



INDOOR ROWING CHAMPIONSHIP 2019

Programme Overview

Sponsored By

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trust

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WINDOW SOLUTIONS

 **PERRY**
BRIAN PERRY CHARITABLE TRUST

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Preparing For Your Race

Warm-Up:

The warm-up area is separate from the main race area & is equipped with numbered ergs. Please use your allocated lane number which is located on your machine to warm up on. This will be open 20 minutes prior to your event starting. Pay attention to announcements made in the warm-up area.

Pre-Race Marshalling:

A referee will invite rowers to the marshalling area 10 minutes before the scheduled race. Referees will confirm your attendance and check your heat and erg assignment.

Regatta referees will go over basic procedures and rules.

Rowers will then be directed to the race floor.

Pre-Race Checks:

- Your race name or number is displayed beneath Next Race
- Your name is displayed beneath Competitor
- Your machine number is displayed beneath Erg
- Adjust the drag factor to the setting you want to race on (it is displayed in the bottom right hand corner). Do this by adjusting the damper lever and rowing 2-3 strokes.
- Set the monitor to the units you want to see during the race. Press Units or Change Units to toggle between the following:
 - Split time for 500m and time elapsed
 - Split time for 500m and average split time for 500m
 - Watts and average watts
 - Calories per hour and expended calories

Race Floor:

Please make any marshals or umpires aware of any health issues you may have before entering the race floor.

1. Each erg is numbered.
2. Go to your assigned erg.
3. Confirm that your name is on the monitor.
4. Alert a Referee or Umpire if your name is not on your erg.
5. Hand your Athlete Registration Card to a Timer.

Important: Do NOT sit at an erg with someone else's name on it.

Before the Start:

- Get settled quickly. There will be a short 2-3 minute window for final race prep. - Adjustments are allowed to the seat, foot stretcher, vent, and drag factor only.


Vent and drag factor may not be changed once the race has started.

- Referees will ask that you put your handle down.
- Erg fans cannot be moving at the start of the race.
- The system will start once the ergs are stationary.
- Athletes are permitted a single coach or coxswain who must stay to the left rear and may not come in contact with athlete.


Race Sequence:

Rowers will take the start command from the PM5 monitor on the Concept2 Erg. The visual commands will be;

'SIT READY'

2000 _m	0 ^s / _m
:00	
:00.0 ^{ave} / ₅₀₀	
 Sit ready	

'ATTENTION'

2000 _m	0 ^s / _m
:00	
:00.0 ^{ave} / ₅₀₀	
 Attention	

'ROW'

1530 _m	32 ^s / _m
1:42	
1:53.2 ^{ave} / ₅₀₀	
1 Rob Waddel	+23 m
4 Steve Redgr	+ 9 m
5 Dick D.	
6 Pete D.	-12 m

Important:

The time between “Attention” and “ROW” is different for each race to prevent people from trying to predict the start and jump it.

If a false start occurs, the monitor will display “False Start” and will list the lanes responsible.

Stop rowing and put the handle back in the handle hook. Don't false start or it can lead to a disqualification.

The clock starts with the “ROW” command and not after the handle is pulled. The Concept2 Venue Racing System will detect and alert a false start.

Only one false start for a race is allowed. Any subsequent false starts will be automatic disqualification *at the discretion of regatta officials.

Race Displays

Above the Thick Black Line

Top left of screen: distance to go (or time to go for a timed race) Top right of screen: stroke rate

Centre of screen (large letters): pace/500m split

Bottom left of screen: average split /500m

The centre of screen and bottom left will vary depending on what units you chose before the race.

Below the Thick Black Line

This section will show four lines of information:

Line 1: This will show the leader on your race system and the number of meters they are ahead of you.

Line 2: This will show the person immediately in front of you on your race system with the number of meters they are ahead.

Line 3: This will show your name.

Line 4: This will show the person immediately behind you and the number of meters they are behind.

If you are leading the race on your race system you will only see Lines 3 and 4.

At the end of the race, your final time and those just ahead/behind will show in the lower half of the screen.

1530 m	32 $\frac{5}{m}$
1:42 /500m	
1:53.2 ^{ave} /500	
1 Rob Waddel	+23 m
4 Steve Redgr	+ 9 m
5 Dick D.	
6 Pete D.	-12 m

DURING THE RACE



If your erg becomes disconnected from the Concept 2 Venue Racing System.

DO NOT STOP ROWING.

After about 10 seconds the PM5 monitor will display “KEEP ROWING” at the bottom of the screen.

All data is retained on the PM5. Your time will be recorded on your Athlete Registration Card and entered manually into the race system.

If any other mechanical problem develops early during an event alert a regatta official immediately. You may be moved to an unoccupied erg or be rescheduled following an appropriate rest period.

Remember that information on the PM5 monitor reflects times and positions for your section (“race”) of ergs only. Your event may use more than one race and in that case your monitor does not reflect your place in the overall event. Row your hardest, best race.

Vent and drag factor may not be changed once the race has started. Rowers may be disqualified if the handle slams the erg from releasing it!

Although not recommended, headphones may be worn during competition. They cannot interfere with the rower’s ability to hear instructions.

End Of The Race

Alert medical staff, referee or regatta official immediately if you experience abnormal breathing or other health problems.

1. Under normal circumstances times are recorded automatically by the Concept 2 Venue Racing System. As a backup, volunteer timers may record times manually on your Athlete Registration Card.
2. BE SURE YOUR TIME IS RECORDED CORRECTLY.
3. The rower may be asked to initial the Athlete Registration Card to indicate that the recorded time is correct.
4. Stay at your erg until instructed to leave.
5. Leave the race floor as directed by the officials. Coaches and coxswains may also leave by the same route as the rower.



New Zealand Records & World Records

Make sure you check out the records display that we have available. Please see the NZ Records highlighted in yellow and World Records highlighted in green. If you think you have broken a record please see one of the Concept2 Crew.

Events, Times, Distances and Lane Numbers

Lightweight Weigh In:

Any competitor in a lightweight event or rowing as a lightweight in an open weight event must weigh in on race day during the 1-hour window beginning two hours before and ending one hour before their race time No exceptions. A lightweight is allowed to race in a lightweight event and also in a separate event as an open-weight if they so wish. Weigh-in room will be communicated to you, Look for signs. Athletes who weigh in for their first event do not have to weigh-in for a subsequent event on the same day.

Weight limits are 61.5kg max for all women and 75kg max for all men. Weigh-in attire is required. There are no naked weigh-ins.

2000m Races

8:20 AM- Concept2 #1- Men's 2000m Masters A, B, C, Novice

Lane:	Name:	Lane:	Name:
1		9	Garth MacLeod - MC (LW)
2	Anthony Wade - MA	10	Rob Jolly- N
3	Tom Mosquera - MA	11	Jaime Hutter - MC (LW)
4	Lewis Suckling - MB	12	Justin Read - MC
5	Thierry Durand - MB (LW)	13	Aaron Donelley - MC
6	Rob W - MB	14	Gavin Foulsham - MC (PARA)
7	Glen Parish - MC	15	
8	Adam Jackson - MC	16	

8:34 AM- Grassroots Trust #2- Women's 2000m U17, Masters B, C

Lane:	Name:	Lane:	Name:
1		9	Caitlin Tidmarsh - U17
2	Alexandra Ward - U17	10	Belinda Wright - U17
3	Brea McDonald - U17	11	Barb Armstrong - MB
4	Sydelle Langis - U17	12	Debbie Rowe - MC
5	Isobel Knowling - U17	13	Alexis McClennan - U17
6	Jessica Scatchard - U17	14	Charlotte Boyd - U17
7	Emily Holland - U17	15	Emma Ruske - U17
8	Ruby Kapene-Pitai - U17	16	

8:48 AM- APL #3- Men's 2000m Masters D, E, F, G, H, I Para

Lane:	Name:	Lane:	Name:
1	Dean Goble - MD	9	Allan Hallberg - MF
2	Ben Thornton - MD	10	Graham Bunn - MF (LW)
3	Andrew Mahon - MD	11	Lindsay Hay - MG
4	Ger Sheehan - MD	12	Jeff Lynex - MG
5	Doug Martin - ME	13	Ron Satherley - MH (PARA)
6	Richard John Shaw - ME	14	Peter Henry Robinson - MH (LW)
7	David Conradie - ME (PARA)	15	Colin MacLeod - MI (LW)
8	Paul Shirley - MF	16	Graeme McBurney - MI

9:02 AM- Perry Group #4- Women's 2000m U15, U14

Lane:	Name:	Lane:	Name:
1	Anna Stuart - U15	9	Neave McConnachie - U15
2	Annabelle Knowles - U15	10	Nia Shipkov - U15
3	Ella Ryan - U15	11	Riley Booth - U15
4	Grace Iremonger - U15	12	Skye Lang - U15
5	Imogen Butcher - U15	13	Tahlia Bull - U15
6	Daisy Butcher - U15	14	Leah Rowe - U14 (LW)
7	Kira Sharrock - U15	15	Rhianna Rowe - U14 (LW)
8	Amelie Karrer - U15	16	Sophie Peat - U14

9:16 AM- Concept2 #5- Men's 2000m Open, U19

Lane:	Name:	Lane:	Name:
1	Robert Doak - O	9	Hunter Moon - U19
2	Bendegúz Pétervári-Molnár - O	10	Evan Williams - U19
3	Thomas Hughes - O	11	Kieran Joyce - U19 (LW)
4	Hugues Boisvert - O	12	Stanley Alderson - U19
5	Alistair Bond - O (LW)	13	Harry Wilkinson - U23
6	Tim Pearce - O (LW)	14	Hayden Evans - U19
7	Drikus Conradie - O	15	Dylan Chamberlain - U19
8	Adrian Powell - O	16	

9:30 AM- Grassroots Trust #6- Women's 2000m Masters E, H, I, U16

Lane:	Name:	Lane:	Name:
1		9	Nicolette Grant - U16
2	Alison Richards - ME (LW)	10	Olivia Dunn - U16
3	Shirley Godkin - MH	11	Isabella Foster - U16
4	Annette Fletcher - MI (LW)	12	Caroline Bagley - U16
5	Karin Kozuka - U16	13	Emma Taylor - U16
6	Awatea Gudgeon - U16	14	Ayla Rowe - U16 (LW)
7	Eva Dalimore - U16	15	Maddy Ellis-Pegler - U16
8	Leah Weck - U16	16	

9:44 AM- APL #7- Men's 2000m U16

Lane:	Name:	Lane:	Name:
1		9	Tom Sims - U16
2	Jasper Maling - U16	10	Riley Manning - U16
3	Jack Mitchell - U16	11	Connor Davison - U16
4	Connor Bacchus - U16	12	Riley Wills - U16
5	Adam Luc Wilson - U16	13	Max Wilson - U16
6	Mika hessling - U16	14	
7	Cam MacGillivray - U16	15	
8	Jacob Kearns - U16	16	

9:58 AM- Perry Group #8- Women's & Men's 2000m U19, Open, U23, Masters A, U14, U15

Lane:	Name:	Lane:	Name:
1		9	Boaz King - U14 (LW)
2	Alexa Hood - U19	10	Conrad Jackson - U14
3	Ella Grant - U19	11	Scott Zhou - U14
4	Sarah Wootton - O	12	Gane Harbutt - U14
5	Ana Sinderman - U23	13	Xavier Simon
6	Elyse keita Mclauchlan - MA	14	Johno O'Brien - U15 (LW)
7	William Milne - U14	15	Lasen Geemeth Silva - U15 (LW)
8	Harry Flexman - U14	16	Aseri Uluikadavu - U15 (LW)

10:12 AM- Concept2 #9 Heat 1- Men's 2000m U15

Lane:	Name:	Lane:	Name:
1		9	Nick Bryan - U15
2	Ryan Calder - U15	10	Jack Thomas - U15
3	Deeshaye Vaetoe - Tuimaunga - U15	11	matthew Molony - U15
4	Bill An - U15	12	Fred Coxhead - U15
5	Henry Cawson - U15	13	Logan Jenner - U15
6	Toby Robinson - U15	14	
7	Jamie Moss - U15	15	
8	James Waddell - U15	16	

10:28 AM- Grassroots Trust #10 Heat 2- Men's 2000m U15

Lane:	Name:	Lane:	Name:
1		9	Fergus Minkhorst - U15
2		10	William Thompson - U15
3	Max White - U15	11	Dylan Thomas - U15
4	Sebastian Ness - U15	12	Jimmy Austin - U15
5	Andrew Gough - U15	13	Cole Brenan - U15
6	Nabeel Kahn - U15	14	Jamie Vukovich - U15
7	Hugh Kennedy - U15	15	
8	Shaun Snow - U15	16	

10:50 AM- APL #11- Men's 2000m U17

Lane:	Name:	Lane:	Name:
1	Regan Joyce - U17 (LW)	9	Morgan Gardiner - U17
2	Tom Haycock - U17	10	Lewis Yetsenga - U17
3	Jacob Davey - U17	11	Keegan Bull - U17
4	Tom Matthews - U17	12	Luther Yates - U17
5	Benjamin Russell - U17	13	Henry Windhager - U17
6	Matthew Waddell - U17	14	Jesse Deane - U17
7	Leo Ashcroft - U17	15	Campbell Colquhonn - U17
8	Oscar Coxhead - U17	16	Alex Rendle - U17

1000m Races

11:10 AM- Perry Group #12- Men's 1000m Masters A, B, C, Novice

Lane:	Name:	Lane:	Name:
1		9	Garth MacLeod - MC (LW)
2	Tom Mosquera - MA	10	Jaime Hutter - MC (LW)
3	Marin Begovic - MA	11	Glen Parish - MC
4	Mike Seatter - MA	12	Adam Jackson - MC
5	Thierry Durand - MB (LW)	13	Rob Jolly - N
6	Lewis Suckling - MB	14	Justin Read - MC
7	Shane Bird - MB	15	Paul Richards - MC
8	Gavin Foulsham - MC (PARA)	16	

11:22 AM- Concept2 #13- Women's 1000m U17

Lane:	Name:	Lane:	Name:
1		9	Caitlin Tidmarsh - U17
2		10	Emily Holland - U17
3		11	Belinda Wright - U17
4	Isobel Knowling - U17	12	Alexis McClennan - U17
5	Jessica Scatchard - U17	13	Charlotte Boyd - U17
6	Rhianna Loughnan - U17	14	Emma Ruske - U17
7	Brea McDonald - U17	15	
8	Ruby Kapene-Pitai - U17	16	

11:34 AM- Grassroots Trust #14- Men's 1000m Masters D, E

Lane:	Name:	Lane:	Name:
1		9	Doug Martin - ME
2		10	Richard John Shaw - ME
3	Stephen Gibbons - MD (LW)	11	David Conradie - ME (PARA)
4	Dean Goble - MD	12	
5	Ben Thornton - MD	13	
6	Andrew Mahon - MD	14	
7	Ger Sheehan - MD	15	
8	Peter Fraser - MD	16	

11:50 AM- APL #15- Women's & Men's 1000m Masters A, B, Open, U23, U19, U14

Lane:	Name:	Lane:	Name:
1	Elyse Keita Mclauchlan - MA	9	Boaz King - U14 (LW)
2	Barb Armstrong - MB	10	William Milne - U14
3	Louise Storey - MA	11	Harry Flexman - U14
4	Ana Sinderman - U23	12	Ashton Kennedy - U14
5	Tyla Cox - U19	13	Conrad Jackson - U14
6	Cameron Phillips - U19	14	Scott Zhou - U14
7	Sarah Wootton - O	15	Gane Harbutt - U14
8	Armanii Samson - U19	16	Xavier Simon - U14

12:02 PM- Perry Group #16- Men's 1000m Masters F, G, H, I, Para, U19, U23

Lane:	Name:	Lane:	Name:
1		9	Vic Hewson - MH (LW)
2	Joshua Pullyn - U23 (PARA)	10	Peter Henry Robinson - MH (LW)
3	Graham Bunn - MF (LW)	11	Ron Satherley - MH (PARA)
4	Paul Shirley - MF	12	Colin MacLeod - MI (LW)
5	Allan Hallberg - MF	13	Cody Bird - U19 (LW)
6	Lindsay Hay - MG	14	
7	Jeff Lynex - MG	15	
8	Jackie Awa - MG	16	

12:14 PM- Concept2 #17- Women's 1000m Masters C, D, E, H, I, U14

Lane:	Name:	Lane:	Name:
1		9	Annette Fletcher - MI (LW)
2		10	Leah Rowe - U14 (LW)
3	Debbie Rowe - MC	11	Rhianna Rowe - U14 (LW)
4	Veronique Gibbons - MD	12	Sophie Peat - U14
5	Amanda Puddle - MD	13	Charlotte Billings - U14
6	Alison Richards - ME (LW)	14	
7	Tania Hodges - ME	15	
8	Shirley Godkin - MH	16	

12:26 PM- Grassroots Trust #18- Women's 1000m U15, U16

Lane:	Name:	Lane:	Name:
1	Sarah Laben-ten Dam - U15	9	Ayla Rowe - U16 (LW)
2	Amelie Karrer - U15	10	Olivia Dunn - U16
3	Grace Hutchinson - U15	11	Addison Peebles - U16
4	Grace Iremonger - U15	12	Emma Averill - U16
5	Jenna Brangwynne - U15	13	Leah Weck - U16
6	Awatea Gudgeon - U16	14	Samantha Eden - U16
7	Nina Turner - U15	15	Caroline Bagley - U16
8	Chloe Wright - U15	16	

12:38 PM- APL #19- Men's 1000m Open, U19

Lane:	Name:	Lane:	Name:
1		9	Ethan Hight - U19 (LW)
2		10	Casey Calver - U19
3		11	Hayden Evans - U19
4	Drikus Conradie - O	12	Jack McCarthy - U19
5	Thomas Hughes - O	13	Josh Vodanovich - U19
6	Hugues Boisvert - O	14	
7	Adrian Powell - O	15	
8	Kahurangi Robinson - N	16	

12:50 PM- Perry Group #20 Heat 1- Men's 1000m U15

Lane:	Name:	Lane:	Name:
1	Jay Bao - U15	9	Jack Thomas - U15
2	Logan Ferguson - U15 (LW)	10	Snowden Hemi-Hill - U15
3	Connor Kemp - U15	11	Tyrone Urbancic - U15
4	Lucas Cooke - U15 (LW)	12	Dylan Thomas - U15
5	Fergus Minkhorst - U15	13	Jonghyun Yun (JY) - U15
6	Aseri Uluikadavu - U15 (LW)	14	Zak Maritz - U15
7	Hugh Kennedy - U15	15	Bhavraj Waraich - U15
8	Shaun Snow - U15	16	

1:02 PM- Concept2 #21 Heat 2- Men's 1000m U15

Lane:	Name:	Lane:	Name:
1		9	Nick Bryan - U15
2	James Waddell - U15	10	Cole Brenan - U15
3	Fred Coxhead - U15	11	Logan Jenner - U15
4	Tama Merrilees - U15	12	Andrew Gough - U15
5	Deeshaye Vaetoe - Tuimaunga - U15	13	Ryan Calder - U15
6	Conrad Hopkins - U15 (LW)	14	Henry Cawson - U15
7	Lasen Geemeth Silva - U15 (LW)	15	
8	Max White - U15	16	

1:14 PM- Grassroots Trust #22 Heat 1- Men's 1000m U16, U17

Lane:	Name:	Lane:	Name:
1		9	Tom Matthews - U17
2		10	Emersyn Coxhead - U17 (LW)
3	Michael Moloney - U16 (LW)	11	Matthew Waddell - U17
4	Cam MacGillivray - U16	12	Seamus Foley - U17
5	Tom Sims - U16	13	Jesse Deane - U17
6	Riley Wills - U16	14	
7	Levi Craven - U17 (LW)	15	
8	Tom Haycock - U17	16	

1:26 PM- APL #23 Heat 2- Men's 1000m U17

Lane:	Name:	Lane:	Name:
1		9	Mitchell McGrath - U17
2	Oliver SurrIDGE - U17	10	Lewis Yetsenga - U17
3	Hamish Bird - U17	11	Henry Windhager - U17
4	Joshua Cameron - U17	12	Luther Yates - U17
5	Oscar Coxhead - U17	13	
6	Blair Ellis - U17	14	
7	Benjamin Russell - U17	15	
8	Campbell Colquhonn - U17	16	

500m Races

1:40 PM- Perry Group #24- Men's 500m Masters B, C, Novice

Lane:	Name:	Lane:	Name:
1		9	Glen Parish - MC
2	Thierry Durand - MB (LW)	10	Adam Jackson - MC
3	Lewis Suckling - MB	11	Rob Jolly - N
4	Shane Bird - MB	12	Aaron Donelley - MC
5	Garth MacLeod - MC (LW)	13	Michael Healy - MC
6	Jaime Hutter - MC (LW)	14	David Branje - MC (PARA)
7	Justin Read - MC	15	
8	Paul Richards - MC	16	

1:50 PM- Concept2 #25- Women's 500m U17

Lane:	Name:	Lane:	Name:
1		9	Belinda Wright - U17
2	Alexandra Ward - U17	10	Emily Holland - U17
3	Sydelle Langis - U17	11	Charlotte Boyd - U17
4	Isobel Knowling - U17	12	Emma Ruske - U17
5	Jessica Scatchard - U17	13	Atlanta Bruce - U17
6	Rhianna Loughnan - U17	14	
7	Ruby Kapene-Paitai - U17	15	
8	Caitlin Tidmarsh - U17	16	

2:00 PM- Grassroots Trust #26- Men's 500m Masters D, E,F

Lane:	Name:	Lane:	Name:
1		9	Richard John Shaw - ME
2	Stephen Gibbons - MD (LW)	10	John Cook - ME
3	Ger Sheehan - MD	11	Graham Bunn - MF (LW)
4	Peter Fraser - MD	12	Paul Shirley - MF
5	Dean Goble - MD	13	Allan Hallberg - MF
6	Ben Thornton - MD	14	
7	Andrew Mahon - MD	15	
8	Doug Martin - ME	16	

2:10 PM- APL #27- Women's 500m Masters B, C, D, E, F, H, I, U14

Lane:	Name:	Lane:	Name:
1	Barb Armstrong - MB	9	Shirley Godkin - MH
2	Tara Wilson - MC	10	Annette Fletcher - MI (LW)
3	Debbie Rowe - MC	11	Leah Rowe - U14 (LW)
4	Veronique Gibbons - MD	12	Sienna Mattson - U14
5	Amanda Puddle - MD	13	Rhianna Rowe - U14 (LW)
6	Alison Richards - ME (LW)	14	Hazel Robertson - U14
7	Tania Hodges - ME	15	Sophie Peat - U14
8	Ann Trappitt - MF	16	Charlotte Billings - U14

2:20 PM- Perry Group #28- Men's 500m Masters G, H, I, Para, U23

Lane:	Name:	Lane:	Name:
1		9	Vic Hewson - MH (LW)
2		10	Peter Henry Robinson - MH (LW)
3		11	Graeme McBurney - MI
4		12	Ron Satherley - MH (PARA)
5	Jackie Awa - MG	13	
6	Lindsay Hay - MG	14	
7	Jeff Lynex - MG	15	
8	Joshua Pullynn - U23 (LW) (PARA)	16	

2:30 PM- Concept2 #29- Women's 500m U15

Lane:	Name:	Lane:	Name:
1		9	Grace Iremonger - U15
2		10	Nia Shipkov - U15
3	Annabelle Knowles - U15	11	Imogen Butcher - U15
4	Grace Hutchinson - U15	12	Nina Turner - U15
5	Daisy Butcher - U15	13	
6	Lily Bayes - U15	14	
7	Neave McConnachie - U15	15	
8	Jenna Brangwynne - U15	16	

2:40 PM- Grassroots Trust #30- Women's 500m U15

Lane:	Name:	Lane:	Name:
1		9	Amelie Karrer - U15
2		10	Ella Ryan - U15
3		11	Chloe Wright - U15
4	Riley Booth - U15	12	Anna Stuart - U15
5	Ivy Roberts - U15	13	Skye Lang - U15
6	Tahlia Bull - U15	14	
7	Sarah Laben-ten Dam - U15	15	
8	Kira Sharrock - U15	16	

2:50 PM- APL #31- Men's 500m Masters A, Open, U19

Lane:	Name:	Lane:	Name:
1	Anthony Wade - MA	9	Thomas Hughes - O
2	Tom Mosquera - MA	10	Adrian Powell - O
3	Marin Begovic - MA	11	Dylan Chamberlain - U19 (LW)
4	Mike Seatter - MA	12	Tait Wilson - U19
5	Robert Doak - O	13	Evan Williams - U19
6	Hugues Boisvert - O	14	Jack McCarthy - U19
7	Bendegúz Pétervári-Molnár - O	15	Stanley Alderson - U19
8	Edward Baddeley - O	16	Josh Vodanovich - U19

3:00 PM- Perry Group #32- Women's 500m U16

Lane:	Name:	Lane:	Name:
1	Eva Dalimore - U16	9	Nicolette Grant - U16
2	Natasha Dickie - U16	10	Millie Baker - U16
3	Isabella Foster - U16	11	Emma Taylor - U16
4	Emma Averill - U16	12	Ayla Rowe - U16 (LW)
5	Karin Kozuka - U16	13	Sadie Walker - U16
6	Caroline Bagley - U16	14	Samantha Eden - U16
7	Maddy Ellis-Pegler - U16	15	Aimee Clink - U16
8	Olivia Dunn - U16	16	

3:10 PM- Concept2 #33- Men's 500m U19, U14, Para

Lane:	Name:	Lane:	Name:
1		9	Harry Flexman - U14
2	Cody Bird - U19	10	Conrad Jackson - U14
3	Boaz King - U14 (LW)	11	Joshua Wickers - U14
4	Ben Healy - U14 (LW) (PARA)	12	Scott Zhou - U14
5	Zac Schultz - U14 (LW) (PARA)	13	Gane Harbutt - U14
6	Ashton Kennedy - U14	14	Travis Talpos - U14
7	William Milne - U14	15	
8	Caleb Blind - U14	16	

3:20 PM- Grassroots #34- Women's 500m Masters A, Open, U19, U23

Lane:	Name:	Lane:	Name:
1		9	Jade Perry - U19
2		10	Armanii Samson - U19
3	Elyse keita Mclauchlan - MA	11	Cameron Phillips - U19
4	Louise Storey - MA	12	Holly Jonson - U23
5	Brooke Donoghue - O	13	Ana Sinderman - U23
6	Alexa Hood - U19	14	
7	Ella Grant - U19	15	
8	Tyla Cox - U19	16	

3:30 PM- APL #35 Heat 1- Men's 500m U16

Lane:	Name:	Lane:	Name:
1		9	Jacob Kearns - U16
2		10	Quin McLeod - U16
3		11	Daniel Humphrey - U16
4	Michael Moloney - U16 (LW)	12	Adam Luc Wilson - U16
5	Riley Wills - U16	13	
6	Toby Coventry - U16 (LW)	14	
7	Baxter Shaw - U16	15	
8	Oliver Duncan - U16 (LW)	16	

3:40 PM- Perry Group #36 Heat 2- Men's 500m U16

Lane:	Name:	Lane:	Name:
1		9	Max Wilson - U16
2		10	Mika hessling - U16
3		11	Riley Manning - U16
4		12	
5	Cam MacGillivray - U16	13	
6	Jack Scragg - U16	14	
7	Tom Sims - U16	15	
8	Connor Bacchus - U16	16	

3:50 PM- Concept2 #37 Heat 1- Men's 500m U15

Lane:	Name:	Lane:	Name:
1		9	Hugh Kennedy - U15
2		10	Matthew Molony - U15
3	Lucas Cooke - U15 (LW)	11	Conrad Hopkins - U15 (LW)
4	Bill An - U15	12	Fergus Minkhorst - U15
5	James Waddell - U15	13	Snowden Hemi-Hill - U15
6	Lasen Geemeth Silva - U15 (LW)	14	Jay Bao - U15
7	Jamie Moss - U15	15	
8	Max White - U15	16	

4:00 PM- Concept2 #38 Heat 2- Men's 500m U15

Lane:	Name:	Lane:	Name:
1		9	Jimmy Austin - U15
2	Andrew Gough - U15	10	Tyrone Urbancic - U15
3	Logan Jenner - U15	11	Nick Bryan - U15
4	Sebastian Ness - U15	12	Henry Cawson - U15
5	Jack Ruske - U15	13	
6	Tama Merrilees - U15	14	
7	Dylan Thomas - U15	15	
8	Bhavraj Waraich - U15	16	

4:10 PM- Concept2 #39 Heat 3- Men's 500m U15

Lane:	Name:	Lane:	Name:
1		9	Jack Thomas - U15
2	Nabeel Kahn - U15	10	Shaun Snow - U15
3	Zak Maritz - U15	11	Aseri Uluikadavu - U15 (LW)
4	Cole Brenan - U15	12	Ryan Calder - U15
5	Connor Kemp - U15	13	Jamie Vukovich - U15
6	Fred Coxhead - U15	14	
7	William Thompson - U15	15	
8	Jonghyun Yun (JY) - U15	16	

4:20 PM- Grassroots Trust #40 Heat 1- Men's 500m U17

Lane:	Name:	Lane:	Name:
1		9	Joshua Cameron - U17
2	Luther Yates - U17	10	Tom Matthews - U17
3	Morgan Gardiner - U17	11	Mitchell McGrath - U17
4	Jesse Deane - U17	12	Leo Ashcroft - U17
5	Oliver Surridge - U17	13	Rory MacGillivray - U17
6	Alex Rendle - U17	14	Sam Cairns - U17
7	Henry Windhager - U17	15	
8	Oscar Coxhead - U17	16	

4:30 PM- Grassroots Trust #41 Heat 2- Men's 500m U17

Lane:	Name:	Lane:	Name:
1	Tyler Madison McNutt - U17	9	Campbell Colquhonn - U17
2	Jacob Davey - U17	10	Keegan Bull - U17
3	Levi craven - U17	11	Luke Buckley - U17
4	Tom Haycock - U17	12	Lewis Yetsenga - U17
5	Emersyn Coxhead - U17	13	Benjamin Russell - U17
6	Matthew Waddell - U17	14	Blair Ellis - U17
7	Hamish Bird - U17	15	
8	Kevin Wang - U17	16	

Team Relay's

4:45 PM- Concept2 #42- Women's Team Relay U15, U15 Novice, U16

Lane:	Name:	Lane:	Name:
1	St Peter's Girls Blue - U16	9	Taka 7 - U15
2		10	
3	Taka 5 - U15	11	Taka 8 - U16
4		12	
5	Taka 6- U15	13	Taka 9 - U16
6		14	
7	Whakatane - U15 (N)	15	
8		16	

4:58 PM- Grassroots Trust #43- Women's Team Relay Masters A-D, U19, U17

Lane:	Name:	Lane:	Name:
1	Whakatane U19	9	
2		10	
3	FIT C's - MA-D	11	
4		12	
5	Taka 10 - U19	13	
6		14	
7	SPC Girls - U17	15	
8		16	

5:11 PM- APL #44- Men's & Mixed Team Relay Corporate, Open

Lane:	Name:	Lane:	Name:
1	Waikato Rugby Union - CORP	9	Perry Group - CORP
2		10	
3	Auckland Rowing Club - O	11	WAIKATO RPC 2 - O
4		12	
5	ARC - Quadruplegs - O	13	WAIKATO RPC 3 - O
6		14	
7	ROWING NZ - O	15	C2NZ - CORP
8	WAIKATO RPC 1 - O	16	

5:24 PM- Perry Group #45- Men's Team Relay U15, U15, Novice

Lane:	Name:	Lane:	Name:
1	Hamilton Boys High School - U14	9	SPC Boys 2 U15
2		10	
3	Hamilton Boys High School BLACK - U15	11	Taka 4 - U15
4		12	
5	Hamilton Boys' High School JJXL - U15	13	WHAKATANE - N
6		14	
7	SPC Boys 1 U15	15	
8		16	

5:37 PM- Rocket Spark #46- Men's & Mixed Team Relay U15, U16, U17

Lane:	Name:	Lane:	Name:
1	Taka 3 - U16	9	Under 16 HBHS - U16
2		10	
3	Hamilton Boys High School - U16	11	St Peters Boys Red - U16
4		12	
5	St Peter's Mixed Blue - U17	13	
6		14	
7	St Peter's Mixed Red - U15	15	
8		16	

5:50 PM- Concept2 #47- Men's Team Relay U17, U19

Lane:	Name:	Lane:	Name:
1	Taka 2 - U17	9	Taka 1 - U19
2		10	
3	HBHS - U17	11	Hamilton Boys High School - U19
4		12	
5	SPC Boys - U17	13	Hamilton Boys High School - U19
6		14	
7	Hamilton Boys High School - U19	15	
8		16	

COMPETITION DAY PROCEDURES

Registration is at the Entrance to the Warm up Area.

- Put on your wristband and you can store any gear behind the rowing machines in the warmup area. Wristbands are to access the warmup area to ensure only athlete and coach entry.
- Weigh in if you are entered in a lightweight event.
- Turn up to the warmup area no earlier than 30minutes prior to race. If you wish to warm up more, please use spare machines at the back of the warmup area.
- **MAKE YOURSELF KNOWN TO THE MARSHALL SO THEY CAN CHEK YOU OFF**
- Go to your assigned lane, which is the lane you are in on the programme you will get **on the day**. This will be the number on the rowing machine you use to warmup and compete.
- The Marshall will call you to the designated marshalling area approx. 10mins prior to race. Please don't be the any later than 5mins prior to your scheduled race time.
- If the race machines are free earlier, then you can do a longer final prep on the race machines.
- Take **your** competition machine, & check for your name on the screen. Advise if this is not present. You are allowed only 1 support person beside your erg.
- You now have a few minutes of final prep to set your feet & your drag factor/damper before the start. **THERE IS NO CHANGING THE DRAG ONCE THE RACE HAS STARTED.**
- Listen to the officials' instructions and wait for the race commands.
- There is a voice command and a buzzer for the start of the race.
- The following sequence you will hear and see on screen is:

SIT READY

ATTENTION

ROW

- Race your hardest and best race as you will have other events in the same race with you.

If your erg becomes disconnected from the Concept2 Venue Racing System;

DO NOT STOP ROWING.

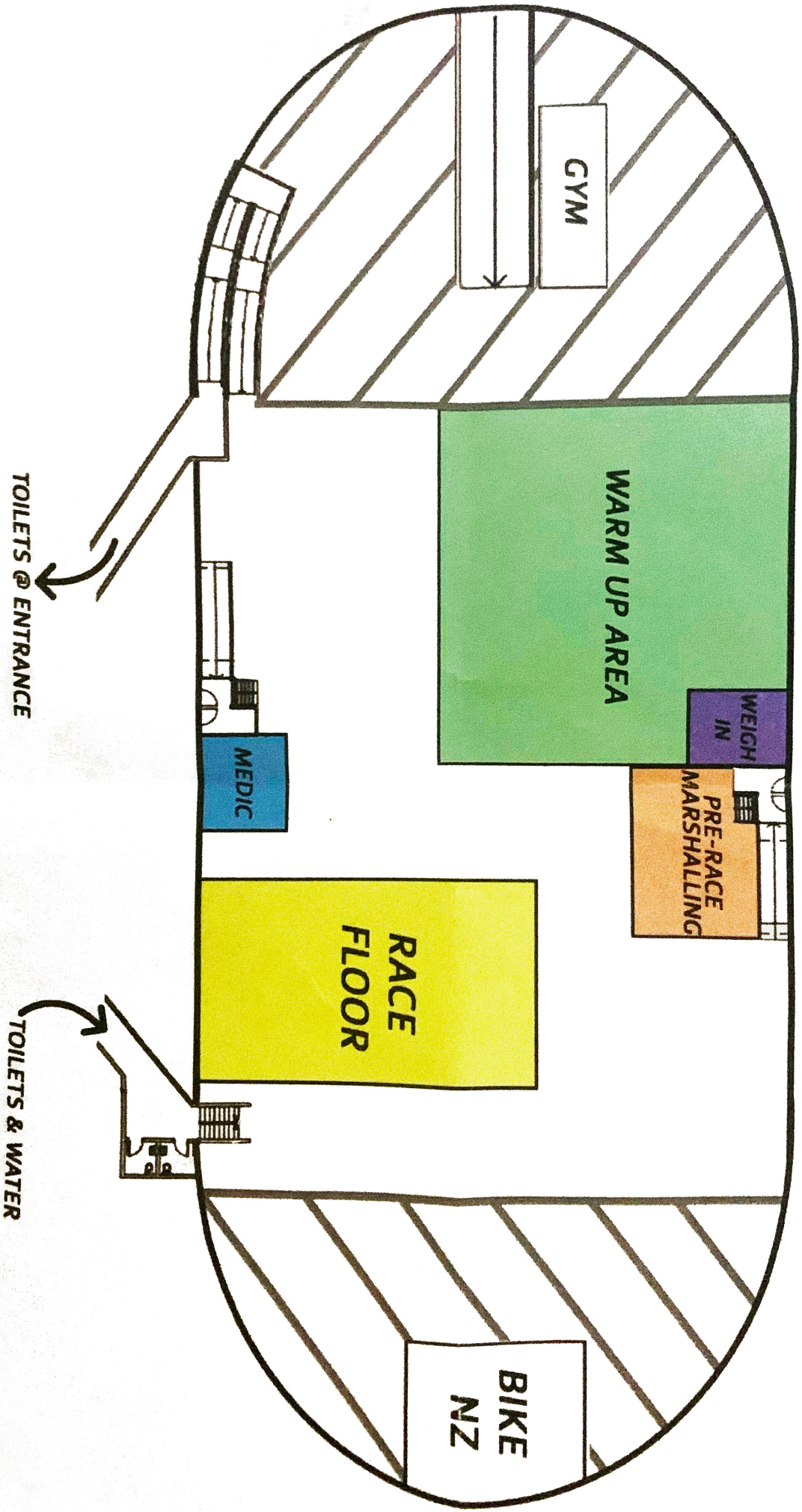
After about 10 seconds the monitor will display "KEEP ROWING" at the bottom of the screen. All data is retained on the PM5. Your time will be recorded and entered manually into the race system.

- Once the race is finished, compose yourself on the machine and keep moving. Once you feel you can get off the machine, do so and move to a warm down on spare machines or Concept2 Bike-ergs.
- Alert medical staff, marshal, event staff or official immediately if you experience abnormal breathing or other health problems

WINNERS WILL HAVE THEIR MEDAL PRESENTATIONS AFTER THE PROCEEDING RACE

*MORE DETAILED RACE INFORMATION AND RULES CAN BE FOUND AT; <https://www.indoorrowing.co.nz/page/racing-rules/>

AVANTIDROME FLOOR LAYOUT



LANE:	TIME:	2000M RACES
1	8:20 AM	Concept2 #1- Men's 2000m Masters A, B, C, Novice
2	8:34 AM	Grassroots Trust #2- Women's 2000m U17, Masters B, C
3	8:48 AM	APL #3- Men's 2000m Masters D, E, F, G, H, I Para
4	9:02 AM	Perry Group #4- Women's 2000m U15, U14
5	9:16 AM	Concept2 #5- Men's 2000m Open, U19
6	9:30 AM	Grassroots Trust #6- Women's 2000m Masters E, H, I, U16
7	9:44 AM	APL #7- Men's 2000m U16
8	9:58 AM	Perry Group #8- Women's & Men's 2000m U19, Open, U23, Masters A, U14, U15
9	10:12 AM	Concept2 #9 Heat 1- Men's 2000m U15
10	10:28 AM	Grassroots Trust #10 Heat 2- Men's 2000m U15
10:45 NZ NZ TRACK CYCLING TEAM WORLD CUP START PRACTICE		
11	10:50 AM	APL #11- Men's 2000m U17
1000M RACES		
12	11:10 AM	Perry Group #12- Men's 1000m Masters A, B, C, Novice
13	11:22 AM	Concept2 #13- Women's 1000m U17
14	11:34 AM	Grassroots Trust #14- Men's 1000m Masters D, E
11:45 NZ TRACK CYCLING TEAM WORLD CUP START PRACTICE		
15	11:50 AM	APL #15- Women's & Men's 1000m Masters A, B, Open, U23, U19, U14
16	12:02 PM	Perry Group #16- Men's 1000m Masters F, G, H, I, Para, U19, U23
17	12:14 PM	Concept2 #17- Women's 1000m Masters C, D, E, H, I, U14
18	12:26 PM	Grassroots Trust #18- Women's 1000m U15, U16
19	12:38 PM	APL #19- Men's 1000m Open, U19
20	12:50 PM	Perry Group #20 Heat 1- Men's 1000m U15
21	1:02 PM	Concept2 #21 Heat 2- Men's 1000m U15
22	1:14 PM	Grassroots Trust #22 Heat 1- Men's 1000m U16, U17
23	1:26 PM	APL #23 Heat 2- Men's 1000m U17
500M RACES		
24	1:40 PM	Perry Group #24- Men's 500m Masters B, C, Novice
25	1:50 PM	Concept2 #25- Women's 500m U17
26	2:00 PM	Grassroots Trust #26- Men's 500m Masters D, E, F
27	2:10 PM	APL #27- Women's 500m Masters B, C, D, E, F, H, I, U14
28	2:20 PM	Perry Group #28- Men's 500m Masters G, H, I, Para, U23
29	2:30 PM	Concept2 #29- Women's 500m U15
30	2:40 PM	Grassroots Trust #30- Women's 500m U15
31	2:50 PM	APL #31- Men's 500m Masters A, Open, U19
32	3:00 PM	Perry Group #32- Women's 500m U16
33	3:10 PM	Concept2 #33- Men's 500m U19, U14, Para
34	3:20 PM	Grassroots #34- Women's 500m Masters A, Open, U19, U23
35	3:30 PM	APL #35 Heat 1- Men's 500m U16
36	3:40 PM	Perry Group #36 Heat 2- Men's 500m U16
37	3:50 PM	Concept2 #37 Heat 1- Men's 500m U15
38	4:00 PM	Concept2 #38 Heat 2- Men's 500m U15
39	4:10 PM	Concept2 #39 Heat 3- Men's 500m U15
40	4:20 PM	Grassroots Trust #40 Heat 1- Men's 500m U17
41	4:30 PM	Grassroots Trust #41 Heat 2- Men's 500m U17
TEAM RELAY'S		
42	4:45 PM	Concept2 #42- Women's Team Relay U15, U15 Novice, U16
43	4:58 PM	Grassroots Trust #43- Women's Team Relay Masters A-D, U19, U17
44	5:11 PM	APL #44- Men's & Mixed Team Relay Corporate, Open
45	5:24 PM	Perry Group #45- Men's Team Relay U15, U15, Novice
46	5:37 PM	Rocket Spark #46- Men's & Mixed Team Relay U15, U16, U17
47	5:50 PM	Concept2 #47- Men's Team Relay U17, U19