

National Junior Indoor Rowing Championships 2026 VIRTUAL

FAQs & Rules

All entry instructions, the entry form and these FAQs form the rules of NJIRC 2026 Virtual. For NJIRC NORTH and South FAQs check www.NJIRC.co.uk

NJIRC Virtual Submission Guide - [Here](#)

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 Live and virtually on Concept 2 (Model D or E) Rowing machines. The Virtual event will run from March 2nd to March 19th 2026 at 5pm.

Part 1 – Information for All Competitors

1. When and where is this year's event taking place?

The event will run virtually from 9am Monday 2nd March to 5pm on Thursday 19th March 2026.

Any results submitted after the closing time, will not count towards the official results.

2. Is there a in person event taking place this year?

Yes, please see www.njirc.co.uk for details.

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

Please email njirc@londonyouthrowing.com we will try our best to put you in contact with a local club who could support you taking part.

4. When do entries open and close?

Entries will close at 5pm on Sunday 15th March 2025. Please email njirc@londonyouthrowing.com if you have any issues.

5. 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 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 .

6. How much does entry cost?

£2 per person, however there are package deals if you are also taking part in the NJIRC North or South.

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.

7. How many people can enter per organization?

As many people as you like, we want to make NJIRC Virtual 2026 the largest indoor rowing event ever!

If you want to enter a big team, please contact us to discuss options.

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

The event is open to anyone, anywhere who can take part that fit in to one of the race categories.

Age Categories

UK School Year	Date of Birth
Year 7	1/9/2013 – 31/8/2014
Year 8	1/9/2012 – 31/8/2013
Year 9	1/9/2011 – 31/8/2012
Year 10	1/9/2010 – 31/8/2011
Year 11	1/9/2009 – 31/8/2010
Year 12	1/9/2008 – 31/8/2009
Year 13	1/9/2007 – 31/8/2008
Student	1/9/2006 – 31/8/2007

9. What are the individual race distances and categories?

For the virtual 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	2 mins

SEND – those students or teachers that regard themselves of having a physical, learning or sensory disability.

10. Will there be relay races this year?

Relays will only be held at the Live NJIRC North or South

11. How will medals work?

After Results close on Thursday 19th March at 5pm, results will be checked and the top 3 positions for each individual relay categories detailed above will receive a medal.

There will also be a Trophy for the overall Winner from NJIRC North, South and Virtual.

These will be sent to the winners in the week following NJIRC 26 and announced on social media and the NJIRC webpage.

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

Uploaded results will be posted to a live leaderboard as quickly as possible from being submitted.

If your score is not showing after a reasonable period of time, please contact us on njirc@londonyouthrowing.com and we will investigate.

13. 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.

14. 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.

15. Can I buy NJIRC 2026 merchandise?

You will be able to buy merchandise from an online store ahead of the event.

<https://www.sabremerchandise.co.uk/brand/njirc/>

If you are within the UK, you can also purchase your own Concept 2 Rowing Machine from LYR to be delivered to you before NJIRC week. These will be at a discounted event price! Please contact us on njirc@londonyouthrowing.com if you would like to know more about this.

16. Do I need to pre-register my rowers?

No – We only need Rowers information when you submit results, anyone who does not want their name publicly displayed on the leaderboard can race under a allis.

17. What do I do if I did not book enough tickets?

If you have used up all of your tickets or submitted extra results, we can arrange for you to book more right up to the 15th March. Please contact us via email njirc@londonyouthrowing.com.

18. What time does the event start and can I take part on an earlier day?

The official start is 9am on Monday 2nd March, however if for some reason you can't take part in event week please email njirc@londonyouthrowing.com, we can then arrange for you to submit results in the week before the official start.

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

The machines used should be Concept 2 machines and you can set your own damper resistance.

21. What happens if we miss the results deadline?

Any results received after the event has closed, might still be able to be added to the leaderboard but won't be eligible for a medal.

22. What proof do I need to provide?

You will not be asked for any proof at the time of submission, however if you are in medal contention we will ask for a photo of the result from the machine. If you are aiming to set a new NJIRC or British record we require video evidence of the whole row and result on the screen at the end.

23. 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.

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

We ask for you to only upload or Tag NJIRC or LYR in photos you are happy for us to share with our wider audience. If we share a photo or post with your photo that someone else should not have posted, we will remove it from our Social Media and Website as quickly as we can. Please notify us on njirc@londonyouthrowing.com