



Go Race Indoors 2009

Regional Schools Indoor Rowing Championships 2009

The **Regional Schools Indoor Rowing Championships** are open to any junior representing a school, in Cornwall, Devon or Somerset. N.b. Clubs can submit entries, but competitors must be entered under school name.

The competition format allows schools to send either teams of 5 (consisting of one from each year group 7-11, same sex) to challenge for the overall male and female regional titles, or alternatively is flexible enough for those schools/clubs who simply want to send a minibus full of individuals from across age categories.

Date: Wednesday 4th March 2009

Time: 2pm-5pm

Venue: College of St Mark and St John (Marjons), Plymouth

Cost: £2 per participant

Individual Open Competition

- Individual races for years 7-13, male and female

Overall Titles

- Regional Schools Champions – Male
- Regional Schools Champions – Female
- Overall Regional Schools Champions
- 'Project Oarsome' Cup -

Calculation of Overall Titles

The regional titles (male, female and overall), will be awarded to the schools scoring the most points across categories Year 7-11. This will be based on a scoring system of 10 points for first place, 6 for second and 4 for third in each event. Schools are free to enter as many people as they like in each category. However please note that only one person per school will score points towards the overall title in each event. In the event that a school has more than one entrant in a particular category, only their highest placed finisher will contribute to the overall points.

The 'Project Oarsome' Cup will be awarded to the school scoring the most points in Year 7 events. For this particular title more than one year 7 per school can contribute towards the overall points.

Entries should be submitted via the attached form by **Friday February 13th**.

Entry fees payable on day of competition. Cheques payable to Plymouth Rowing Forum.

Queries to Tom Pattichis – ARA Coaching and Development Team Leader

Office: 01626333020 Mobile: 07879070873

E-mail – tom.pattichis@ara-rowing.org

School Name	
Address	
Contact Name	
Contact Number/e-mail	/

Category	Distance	Names
Yr 7 Male	2 min	
Yr 7 Female	2 min	
Yr 8 Male	3 min	
Yr 8 Female	3 min	
Yr 9 Male	4 min	
Yr 9 Female	4 min	
Yr 10 Male	5 min	
Yr10 Female	5 min	
Yr 11 Male	6 min	
Yr 11 Female	6 min	
Yr 12/13 Male	2000m	
Yr 12/13 Female	2000m	

Please return applications by **Friday February 13th** to Tom Pattichis, either via e-mail (tom.pattichis@ara-rowing.org) or post to Room Lower East 18, Seale-Hayne Campus, University of Plymouth, Newton Abbot, Devon, TQ12 6NQ

n.b. Please note that ensuring all participants have parental permission, and obtaining relevant medical information is the responsibility of the school or club organiser.