**Indoor Rowing**

**Format**

A school team to consist of 8 rowers (4 boys and 4 girls) per year group.

**Rules Events:**

* Boys 8 minute team race (4 in a team, change every 30 seconds on the horn)
* Girls 8 minute team race (4 in a team, change every 30 seconds on the horn)
* Mixed 16 minute team race (8 in a team, change every 30 seconds on the horn)
* Individual races (Year 9 do 3 minutes and Year 11 do 5 minutes)

If you choose to use any Y10 students they will have to row to Y11 stipulation. Likewise, Y7/8 students would have to row at Y9 standard.