



**Durham
University
Boat
Club**

North East Indoor Rowing Championships

Wednesday 7th December 2011
The Graham Sports Centre, Maiden Castle, Stockton Road, DH1 3SE

2000m individual races on Concept 2 Rowing Machine and a 3000m Team Challenge

Categories:

- **Allcomers:** open to all athletes
- **University:** open to all current university students with BUCS points available
- **Veterans:** using the Concept 2 handicapping system
- **College:** open to all students who are not competing for DUBC but are in a Durham College

The above categories are available in male and female, heavyweight and lightweight.

- **Team Challenge:** 3000m in teams of four for Durham University College Novices and Seniors, Allcomers, College Sports Clubs and the Interdepartmental teams.

Lightweight men must be on or below 75kg; Lightweight women must be on or below 61.5kg.
Weigh-in will be between two and one hours before your race.

BUCS:

BUCS points will be awarded to the fastest four university competitors from all of the regions in the country in the available categories.

Points available are: 1st place = 12, 2nd place = 8, 3rd place = 6, 4th place = 4.

The Sports Centre will be open from 10am for warm-up with the first race starting at 10.45am.
16 ergos will be used to race in each slot and there will be 8 available to warm up on.
Refreshments will be available throughout the day.

Entries:

Entries will be via the downloadable form at www.dubc.co.uk to be returned to:

Entry Secretary
Durham University Boat Club
70 Hallgarth Street
Durham
DH1 3AY

Entries are £6 per person. Cheque to be made payable to Durham University Boat Club. Entries to be received by Sunday 27th November.

Prizes will be awarded for each event.