

ENTRY DATES

Document Version: **1**

Closing date; 6PM: Wednesday 5 June 2019

i This date is when the Intention to Enter and an onsite Team Manager needs to be added to guarantee inclusion in the competition.

Publish draw date: Friday 7 June 2019

i This date is when London Youth Games publishes which Boroughs are entered into the competition.

Confirm squad date; 6PM: Monday 1 July 2019

i This date is when the squad details need to be entered on the entry management system.

COMPETITION DATES AND INFORMATION

QUALIFIERS

Finals only

FINALS

Sunday 7 July 2019
Crystal Palace NSC, SE19 2BB
Registration: 08:30 to 10:15
Competition: 11:00 to 16:00

WHO IS IT FOR?

Any Licence, minimum grade or standard required? N/A

SQUAD NOMINATIONS

i This is the squad you originally nominate.

Minimum: 1
Maximum: 54
Alternates permitted: 2 Open (no new events) & 2 Para

TEAM ON THE DAY

i This is the team you bring to the competition.

Minimum: 1
Maximum: 32

i Some competitions allow alternates. This is where you can bring a previously un-nominated competitor.

Event	Oldest DOB	Youngest DOB	Likely School Year
Year 7 Open Male and Female	01/09/06	31/08/07	Year 7
Year 8 Open Male and Female	01/09/05	31/08/06	Year 8
Year 9 Open Male and Female	01/09/04	31/08/05	Year 9
Year 10 Open Male and Female	01/09/03	31/08/04	Year 10
Year 11 Open Male and Female	01/09/02	31/08/03	Year 11
Key Stage 3 Male and Female (Physical, Sensory and Learning)	01/09/04	31/08/07	Year 7-9
Key Stage 4 Male and Female (Physical, Sensory and Learning)	01/09/02	31/08/04	Year 10-11

HOW DO I ENTER?

Competition Type: Secondary Open

How to enter: You will need to provide full details of your squad before the 'squad closed' date so each competitor can be checked and confirmed as eligible. Teams are submitted online. Contact your Borough Team Organiser for online access.

ABOUT THE COMPETITION

Competition Format	Race Times; Open Individual Categories; Year 11 - 6 minutes, Year 10 - 5 minutes, Year 9 - 4 minutes, Year 8 - 3 minutes, Year 7 - 2 minutes. Para Individual Categories; All Para races will be 2 minutes. The athlete rowing the furthest distance in each category wins. Open Relay; Maximum 10 minutes, Minimum 4 athletes (2 male and 2 female) and Maximum 10 athletes (1 from each Open Individual Category), If a borough has fewer than 10 athletes then they will race the equivalent number of minutes to athletes (e.g. 7 athletes will race a 7 minute relay). Athletes cannot 'row up' or 'down' a category to make up a team. Winner determined by furthest distance rowed accumulatively. Para Relay; 4 minutes, Must be 4 athletes (2 male and 2 female), Winner determined by furthest distance rowed accumulatively.
Draw Format	Rowers will race in heats (no finals). Each athlete will receive an athlete number at registration.
Seeding	None.
Final Positions	Final Borough positions will comprise of the total from: Best 8 Open Individual Event results, Best 2 ParaGames Individual Event results, ParaGames Relay, Open Relay (this will carry double points due to team size). Tied teams: will not be separated once scores from events are combined, except in the event that the top 3 teams have the same number of points then the highest number of first place event finishers will be the deciding factor, then second place event finishers and so on.
Medals	Individual, Relay and Overall Borough winners will receive medals: GOLD: winner, SILVER: 2nd place, BRONZE: 3rd place.

WHAT KIT & EQUIPMENT DO I NEED?

Kit & Equipment:	<ul style="list-style-type: none">• Concept2 rowing machines are provided.• Adaptive seats and equipment are available for ParaGames athletes however please make us aware of additional requests at least 48 hours before the competition by contacting info@londonyouthgames.org
Team Manager Notes:	<ul style="list-style-type: none">• Once a rower is declared as either competing in the Open or the ParaGames Events, he/she is required to compete in that section throughout the competition.• Competitors are only permitted to compete in 1 individual event and 1 relay event as a maximum. Both the• Open and ParaGames relays teams MUST comprise of a minimum of 4 athletes (2M + 2F). A suggested schedule is as follows but is subject to change dependant on number of entries.<ul style="list-style-type: none">➢ Year 11 Female and Male➢ Year 10 Female and Male➢ Year 9 Female and Male➢ Key Stage 4 Female and Male (Physical, Sensory, Learning),➢ Open Relay,➢ ParaGames Relay,➢ Year 8 Female and Male➢ Key Stage 3 Female and Male (Physical, Sensory, Learning),➢ Year 7 Female and Male

SPORT SPECIFIC RULES

1. Athletes must move to the Holding Pen with the correct wristband number when called.
2. Athletes must sit on the correct machine based on the lane number they are given in the Holding Pen
3. Only athletes racing and designated helpers for Para athletes maybe permitted on the race floor at anytime.
4. Headphones are permitted on the race floor but races will not be restarted or instructions repeated if an athlete does not hear.
5. An athlete can choose the damper setting BEFORE the start of the race however this cannot change during the race. This also applies to relays, all athletes within a team will be expected to row on the same setting.
6. Races are started with 3 instructions 'READY, ATTENTION, ROW'. The race will begin automatically with the word Row. False starts are recorded but not penalised.
7. At the end of the race athletes must remain on their machine until they are instructed to leave the race floor.
8. The Competition Director reserves the right to suspend/cancel the event where required by unsafe conditions

INCOMPLETE COMPETITION: In the event that the competition is cancelled or suspended, the following steps will be used to calculate a final result.

- a. Results from all completed events are combined and used to identify the overall winner.
- b. Event types: Open Individual (Y7M, Y7F, Y8M, Y8F, Y9M, Y9F, Y10M, Y10F, Y11M, Y11F), Open Relay, ParaGames Individual (KS3M PI, KS3F PI, KS3M VI/HI, KS3F VI/HI, KS3M LD, KS3F LD, KS4M PI, KS4F PI, KS4M VI/HI, KS4F VI/HI, KS4M LD, KS4F LD), ParaGames Relay
- c. Minimum requirements: To determine a completed event all Boroughs entered must have raced. If there are fewer completed events than the required best for each event type {Open Individual (8), ParaGames Individual (2), Open Relay (1), ParaGames Relay (1)} then all events should be counted.
- d. Tied teams: will not be separated once scores from events are combined, except in the event that the top 3 teams have the same number of points then the highest number of first place event finishers will be the deciding factor, then second place event finishers and so on.
- e. Borough entry: If a borough has entered the competition but not an event that is used in the scoring calculation, they will be placed in last position.