

Rowing Challenges

Date: 13 April 2023 (Thursday)

Time: 12:00 nn to 14:00 pm

Venue: Wong's International Terrace

Equipment required: Rowing machine x 4 and furniture to be used for the event

1. Rowing Challenge (100 metres challenge)

Content of the challenge:

- 1.1 Participants are required to row a one-hundred-meter on the rowing machine as quickly as possible.
- 1.2 All the participants will be invited to join the "Rowing Star Programme"
- 1.3 A list to record for the name of top 5 participants will be prepared and a souvenir will be given to them depending on the stock available.

2. Rowing Star Programme (One-minute challenge)

Content of the challenge:

- 2.1 Participants are required to complete a one-minute rowing challenge on the rowing machine and accomplish as many meters as possible during the one minute.
- 2.2 Targeted Rowing distance within one minute:
 - For male participants: 280 meters
 - For female participants: 250 meters
- 2.3 The top 5 and potential participants will be presented with a souvenir depending on the stock available. They will also be invited to join the SFA Rowing Club regular training and will be invited to join the Regatta competition in the later dates.

Remarks:

1. If participants are not satisfied with their first attempt, 2 more attempts will be allowed for them to renew their own record.
2. Participants are advised to wear suitable clothing for the activity.
3. Participants are required to fill in the Par-Q to show their suitability to join the challenges.
4. Participants take part in the Competition at their own risk, CityU, PE Section and SFA Rowing Club will bear no responsibilities or liabilities whatsoever for any accidents.