



Deutsche Indoor-Rowing Serie`12/`13 powered by Concept2 Indoor-Rower

5. Lauf zur Deutschen Ruderergometer-Meisterschaft
10. Euro Open – Europameisterschaften im Indoor Rudern
18. NWRV Indoor-Cup - Landesmeisterschaften von NRW



Kettwig, den 20.01.2013

Dear athletes, coaches and officials,

Thank you very much for all your entries! You will find the list of entries attached.

To make sure that we all will have smooth event with this huge number of participants we would like to inform you about some important things in advance today:

Opening hours:

	Competition office	Scale	Warm-up area	Shuttle from parking area
Friday	4.00 p.m.– 7.00 p.m.	2.00 p.m. – 8.00 p.m.	14.00 a.m. – 8.00 p.m.	-----
Saturday	8.00 a.m. – 6.30 p.m.	8.30 a.m. – 4.15 p.m.	7.30 a.m. – 7.00 p.m.	8.30 a.m.
Sunday	7.30 a.m. – 4.30 p.m.	8.00 a.m. – 12.00 a.m.	7.00 a.m. – 6.00 p.m.	8.00 a.m.

Venue:

The competition will take place in the coliseum of the
Theodor-Heuss Gymnasium (THG), Hauptstraße 148, 45219 Essen

Parking Area:

The parking lot nearest to the coliseum ist he schoolyard. We will only allow team busses on this parking lot.

We ask the drivers of all other cars, especially those of spectators to follow the signs in Kettwig nd to use the parking at the bath „Schwimmbad/Tellbruch“ (**Im Teelbruch, 45219 Essen**). A shuttle bus will take you to the THG every 10 minutes during the times mentioned above.

Accomodation:

We assume that all of you have made their reservation for accommodation already. If you still need accommodation, please contact Kathrin Seegers, kathrin.seeger@gmx.de, Handy: +49 / (0)173 / 57 90 645,

Competition Office:

The competition office is situated directly behind the competition area. We ask you to go to the competition office immediately after arrival to collect your starting card and to pay the entry fee, if you have not done that in advance. You will get all other information concerning the competition here as well.

Late entries:

Please send your late entries to fill heats in good time to meldung@indoor-cup.de. We will accept late entries until the start of the team managers meeting. We will charge double fee for each late entry.





Deutsche Indoor-Rowing Serie`12/`13 powered by Concept2 Indoor-Rower

5. Lauf zur Deutschen Ruderergometer-Meisterschaft
10. Euro Open – Europameisterschaften im Indoor Rudern
18. NWRV Indoor-Cup - Landesmeisterschaften von NRW



Teammanagers meeting:

The teammanagers meeting will take place on Saturday at 10.00 a.m. in the staff room (1st floor) of the school. We ask you to take part here!!! (As usual we will provide coffee, tea and some bread rolls.)

Competition:

All competitors have to be in the call hall behind the competition office 10 minutes before the start of their race with their starting cards. Here the athletes get the final information on which indoor rower they will race. The Concept2 Model D will be used. There are 24 competition Concepts in parallel. For Competitions with more than one final or heat, the competitors will be evenly distributed to the heats.

Starting Numbers & IDs:

You find starting numbers and IDs in the entries list. The ID is unique for every starter and could be found in the entries List behind the Name. The Starting Number before the Club is only to get a better overview about the race.

Important Medical Recommendation:

All juniors must present a medical certificate stating that they are in physical condition to compete in races, or prove affiliation to their national rowing federation. Indoor rowing racing requires maximal effort and the organizers take no responsibility for illness or injury caused as a consequence. If you have any doubts you should seek medical advice before racing.

Medal ceremony:

Will be held after the finish of the following race. The winners, as well as rowers placed second and third will get a present and a certificate (Exception: For the Races 13-30 only the winner will be honored.)

Weitere Informationen:

- Concept2 Germany will sell the indoor rowers used during the event for a special price of 950,00 € at the end of the event. von. If you are interested in this offer please contact: +49 / (0)40 / 419 283 90.
- We ask all competitors to wear the racings clothes of their club.

Nations Dinner „Welcome to the Pott!“

On Saturday evening a Nations Dinner will be held in the „Frankenheim Brauhaus“ (entrance fee 8 Euro). You can look forward to gastronomic specialities of the region and the band „Foss Doll“.

We wish all of you a safe trip to Kettwig and are looking forward to outstanding competitions and exciting days!!! Supporters are welcome as well, of course!!!

Kind Regards,
Kettwiger Rudergesellschaft

Sybille Meier

& Boris Orłowski

