

# GREENACRE SPORTS PARTNERSHIP

Skills For Life **TRUST** 

## VIRTUAL INDOOR ROWING: EVENT SPECIFICATION



Dates: Open term 1 and 2

Organiser: Kimberley Hill: 01634 861593 EXT 293

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Closing Date: **Thursday 16<sup>th</sup> December 2022**

### General:

- There will be two separate competitions, one for boys and one for girls.
- Results will not be accepted after the closing date.
- Teachers are responsible for ensuring the correct times/distances are followed per each age category and submit results accordingly.
- Should there be any results that seem unrealistic, GSP/HSSP reserve the right to ask for video evidence.

### Team Information:

- Teams must consist of 4 pupils.
- More than one team can be entered per year group per school. Only the highest place team will receive points for the overall SSG series.
- There will be 6 categories in the boys and girl's competitions:
  - Year 7
  - Year 8
  - Year 9
  - Year 10
  - Year 11
  - Year 12 & 13



[WWW.SFLT.ORG.UK/GSP](http://WWW.SFLT.ORG.UK/GSP)



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### **Equipment:**

- There will be a limited amount of rowing machines available from Monday 4<sup>th</sup> October. Please contact the event organiser should you require machines for your pupils to participate. These will be allocated on a first come first serve basis and there may be a limit of 2 rowing machines per school.
- Participants should wear appropriate sportswear and footwear.

### **Individual Races:**

- The year 7 – 11 individual races will be over a period of time with their total distance being recorded. The year 12 & 13 race will be over 2000 metres with the time being recorded.
  - Year 7: 2 minutes
  - Year 8: 3 minutes
  - Year 9: 4 minutes
  - Year 10: 5 minutes
  - Year 11: 6 minutes
  - Year 12 & 13: 2000 metres
- All 4 individual scores for each category will total together to form the overall schools total.

### **Relay Races:**

- Each team (including Y12&13) will complete a relay race on one rowing machine. They will work in a relay format with each team member completing 1 minute each. The relay race for each age category is 4 minutes and the distance will be recorded.

### **Results:**

- Please use the excel spreadsheet provided to record results.
- All distances to be recorded in meters (e.g. 967 meters)
- For Y12 & 13, please record individual race results in minutes. (e.g. 8.25 minutes)
- Y12 & Y13 relay race will be recorded as a distance (1 minute per participant- 4 minutes in total- same as every year group).