

Arrangements & Rules

You can manage your crew entries online at <http://qergs.soc.srcf.net/>.

Please ensure this document is read and understood thoroughly by all competitors, LBC's, coaches and coxes.

Registration

- Arrive at least 45 minutes before your race time.
- Registration is in the Bowett room, opposite the Fitzpatrick Hall above the squash courts.
- Each crew member is to sign a copy of the sheet at the end of this document to state that they accept the terms and conditions of the competition. Do this before you go to registration and bring the completed sheet with you. Crews will not be allowed to register and receive their t-shirts until all crew members have signed the form.
- T-shirts will be supplied to competitors and **must be worn** throughout the competition.
- You must be registered and ready to enter the Fitzpatrick hall **15 minutes before** your race time.

Racing

- The race is 8x 500m with 20 second changeovers between competitors.
- **NO ONE** other than the competitor may touch the ergo handle.
- Feet may not be held **UNLESS** foot straps are **BROKEN**, not just loose.
- Competitors must not be physically aided when racing except in putting a competitor back on an ergo if they fall off.
- Only **two non-competing supporters** per crew (e.g. Cox and LBC) will be allowed on the floor of the hall.
- No facilities are provided for storing kit- one large kit bag/hold-all per crew is permitted in the hall, provided no exits or walkways are obstructed.
- Crews should row in the order that they were entered online, otherwise individual results may be incorrectly recorded.

First Aid

- There will be a First Aid station in the Angevin room, adjacent to the Fitzpatrick Hall; **QCBC marshals in green shirts** will be available to help.
- It is the responsibility of the LBC to ensure that their crew know how to use a Concept II Ergo safely and correctly.

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Refreshments

- Water and Squash will be served in the outside bar area.
- Queens' Bar will be open for other drinks / snacks.
- Please do not remain within the actual bar area after purchasing food/drink. Instead, please move to the outside bar area which has been set aside for the competition.
- **Please do not leave kit in the main bar area and keep paths clear of obstructions.**

Spectators

- Numbers will be limited to 60 per balcony (120 in total).
- There will be screens showing live race progress in Queens' Bar.

Results

- Results will be posted outside the Fitzpatrick Hall and on the event page as soon as possible after each division.
- Qualifying upper crews may leave after their first race and return for the final. At the same time, we shall announce the fastest person in each race who must return at 11pm for the prize ceremony.
- The top 12 women's and men's crews will compete in finals held after the lower division races. Please ensure that you return at least 45 mins before the final races. You must be ready to enter the hall 10 minutes before the race time.
- Official times will be recorded by the timekeepers at each machine; these take priority over any other timing methods.

Times

- Division times will become available online in the week preceding the event – **please ensure you are aware of your division times before the event.**
- All novice division heats will run first, there will then be a short break, and then the Senior Final will run, followed by the Women's novice final and then the Men's novice final.
- Prize giving will take place immediately after the Men's novice final.

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Determination of Race Winner

- The fastest upper novice division crew will be the crew that completes the 8x 500m fastest **in the final**, having qualified in the top 12 of their division. In the event of a tie between two crews, the fastest average time between the qualifying and final races will be taken. In the event this fails to distinguish between the crews, a tie will be declared between them.
- The fastest lower division crew is the crew with the fastest time for the 8x 500m. In the event of a tie between two crews, then the winning team will be that with the lowest spread of individual times. If this is not sufficient to break the tie, then a tie will be declared.
- The fastest novice individual (male and female) will be the rower with the fastest time in either the qualifying rounds, lower division races or the novice final. In the event of a tie, the lightest rower will be declared the winner.
- The fastest senior division crew will be the crew that completes the 8x 500m fastest. In the event of a tie between two crews, then the winning team will be that with the lowest average of the spread of the mens' individual times and the spread of the females' individual times. If this is not sufficient to break the tie, then a tie will be declared.

Definition of a Tie

The experimental error of each erg's time is ± 0.1 seconds. Therefore, if the difference between two average 500m split times is less than or equal to 0.2 seconds, then they will be deemed to have tied. The same principle holds for individual 500m split times.

Senior Prizes

- The fastest senior crew will receive the annually awarded trophy (to be returned in time for next year's competition).

Novice Prizes

- The fastest upper novice crews (both male and female) will receive engraved glass tankards.
- The fastest individual novice male rower will receive a piece of CUBC stash.
- The fastest three individual novice female rowers will be given the opportunity to train with the Women's University Team in Goldie for an ergo session to receive one-to-one coaching and the opportunity to come out to Ely, travel in the minibuses with the team and follow a session in the launch.
- The fastest lower division male and female crews will receive alcoholic prizes.

Definition of a Novice Crew

A Novice crew is one in which no rower has rowed in any competitions for the three years prior to October of the current year, and have no competitive points as defined by British Rowing. Exemptions are on an individual basis and at the discretion of the Erg Competition Presidents. Please contact us if this is applicable to members of your crew.

All decisions (including disqualification of competitors) are final and at the discretion of Queens' College Boat Club and The Erg Competition Presidents.

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Sponsors

- Representatives from **APT** will be attending to discuss graduate opportunities. Please visit www.joinapt.com for more information.

The Erg Competition Presidents

Ben Catterall and Ben Larson (gcbc-ergs@srcf.net) are the Erg Competition Presidents for 2016

Please contact us with any queries you may have.

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Terms & Conditions

We understand that our participation in this event involves risks of bodily injury, including stroke, paralysis, heart attack and death, as well as loss or damage to property. Our decision to participate in this event is made by us in full recognition of those risks and is entirely voluntary.

We agree for ourselves, our executors, administrators and assigns to hold harmless Queens' College Boat Club, Queens' College, Concept II and their respective directors, officers and employees, representatives, agents, successors, and assigns from all reasonable liability on account of injury, loss, claim or damage to our health, well-being or property on account of our participation in this event.

In addition, we hereby give permission to the event organisers and their representatives, employees and agents to take photographs and videos of us during the event and hereby release claim to such photographs and videos.

We allow our email addresses to be used to send emails detailing results and information after the event, and to be passed on to GB rowing selectors to contact athletes with potential to be trained to GB standards. We also agree that the sponsors of the competition may contact us via email for recruitment or advertising purposes. Furthermore, we agree that our race information, submitted on entry and gathered during the competition, can be passed onto third parties such as CUBC and CUWBC, and that such parties may contact us via email for recruitment or advertising purposes.

We also certify that in keeping with the nature of the aforementioned competition, that we satisfy the definition of novices, as set out in the race rules.

Signed: Name:..... Date.....

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Signed: Name:..... Date.....

Signed: Name:..... Date.....

Signed: Name:..... Date.....

Signed: Name:..... Date.....

Signed: Name:..... Date.....

Crew Name:

College:

Division:

Please make sure this is completed BEFORE you turn up for registration on the day. You must bring one of these sheets for EVERY crew that you enter.