



## TERMS AND CONDITIONS

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*All participants must sign this prior to event*

### **You agree to in full to the below conditions:**

- You agree to complete your chosen category or commit to it the best you can!
- You must be at least 16 years of age to compete.
- You are responsible for your own health. You agree that you are fit and able to compete in whichever category you choose and though we have measures to protect your health, you are solely responsible for your own abilities and confirm you can compete this event.
- You agree to follow all rules and abide by them for the duration for the event.
- You agree that though there is no entry fee, you will raise funds for Purapura Whetu, a charity that specialises in Maori Mental Health and are aware all funds raised will go towards that charity.
- It is expected that if you are competing in the solo or duo categories, you are expected to raise \$500. If any of the group categories, you will endeavour to raise \$1000. We can refuse you to compete if you do not raise the expected funds. We do however expect a large proportion to be raised on the day of the event, so its ok if you aren't quite tracking well before the event.
- Failure to comply with any of the above could mean you are unable to compete. Any funds raised will still go towards the charity. We are not responsible for any of your own costings towards the event.
- Most importantly, you agree to have fun and go out and kill this!

*I agree to the rules, terms and conditions*

*Signed:* \_\_\_\_\_

# RULES ON THE DAY

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## All Participants:

- You have 4.5 hours to complete the Marathon
- You will be presented with 'your own' rower for you, or your group to participate on.
- You must be strapped into your rower. You cannot have other people assisting you in anyway when you row.
- The setting for the rower will be set at a damper setting of '5' on the Concept 2 model.
- Each Rowing machine will have at least one support person/judge/rule keeper shared between 2 rowers. You must listen to their requests and commands for the event.
- We support banter, but we don't support inappropriate and un-sportsman behaviour; such as verbal abuse, and no physical abuse.
- You are responsible for your own food, hydration and gels etc during the row. We will provide hydration, food etc at the venue.

## Solo:

- You can row to your ability and can get up and move around etc. as long as you complete the row within the 4.5hour bracket. There will be no consequence of this, except time taken away from the rower will still be considered for your overall time.

*According to official Concept 2: Take short breaks. It's okay to stop rowing for brief periods during your attempt so you can [stretch](#) and use the bathroom. Just remember that the Performance Monitor shuts down after a couple of minutes of inactivity. So, keep your breaks short or keep pressing **Change Display** or **Display** to keep the monitor on.*

## Duo/Groups:

- You must have the exact number of participants for your row.
- You can break up the distances into whichever number you see as feasible, as long as it meets the following:
  - Each rower must agree and change accordingly (no team members can constantly go back and forth)
  - You will allow 30second intervals between each person changing (this is true regardless of changing times)
  - This must be submitted to us in writing at least 2 days prior to the event so we can set it up on the rower for your requirements.

*\*These Rules, though comprehensive may not be complete. We don't expect any changes, but if we do, any changes will be notified at least one week prior to the event.*