

INTERNATIONAL INDOOR ROWING COMPETITION ALFA 2026

PARTICIPANTS REMINDER

BEHAVIOR DURING THE EVENT

- USE THE LOCKER ROOMS PROVIDED.
- KEYS FOR THE LOCKERS SITUATED IN THE LOCKER ROOMS CAN BE OBTAINED FROM THE ADMINISTRATOR.
- PLEASE DO NOT TAKE FOOD AND SOFT DRINKS TO THE ARENA.
- PLEASE WEAR INDOOR SHOES IN THE ARENA.
- NO LITTERING!
- IT IS NOT ALLOWED TO MOVE IN THE AREAS LIMITED BY SIGNS, RIBBONS ETC.
- RESPECT OTHER PARTICIPANTS, SPECTATORS, UMPIRES AND STAFF.
- FROM REGISTRATION DESK TAKE PRE-FILLED PARTICIPANTS CARD AND TAKE IT WITH YOU TO THE RACING ARENA.
- IF YOU DO NOT HAVE PRE-FILLED CARD, FILL NEW CARD.
- AFTER ARRIVING CHECK IF YOU OR YOUR TEAM IS REGISTERED AND IF THE STARTING FEE IS PAID.
- PLEASE ENTER AND EXIT THE RACING ARENA IN THE DESIGNATED PLACE NEAR THE WARM UP AREA.
- GO TO THE RACING AREA AT ONCE WHEN YOUR RACE IS ANNOUNCED.
- AFTER THE RACE EXIT THE RACING ARENA AT ONCE.
- WHEN LEAVING THE LOCKER ROOM, LEAVE THE LOCKER DOOR OPEN AND RETURN THE KEY TO THE ADMINISTRATOR.