

## INTERNATIONAL INDOOR ROWING COMPETITION ALFA 2025

### 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.