



East Midlands Regional Rowing Council
Junior Inter-Regional Team Selection 2019

Competition Notice



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Introduction

This document contains information related to the running of the trials that will determine the team that will represent the East Midlands at the Junior Inter-Regional Regatta 2019 (the JIRR).

This year the JIRR will be held at Peterborough City Rowing Club's multi-lane course and the race distance will be 1,000m rather than the 1,500m used at Nottingham in previous years. The distance of the East Midlands trials this year will also therefore be 1,000m.

Venue and Date

The trials will be held at the National Water Sports Centre, Holme Pierrepont on Saturday 9th February 2019.

Events offered

The events offered at the Junior Inter-Regional Regatta have remained the same as last year:

Women:

	Junior 14	Junior 15	Junior 16
Single	y	y	y
Double	y	y	y
Quad	y (coxed)	y (coxed)	y (coxless)
Sweep four		y (coxed)	y (coxless)
Eight			y

Men:

	Junior 14	Junior 15	Junior 16
Single	y	y	y
Double	y	y	y
Quad	y (coxed)	y (coxed)	y (coxless)
Sweep four		y (coxed)	y (coxed)
Eight			y



Entries

Entries will open on the 1st January 2019 and are invited from all clubs in the East Midlands region for these boat classes. Composite entries are permitted, as are multiple entries from a single club in any one event. If you need assistance and are a club with individual athletes who would like to be considered for composite crews, please let us know and we will communicate that out to the other coaches.

The BROE2 system is not being used for the trials, instead entries must be sent on email to paul.stevens@mac.com prior to the closing date of 10pm on Thursday 31st January 2019.

Details for each entry must include:

- Event being entered
- Names of all crew members including coxes
- In the case of composites, the club of each crew member.
- The name of the coach or responsible adult that will be with the crew on the day, and their contact mobile number.

Entries should only be made for athletes who are available for the JIRR event on 27th April 2019. Please see note below regarding crew changes once selection has been made.

Coaches are responsible for entering their crews in the correct event, crews will not be moved to different events once the entries have closed.

J13s are permitted in the JIRR and, therefore, the trial. No entries from J12s or under.

A list of entries will be published by email on or before 10pm on Saturday 2nd February 2019.

Substitutions

As per British Rowing rules, substitutions may be made for up to 50% of the crew, plus cox, prior to racing. Notification of any substitutions must be sent to the same email address, paul.stevens@mac.com, or made in person to Paul Stevens on the trials day, prior to the crew boating.

Entry Fee

The entry fee will be £5 per person per event entered. No cash or cheques will be accepted on the day. Clubs who have not paid by close of entries will not be included in the Time Trial draw.

Entries by BACS only, to N&URC. HSBC West Bridgford

Sort Code: 40:35:18 / Acc: 50094258 **REF: EMJIRR “**club”**



Doubling Up

Athletes may enter as many events as they wish at the trials (limited to one per division). However, should an athlete win more than one event at the trials they will be asked to nominate which one event they would like to compete in at the JIRR. Please take the selection policy into account when making decisions regarding doubling up.

Doubling up at JIRR is permitted, but we will aim to limit that to where it is necessary to fill events with no entries at trials, and will be dependent on the timetable at JIRR allowing sufficient time between races.

Trial Format

The format of the trial will be a time trial over 1000m, from the 1,000m mark to the finish, with 20-30 second gaps between crews.

As in previous years there will be four divisions:

10am Division 1: Singles

11am Division 2: Doubles

12pm Division 3: Quads and sweep fours

1pm Division 4: Eights (if required)

Competitor instructions including marshalling information will be published with the start order one week before the trials. Boating will be approx. 30 mins before each division.

Each crew / sculler at J14 or under should have an adult cycling with them through the warm up and trial where possible.

Results & Selection Policy

Provisional results will be published as soon as possible on the day, and confirmed as soon as possible afterwards. Within each event, the fastest crew over the course will be offered selection for the East Midlands team, however please note the following:

Dead Heat. If there is a dead heat in any event, and the athletes from neither crew have won selection into another event, then a re-row will be run for those crews involved in the dead heat, after division 4.

Single entry. If there is only one entry in a particular boat class then that crew gains selection for the team. They will not be required to take part in the time trial (but may do so if they wish, the entry fee will then apply).

Doubling Up. If an athlete or crew wins more than one event at the trials, they will be asked to nominate which event they would like to compete in at the JIRR. That means the place on the



team for their second event will be offered to the next place crew in the results. For example: if a sculler doubles up into a quad, wins both trials and elects to race the single, the quad place on the team would be awarded to the 2nd place quad in the trial.

Eights. The exception to the doubling up rule above is the eights, due to the region historically struggling to fill the eights events. Therefore, if an eight wins trials, or is the only entry, and part of the crew are selected in other event(s), the remainder of the crew will be selected and empty seats will be filled from triallists unsuccessful in other events. This will be managed by the team manager.

All selection decisions are taken by the team manager, and he/she may use their discretion, in consultation with the coaches, to try to ensure we have filled as many events as possible while maintaining the quality of the team.

Crew changes post-selection

It is expected that the crews that race at JIRR will be the crews that win trials in their full line up. If a crew, having been selected for the team, needs to make a substitution, they should contact the team manager.

The substitution should only be for exceptional circumstances, i.e. illness/injury, and some justification may be requested.

An alternative team member will be sought by the team manager, from unsuccessful triallists. This includes coxes

Volunteers

As always, the trials will rely on volunteers to be successful.

This year the timing team from the Nottingham Regatta Committee have been kind enough to volunteer to do the timing, but we will still need volunteers to get crews boated / de-boated, marshalled above the start and at points on the course etc. Please let the team managers know if your club has people able to help.

Contact Information

East Midlands Team Manager

Trevor Rainbow
Phone: 07860 928694
Email; trevor.rainbow@ntlworld.com

Or

Paul Stevens
Phone: 07779 232051
Email; paul.stevens@mac.com

