

# ***2018 Atlantic Indoor Rowing Championship***

Brightwood Golf and Country Club  
227 School Street  
Dartmouth, NS

Saturday February 3<sup>rd</sup>, 2018

Hosted by



Row Nova Scotia welcomes:



# **2018 Atlantic Indoor Rowing Championship (AIRC) Events**

\* Proposed schedule of events. Subject to change.

<b>Event #</b>	<b>Category</b>	<b>Event #</b>	<b>Category</b>
1	Under 19 Women (U19W)	17	Masters D Women 60+” (MDW)
2	Under 19 Men (U19M)	18	Masters D Men “60+” (MDM)
3	Under 17 Women (U17W)	19	Masters 30+ Women Lightweight (MWL)
4	Under 17 Men (U17M)	20	Masters 30+ Men Lightweight (MML)
5	Under 19 Lightweight Women (U19LW)	21	Under 23 Lightweight Women (U23LW)
6	Under 19 Lightweight Men (U19LM)	22	Under 23 Lightweight Men (U23LM)
7	Novice Women (NW)	23	Under 23 Women (U23W)
8	Novice Men (NM)	24	Under 23 Men (U23M)
9	Para (LTA, TA, AS) Women (PW)	25	Senior Lightweight Women (SRLW)
10	Para (LTA, TA, AS) Men (PM)	26	Senior Lightweight Men (SRLM)
11	Masters A Women “30-39” (MAW)	27	Senior Women (SRW)
12	Masters A Men “30-39” (MAM)	28	Senior Men (SRM)
13	Masters B Women “40-49” (MBW)	29	Open Non-Rower Women (NRW)
14	Masters B Men “40-49” (MBM)	30	Open Non-Rower Men (NRM)
15	Masters C Women “50-59” (MCM)	31	Parent Offspring Double (PO)
16	Masters C Men “50-59” (MCM)	32	Mixed Club Relay Race (MCR)

\*All Masters, Para, Novice, and Non Rower and parent offspring double events are 1000m races.

\*Masters wishing to row 2000m can row in Senior events (Event #25, 26, 27 & 28) and have their Masters Category results listed for comparison to other National events.

\*Event times will be posted in the tentative draw available at [www.rowns.ca](http://www.rowns.ca) following registration. It is likely that events will be combined to make for a shorter and more competitive day of racing.

## **RULES AND REGULATIONS**

### **SCHEDULE**

10:00am-1:00pm	Check in and late registration.
10:00am-12:00pm	Weigh ins for lightweight participants
11:00am-3:00pm	Racing
3:00pm (approx.)	Awards presentation

Please note that athletes should check in at least 60 minutes prior to their race.

### **REGISTRATION**

1. Anyone is welcome to participate! All participants who are not part of a Row NS club will sign a waiver before competing and are open to enter the Non-Rower event as well as the age group categories as well.
2. Registration deadline is Sunday January 28<sup>th</sup>, 2018 at midnight.
3. Entry fee is \$20 per athlete with registration prior to the registration deadline.
4. Late registration is possible after January 28<sup>th</sup>, 2017 until race day, if sufficient space is available in your event. Late registration is \$25. Late registrants will be entered into events on a first come first serve basis.

5. All entries must be submitted using the registration form found at <http://www.rowns.ca/rowevents/indoor-rowing/>.  
**Clubs:** Please have one rowing club representative send in all registration information for each participant from his/her club to [rowing@rowns.ca](mailto:rowing@rowns.ca) with the subject: 'AIRC Entry'.  
**Individuals:** If you are not registered with a club, please e-mail your individual registration to [rowing@rowns.ca](mailto:rowing@rowns.ca) with the subject 'AIRC Entry'.
6. Payment can be made using paypal on the Row Nova Scotia website: <http://www.rowns.ca/rowevents/indoor-rowing/>. It is the responsibility of each club to ensure that each individual on the registration form has paid by January 28<sup>th</sup>.  
  
Please note: If payment in cash or cheque is needed please contact [rowing@rowns.ca](mailto:rowing@rowns.ca) to arrange payment.
7. If you are planning to attend the Row Nova Scotia Awards Banquet as well as compete at the AIRC's please choose this option when paying and save on registration.
8. Scratches received after Saturday January 28<sup>th</sup> at midnight will forfeit entry fees unless there is a medical reason.

## EVENT CATEGORIES

<b>U19 Men/Women</b>	Under 19 - Restricted to entrants born on or after January 1, 2000. i.e. athlete must not turn 19 at any point in 2018.
<b>U17 Men/Women</b>	Under 17- Restricted to entrants born on or after January 1, 2002. i.e. athlete must not turn 17 at any point in 2018.
<b>U23 Men/Women</b>	Under 23 - Restricted to entrants born on or after January 1, 1996. i.e. athlete must not turn 23 at any point in 2018.
<b>Senior Men/Women</b>	No age restriction.
<b>Masters A Men/Women 30-39</b>	An entrant may compete as a Masters A from the beginning of the year during which he or she turns the age of 30 until the beginning of the year which he or she turns 39.
<b>Masters B Men/Women 40-49</b>	An entrant may compete as a Masters B from the beginning of the year during which he or she turns the age of 40 until the beginning of the year which he or she turns 49.
<b>Masters C Men/Women 50-59</b>	An entrant may compete as a Masters C from the beginning of the year during which he or she turns the age of 50 until the beginning of the year which he or she turns 59.
<b>Masters D Men/Women 60+</b>	An entrant may compete as a Masters D from the beginning of the year during which he or she turns the age of 60 and any age older.
<b>Lightweight Men</b>	75kg/165.34lb maximum with no average for all lightweight men events.
<b>Lightweight Women</b>	61kg/134.48lb maximum with no average for all lightweight women events.
<b>Para Men/Women</b>	A rower with a disability who meets the criteria set out in the Para Rowing classification rules. Para athletes are eligible to row in para or non-para events at the same regatta that provide a suitable competitive opportunity.
<b>Novice Men/Women</b>	Have not competed in sanctioned rowing

<b>Open Non-Rower Men/Women</b>	competition before May 1, 2017. No age restriction.
<b>Parent/Offspring Double</b>	Open to a rower of any age who has never belonged to a rowing club. No age restriction. Can be any combination of father/son, mother/son, father/daughter, mother/daughter, or grandparent/legal guardian row 500m consecutively for a total of 100m. Offspring must be 13 or older.
<b>Mixed Club Relay</b>	Four (4) persons any age; two (2) men and two (2) women row 500m consecutively each for a total of 2000m.

## AWARDS

9. Medals will be awarded for first place in each event.
10. A minimum of two entries are required to constitute a race for award purposes.
11. Please look for AIRC comprehensive results after February 6<sup>th</sup> at: [www.rownsc.ca](http://www.rownsc.ca).
12. Masters wishing to row 2000m can row in the Senior Mens or Womens events (events #25,26,27&28) and will have their Masters Category results listed for comparison to other National events.

## RACING RULES

13. Warm up
  - Stretch and warm up prior to racing on the Concept 2 warm up ergs.
  - 5 minutes prior to your race you will be called to stand behind your assigned lane. When your lane is free, you may sit on the erg and continue your warm-up.
  - Listen to any instructions from the starter or lane officials. Competitors may use the damper setting of their own choice
  - Do not touch the PM4/5 monitor for any reason. Ask the Lane Official to make any adjustments you need.
14. Racing
  - Race Start Procedures: At the start of the countdown - all participants should be sitting still and the flywheels not moving. The computer can detect the movement and will wait until all flywheels are stopped.
  - If the electronic countdown is not available the start will be a verbal command from an official. "Sit Ready, Attention, Row."
  - If someone begins before the 'Row' command, the system will alert a "False Start" and the participant will be identified by lane number. In the first instance the participant will be given a warning. In the event of two "False Starts" by the same participant, that participant may be disqualified.
  - If for some reason there is equipment breakdown or a signal connection failure identified in the first 250m of the race, the race will be stopped, the equipment repaired and the race will be restarted from the beginning. If equipment breaks after the 250m mark, the race will not be stopped.
  - If you require medical attention at any point - please contact a race official. There are first aid services on-site.
15. Finish
  - Participants are to remain on the erg until all participants have finished racing unless directed so by an official or for medical reasons.
16. Other

- There will be no wearing of electronic equipment such as MP3 or CD players.
- There will be a cash canteen on site fundraising for the 2017 Canada Games Team.