



UCP Marjon Sport - West Region Schools Indoor Rowing Championships 2010

Entries for the **UCP Marjon Sport Schools Indoor Rowing Championships 2010** are now open to teams from schools and colleges based in Cornwall, Devon or Somerset.

Date: Tuesday 2nd March 2010

Time: 1pm-5pm

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

Cost: £12.50 per Team Entry; £2.50 per Individual Entry

**Please note that the format of this year's competition has been changed. Entries for years 7-11 are now taken on a 'team' rather than an 'individual' basis. Individual entries are only available for the year 12/13 and Adaptive categories.*

1. Entry Details - Entries are available in the following categories;

Team Events*

- Year 7-11 Male
- Year 7-11 Female

**Teams must comprise of five individuals, made up of one individual from each year group 7-11. Schools are free to enter as many teams as they like. Unfortunately individual entries in year 7-11 cannot be accepted. All year 7-11 competitors must be part of a full team in order to take part.*

Individual Events*

- Year 12/13 Male
- Year 12/13 Female
- Adaptive Legs, Trunk and Arms (Open to pupils with a stated special educational need, who have full use of legs, trunk and arms. This category may be split based on year group, subject to number of entries)
- Adaptive Trunk and Arms (Open to pupils with a stated special educational need, who have limited or no leg use. This category may be split based on year group, subject to number of entries)

** The year 12/13 and Adaptive events do not form part of the team competition, and therefore schools and colleges can enter as many individuals as they like in these categories.*

2. Competition Format

Team Events - Each competitor in the team of 5 will race their individual age group event listed below, and a team relay;

Year 7 – 2 minutes; Year 8 – 3 minutes; Year 9 – 4 minutes; Year 10 – 5 minutes; Year 11 – 6 minutes; Team Relay – 1000m (teams of 5)

The regional titles (male, female and overall), will be awarded to the schools scoring the most points across the individual Year 7-11 races and team relay.

Individual Events

Year 12/13 – 2000m; Adaptive Trunk and Arms – 2 minutes; Adaptive Legs, Trunk and Arms – 3 minutes



Entry Form

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

Team Events	Number of Teams
Year 7-11 Male	
Year 7-11 Female	

Individual Events	Names of Competitors
Year 12/13 Male	
Year 12/13 Female	

Adaptive Events	Names of Competitors (please also specify the year group of each competitor)
Adaptive Trunk and Arms (TA)	
Adaptive Legs, Trunk and Arms (LTA)	

Entry forms and entry fees must be received by **Friday February 12th** at the address below;

Tom Pattichis, British Rowing, Room Lower East 18, Seale-Hayne, Newton Abbot, Devon, TQ12 6NQ

Entry fees are £12.50 per team entry and £2.50 per individual entry. Cheques payable to *Plymouth Rowing Forum*. Entries sent after the deadline date, or those without payment will not be accepted.

Queries to Tom Pattichis – British Rowing - Office: 01626333020
Mobile: 07818576145 E-mail – tom.pattichis@britishrowing.org