



Indoor Rowing & Ergathlon – COMPETITOR NOTES

It is compulsory for all entrants in this event and their supporters to read this notice and comply with its stipulations. They are also responsible for familiarising themselves with the Event Location, Rules and all its hazards. Please inform your supporters of their responsibility to comply.

Signing your waiver or completing your online entry is an indication you agree to comply with these guidelines.

PRIMARY RESPONSIBILITY

- 🚫 You are responsible for your own health and safety during the event.
- 🚫 You should only undertake to participate in this event if you believe that you are fit to do so.
- 🚫 At no stage during this event should you engage in activity that would threaten your own safety and the safety of other people.
- 🚫 You should obey marshal and Event Staff where they are instructing you for your safety.
- 🚫 Marshals, Officials and Referees are giving up their time to help you, please treat them with respect. If you have any issues with a Marshals, Officials and Referee's conduct please do not approach them independently – please refer to the Event Manager.

GAMES REGISTRATION

All participants are required to check in at the Registration Desk at the Games Hub (Rotorua Energy Events Centre) in person before playing sports or taking part in an activity.

For safety and security, we cannot accept someone checking you in on your behalf. This includes Teams. Each Team Member is required to check in individually at the Games Registration.

VENUE

The venue for the Indoor Rowing & Ergathlon Event is Rotorua Energy Events Centre, Queens Drive, Rotorua.

PARKING

Parking is provided at the Venue. There is sufficient parking available for competitors and spectators.

EVENT CHECK-IN

Event Check-in for the Indoor Rowing & Ergathlon will be at the following times:





Wednesday 8th March 2023 – 5.30pm onwards

COMPETITION RULES – Indoor Rowing

Team composition

2 person required for the Doubles

Event Options

-  200m Row – Individual
-  500m Row – Individual
-  1000m Row – Individual
-  1000m Row – Doubles




Age Groups

OPEN | 18-29 | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80+

All Competitors will be eligible for the Open Competition.

Doubles (Combined Age): Under 59 | 60-99 | 100+

Competition Description

-  Indoor Rowing events will be rowed over 200m, 500m & 1000m using Concept 2 machines.
-  Competitors may use the resistance (drag factor) of their choice, but this cannot be changed during the race.
-  Weight limits will not be used in this competition.

- 🚫 Multiple categories may be in the same race.
- 🚫 All doubles events will be conducted over a combined distance of 1000m.

COMPETITION RULES – Ergathlon

Competition Description

Competitors will complete a 200m Row, 400m Bike and 200m Ski consecutively using the Concept 2 Rower, Bike Erg & Ski Erg. The fastest time to complete the distances including transition between machines will win.

- 🚫 Competitors may use the resistance (drag factor) of their choice, but this cannot be changed during the race.
- 🚫 Weight limits will not be used in this competition.

Age Groups

OPEN | 18-29 | 30-34 | 35-39 | 40-44 | 45-49 | 50-54 | 55-59 | 60-64 | 65-69 | 70-74 | 75-79 | 80+

All Competitors will be eligible for the Open Competition.

SCHEDULE OF PLAY / DRAW

The Schedule of Play / Draw for your competition will be available as soon as practicable after Registration for the Games closes on 10th February 2023.

The Draw will be available via the Games APP and Website.

SPECTATORS

Spectators are welcome to attend the Indoor Rowing & Ergathlon Event. APES Games 2023 staff and the Indoor Rowing & Ergathlon Event Team will strive to keep all spectators safe from harm, but all spectators are responsible for their own personal safety.

Here are some pointers to help spectators stay safe while watching the event:

- 🚫 Be responsible and keep your own safety in mind.
- 🚫 Always follow and obey marshal's instructions.
- 🚫 Observe and follow all event signs.
- 🚫 Stay within designated spectator areas.
- 🚫 Do not enter any restricted areas. If you are unsure, please ask a marshal.
- 🚫 Children to be accompanied at all times.

PRIZE GIVING

Prize Giving will follow the conclusion of the Indoor Rowing & Ergathlon Competition.

KEY CONTACTS / INFORMATION

Name	Role/Organisation	Contact Number
Eric Murray	Concept 2 NZ	021 662 878
Graham Perks	APES Games Sports Manager	021 191 3660

ADDITIONAL INFORMATION

Food and Drink will be available for purchase at the venue.

Physio services are available through Go Physio (1221 Haupapa Street, Rotorua – Tel: 07 347 8380) who will be operating a Drop-in Clinic 8am – 5pm Monday 6th March – Friday 10th March 2023 - <https://gophysio.co.nz/>