



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 be 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!

A screenshot of the 'NJIRC 26 Result Submission Form'. The form has a teal header with the text 'NJIRC 26 Result Submission Form'. Below the header is the NJIRC 26 logo. Underneath the logo is the text 'POWERED BY' followed by the 'iLYR' logo. The form contains several input fields: 'Group name' with the value 'NJIRC 26 Demo', 'Group Leader' with the value 'Owen Shephard-Wyatt', and 'Contact Email' with the value 'njirc@londonyouthrowing.com'. There are also two input fields for 'Virtual Tickets Purchased' (value 100) and 'Virtual Submissions already made' (value 3). At the bottom, there is a field for 'Virtual Tickets remaining to submit' (value 97) and a note: 'If you need more please Email NJIRC@londonyouthrowing.com'.

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](#)

Submission

Type of result *

Individual

Individual SEND

First Name *

Type of group for sf

Other Group

Surname

[Add another response](#)

Make sure you confirm submissions on the next page, or they won't be submitted!

[Submission Check Page](#)

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](#)

Submission

Type of result *

Individual

Individual SEND

First Name *

Surname

Gender

Boy (Other will be included in the Boys results)

Year Group

Year 7

Minutes Seconds

(##) (##.##)

02 : 00.0

Distance *

[Add another response](#)

Make sure you confirm submissions on the next page, or they won't be submitted!

[Submission Check Page](#)

Please review your response and confirm.

You **MUST** click the **confirm** button at the bottom of this page to finalise your response. If you want to print this page for your record, you may do it now.



POWERED BY 

Group name
NJIRC 26 Demo

Group Leader
Owen Shephard-Wyatt

Contact Email
njirc@londonyouthrowing.com

Virtual Tickets Purchased Virtual Submissions already made
100 3

Virtual Tickets remaining to submit
97

Submission

Type of result
Individual

Once you have completed all the information you can add extra submissions using the “Add another response” You can do this multiple 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.

	A	B	C	D	E	F	G	H	I	J	K	L	M
1	NJIRC Group ID	School/Club	Distance	Minuets	Seconds	Gender	Year Group	Race Class	First Name	Surname	Notes		
2	a0HU000002xp8bMAA	NJIRC 25 Demo	500	2	0	Boy	Year 7	Individual	Owen	Shephatrd-Wyatt			
3	a0HU000002xp8bMAA	NJIRC 25 Demo											
4	a0HU000002xp8bMAA	NJIRC 25 Demo					Year 7						
5	a0HU000002xp8bMAA	NJIRC 25 Demo					Year 8						
6	a0HU000002xp8bMAA	NJIRC 25 Demo					Year 9						
7	a0HU000002xp8bMAA	NJIRC 25 Demo					Year 10						
8	a0HU000002xp8bMAA	NJIRC 25 Demo					Year 11						
9	a0HU000002xp8bMAA	NJIRC 25 Demo					Year 12						
10	a0HU000002xp8bMAA	NJIRC 25 Demo					Year 13						
11	a0HU000002xp8bMAA	NJIRC 25 Demo					Student						
12	a0HU000002xp8bMAA	NJIRC 25 Demo											
13	a0HU000002xp8bMAA	NJIRC 25 Demo											

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