Amanda Goodwin, C/O Durham University Boat Club, Maiden Castle, Durham University, Durham, DH1 3SE. To arrive no later than 29th November 2008. Cheques should be made payable to 'Durham University Boat Club'.**
- **Entry fees are non-refundable.**
- **By entering the competition, a competitor agrees to be bound by the rules.**
- **Concept II Indoor Rowers will be used. Competitors may use the resistance level of their choice, but this cannot be changed during the race.**
- **For all competitors age is as of:**
 - J12 = aged under 12 on August 31st 2008**
 - J13 = aged under 13 on August 31st 2008**
 - J14 = aged under 14 on August 31st 2008**
 - J15 = aged under 15 on August 31st 2008**
 - J16 = aged under 16 on August 31st 2008**
 - J18 = aged under 18 on August 31st 2008**
- **No competitor will be allowed to change event on the day of racing.**
- **The decision of the judges is final and no correspondence will be entered into.**

Team Events

The following rule applies to the 2012 ergo challenge

Teams are made up of four members (2 boys and 2 girls), you have one ergo and need to cover 2012m. Each member must be involved, you may recruit extra people to hold feet etc, but no one other than the 4 competitors may touch the ergo handle.

IMPORTANT NOTES

- **ENTRY TO THE NORTH EAST INDOOR ROWING CHAMPIONSHIPS CONFIRMS THAT YOU UNDERSTAND THAT PARTICIPATION IN THE EVENT INVOLVES RISKS OF BODILY INJURY, INCLUDING STROKE, PARALYSIS, HEART ATTACK AND DEATH, AS WELL AS LOSS OR DAMAGE TO PROPERTY. YOUR DECISION TO PARTICIPATE IN THE EVENT IS MADE BY YOU IN FULL RECOGNITION OF THESE RISKS AND IS ENTIRELY VOLUNTARY.**
- **ENTRY TO THE NORTH EAST INDOOR ROWING CHAMPIONSHIPS CONFIRMS THAT YOU AGREE TO THE EVENT ORGANISERS TO TAKE PHOTOGRAPHS DURING THE EVENT AND RELEASE CLAIM TO SUCH PHOTOGRAPHS**

NORTH EAST SCHOOLS INDOOR ROWING CHAMPIONSHIPS 2008

**This years event will be held on December 2nd at the Graham Sports Centre,
Durham University**

EVENTS			
BOYS	✓	GIRLS	✓
J12 - 2Minutes		J12 - 2Minutes	
J13 - 3Minutes		J13 - 3Minutes	
J14 - 4 Minutes		J14 - 4 Minutes	
J15 - 5Minutes		J15 - 5Minutes	
J16 - 2000m		J16 - 2000m	
J18 - 2000m		J18 - 2000m	

Entry fee for all events: £1

Entries close: Saturday 29th November 2008

Please tick box next to the event you wish to enter

First Name: _____ **Surname:** _____ **Gender:** _____

Address _____

Phone Number: _____ **E-mail:** _____

Club: _____ **Date of Birth:** _____

**Send your entry form and fee, made payable to 'Durham University Boat Club' to arrive by 29th November 2008 to:
Amanda Goodwin, C/O Durham University Boat Club, Maiden Castle, Durham University, Durham, DH1 3SE**

NORTH EAST INDOOR ROWING CHAMPIONSHIPS 2008 2012 CHALLENGE

This years event will be held on Tuesday December 2nd at the Graham Sports Centre, Durham University

Teams are made up of four members (2 boys and 2 girls), you have one ergo and need to cover 2012m. Each member must be involved, you may recruit extra people to hold feet etc, but no one other than the 4 competitors may touch the ergo handle.

Team Name	
Rower 1	
Rower 2	
Rower 3	
Rower 4	

Entry fee is £4, entries close Saturday 29th November 2008.

Contact Name: _____

Address _____

Phone Number: _____ **E-mail:** _____

Club: _____

**Send your entry form and fee, made payable to 'Durham University Boat Club' to arrive by 29th November 2008 to:
Amanda Goodwin, C/O Durham University Boat Club, Maiden Castle, Durham University, Durham, DH1 3SE**

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