



WEST REGION INDOOR ROWING COMPETITION PROGRAMME 2009

What is it?

The Amateur Rowing Association Indoor Rowing Competition Programme is designed to encourage youngsters into rowing and getting fit and healthy at a series of local indoor rowing competitions around the country. The events target school pupils between the ages of 11 and 18 years.

In 2008 there were 12 events run in the ARA West Region, with over 1000 competitors taking part! Events are predominantly school based, run as partnership, inter-school, house or tutor group events. Results of all these events are posted on the ARA website (www.ara-rowing.org), allowing pupils to compare their results with those posted at competitions across the country.

How Far Will You Race?

The races are held over the ARA recognised race distances;

YEAR GROUP	ROWING TIME	BOYS GOLD MEDAL TARGET	GIRLS GOLD MEDAL TARGET
7	2 Mins	510m	490m
8	3 Mins	810m	750m
9	4 Mins	1125m	1020m
10	5 Mins	1430	1275m
11	6 Mins	1720	1540
12/13	2000m	07:00.0	07:45.0





HOW TO GET INVOLVED IN 08/09?

Regional Events

Internal School/Partnership/County Events – Nov 08 – Feb 09

ARA support is available for individual schools, sports colleges, SSPs or county's wishing to run their own events. Competitions can take place between Nov 08–Feb 09. Contact Tom Pattichis to arrange an event.

Regional Championships – March 4th 2009

The regional series culminates with the **South West Regional Schools Championships**, which takes place on **Wednesday March 4th** at the College of St Mark and John (Marjons) in Plymouth, and is open to all schools in Cornwall, Devon and Somerset. This event is designed for schools to send teams of their most enthusiastic indoor rowers, in order to establish the top indoor rowing school in each county, and the region as a whole.

National Events

British Indoor Rowing Championships – October 26th 2008, Birmingham

BIRC takes place in Birmingham on October 26th 2008. This is the opening event of the Indoor Rowing calendar, and competitors can take part against other juniors from schools and clubs from across the country. The Plymstock SSP are organising a coach trip for competitors wishing to attend the event. For further details contact Kevin Sellar - KSellar@plymstockschool.org.uk

National Junior Indoor Rowing Championships – 23rd March 2009, London

The NJIRC takes place in London in on Monday 23rd March 2009. At this event competitors can take part against other juniors from schools and clubs from across the country.

Concept 2 Schools League – September 08-March 09

The Concept 2 School League is a national virtual competition. The competition is free to enter, and allows schools to compete against other schools from across the country over the internet, without any requirement to travel! Further entry details can be found at - www.concept2.co.uk/league/index.php?lyr In addition to the national competition it is intended that results from schools from Cornwall, Devon and Somerset will be filtered to provide county and regional tables which will be posted on local School Sports Partnership and County Sports Partnership websites.

For further details, or to organise your own event contact;
Tom Pattichis – ARA South West Team Leader
Office: 01626 333020 Mobile: 07879070873
tom.pattichis@ara-rowing.org