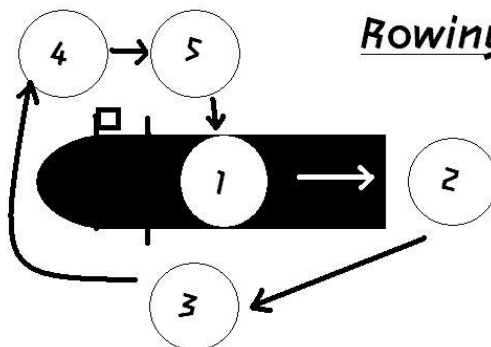




## Year 6 Indoor (Concept 2) Rowing Regatta.

Teams are required to row a specified distance of 2012 metres as quickly as possible. Every rower must row at least once within the 2012 metres. Rowers must row in rotation, although they can row more than once. They cannot row out of rotation. Therefore, each team member takes a turn at each position (role) for their team until the entire distance has been covered. The team completing the distance fastest is the winner.



### Rowing Rotations

- 1 - Rower
- 2 - Rest Position
- 3 - Holds Left Foot
- 4 - Distance checker
- 5 - Hold Right Foot

Rowing Position	1 <sup>st</sup> Rotation	2 <sup>nd</sup> Rotation	3 <sup>rd</sup> Rotation	4 <sup>th</sup> Rotation	5 <sup>th</sup> Rotation
Rower	A	B	C	D	E
Rest at Back of Boat	B	C	D	E	A
Holds Left Foot	C	D	E	A	B
Monitors Distance / Coaching	D	E	A	B	C
Holds Right Foot	E	A	B	C	D