



Indianapolis Indoor Rowing Championships February 8, 2020

**An Official Satellite Regatta of the
2020 USRowing Indoor National Championships/C.R.A.S.H.-B. Sprints**

Contact

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Satellite Regatta Information

The Indianapolis Indoor Rowing Championships is sponsored by Concept2 and is an Official Satellite Regatta of the 2020 USRowing Indoor National Championships/C.R.A.S.H.-B. Sprints.

Qualifiers who win their event at the Indianapolis Indoor Rowing Championships AND have a time at or below the CRASH-B Qualifying Times can compete at the CRASH-Bs in Boston.

Should more than four competitors qualify, the satellite regatta organizers decide who is selected for the trip. More information on qualifying times can be found on Concept2.com.

Venue

International School of Indiana Blackwell Building (Gymnasium)
4330 N. Michigan Rd. Indianapolis, IN 46208.

As you turn onto the school property, bear left (there will be a regatta sign). The gym is the gray building on your right.

There will be food and beverage available for purchase during the event. This will include coffee, water, Gatorade, fruit and snacks.

There are also bathrooms available for changing. Bags may be stored in the gymnasium or along the wall of the hallway.

Registration

Deadline: Wednesday, January 29th, 2020 at 11:59PM EST.

All competitors are required to submit their best time (or best estimate) for their race distance.

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.

Waiver: All participants must have an IRC waiver and photo release on file. These documents can be found on indyrowing.org (Hosted Events – Indianapolis Indoor Rowing Championships), or on Regatta Central. You can submit a waiver and photo release on race day, or mail it to PO Box 53223, Indianapolis, IN 46253 in advance. Competitors under age 18 must have a parent or guardian's signature.

Entry Fees: Entry fees are \$25/person. Walk-in registrations are \$30. Entry fees entitle the registrant to race multiple times. We encourage registrations to go through Regatta Central.

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 and mailed out after the regatta.

Scratches: NO REFUNDS for changes/scratches after the registration deadline. Scratches submitted after the registration deadline forfeit the fees.

Awards

A Championship Brick will be awarded to the 1 place finisher in all **individual 2k/1k** events.

The winning **Mixed Team relay** wins a brand new Concept2 Model D erg. The winning **Non-Rowing Club relay team** wins a free 2 hour learn to row lesson out at the boathouse.

Results

Results will be posted on Twitter (@indyrowing, #IndyIndoorSprints) and at the venue, throughout the day. Official results will be posted after the event has ended.

Event Specifications

Ages - Calculated as of race day. This is standard with CRASH-Bs

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

Lightweight – See weigh-in procedures below

Junior – Event participants (ages 14-18) born on or after Jan. 1, 1998 AND not in a collegiate program as of race day. No one under age 14 may qualify for the tickets to the CRASH-Bs.

Open – Event participants (age 18+) born before Jan. 1, 1998. Junior competitors are not allowed.

Novice – Any 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 39. No handicapping

Senior Masters – Ages 40-49. No handicapping

Eagle – Ages 50-54. No handicapping

Golden Eagle - Ages 55-59. No handicapping

Veteran – Ages 60-64. No handicapping

Golden Veteran – Ages 65-69. No handicapping

Senior Veteran – Ages 70+. No handicapping

Race Day Procedures

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

- Masters Novice races (1000m)
- Adaptive races (1000m)
- Coxswain races (1000m)

The Indoor Rowing Championships 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.

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 published schedule of events by up to 15 minutes

Check In: All competitors or coaches must check-in at registration at least one hour prior to their event. Competitors should plan to be at the venue at least 1 1/2 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 12:15pm.

As this is a CRASH-B qualifier, guidelines will be in effect: Men (165 pounds max) & Women (135 pounds max).

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.

Please come to the racing area, dressed, properly warmed up and ready to race. Competitors must cover their torso and bottom areas. Unisuits and bodysuits are allowed.

Competitors must allow sufficient time to weigh-in (if lightweight), warm-up and be in the race 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: First Aid and AED Defibrillator will be available. 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

Featured Events

Indy SurviveOars Women's Masters Novice Race

The Women's Masters Novice race is the featured Indy SurviveOars event, and a portion of the entry fees to this event will go towards the Indianapolis Rowing Center outreach efforts which include the Cancer Support Community. All adult women are invited to participate in this event, no rowing experience is required. Your entry fee will go towards a great cause.

The Indy SurviveOars is non-profit organization is run by a group of volunteers who are breast cancer survivors and supporters, who are committed to the cause of breast cancer research and survivorship. Check their website for more information – www.indysurviveoars.org

Mixed Team Relay

This is a team event comprised of 4 individuals (2 men, 2 women), where each person rows 500m for a total of 2000 meters. Transition times between rowers are included in your overall time. Relay teams without the correct gender balance are encouraged to race but will not qualify for the prize.

Registration deadline is 2:00pm at the registration table on race day, but we encourage you to register your team online so that we can schedule heats (if needed).

The overall fastest team (ANY club or organization) will **win a new Concept2 Model D erg.**

Mixed Team 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 for the fastest Team (ANY club or organization) as well as bragging rights for their school or organization.

Mixed teams wishing to win the erg **MUST:**

- Be made up of at least 2 female participants
- Represent a single high school, college, club, or corporate organization (no composite entries)
- Each participant must race in individual event earlier in the day
- Composite entries are allowed, as are teams with more than 2 males, but these teams are ineligible to win an erg

Rules of Relay 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.