

# MAINSTREAM INDOOR ROWING

11<sup>TH</sup> MARCH 2020



## Teams

For each category teams consist of 4 players all from the same year.

Schools will be able to send teams for the following categories:

Year 7 Boys	Year 7 Girls
Year 8 Boys	Year 8 Girls
Year 9 Boys	Year 9 Girls
Year 10 Boys	Year 10 Girls
Year 11 Boys	Year 11 Girls



## Equipment

Concept 2 Indoor Rowers with the following recommended resistance levels:

- Year 7 – 1
- Year 8 – 2
- Year 9 – 3
- Year 10 – 4
- Year 11 – 5

## Competition Format

Each young person will have the opportunity to take part in an individual race and a relay race.

## Individual Races

To reflect differing levels of fitness and endurance standard times will be adopted for each year group. All competitors will take part in a timed race against children from their own age category, for each sex and year group the pupil that goes the furthest wins. Gold Medal Targets (GMT) have been created to allow for comparisons across year groups and sexes. For the Greater Manchester School Games competitors should be working towards or achieving 90% of the GMT.

Year	Time	Boys GMT	Girls GMT
7	2 minutes	510m	490m
8	3 minutes	810m	750m
9	4 minutes	1125m	1020m
10	5 minutes	1430m	1275m
11	6 minutes	1720m	1540m



## Relay Races

Teams of 4 will compete in a timed race for 8 minutes.

Each team must consist of 4 boys or 4 girls from the same year group.

Each team member must row for 2 minutes.

## Fair Play

The ideals of good sportsmanship and respect should permeate throughout all competitive and recreational sport. They are displayed by someone who abides by the rules of a contest, respects their opponents and accepts victory or defeat graciously.

## Health and Safety

Players must wear suitable footwear.

No jewellery to be worn.

All loose clothing must be tucked in and shoelaces tied.

No chewing gum or sweets.

Players should bring plenty of drinks.

All players are advised to warm up appropriately before each match.

When not competing, players must remain away from the rowers and not get in the way or distract officials.

Medical supplies that players may need should be brought with them on the day i.e. asthma inhalers.

All team teachers must ensure their pupils are under adult supervision at all times, even when playing.



**MANCHESTER**  
CITY COUNCIL

