



## The GRC/MS Rowathon at the Beau Sejour Leisure Centre on Sunday 24 April 2016

This event is organised by the Guernsey Rowing Club LBG on behalf of the Guernsey Multiple Sclerosis Society.

### Race rules

1. Entries to arrive no later than the closing date of Friday April 8.
2. Entries by e-mail to: [markrw555@gmail.com](mailto:markrw555@gmail.com)
3. Late entries considered only at the organiser's discretion.
4. The team captain will be responsible for the team members and will receive all information on behalf of the team.
5. Captain's mobile number and e-mail address to be included on the entry form.
6. The team captain will be responsible for the team members and will receive all information on behalf of the team.
7. The team captain will also be responsible for ensuring every team member sign the medical disclaimer before competing.
8. Registration on the day is one hour before allocated start time.
9. By entering, each team is committing to raise a minimum of £300 for The Guernsey MS Society.
10. Any team that drops out after the closing date or does not show at the event will still be expected to meet their fund-raising commitment to the charity.
11. Race distance for all events will be 30,000m.
12. Competitors may alter the resistance level prior to, but not during the race.
13. Competitors may be assisted in mounting and dismounting the rowing machine.
14. All members may only compete in one team per session.
15. Minimum age for competitors is 16 years.
16. There are five categories: Men's [6 men], Women's [6 women], Mixed [3 men and 3 women], Junior Male and Junior Female – from age 16 up to age 21.
17. If required there will be two sessions on the day, starting at 11.00 and 14.30
19. Each session will consist of 13 to 15 teams maximum.
20. Team members must rotate in strict numerical order every 1,000m, completing 5 x1,000m each.
21. In the event of a team member injury during the race a) no substitutions can be made. b) Rowers must continue rowing in sequence. c) A minimum of 4 team members must finish the race in rotation. d) A minimum of 2 men and 2 women are required to finish in the mixed event.
22. Winners in each category will be the fastest teams to cover the distance by the end of the session.
23. The race director's decision will be final; no discussions will be entered into.

**MEDICAL PRECAUTIONS: If a competitor feels unwell on race day, knows that they have a medical condition which could be exacerbated by the event or has recently suffered from a virus, it is recommended they don't race. Indoor Rowing is physically demanding and the organisers take no responsibility for illness or injury caused as a consequence of participating against this advice. If unsure, please seek medical advice prior to racing.**

Further enquiries to: [markrw555@gmail.com](mailto:markrw555@gmail.com) Mobile: 07911 744213 Work: 240276  
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