

National Junior Indoor Rowing Championships 2022

FAQs & Rules

All entry instructions, the entry form and these FAQs form the rules of NJIRC 2022. IN the case of any disputes, the decision of the event organizer is final.

Part 1 – Information for All Competitors

1. NJIRC 2022 is a hybrid event – what does that mean?

NJIRC 2022 is going to be a hybrid event. That means there will be two ways to take part:

Option 1 – Take part virtually.

Following on from the success of Virtual NJIRC 2021, you will once again have the option to take part remotely from your school, club, gym, home or anywhere else you can access a rowing machine! You will be able to race any time that suits you in the week leading up to 4th March, submit your score online before 5pm on the 3rd March and then provide proof of your result if you are in the running for a medal. We will not be taking any online entries on the 4th March.

Option 2 – Come and race in person at the Copper Box Arena on the Olympic Park.

Following the easing of covid restrictions we are planning to once again run NJIRC as an in-person. The usual racing set up will be in place at the Copper Box, The Queen Elizabeth Olympic Park, in East London on 4th March if you want to come and race in the best indoor rowing atmosphere going!

2. Can I have some young people take part virtually and some in-person?

Yes.

The point of running a hybrid event is to encourage as many young people to take part as we can – we recognise not everyone can easily travel to the Copper Box, so we hope that offering a virtual option will allow everyone to take part.

So, you can mix and match entries as much as you want between virtual and in-person. So, for example, your school / club / group could enter 50 young people to take part virtually and bring 20 other young people to the Copper Box to take part in-person. Whatever works best for you.

The only thing that will be different between virtual and in-person entries will be that relay events will only be for those taking part in the in-person event.

Version: 1.1

Last updated: 15 November 2021

Updated by: DT

3. What will you do if covid restrictions return during the winter months?

If we are not able to run the in-person event due to covid restrictions, or if in our judgement it would not be the appropriate thing to do, we will revert to a fully virtual event as we did in 2021. Anyone who has entered and paid for tickets for the in-person event will be refunded the difference between the virtual and in-person ticket price.

4. When is this year's event?

The virtual event will run from 8am on Friday 25th February 2022 to 5pm on Thursday 3rd March. This gives you a whole week to complete your races and submit your results.

The in-person event will take place on 4th March from 10am – 4.30pm. The schedule of racing will be finalised close to the event, so you should plan to be available for the entire day.

5. Where is this year's event taking place?

For virtual entries, you can take part from anywhere! You just need access to a Concept 2 rowing machine and a camera to take photo proof of your results, plus a connection to the internet to submit your result.

The in-person event will take place at the Copper Box Arena on the Queen Elizabeth Olympic Park, Stratford, London. The postcode for the venue is E20 3HB.

You can see a map of the arena's location [here](#).

Please see the section relating to the in-person event at the end of these FAQs for more information about travel to/from the arena, parking etc.

6. I do not have access to a rowing machine at home, school, or a gym. Can I still enter the event?

Yes – you can enter the in-person event and use one of the rowing machines provided on race day.

If you want to take part virtually, but do not have access to your own rowing machine, please contact us and we will see if we are able to help get you access to one at a school or club nearby.

7. When do entries open and close?

Entries will open 15th November 2021 and close on at 5pm on Friday 11th February 2022.

Version: 1.1

Last updated: 15 November 2021

Updated by: DT

8. How do I enter?

You can enter using the online form at the following link: <https://www.tfaforms.com/4945738>

9. How much does entry cost?

Virtual entries

- An individual entry costs £2
- A micro group entry fee (up to 5 participants entries) costs £10
- A small group entry fee (up to 10 participant entries) costs £18
- A medium group (up to 30 participant entries) costs £50
- A large group (up to 50 participant entries) costs £75
- A school / club wide entry (up to 250 participant entries) costs £200

In-Person Event Entries

- An individual entry costs £7.50
- A relay team entry costs £10

Payment will be taken by credit card using the online entry form. If you require an invoice, please email njirc@londonyouthrowing.com after making your entry.

10. How many people can enter per organization?

Unlimited! The point of running a hybrid event is to encourage as many young people to take part as we can – there is no limit on entries virtually, so we encourage you to use Virtual NJIRC to enter as many participants as possible, to give everyone a chance to experience racing in a high-level event.

We will cap the total number of in-person entries to make sure we can get everyone's races completed with a sensible finish time. In-person entries are strictly on a first come, first served basis. Each group can enter a maximum of 3 teams for each relay category.

11. Is the event only open to junior rowers in the UK?

No – the event is open to junior rowers from all over the world, assuming that rowers outside the UK will be entering virtually.

Version: 1.1

Last updated: 15 November 2021

Updated by: DT

12. What are the individual race distances and categories?

There are 4 individual race categories for NJIRC – these apply for both virtual and in-person.

- Boys / other*
- Girls
- Boys SEND / other* – Boys with Special Educational Needs or a Disability
- Girls SEND – Girls with Special Educational Needs or a Disability

*You will be able to select ‘other’ from the dropdown menu to register a participant’s gender. However, this entry will be ranked against boys’ results.

For each of the above categories, there will be races for each UK school year group as detailed in the table below.

UK School Year Group	Time / Distance
7	2 mins
8	3 mins
9	4 mins
10	5 mins
11	6 mins
12	2000m
13	2000m
Special Invitational SEND (KS3)	2 mins
Special Invitational SEND (KS4)	2 mins
Special Invitational SEND (KS5)	2 mins

In addition, we will be running a relay event at the in-person event only. Please see the section on relays below.

Overseas (non-UK) entries – please contact njirc@londonyouthrowing.com and we will provide guidance as to which UK school year group each of your competitors should be allocated to. You will be asked to provide their dates of birth to allow us to do this.

13. Will there be relay races this year?

We will be running relay races as follows, but only for those taking part in-person at the Copper Box.

Boat Race Relay – Boys and Boat Race Relay – Girls

- A team of 6 -8 rowing for the respective Boat Race records for Men and Women.
- The event is 16 mins 19 secs for Boys
- The event is 18 mins 33 secs for Girls
- Each person must row at least once
- The team can do multiple changeovers
- The relay is open to teams of max 8 boys or 8 girls
- Athletes from Year 10, 11, 12 or 13 only
- Any combination of athletes

Sprint Relay – Boys and Sprint Relay – Girls

- Team of either 4 boys or 4 girls
- Race over 2000 metres
- Each person must row at least once
- The team can do multiple changeovers
- Athletes from Year 7, 8 & 9 only
- Any combination of athletes

Relay Changeovers - Any member of the team can hold the straps onto the feet, but no one else is allowed on the race floor to assist.

The results of the Relay events will be displayed on a separate online leaderboard. Medals will be awarded to the top 3 groups for each category and gender detailed above.

14. How will medals work given there are virtual and in-person entries?

The top 3 positions for each individual and relay categories detailed above will receive a medal. Results will be calculated from both virtual and in-person entries, so there will be no medals awarded at the Copper Box Arena.

Winners will be notified the week after the event and celebrated online, with medals sent on as soon results are confirmed.

15. I am rowing really well at the moment and think I might be able to set a record – what do I need to do?

If you think you might be able to set an official age-group record as part of the competition, you will need to video yourself completing your race. The video should include the monitor. We will provide

Version: 1.1

Last updated: 15 November 2021

Updated by: DT

more details of how to submit your video ahead of the event. We cannot send any result off for verification of a new record without a video of the whole race and the monitor.

16. I am racing virtually – what do I need to do to record my result?

If you are taking part virtually you must take a photo of your monitor when you have finished your race and keep that until medal results are finalised. If you are in or close to a medal position during the week, we will contact you to submit your photographic proof. If you cannot provide this proof, your result will not be eligible for a medal in the final standings.

A results file from erg race or venue race will also be accepted as proof.

17. What if my score is not showing on the Leader Board?

Results from virtual entries will be posted to the live leaderboard after a short delay for review. Results from the Copper Box event will be uploaded to the live leaderboard as quickly as possible on the day of the event.

If your score is not showing after a reasonable period of time, please contact us on njirc@londonyouthrowing.com and we will investigate.

18. Do I have to use a Concept 2 rowing machine?

You may use any of the following rowing machines to take part.

- Concept 2
- Water Rower
- Skill Row
- RP3 Rower
- Concept 2 Dynamic

However, to be eligible for a medal you will need to use a standard Concept 2 indoor rowing machine in order to ensure a level playing field for all competitors. You will be asked to indicate which rowing machine you used when you submit your result. All competitors taking part at the in-person event will use Concept 2 machines. The resistance level can be set to the competitor's preference, but no changes to the setting can be made once a race starts.

19. When will final results be available?

After the competition closes the LYR team will work to finalise results as quickly as possible. Please give the LYR team time to collate scores. Final results will be published in full on the NJIRC Online Arena.

Version: 1.1

Last updated: 15 November 2021

Updated by: DT

20. Can I buy NJIRC 2022 merchandise?

You will be able to buy merchandise from an online store ahead of the event, or at the Copper Box Arena if you are attending in person.

LYR will share a link to purchase NJIRC 2022 merchandise prior to the event.

You can also purchase your own Concept 2 Rowing Machine from LYR to be collected from the Copper Box Arena on 4th March. You can find out more details on the NJIRC 2022 Online Arena.

Part 2 – Information for Virtual Competitors Only

21. How do I submit my score once I have raced?

After you enter you will receive a confirmation email that will contain a link to an example of the online form which you will be able to use to submit your results.

Before the event, you will be sent a link to a personalised form to submit your results once the submission window opens.

The submission form will open on 10th May as stated above, but no results will be posted online until the event starts on 13th May 2021.

You will need to provide the following information when you submit your results:

- Rower name
- UK school year group on day of submission
- Category
- Time / distance score

22. How do I prove my result if I am in a medal place?

If your score is in contention for a medal, or outside the range of results that we would consider “normal” we may contact you to seek verification or confirmation that you have entered the correct category.

If we are not happy that the result obtained is legitimate, we reserve the right to exclude the results submitted from the online and official results.

23. What happens if I do not submit my score on time?

If you do not submit your score in the submission window, your result will not be included in this year’s competition.

Part 3 – Information for In-Person Competitors Only

24. Do I need to pre-register my rowers for the in-person event?

Yes – for the in-person event you need to provide details of your rowers before the event. After you enter, you will be sent a spreadsheet to complete. This needs to be completed in full and returned to njirc@londonyouthrowing.com .

This must be sent back to the organisers by **5pm on Tuesday February 23rd, 2022**. If the required information is not received by that date, you will forfeit your places.

25. What time does the event start?

Registration and the doors will open from 8.30am.

The first race is due to begin at 10am, the holding pen will be open from 9.30am. Please check nearer the date for a finalized race schedule. An indicative schedule will be made available online ahead of the event, but the final schedule may vary depending on final entries. We will endeavour to publish the final race schedule in the week commencing February 21st and send it to all entrants.

26. When should we register?

We suggest you allow plenty of time to register. There may be a queue at registration, especially between 8.30-9.30am. Registration will be open all day; please ensure you arrive early so you do not miss your events.

At registration each group leader will be given a pack containing the race schedule and individual race cards for each competitor and one race card for each relay team. Competitors will need to show these race cards to event staff to gain access to the holding pen and race floor.

27. Is there an area to warm up?

There is a park surrounding The Copper Box Arena, unfortunately we cannot guarantee having allocated rowing machines for warming up. Time permitting students taking part in Year 12 and 13 races will be able to complete a warm-up on the race floor prior to their races.

28. Will there be refreshments available?

There will be several reasonably priced vendors to purchase drinks and snacks.

You can also bring your own refreshments too, but they must not be brought into the Copper Box Arena. Please note that arena security will conduct bag searches on entry.

Version: 1.1

Last updated: 15 November 2021

Updated by: DT

29. How do I make changes to my team?

After February 23rd, you **cannot** make any changes! Prior to that, please contact njirc@londonyouthrowing.com to notify us of any changes.

30. What should participants wear?

All participants should wear appropriate sportswear: trainers, shorts and t-shirt. The arena gets quite hot so wearing layers is a good idea. Girls should make sure their hair is tied back. All clothing should be fitted to avoid becoming caught in a rowing machine.

31. What should participants bring?

We suggest everyone brings a change of clothes, deodorant, lunch, a refillable water bottle (there will be water on site, but no bottle or plastic cups so please do bring your own), money for snacks, camera, perhaps a school banner or mascot.

32. Can participants listen to music on the race floor?

Yes, earphones may be worn whilst racing.

33. Are spectators welcome?

Yes, and it is free of charge but no one other than the competitors will be allowed on the Race Floor or in the Holding Pen / Bull Pen areas of the arena.

34. Are the year groups divided for the Special Invitational races (SEND)?

Yes, the categories for Special Invitational races are: KS3, KS4 and KS5. For the SEND racing only, teachers / carers are able to support students through the holding pens and onto the race floor.

35. Can individuals set the resistance on the rowing machines?

The machines are all Concept 2 machines with a damper lever to set resistance. Individuals may set the resistance to whatever level they prefer before the race has started. Participants must **NOT LET GO OF THE HANDLES** as they may damage the monitor and delete the score before it has been recorded.

36. What happens if we miss a race?

There will be regular announcements of the upcoming races. Competitors should go to the holding pen area as soon as their races are called.

Anyone who is delayed can still race in the Bull Pen (marked area). Unfortunately, these scores won't be eligible for a medal but will appear on the website alongside other scores.

37. What happens if anyone loses a race card?

With over 2,000 entries this increases the risk of your race being missed, therefore please ensure race cards are looked after throughout the event. However, if you do lose your race card, there will be a station that can re-print lost race cards. Please make sure that you do this before your race.

Remember if you cannot present your race card at holding pen, you will not be able to race.

38. Are toilets and showers available?

There are some large toilets suitable for changing. Unfortunately, there are no showers available on site.

39. Where can I find the results?

Provision and final results will be posted on the NJIRC 22 online Arena and will also be shared once finalised on LYR's social media channels.

40. Are there additional activities on site?

We have a 'Festival of Sport' with a wide range of activities to keep everyone engaged. There are lots of activities including careers, sports and activities. There will be a map of the site with a full list in your race pack when you arrive on race day.

41. How do I prevent official photos from including any individual who does not want their image to be taken/used?

When you register, please ask our staff for a media consent removal form to sign at registration. Once the form is completed, we will provide a coloured lanyard for each young person who has withdrawn photo consent to wear. They should wear this at all times. This will identify them to staff and photographers. Photos may still be taken of young people wearing lanyards, but they will not be used.

42. Is first aid provided?

Event Paramedics will be present throughout the day near to the race floor and can be found by the Medal presentation area. If you have a medical concern, you should alert a member of event staff who will be able to help by calling First Aid support.

43. Travelling to and from the venue

Public transport is the best and easiest way to get to and from the park, either by train, underground, bus or cycle.

Full information about getting to the Park can be found at:

<https://www.queenelizabetholympicpark.co.uk/the-park/plan-your-visit/getting-here>

If you are bringing a coach to the Park, there are drop-off coach bays at Copper Box Arena however there is no parking available at the venues. The Multi Storey Car Park at Here East has spaces for up to 20 coaches who are visiting Copper Box Arena.