



www.indyrowing.org

**Indianapolis Indoor Rowing Championships, a C.R.A.S.H.-B. satellite regatta
Sponsored by Concept2
Hosted by the Indianapolis Rowing Center
January 28, 2012**

Welcome!

IRC appreciates your participation in this year's Indoor Rowing Championships. We encourage all race spectators to attend and cheer on the participants. While at the race please enjoy a wonderful array of refreshments! There will be foods to prepare you for your race (bagels, Powerbars, Gatorade) as well as food to enjoy 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 Concept2 and is a satellite qualifying regatta for the C.R.A.S.H.-B. Sprints World Indoor Rowing Championships held in Boston in February. Concept2 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 C.R.A.S.H.-B. Qualifying Times. Should more than four competitors qualify, the four whose times are most below the qualifying time in their age group will be designated. More information on qualifying times can be found here - http://www.concept2.com/us/racing/crashb/crashb_qual.asp

Registration will be on RegattaCentral. All participants must have an IRC waiver and photo release on file. These documents can be found on our website (www.indyrowing.org). Please note – if your picture is taken, it may be used in future publications for IRC. You can submit a waiver and photo release when you sign in, or mail it to PO Box 53223, Indianapolis, IN 46253 in advance. Competitors under age 18 must have a parent or guardian's signature.

The venue is located at the International School of Indiana, 4330 N. Michigan Rd., Indianapolis, IN 46208

Thank you for your participation and we look forward to seeing you on the 28th!

Sincerely,

Jennifer Kaido
IRC Interim Executive Director

Eric Stoll
Indoor Regatta Director

REGISTRATION

Registration Deadline: 12am Wednesday, January 25, 2012.

Walk-ins NEED to register by 9am on race day!

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 at the gymnasium.



Registration deadline for the **2K RELAY RACE** is 11:00am at the registration table on race day. For the chance to **win a new Concept2 Model D erg**, a relay must be comprised of at least 2 women. Each member of the team must complete 500 meters. 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 deadline for the **2K CROSSFIT RELAY** is 1:00pm at the registration table on race day. CROSSFIT teams may also enter the Mixed event and try to win the new erg. The winning CROSSFIT Team (which must also have 2 women and 2 men) will win four (4) 90-minute rowing lessons at IRC for the whole group. Each member of the team must complete 500 meters. 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:

Entry fees are \$25/person and each pre-registrant will receive a race T-shirt – please note your size when you register. Those registering the day of are not guaranteed a T-shirt. Entry fees entitle the registrant to race as many times as she/he wants. We encourage payments be made online via RegattaCentral. Payments may be made directly to IRC by cash or check at the door.

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 the entry deadline. Scratches submitted after the entry deadline forfeit the fees.

RACE DAY PROCEDURES

ALL RACES are 2000 meters in length **except** for the:

Masters Novice races
Adaptive races
Crispus Attucks/Shortridge races
Youth/Open Coxswain races

***These races are 1000 meters**

All competitors must have a signed IRC waiver and photo release on file. Competitors under age 18 must have a parent or guardian's signature. The Indianapolis Indoor Sprints is a "finals only" race. 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 Concept2 Model D ergs. Concept2 provides the electronic timing system used for this satellite regatta. The performance of each racer can be viewed on a screen during each event.

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 Concept2 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 table located in the gymnasium lobby under the red tent at least one hour 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 8:00am and closes at 11:00am. As this is a C.R.A.S.H.-B. qualifier, guidelines will be in effect:

Men	165 pounds
Women	135 pounds

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 any lightweight competitor who fails to make weight.

Warm-up and Race Preparation:

A fleet of ergs will be available for warm-up. They will be separate from the racing ergs. Please limit your warm-up to a maximum of 15 minutes in order to give everyone a chance to warm up. Rowers may not use the ergs designated for racing as warm-up ergs. Competitors may set their drag factor (fan setting) and heel heights of their assigned racing ergometer to the setting of their choice, but may not alter these settings after the race has started. Competitors may not otherwise alter the machine.

On Deck (Mandatory Pre-Race Instructions):

Please come to the on-deck area, dressed (you must wear shirt/shorts or unisuit), properly warmed up and ready to race. 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 you missing important last minute information
- ❖ Potentially cause a delay in the race schedule
- ❖ Result in you 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 a meal two or three hours before competing**
- ❖ **Athletes should stay hydrated**

EVENT SPECIFICATIONS

Open - No age or weight restrictions. High school competitors are not allowed

Open Novice - No age or weight restrictions. A novice is considered anyone in their first year of rowing who has not rowed in any organized regatta (indoor or on the water) prior to last year's race. High school competitors are not allowed

Junior – Restricted to competitors in high school (or lower grade)

Junior Novice - A junior competitor in their first year of rowing who has not rowed in any organized regatta (indoor or on the water) prior to last year's race

Masters - Ages 30 to 49. No handicapping

Veterans/Golden Eagle - Ages 50 and up. This category will only be handicapped if we receive any entries for 70 years and up. If handicaps are used, medals will be awarded to the best handicapped scores (men and women). Handicaps will be as follows:

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

Ages 81-90: 6 seconds per year over 80, plus

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

Ages 61-70: 4 seconds per year over 60

Ages - Calculated as of race day. This is standard with C.R.A.S.H.-B.'s

Coxswain - Must primarily be a coxswain and coxed within the past year

Relay – (see rules below)

Lightweight – (see weigh-in procedures above)

RELAY RULES

Overview:

The erg relay race is offered to participants of the Indoor Rowing Championships as a chance to win a NEW CONCEPT2 MODEL D erg as well as bragging rights for their school or organization.

2011 Champions: Indianapolis Rowing Center Masters

2010 Champions: Indianapolis Rowing Center Masters

2009 Champions: Indianapolis Rowing Center Masters

- ❖ Erg relay teams wishing to win the erg must be made up of 2 male and 2 female participants. This group must represent a single high school, college, club, or corporate organization. An organization may enter up to three separate teams.
- ❖ Composite entries are allowed, as are teams with an unequal number of male and female participants, but these teams are ineligible to win the erg.
- ❖ Championship bricks will be offered to the fastest high school, collegiate, and club/corporate teams, where at least three separate organizations compete for the title.

The CROSSFIT Relay is also a co-ed race, with the prize of four (4) 90 minute rowing lessons for the whole group. These lessons will be scheduled in warmer weather and on the water.

2011 Champions: Hoosier CrossFit

2010 Champions: SHOK Fitness

2009 Champions: SHOK Fitness

Rules of Racing:

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 athlete. Teammates may hold onto the rower's feet, but may not touch the handle.
- ❖ Teams may adjust the damper during the transition period.
- ❖ Teams do not have to be in matching uniforms.

FOOD & LOCKERS

There will be plenty of good food 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.

AWARDS & POINTS

A Brick will be award to the 1st place finisher in all events with more than 3 people. Points are awarded for all junior, open, and all masters/veteran events. For each organization, only the top finisher in an event will receive points. Points are awarded as follow:

Place: Points:

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

CONTACTS & LINKS

Indianapolis Rowing Center

Jennifer Kaido – Interim Executive Director

Eric Stoll – Race Director

Phone:

317-327-7100 IRC office

317-840-8305 Eric mobile

www.indyrowing.org

Twitter @indyrowing

Facebook – Indianapolis Rowing Center

E-mail:

jen@indyrowing.org

estoll@sbccglobal.net

Your post-regatta comments are appreciated.

DIRECTIONS

International School of Indiana

4330 North Michigan Road

Indianapolis, IN 46208

The gym is the building on your left as you enter

THANK YOU!

To *Concept 2*, for sponsoring this great event. Concept2 provides many resources to IRC that allow us to host such a wonderful event.

To *The Riviera Club*, for allowing us to use their ergs for the event.

To *JLRacing*, for providing certificates for all competitors and winners of each 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 our volunteers.