



WINTER 2021 YORKSHIRE INDOOR CHAMPIONSHIPS FREQUENTLY ASKED QUESTIONS

What is the race schedule?

12.30 Registration opens

13.00 Racing will start with Y7-8 Girls individual 3 minutes followed by..

Y7-8 Boys individual 3 minutes

Y9-10 Girls individual 5 minutes

Y9-10 Boys individual 5 minutes

Y11 Girls individual 6 minutes

Y11 Boys individual 6 minutes

Teachers Race individual 500m

SEND Race individual 2 minutes

Y7-8 Girls relay 2000m

Y7-8 Boys relay 2000m

Y9-11 Girls Relay 2000m

Y9-11 Boys Relay 2000m

We expect to finish Racing by 17.00 and the Medal ceremony by 17.30

What if I need to make a team member change after the entry deadline?

The deadline for team entries is Friday 3rd December, 5pm and for team member name entries the deadline is Monday 6th December, 5pm. This allows the Active Row team to prepare online racing software and test before race day. No team name changes are permitted on the day to allow for the smooth running of the event.

If you need to make a change to your team after the deadline, i.e. replace athlete A with athlete B, we will do our best to make the changes to the system. If we are unable to make the name change (and if you have to make a team swap on the day), athlete B will

race under athlete A's name. We will endeavour to change the results published after the event to reflect the correct name if possible.

I'm not at Active Row partner school. Can I still enter?

Yes. The Yorkshire Indoor Champs is open to schools of any type, as long as they are able to travel to the venue.

Do you have a risk assessment?

Yes. This can be found on the [event website](#).

What is the teacher's race?

Teachers have the chance to prove they can row too. We have seen some fantastic efforts from those that gave it a go in the past! The pupils cheered louder than ever to see their teacher racing. So the race is back by popular demand! And it's free to enter. This race is optional and we can accept one teacher for every team entered. If you enter two full teams, you may enter two teachers. There are no points in this race but there are medals for both the Men and Women categories. If you'd like to give it a go, just complete the Teacher Race field in the online registration form.

Does my school have to be formally registered with British Rowing to submit a team?

No, any school club can enter.

My school doesn't have a rowing club but I'm interested in starting one. Can Active Row Leeds and London Youth Rowing help me?

Yes. There are a number of options including coaching support, support in funding, session plan advice, staff professional development and more. Schools in the past have used in Indoor Rowing Competitions as a way of getting a few pupils to try out indoor rowing in a fun and safe environment. We want more sport in schools. We want to help. We can help. Read more about London Youth Rowing [here](#) and, reach out to our Leeds Programme Manager Rebecca at rclephan@londonyouthrowing.com

Do you have any recommendations on how I select the team?

This event is an excellent opportunity to represent your school. Your best rowers are not always the students who have competed in other sports such as rugby or netball. Indoor rowing can also attract different athletes than on the water rowing so height is not a critical factor. Strength and endurance matter, but so does mental toughness. Why not get a few of your students onto a rowing machine and try them out. Your best rower, and the boy or girl who will get your school's name up in lights, may have always sat at the back of sports class, until now.

Our school would like to help volunteer or support the events as it will be good work experience for our pupils Do you have any information on this?

Please register your interest by emailing rclephan@londonyouthrowing.com

If you are looking to sponsor the event, sponsor medal categories or are interested in supplying items for the event such as refreshments, games or gifts, please get in touch with Rebecca at rclephan@londonyouthrowing.com