



# QUEENSLAND INDOOR ROWING CHAMPIONSHIPS

INFORMATION SHEET Sunday 8th<sup>th</sup> June 2025



**SC**  
INDOOR  
ROWING  
CLUB



**MEDALS** will be presented to the first 3 placegetters in each age group for every event.



**TROPHIES** sponsored by Jarrod Bleijie, the State Member for Kawana, will be presented to the Best Junior and Senior Male and Female.

## SCHOOLS' CHALLENGE

The prize is a perpetual shield for the school team with the most points.



**PARKING** There is plenty of free parking in the basement of the Sports Hub.

## Patrons:



Tim Burns - Division 3 Councillor



Ashley Robinson, CEO Met Caloundra Surf Club. Chairman of Sunshine Coast Falcons.

**Venue** O2 Performance at the Sports Hub at Bokarina near Lake Kawana  
Registration (for all) and weigh-ins (for lightweights) start at 7.45am  
**Questions:** Wendy Coghill 0412 230 718 wendy.coghill@optusnet.com.au / brenbarb@icloud.com  
**Website:** qldir.com

**Gender** ☐ Male ☐ Female **Date of Birth**   
**Weight Division** ☐ Lightweight ☐ Heavyweight ☐ Adaptive Rower

## Age Groups

<input type="checkbox"/>	Under 10	<input type="checkbox"/>	12 and under	<input type="checkbox"/>	13-14	<input type="checkbox"/>	15-16	<input type="checkbox"/>	17-18
<input type="checkbox"/>	19-29	<input type="checkbox"/>	30-39	<input type="checkbox"/>	40-49	<input type="checkbox"/>	50-54	<input type="checkbox"/>	55-59
<input type="checkbox"/>	60-64	<input type="checkbox"/>	65-69	<input type="checkbox"/>	70-74	<input type="checkbox"/>	75-79	<input type="checkbox"/>	80-84
<input type="checkbox"/>	85-89	<input type="checkbox"/>	90-94	<input type="checkbox"/>	95+	<input type="checkbox"/>		<input type="checkbox"/>	

## Sunday Approx Starting Times

**7:45 am** Registration and Weigh Ins

☐ **8:45 am** 1 Minute ☐ **9:45 am** 2000m ☐ **11:15 am** 500m  
☐ **12:45 pm** 1000m ☐ **2:15 pm** 100m ☐ **3:15 pm** Mixed Relay

**Please bring your own food and drinks as the Deliciously Clean Eats Cafe will not be open that day. There are several good cafes within a short drive of O2 Performance, including Summer House at Birtinya, Banjos at Bokarina, Emjays at Birtinya and Red Rooster at Warana.**

**Schools' Challenge** - Mixed teams consisting of 3 females and a male, 2 males and 2 females or 4 females. Schools can have more than 1 team. Points will be counted from any 3 of the 4 individual events and the relay.

There will be adaptive categories in all age groups and events. In the relays each person rows 300m. **The maximum number of individual events per competitor is 4.**

Please support Alex Surf Club and Dicky Beach Surf Club, if you are dining out. Both Clubs are very supportive of Indoor Rowing on the Sunshine Coast.

The Champion School in 2024 was Kawana Waters State College. The 2024 trophy winners were Joe Bopf, William Sheehan, Georgia Cassar-Smythe, China Johnson and Tibby Kemp.



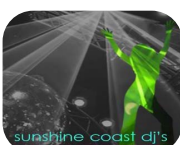
Proudly supported by:



Sunshine Coast  
COUNCIL



Jarrod Bleijie  
Deputy Premier of QLD.



Sunshine Coast DJs



SURF LIFE SAVING CLUB



Kawana Waters  
State College

Promoting



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All entries will be online. Visit our website [qldir.com](http://qldir.com)

Category	Amount per Event
Junior (<19) Concession holders	\$18.00
Open	\$22.00
Indoor Rowing Club members O2 Performance members	Open \$18.00 Juniors & Concession \$16.00
4 events - Juniors & Concession \$60 / Open \$70 IR Club and O2 Performance members - Juniors / Concession \$50 Open \$60 Relays are included in the entry fee	

## Terms and Conditions

1. An event is defined as one distance in your age group. Entrants may only nominate in one weight category.
2. Concept2 indoor rowing machines will be used. Competitors may use the resistance level of their choice, but this cannot be changed during the race.
3. **For all competitors, age is as of the day of competition.**
4. All competitors must register no less than 30 mins prior to their first race
5. **Entry fees are non-refundable.**
6. Lightweight event limits are: Men - less than 75Kg / Women - less than 61.5Kg. Lightweight competitors will be weighed at least 30 minutes before their first event. Competitors who do not make weight will have their results moved to the open results.
7. All category races will be straight finals, ie each competitor will only race once per event. Some categories may involve several races. The times for all races for a single category will be ranked to give an overall listing.
8. Each race may involve several ages and/or categories.
9. Medals will be awarded for the first 3 competitors in every age group and weight category for each distance.
10. Late entries will only be accepted, if there is a spare machine in the relevant heat.
11. Entries close on Friday, 23rd of May.
12. **Please note these are only approximate starting times.** Competitors and supporters need to listen carefully to the commentators.

Please refer to [qldir.com](http://qldir.com) to get the entry fees information for 2 or 3 events.



Wendy Coghill with Sam Cochrane Manager of O2 Performance and Patrons Tim Burns and Ashley Robinson.

Joe Bopf

