NJIRC Virtual SUBMISSION GUIDE

We want to make submitting results for NJIRC 2026 as easy as possible, there are two methods available to groups taking part virtually and both are explained below.

Reminder on key rules for NJIRC 26, full rules please see FAQs

1. There are **two** pages to the submission form, use both!
2. Submissions must be done on a Concept 2 rowing machine to count towards medals, non-eligible results will be listed as a Bullpen submission and not count for any awards.
3. Submissions need to me made by 5pm on Thursday 19th March, any submissions after this time might not be counted.
4. We will require proof for medal contenders, this can be a photo of the monitor clearly showing the result or data from Erg Race/Erg Data. We recommend taking this evidence at the time the effort is done, but if you forget you can find it in the Memory on the Concept 2 Display.
5. If you want the result to count as an official British Record, Concept 2 will require video evidence of the effort taking place. See here
6. Alias can be used when full name can't be used, feel free to anonymise it. Just make sure you who it is in case it's a medal result!

Online Submission Form

The Online Form will be the main method for most teams to submit their results and you can do multiple submissions per form.

You will receive this online form prefilled with your team information, this will also show the number of submissions you have left.

If any of this information seems incorrect or you need more tickets, then please contact NJIRC@LondonYouthRowing.com
For help with setting up a machine check here

You can then select which category you wish to submit for from Individual, Individual SEND. Once selected this will show the information required for this category. A reminder of the race classes is at the bottom of this document.

The next step is to fill in the Name, Gender and Year Group. This will then show either the time or distance prefilled depending on the event. Fill this information in as accurately as possible from the race display, if you need help with this then please see this useful document on setting up the display - here

Once you have completed all the information you can add extra submissions using the "Add another response button" You can do this mulitple times, **but make sure you always submit the result after you complete the Check submission page!**

Spreadsheet Submission

This method is aimed at much larger groups and has less automation to catch mistakes, on request we can provide an Excel document for your group, you will then need to fill it in and send it back before 5pm on Thursday 19th March. Please note it will take a while for us to process these, you will have a delay in your scores going live on to the leaderboard.

Race Times and Distances

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	

SEND class is open to young people with a Special Educational Needs or a Disability