



National Junior Indoor Rowing Championships 2026

FAQs & Rules

All entry instructions, the entry form and these FAQs form the rules of NJIRC 2026. In the case of any disputes, the decision of the event organiser is final.

Introduction

The National Junior Indoor Rowing Championships 2026 (NJIRC 2026) will take place at two venues on different dates. The event will be an “in-person” event at each venue. There will also be a virtual event run online only and will run between the two live events.

NJIRC Leeds – 27th February 2026

John Charles Centre for Sport Indoor Bowls & Athletics Centre. Middleton Grove, Belle Isle, Leeds LS11 5DJ

NJIRC London – 20th March 2026

Copper Box Arena, Queen Elizabeth Olympic Park, London E20 3HB

Participants at each venue will be eligible to win a medal from their event location and participants could enter both the Leeds, the Virtual and the London event and win a category medal at each.

The results once the London has been held will be collated and a full leaderboard will be produced that will show the winners from each event (Leeds, Virtual and London) and the overall placings. There will be no prizes for the overall winners just the three events.

Part 1 – Information for All Competitors

1. When is this year’s event taking place?

The event in Leeds will take place on Friday 27th February 2026 and in London on Friday 20th March at the venues noted above in “Introduction”.

Races will run from 10am – 4.30pm. The provisional schedule of racing for each venue will be published on the event webpage www.njirc.co.uk but is subject to change depending on the final make up of entries received. You should plan on being available for the whole event.

2. Where is this year’s event taking place?

The event will run at two venues on different dates.

NJIRC London – Copper Box Arena, Queen Elizabeth Olympic Park, London E20 3HB

NJIRC Leeds – John Charles Centre for Sport, Middleton Grove, Belle Isle, Leeds LS11 5DJ

NJIRC Virtual – Online only on Concept2 Machines

Please see below for additional information about travel to/from each venue, parking etc.

3. What will you do if covid restrictions return during the winter months?

If we are not able to run the in-person event due to covid restrictions, or if in our judgement it would not be the appropriate thing to do, we will revert to a virtual event. NJIRC ran as a virtual event in 2021, 2022 and 2025. Anyone who has entered and paid for tickets for the in-person event will be refunded the difference between the virtual and in-person ticket prices.

4. Is there a virtual event taking place this year?

We will be running a virtual NJIRC this year from Monday 2nd March 2026 to the 19th March 2026.

5. I do not have access to a rowing machine at home, school, or a gym. Can I still enter the event?

Yes – you can enter the event and use one of the rowing machines provided on race day or you can submit a virtual entry.

6. When do entries open and close?

Entries will open on 3rd November 2025 and close at on the following dates.

Entry Deadlines

NJIRC North – 5pm Monday 9th February

NJIRC South – 5pm Monday 2nd March

NJIRC Virtual – Sunday 15th March

Please note for the Live events we will need student names two weeks before.

If you have missed the deadline, please email njirc@londonyouthrowing.com

7. How do I enter?

You can enter by going to www.njirc.co.uk and following the link to the online entry form from there. You will be able to select to take part in Leeds, Virtual or London as part of the ticket purchase process.

You will be required to pay for your places using a credit card. If for some reason this is not possible, please contact us on njirc@londonyouthrowing.com

8. How much does entry cost?

NJIRC 2026 PACKAGES	
Single virtual entry	£2
Single event entry	£10
Relay team entry	£20
Bronze 15 entries + 150 virtual entries	£150
Silver 30 entries + 500 virtual entries	£270
Gold 100 entries + 1000 virtual entries	£800
Platinum 200 entries + unlimited virtual entries	£1500

Payment will be taken by credit or debit card using the online entry form. If you require an invoice or receipt, please email njirc@londonyouthrowing.com after making your entry.

Inclusion is a core ethos of NJIRC - if you would like to attend the event, but cannot afford to participate, please contact us on njirc@londonyouthrowing.com to discuss your situation with us.

9. How many people can enter per organization?

We will cap the total number of in-person entries to make sure we can get everyone's races completed with a sensible finish time. In-person entries are strictly on a first come, first served basis. Each participating group can enter a maximum of 3 teams for each relay category. If demand exceeds capacity, we will allocate the available places fairly across those who have paid for places and refund any places we cannot accommodate.

10. Is the event only open to junior rowers in the UK?

The event is open to anyone who can attend at the venues on 27th February 2026 and 20th March 2026 and online respectively.

11. What are the individual race distances and categories?

For the in-person events, there are 4 individual race categories for NJIRC.

- Boys / other*
- Girls
- Boys SEND / other* – Boys with Special Educational Needs or a Disability
- Girls SEND – Girls with Special Educational Needs or a Disability

*You will be able to select 'other' from the dropdown menu to register a participant's gender. However, this entry will be ranked against boys' results.

For each of the above categories, there will be races for each UK school year group as detailed in the table below.

UK School Year Group	Time / Distance
7	2 mins
8	3 mins
9	4 mins
10	5 mins
11	6 mins
12	2000m
13	2000m
Yr 7 Special Invitational SEND	2 mins
Yr 8 Special Invitational SEND	2 mins
Yr 9 Special Invitational SEND	2 mins
Yr 10 Special Invitational SEND	2 mins
Yr 11 Special Invitational SEND	2 mins
Yr 12 Special Invitational SEND	2 mins
Yr 13 Special Invitational SEND	

In addition, we will be running team relay events. Please see the section on relays below.

12. Overseas (non-UK) entries – please contact njirc@londonyouthrowing.com and we will provide guidance as to which UK school year group each of your competitors should be allocated to. You may be asked to provide their dates of birth to allow us to do this.

13. Will there be relay races this year?

We will be running relay races as follows for those taking part in-person in Leeds and London

Henley Royal Regatta Senior Sprint Relay

- Team of either 4 boys or 4 girls, no mixed teams
- Race over 2112 metres – the length of the Henley Royal Regatta course
- Each person must row at least once
- The team can do multiple changeovers
- Athletes from Year 10,11,12,13 only
- Any combination of athletes

Henley Royal Regatta Junior Sprint Relay

- Team of either 4 boys or 4 girls, no mixed teams
- Race over 2112 metres – the length of the Henley Royal Regatta course



- Each person must row at least once
- The team can do multiple changeovers
- Athletes from Year 7, 8 & 9 only
- Any combination of athletes

Relay Changeovers - Any member of the team can hold the straps onto the feet, but no one else is allowed on the race floor to assist.

14. How will medals work given there are two venues and a virtual event on different dates?

The top 3 positions at each venue for each individual and relay categories detailed above will receive a medal.

After NJIRC London has finished, results will also be consolidated from races run in Leeds and London, and the virtual entries and the overall winner (quickest time / longest distance) across the two venues will be shown on a final results leaderboard on the website and announced on social media.

15. What if my score is not showing on the Leader Board?

Results from both venues will be posted to a live leaderboard as quickly as possible on the day of the event. If your score is not showing after a reasonable period of time, please contact us on

njirc@londonyouthrowing.com and we will investigate.

16. What rowing machines will the event use?

All competitors taking part at the in-person event will use Concept 2 rowing machines. The resistance level can be set to the competitor's preference, but no changes to the setting can be made once a race starts. All virtual entries must be completed on a Concept2 rowing machine also.

17. When will final results be available?

After the competition closes the LYR team will work to finalise results as quickly as possible. Please give the LYR team time to collate scores.

Final results will be published in full online. You will be able to access the results via the NJIRC homepage, at www.njirc.co.uk .

18. Can I buy NJIRC 2026 merchandise?

You will be able to buy merchandise from an online store ahead of the event, and at both venues on the day. <https://www.sabremerchandise.co.uk/brand/njirc/>

You can also purchase your own Concept 2 Rowing Machine from LYR to be collected from the Copper Box Arena or from John Charles Centre for Sport. Please contact us on njirc@londonyouthrowing.com if you would like to know more about this.

19. Do I need to pre-register my rowers for the in-person event?

Yes – for the in-person event you need to provide details of your rowers before the event. After you enter, you will be sent a spreadsheet to complete to provide this information. This needs to be completed in full and returned to njirc@londonyouthrowing.com

This must be sent back to the organisers two weeks before the event, to allow entries to be finalised. If the required information is not received by that date, you may forfeit your places.

20. What time does the event start?

Registration and the doors to the venues will open from 8.30am.

The first race is due to begin at 10am, the holding pen will be open from 9.30am. Please review the provisional race schedule and ensure you check back nearer the date for a finalized race schedule. We will publish the final race schedule for each venue in the week before the event and send it to all entrants.

21. When should we arrive and register?

We suggest you allow plenty of time to register. There may be a queue at registration, especially between 8.30-9.30am. Registration will be open all day; please ensure you arrive early so you do not miss your events. At registration each group leader will be given a pack containing the race schedule and individual race cards for each competitor and one race card for each relay team. Competitors will need to show these race cards to event staff to gain access to the holding pen and race floor.

22. Is there an area to warm up?

London – Copper Box Arena

There is a park surrounding The Copper Box Arena, unfortunately we cannot guarantee having allocated rowing machines for warming up. Time permitting students taking part in Year 12 and 13 races will be able to complete a warm-up on the race floor prior to their races.

Leeds – John Charles Centre for Sport

There is an outside car park area which will be closed off to traffic which can be used for warm-ups. No rowing machines will be provided for warm up.

23. Will there be refreshments available?

London – Copper Box Arena

There will be several reasonably priced vendors to purchase drinks and snacks.

Drinking water will be available, and you should bring your own reusable water bottle.

Participants can bring packed lunches to the venue.

Please note that arena security will conduct bag searches on entry.

Leeds – John Charles Centre for Sport

You can bring your own refreshments to the event. Drinking water will be available, and you should bring your own reusable water bottle.

24. How do I make changes to my team?

Up to February 9th, we will do our best to accommodate “like for like” changes (e.g. a year 7 boy replacing another year 7 boy who has had to drop out for injury or similar). Please contact njirc@londonyouthrowing.com to notify us of any changes.

After the closing date, you cannot make any changes!

25. What should participants wear?

All participants should wear appropriate sportswear: trainers, shorts and t-shirt. The arenas get quite hot so wearing layers is a good idea. Girls should make sure their hair is tied back. All clothing should be fitted to avoid becoming caught in a rowing machine.

26. What should participants bring?

We suggest everyone brings a change of clothes, deodorant, lunch, a refillable water bottle, money for snacks, camera, perhaps a school banner or mascot.

27. Can participants listen to music on the race floor?

Yes, earphones may be worn whilst racing.

28. Are spectators welcome?

Yes. No one other than the competitors will be allowed on the Race Floor or in the Holding Pen / Bull Pen areas of the arena. For safety and venue capacity reasons you may be required to pre-register and/or purchase a ticket.

29. Are the year groups divided for the Special Invitational races (SEND)?

Yes, following the approach used in 2024, the Special Invitational SEND races will be organised by year group. For the SEND racing only, teachers / carers are able to support students through the holding pens and onto the race floor. We will also provide a quiet room for SEND students to use prior to and after their races.

30. Can individuals set the resistance on the rowing machines?

The machines are all Concept 2 machines with a damper lever to set resistance. Individuals may set the resistance to whatever level they prefer before the race has started.

Participants must NOT LET GO OF THE HANDLES as they may damage the monitor and delete the score before it has been recorded.

31. What happens if we miss a race?

There will be regular announcements of the upcoming races. Competitors should go to the holding pen area as soon as their races are called.

Anyone who is delayed can still race in the Bull Pen (marked area) at each venue. Unfortunately, these scores won't be eligible for a medal but will appear on the website alongside other scores.

32. What happens if anyone loses a race card?

Please ensure race cards are looked after throughout the event. However, if you do lose your race card, there will be a station that can re-print lost race cards. Please make sure that you do this in plenty of time before your race.

Remember if you cannot present your race card at holding pen, you will not be able to race.

33. Are toilets and showers available?

London – Copper Box Arena

There are some large toilets suitable for changing. Unfortunately, there are no showers available on site.

Leeds – John Charles Centre for Sport

There are some toilets and changing facilities available at the site.

34. Where can I find the results?

Provisional and final results will be published in full online. You will be able to access the results via the NJIRC homepage, at www.njirc.co.uk

35. Are there additional activities on site?

London – Copper Box Arena

We have a ‘Festival of Sport and Life Skills’ with a wide range of activities to keep everyone engaged while not racing. There are lots of activities including careers, sports and activities. There will be a map of the site with a full list in your race pack when you arrive on race day.

Race The Thames Live, a fundraising sponsored row, will also be taking part in the venue on the day. This will be based on the Mezzanine floor.

Leeds – John Charles Centre for Sport

Due to the limited space, there will be no ‘Festival of Sport and Life Skills’

36. How do I prevent official photos from including any individual who does not want their image to be taken/used?

When you register, please ask our staff for a media consent removal form to sign at registration. Once the form is completed, we will provide a coloured lanyard for each young person who has withdrawn photo consent to wear. They should wear this at all times. This will identify them to staff and photographers. Photos may still be taken of young people wearing lanyards, but they will not be used.

37. Is first aid provided?

Event Paramedics will be present throughout the day near to the race floor and can be found by the Medal presentation area. If you have a medical concern, you should alert a member of event staff who will be able to help by calling First Aid support.

38. Travelling to and from the venue

London – Copper Box Arena

Public transport is the best and easiest way to get to and from the Park, either by train, underground, bus or cycle. Full information about getting to the Park can be found at:

<https://www.queenelizabetholympicpark.co.uk/the-park/plan-your-visit/getting-here>

If you are bringing a coach to the Park, there are drop-off coach bays at Copper Box Arena however there is no parking available at the venues. The Multi Storey Car Park at Here East has spaces for up to 20 coaches who are visiting Copper Box Arena.

Leeds – John Charles Centre

NJIRC North will be held in The John Charles Centre for Sport, Middleton Grove, Belle Isle, Leeds LS11 5DJ and we will be hosted in the Athletics Track

There is plenty of parking on site and if you are driving to The John Charles Centre for Sport, it is just a few minutes from the M621 and the M1.

Alternatively, you can go by public transport. Please visit www.wymetro.com for information on getting to and from John Charles Centre for Sport.