



QUEENSLAND INDOOR ROWING CHAMPIONSHIPS

INFORMATION SHEET Sunday 9th June 2024



SC
INDOOR
ROWING
CLUB



MEDALS will be presented to the first 3 placegetters in each age group for every event.



TROPHIES sponsored by Jarrod Bleijie, the State Member for Kawana, will be presented to the Best Junior and Senior Male and Female.

SCHOOLS' CHALLENGE
The prize is a perpetual shield for the school team with the most points.



PARKING There is plenty of free parking in the basement of the Sports Hub.

Patrons:
Peter Cox - Division 3 Councillor



Ashley Robinson, OAM, former CEO of Alex SLSC



Venue O2 Performance at the Sports Hub at Bokarina near Lake Kawana

When Sunday 9th June 2024

Registration (for all) and weigh-ins (for lightweights) start at 7.45am

Questions: Wendy Coghill 0412 230 718 wendy.coghill@optusnet.com.au

Website: www.qldir.com

Gender Male Female **Date of Birth**
Weight Division Lightweight Heavyweight Adaptive Rower

Age Groups

<input type="checkbox"/>	Under 10	<input type="checkbox"/>	12 and under	<input type="checkbox"/>	13-14	<input type="checkbox"/>	15-16	<input type="checkbox"/>	17-18
<input type="checkbox"/>	19-29	<input type="checkbox"/>	30-39	<input type="checkbox"/>	40-49	<input type="checkbox"/>	50-54	<input type="checkbox"/>	55-59
<input type="checkbox"/>	60-64	<input type="checkbox"/>	65-69	<input type="checkbox"/>	70-74	<input type="checkbox"/>	75-79	<input type="checkbox"/>	80-84
<input type="checkbox"/>	85-89	<input type="checkbox"/>	90-94	<input type="checkbox"/>	95+	<input type="checkbox"/>		<input type="checkbox"/>	

*Australian and World Records now go in 10 year increments for adults apart from the 2000m events.

Sunday Approx Starting Times

7:45 am Registration and Weigh Ins

8:45 am 1 Minute 9:45 am 2000m 11:15 am 500m
 12:45 pm 1000m 2:15 pm 100m 3:15 pm Mixed Relay

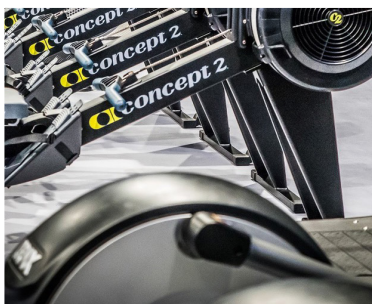
Please bring your own food and drinks as the Deliciously Clean Eats Cafe will not be open that day. There are several good cafes within a short drive of O2 Performance, including Banjos at Bokarina, MJs at Birtinya and Red Rooster at Warana.

Schools' Challenge - Mixed teams consisting of 3 females and a male, 2 males and 2 females or 4 females. Schools can have more than 1 team. Points will be counted from any 3 of the 4 individual events and the relay.

There will be adaptive categories in all age groups and events. In the relays each person rows 300m. **The maximum number of individual events per competitor is 4.**

Please support Alex Surf Club and Dicky Beach Surf Club, if you are dining out. Both Clubs are very supportive of Indoor Rowing on the Sunshine Coast.

The Champion Schools in 2023 were Sunshine Coast Grammar and Kawana Waters State College. The 2023 trophy winners were Kayley Mitchell, Joe Bopf, Taryn Sharp and Peter Adams.



Proudly supported by:



Promoting



QUEENSLAND INDOOR ROWING CHAMPIONSHIPS

INFORMATION SHEET Sunday 9th June 2024



All entries will be online. Visit our website www.qldir.com.

Category	Amount per Event
Junior (<19) Concession holders	\$18.00
Open	\$20.00
Indoor Rowing Club members O2 Performance members	Open \$16.00 Juniors & Concession \$14.00
4 events - Juniors & Concession \$55 / Open \$65 IR Club and O2 Performance members - Juniors / Concession \$45 Open \$55 Relays are included in the entry fee	

Terms and Conditions

1. An event is defined as one distance in your age group. Entrants may only nominate in one weight category.
2. Concept2 indoor rowing machines will be used. Competitors may use the resistance level of their choice, but this cannot be changed during the race.
3. For all competitors, age is as of the day of competition.
4. All competitors must register no less than 30 mins prior to their first race
5. Entry fees are non-refundable.
6. Lightweight event limits are: Men - less than 75Kg / Women - less than 61.5Kg. Lightweight competitors will be weighed at least 30 minutes before their first event. Competitors who do not make weight will have their results moved to the open results.
7. All category races will be straight finals, ie each competitor will only race once per event. Some categories may involve several races. The times for all races for a single category will be ranked to give an overall listing.
8. Each race may involve several ages and/or categories.
9. Medals will be awarded for the first 3 competitors in every age group and weight category for each distance.
10. Late entries will only be accepted, if there is a spare machine in the relevant heat.
11. Entries close on Sunday, 26th of May.
12. **Please note these are only approximate starting times.** Competitors and supporters need to listen carefully to the commentators.



Wendy Coghill with Patrons, Peter Cox and Ashley Robinson



Joe Bopf