

BUCS Competitor Information

Location:

University of Liverpool Sports and Fitness Centre
Bedford St N
Liverpool
L69 7ZN

There is a car park outside the sports centre but car sharing is recommended.
The sports centre is around a 15 minute walk from Liverpool Lime St station.

Events:

BUCS specific events are

- BUCS Championship Open weight men / women - 2,000m
- BUCS Championship lightweight men / women - 2,000m
- BUCS Championship adaptive men / women - 1,000m
- BUCS Beginner men / women - 1,000m

These are also open to non-university clubs and competitors and there may be bands based on entries.

Lightweight weights are as follows: Men 75.0kg, Women 61.5kg

This is as per BUCS regulations. Any rower who doesn't make these weights will be allowed to compete in the open category. Weighing in will take place in the upstairs office at registration.

A beginner is defined as an athlete "who have taken up the sport - on the water (regardless of their discipline) after 1 June of the preceding academic year." As per the BUCS definition.

Entries are to be done on BUCS Play for universities for the BUCS categories. For non-university clubs entries are to be done via the form attached for BUCS events. The deadline for entries is 15:00 on November 12th 2024. The draw will be sent out to clubs on the 15th November 2024.

These are the non-BUCS informal events:

- Relays men / women / mixed - 4x500m
- Coach race - 750m
- Cox race - 500m
- Spectator race (non-rowers only) - 500m

All informal race entries are to be done at registration on the day. There is no cap on relay teams per club.

Entry fees will be £5 pp per race with the exception of the relays which will be £15 per team. Please pay as a club in one go at registration.

Relays – open to the 3 sub-categories: universities, clubs and non-rowers. Medals will be awarded to each of these subcategories within the 3 categories of men, women and mixed. Mixed relays will comprise of 2 men and 2 women. There is no senior/beginner division for relays, all abilities compete

together. No other member is allowed to help with changeovers, this must be done amongst the 4 competitors.

Coaches – You are allowed to compete as both a coach and a rower. There will be a medal for men and women separately. A coach will be classified as someone who coaches a team but does not compete for that team – captains do not classify.

Coxes – You are allowed to compete as both a cox and a rower. To classify as a cox, you must have cox points on British Rowing and have coxed/be entered to cox for this season. There will be a medal for men and women separately.

Spectators – This is open to anyone who is not member of any rowing club. We will be teaching the basic erg pattern to anyone who wants to compete in the lunch break. Please bring friends/family with you to give it a go! There will be a medal for men and women separately.

Provisional Program:

Registration		Distance	Drag Factors
Div 1			
08:00	Lwt W	2,000	125
	Beg M	1,000	138
	Snr W	2,000	130
	Adapt M	1,000	138
Div 2			
10:30	Lwt M	2,000	135
	Beg W	1,000	130
	Snr M	2,000	138
	Adapt W	1,000	130
Lunch			
Div 3			
12:30	Coaches	1,000	tbc
	Coxes	500	tbc
	Spectators	500	tbc
Div 4			
13:45	Relays M	4x500	138
	Relays W	4x500	130
	Relays Mx	4x500	130

All timings are subject to change based on entries.

Drag factors are set according to BUCS regulations and will be set and checked before the race starts. You must not change these.

Races will be done in waves of 8 competitors.

Competitors must be in the hall, in the waiting zone 15 minutes before their race time.

For Division 1 and 2 registration will be open 8:00 until 10:30. One representative from each club should register the athletes. For Divisions 3 and 4, registration will be open until 12:30, then the draw will be released on the day at 13:45. If possible, please register all divisions in one go.

Please be on time for your event. Arriving late to the waiting zone may result in disqualification.

Warm up / Cool down areas:

We will have a warm up room which will be open for 2 hours in the morning (8:00 – 10:30) for Divisions 1&2 and 2 hours in the afternoon (12:00 – 15:00) for Divisions 3&4. This will be equipped with ergs, spin bikes and mats. Competitors competing first will be given priority for the warm up room at 8:00. We understand that this is a quick turnaround for division 1 but this is based on facility restrictions.

There will also be ergs and mats available in the main hall for warm up and cool down.

Additional Information:

There will be food and drink sold at the event.

Medals will be awarded for each category. Any winners of a BUCS race will be sent their medal after the series has finished

Male, female and gender neutral toilets / changing will be available. Lockers will also be available, please keep big bags in here to avoid a fire hazard.

If you can provide volunteers for divisions that you are not in, that would be incredibly helpful!

Contact:

livunibc@googlemail.com

Or our instagram @livunibc

Event Manager, Ellie Hammond: 07494 797693

LUBC President, Rob Harris: 07393 293556