



indyrowing.org

Indianapolis Indoor Rowing Championships, a CRASH-B qualifier
Sponsored by Fitness Concepts and Concept 2
Hosted by the Indianapolis Rowing Center
January 30, 2010

Welcome!

Your participation in the erg race is appreciated. Remember that race spectators are welcomed and encouraged. While at the race please enjoy a wonderful array of refreshments! There will be race related foods as well as food to partake in while watching the competitors or after your race. The only thing you need to bring is yourself. Enjoy the day! Pull hard!

GENERAL INFO

The Indianapolis Indoor Rowing Championships is Sponsored by Concept 2 and is a satellite regatta of the Crash-B Sprints World Indoor Rowing Championships. Concept 2 will provide round trip tickets to Boston for up to four (4) qualifiers who win their event at the Indianapolis Indoor Rowing Championships and have a time at or below the Crash-B Time Standards.

Should more than four (4) competitors qualify the four (4) whose times are most below the time standard in their age group will be designated. More information on qualifying times can be found on the race website.

Registration is on Regatta Central. This event is a US Rowing Registered Regatta and all competitors must have a USRowing waiver on file. **We encourage the waiver be done online at Regatta Central.** Regatta Central has a very easy way to have all your participants sign a waiver online. Competitors under age 18 must have a parent or guardian's signature.

Directions to the venue can be found at [Google Maps](#)

International School of Indiana
4330 North Michigan Road
Indianapolis, Indiana 46208

THANK YOU!

To Fitness Concepts for marketing this event and for promoting erging through the ROWBICS class.

To Concept 2, for sponsoring this great race. We believe it is one of the best indoor races in the nation. Concept 2 provides many resources that allows us to host such a wonderful event.

To the International School of Indiana, for generously donating the use of their space.

To the Volunteers of the Indianapolis Rowing Center who consistently demonstrate their love for the sport and commitment to the mission of IRC. This event, and many other IRC events and programs, would not be possible without the help of volunteers.

REGISTRATION

Deadline for registration: 9am Saturday, January 30, 2010.

All competitors are required to submit their best time (or best estimate) for 2000 meters. The race organizers will set up flights that are evenly matched using the times submitted. All competitors must check-in & pay any balance owed at the registration desk prior to their event. Registration will take place in the gymnasium.

Registration for the 2K RELAY RACES is extended to RACE DAY. For the chance to **win a 2008 Concept 2 Model D erg**, a relay must comprise at least 2 women. Each member of the team must complete 500 meters event register by 11:00AM at the registration table. Relay teams without the correct gender balance are encouraged to race, but will not qualify for the erg.

Registering your team early ensures they will have a spot!

Registration for the 2K CROSSFIT RELAY is extended to RACE DAY. For the chance to **win 4 FREE on-the-water lessons with Coach Caitlin Gray**, a relay must comprise at least 2 women. Each member of the team must complete 500 meters event register by 11:00AM at the registration table. Relay teams without the correct gender balance are encouraged to race, but will not qualify for the erg.

Registering your team early ensures they will have a spot!

Entry Fees

Each registrant will receive a race T-shirt --please note your size on regattacentral.

Entry fees are per person, and entitles the registrant to race as many times as she/ he wants.

\$25/ person

Entry fees and payment:

- ◆ We encourage payments be made online via Regatta Central using MC/Visa
- ◆ Payments may be made directly to IRC by cash, check, MC/Visa.

Refunds:

- ◆ Per standard practice at other regattas, no refunds will be made after the registration deadline for events cancelled due to conditions beyond the control of IRC. Legitimate refunds will be processed & mailed out after the regatta.

Scratches:

- ◆ NO REFUNDS for changes/scratches after entry deadline.
- ◆ Scratches after entry deadline forfeit fees.

RACE DAY PROCEDURES

This event is a US Rowing Registered Regatta. All races are 2000 meters in length **except** for the novice and outreach events. All competitors must have a USRowing waiver (can be done on Regatta Central online). Competitors under age 18 must have a parent or guardian's signature. All races are finals. Events with more than 10 entrants will be run in flights. The fastest overall time from these flights will determine the event champion. No heats will be run.

All races will be held on Concept 2 Model D ergs. Concept 2 provides the electronic timing system used for this satellite regatta.

Racers and spectators can watch their performance on a screen during all races. Competitors may set their ergometer to the fan setting of their choice, but may not alter these settings after the race has started.

The race organizers reserve the right to:

- ◆ Change the tentative schedule of events.
- ◆ Combine events that have less than 20 registered participants.
- ◆ Limit the number of events or flights.
- ◆ Suspend the use of the Concept 2 electronic timing system and replace it with a manually timed system.
- ◆ Adjust final race time and schedule based on total number of athletes entered.
- ◆ Accelerate the schedule of events by up to 15 minutes.

Check In

All competitors or coaches must check-in at the registration desk located in the gymnasium lobby prior to their event.

Competitors should plan to be at the International School of Indiana at least 1½ hours before their scheduled race.

Lightweight Weigh-Ins

All weigh-ins must be completed at least one hour before the scheduled event. Weigh-in opens at 8:00 am and closes at 10 am

Warm-up and Race Preparation Information

A fleet of ergs will be available for warm-ups. They will be separate from the racing ergs.

Please come to the on-deck area properly warmed up and ready to race. Please limit your warm-up to a maximum of 20 minutes in order to give everyone a chance to warm up.

Rowers may not use the ergs designated for racing as warm up ergs. Rowers may set the drag (fan setting) and the heel height of their assigned racing ergometer, but may not otherwise alter the machine.

On Deck (Mandatory Pre-Race Instructions)

Competitors must allow sufficient time to weigh-in (if lightweight), warm-up and be in the on-deck area at least five (5) minutes before their event. Failure to be in this area five (5) minutes before the start of your race may

- result in competitors missing important last minute information
- potentially cause a delay in the race schedule
- result in not being able to compete

Safety

A city paramedic will be set up to deal with on-site emergencies. They will be in the main competition area. Anyone who feels ill or thinks they may need EMS attention should go to the paramedic. Coaches are asked to be mindful about the following:

- ◆ **Athletes who are fighting a flu or a cold should not compete**
- ◆ **Athletes should eat two or three hours before competing, but generally not less than two hours before competing**
- ◆ **Athletes should stay hydrated, but do not forget to eat!**

RELAY RULES

Overview

The erg relay race is offered to Indoor Sprints participants as a chance to win a NEW CONCEPT 2 MODEL D erg or FREE on-the-water lessons, as well as bragging rights for their school, organization or affiliate.

Erg relay teams wishing to win prizes must be made up of at least 2 female participants. This group must represent a single high school, college, club, corporate organization, or affiliate. Composite entries are allowed, as are teams with more male than female participants, but these teams are ineligible for the erg.

Championships bricks will be offered to the fastest teams.

Rules of Racing for Relay

The erg relay race will follow the established erg race championship format, with the following obvious exceptions:

- Each participant will race 500 meters for a total of 2000 meters.
- Each team may choose the order of participants.
- The lead off rower begins seated on the machine.
- Each rower must complete his or her 500 meter piece before the next teammate may approach the handle.
- When finished with the 500 meters each rower must secure the handle against the machine, or hand the handle to the next rower directly.
- **ONLY THIS TEAMMATE** may touch, pull, or advance the handle during his or her allotted 500 meter section.
- The coxswain may sit or stand alongside the rower, and offer any strategy or encouragement, but may not otherwise assist, except to secure the foot stretchers of the transitioning athletes.

- Teammates may hold onto the rower's feet, but may not touch the handle.

EVENT SPECIFICATIONS

Open Any age, any weight. High school competitors are not allowed.

Open Novice Any age, any weight. A novice is considered anyone in their first year of rowing and shall not have

rowed in any organized regatta (indoor or on water) prior to last year's race. High school competitors are not allowed.

High School Senior A Senior is a high school competitor enrolled in grade 12. High school students in lower grades

allowed to compete in this division if they wish.

High School JV A JV entrant is a high school competitor enrolled in grade 11 or lower. No seniors are allowed.

Youth Novice A Youth Novice is a high school competitor in their first year of rowing and shall not have rowed

in any organized regatta (indoor or on water) prior to last year's race.

Masters Ages 30 to 39

Senior Ages 40 to 49

Veterans A Ages 50 to 59 (no handicap)

Veterans B Age 60+. This category will only be handicapped if we receive any 70+ entries. If handicaps are

used, medals will be awarded to the best handicapped scores (men and women, heavyweight and

lightweight). Handicaps will be as follows:

Age 91-99: 7 seconds per year over 90, plus

Age 81-90 6 seconds per year over 80, plus

Age 71-80: 5 seconds per year over 70, plus

Age 61-70: 4 seconds per year over 60, plus

Age 60: 0 seconds

AGES Masters ages are calculated as of race day. This is standard with Crash B's.

High School Cox High School coxes only, must be primarily a coxswain, follow weights below and have coxed in

past year, men and women distance: 1000m.

Mixed Relay

* **SEE RELAY**

RULES

Each team member will race 500 meters and then get up and tag next team member (2000 meters total).

Each team is assigned to one rowing machine.

Lightweight

Weigh-in will take place near the check-in area. All weigh-ins must be completed at least one hour before the scheduled event. Weigh-ins open at 8:00 am and closes at 10:00am

Note: For those who may potentially not make weight, be aware of the schedule for an alternate event. It is the responsibility of the competitor to change into an event for which he or she is qualified. Race organizers will attempt to accommodate in another event any lightweight competitor who fails to make weight.

Lightweight events 165 135

FOOD & LOCKERS

There will be food and coffee available. Please support these booths! Menus and prices will be posted at the event.

There are also locker rooms for changing into your uniforms and storing bags.

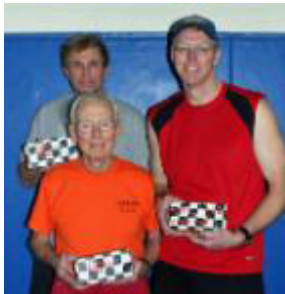
DIRECTIONS

Directions to the [International School of Indiana](#).

4330 North Michigan Road
Indianapolis, Indiana 46208

AWARDS & POINTS

- ◆ A Brick will be award to the 1st place in all events with more than 3 people.
- ◆ Points are awarded to all high school, open and collegiate events.
- ◆ For each organization, only the top finisher in an event will receive points.
- ◆ Points are awarded as follows:



1 12
2 10
3 9
4 8
5 7
6 6
7 5
8 4

Champions (above)

CONTACTS & LINKS

Indianapolis Rowing Center

Eric Stoll – Race Director

Caitlin Gray – Assistant Race Director

Phone: 317-840-8305

www.indyrowing.org

E-mail: estoll@sbccglobal.net

Your post-regatta comments are appreciated.