



## **Beast of the East Indoor Rowing Competition Competitor Handbook**

### **MEDICAL CONSIDERATIONS**

All competitors accept on entry that they will be competing in a very strenuous activity, and therefore are in good health and have been cleared by a medical doctor to participate in physical activity. As the competition is a virtual event it is required that competitors do not compete alone and that they have another person available to render assistance if necessary. It is strongly recommended that competitors participating in Beast of the East Indoor Rowing Competition complete a self assessment or screening pre-competition. If a competitor has tested positive for COVID-19, has symptoms of COVID-19, or suspects COVID-19 without a test, or if a competitor feels unwell, has recently been suffering from a virus, or is on medication for acute illness, we recommend that they do not take part in this event.

If completing your race at a club or in a gym where other people may be in attendance, racers should make sure to adhere to the relevant local/club/gym guidelines regarding social distancing and infection control. This may include bringing hand sanitizer and any required PPE being prepared to adhere to social distancing requirements. As an example, Rowing Canada Aviron (RCA) recommends the use of ergometers indoors for individual use only. All ergometers should be fully sanitized between users and used in a well-ventilated area. RCA allows the use of ergometers outdoors with appropriate spacing in place (at minimum 2 metres elbow to elbow.) If you experience any unusual pain, discomfort, nausea, dizziness, or shortness of breath while participating in this event, STOP rowing and immediately consult a medical expert or if experiencing continuing discomfort, call 911 or your countries' equivalent emergency number. Participation in Beast of the East Indoor Rowing Competition is entirely at your own risk.

### **EVENT #1: THE HUMBLER**

#### **DATES**

The Humbler Event will run from Saturday February 6 at 12:01AM (AST) through to Sunday February 7 at 11:59 (AST). Participants must race and submit their race result within this period.

#### **DISTANCES**

Participants are eligible to complete and submit any or all of the following distances: 500m, 1000m, 2000m.

*Please note – to be considered for the overall Beast of the East you must complete and submit a 2000m piece.*

#### **AGE CATEGORIES**

Each athlete will enter one of the following age categories based on their age as of February 1, 2021:

- Junior (ages 18 and under)
- Senior (ages 19-35)
- Masters 1 (ages 36-50)
- Masters 2 (ages 51+)



## **WEIGHT CATEGORIES**

Lightweight competitors must under 61.5kg for women and 75kg for men. Lightweight weights will on the honor system of the athlete to comply and identify. Lightweight will not be used to rank athletes for the overall Beast of the East title.

## **EVENTS**

Competitors can race in one or all of the following event distances:

### **Mens/Womens/ PR1/PR2/PR3 500m**

Open to Junior, Senior, Masters 1 and Masters 2 competitors. No holds barred: pull your fastest 500m.

### **Mens/Womens/PR1/PR2/PR3 1km**

Open to Junior, Senior, Masters 1 and Masters 2 competitors. No holds barred: pull your fastest 1km.

### **Mens/Womens/ PR1/PR2/PR3 2km**

Open to Junior, Senior, Masters 1 and Masters 2 competitors. No holds barred: pull your fastest 1km.

### **Mixed Quad**

Grab a team of four (2 men and 2 women) of any age and submit your 500m time. Your quad's time will be the cumulative time of all four individuals.

### **Mens/Womens Double**

Grab a partner of the same gender, any age, and submit your 2000m time. Your double's time will be the cumulative time of both individuals.

## **REGISTRATION**

All payments will be made online through EventBrite. Registration opens Friday January 8 and closes Sunday February 7 at 11:59 (AST).

[CLICK HERE](#) to pay your registration fees.

## **ENTRY FEES**

Individual entries are \$10.00 CAD (plus applicable service fees) or you can enter all three events of the Beast of the East Indoor Rowing Competition for \$25 CAD (plus applicable service fees).

## **ELIGIBILITY**

Any registered RCA or non-RCA registered indoor rowing enthusiasts who is a resident of Atlantic Canada. This includes residents of Atlantic Canada who temporarily live in other provinces for reasons such as university or work but retain their home address in Atlantic Canada. It also includes individuals from outside of Atlantic Canada who are temporarily living in Atlantic Canada for university.



All participants will be required to complete an Assumption of Risk and Waiver of Claims and Liability Agreement prior to submitting their result. This agreement is embedded in the submission form.

All participants must record their race time on a Concept2 ergometer machine.

### **RESULT SUBMISSION**

Submissions must be made between Saturday February 6 at 12:01AM (AST) through to Sunday February 7 at 11:59 (AST).

All athletes should retain a photo of their distance, time for verification. NOTE: The ergometer must be fully stopped before starting your race to ensure an accurate time.

[CLICK HERE](#) to submit your results.

### **RESULTS**

Results will be posted on the Row NS website following the completion of events.

[CLICK HERE](#) to view results.

The 2000m rankings will be used for the overall Beast of the East title and grand prize. The top athletes overall (across all age categories) from the 2000m event will earn points based on their placing. The male and female athletes who earn the most points after all three events will be crowned Beast of the East (1st - 10 points, 2nd - 9 points, 3rd - 8 points, 4th - 7 points, 5th - 6 points, 6th - 5 points, 7th - 4 points, 8th - 3 points, 9th - 2 points, 10th - 1 point, 11+ - 0 points).

### **PRIZES**

Electronic certificates will be awarded for the top finisher/team in each men's and women's age category, weight category and distance for Event 1.

The top men's and women's athletes overall (across all age categories) will be crowned Beast of the East and win a \$250 cheque. Each age category overall winner (points across all three events) will receive a sweet Beast of the East t-shirt.

### **EVENT #2: BATTLE OF WILLS**

#### **DATES**

The Battle of Wills Event will run from Saturday February 13 at 12:01AM (AST) through to Sunday February 14 at 11:59 (AST). Participants must race and submit their race result within this period.

#### **DISTANCE**

Test your mind; push your body: complete 5km for time.

#### **AGE CATEGORIES**

Each athlete will enter one of the following age categories based on their age as of February 1, 2021:  
Junior (ages 18 and under)



Senior (ages 19-35)  
Masters 1 (ages 36-50)  
Masters 2 (ages 51+)

### **WEIGHT CATEGORIES**

Lightweight competitors must under 61.5kg for women and 75kg for men. Lightweight weights will on the honor system of the athlete to comply and identify. Lightweight will not be used to rank athletes for the overall Beast of the East title.

### **REGISTRATION**

All payments will be made online through EventBrite. Registration opens Friday January 8 and closes Sunday February 14 at 11:59 (AST).

[CLICK HERE](#) to pay your registration fees.

### **ENTRY FEES**

Individual entries are \$10.00 CAD (plus applicable service fees) or you can enter all three events of the Beast of the East Indoor Rowing Competition for \$25 CAD (plus applicable service fees).

### **ELIGIBILITY**

Any registered RCA or non-RCA registered indoor rowing enthusiasts who is a resident of Atlantic Canada. This includes residents of Atlantic Canada who temporarily live in other provinces for reasons such as university or work but retain their home address in Atlantic Canada. It also includes individuals from outside of Atlantic Canada who are temporarily living in Atlantic Canada for university.

All participants will be required to complete an Assumption of Risk and Waiver of Claims and Liability Agreement prior to submitting their result. This agreement is embedded in the submission form.

All participants must record their race time on a Concept2 ergometer machine.

### **RESULT SUBMISSION**

Submissions must be made between Saturday February 13 at 12:01AM (ADT) through to Sunday February 14 at 11:59 (ADT).

All athletes should retain a photo of their distance, time for verification. NOTE: The ergometer must be fully stopped before starting your race to ensure an accurate time.

[CLICK HERE](#) to submit your result.

### **RESULTS**

Results will be posted on the Row NS website following the completion of events.

[CLICK HERE](#) to view results.



The top athletes overall (across all age categories) will earn points based on their placing. The male and female athletes who earn the most points after all three events will be crowned Beast of the East (1st - 10 points, 2nd - 9 points, 3rd - 8 points, 4th - 7 points, 5th - 6 points, 6th - 5 points, 7th - 4 points, 8th - 3 points, 9th - 2 points, 10th - 1 point, 11+ - 0 points).

### **PRIZES**

Electronic certificates will be awarded for the top finisher/team in each men's and women's age category, and weight category for Event 2.

The top men's and women's athletes overall (across all age categories) will be crowned Beast of the East and win a \$250 cheque. Each age category overall winner (points across all three events) will receive a sweet Beast of the East t-shirt.

### **EVENT #3: GRIP IT AND RIP IT**

#### **DATES**

The Grip It and Rip It Event will run from Saturday February 20 at 12:01AM (AST) through to Sunday February 21 at 11:59 (AST). Participants must race and submit their race result within this period.

#### **DISTANCE**

It won't be pretty: pull your max meters in 1 minute.

#### **AGE CATEGORIES**

Each athlete will enter one of the following age categories based on their age as of February 1, 2021:

- Junior (ages 18 and under)
- Senior (ages 19-35)
- Masters 1 (ages 36-50)
- Masters 2 (ages 51+)

#### **WEIGHT CATEGORIES**

Lightweight competitors must under 61.5kg for women and 75kg for men. Lightweight weights will on the honor system of the athlete to comply and identify. Lightweight will not be used to rank athletes for the overall Beast of the East title.

#### **REGISTRATION**

All payments will be made online through EventBrite. Registration opens Friday January 8 and closes Sunday February 14 at 11:59 (AST).

[CLICK HERE](#) to pay your registration fees.

#### **ENTRY FEES**

Individual entries are \$10.00 CAD (plus applicable service fees) or you can enter all three events of the Beast of the East Indoor Rowing Competition for \$25 CAD (plus applicable service fees).



## **ELIGIBILITY**

Any registered RCA or non-RCA registered indoor rowing enthusiasts who is a resident of Atlantic Canada. This includes residents of Atlantic Canada who temporarily live in other provinces for reasons such as university or work but retain their home address in Atlantic Canada. It also includes individuals from outside of Atlantic Canada who are temporarily living in Atlantic Canada for university.

All participants will be required to complete an Assumption of Risk and Waiver of Claims and Liability Agreement prior to submitting their result. This agreement is embedded in the submission form.

All participants must record their race time on a Concept2 ergometer machine.

## **RESULT SUBMISSION**

Submissions must be made between Saturday February 20 at 12:01AM (ADT) through to Sunday February 21 at 11:59 (ADT).

All athletes should retain a photo of their distance, time for verification. NOTE: The ergometer must be fully stopped before starting your race to ensure an accurate time.

[CLICK HERE](#) to submit your result.

## **RESULTS**

Results will be posted on the Row NS website following the completion of events.

[CLICK HERE](#) to view results.

The top athletes overall (across all age categories) will earn points based on their placing. The male and female athletes who earn the most points after all three events will be crowned Beast of the East (1st - 10 points, 2nd - 9 points, 3rd - 8 points, 4th - 7 points, 5th - 6 points, 6th - 5 points, 7th - 4 points, 8th - 3 points, 9th - 2 points, 10th - 1 point, 11+ - 0 points).

## **PRIZES**

Electronic certificates will be awarded for the top finisher/team in each men's and women's age category, and weight category for Event 3.

The top men's and women's athletes overall (across all age categories) will be crowned Beast of the East and win a \$250 cheque. Each age category overall winner (points across all three events) will receive a sweet Beast of the East t-shirt.

## **BEAST OF THE EAST TITLE**

The top athletes overall (across all age categories and weight categories) will earn points based on their placing in each event.

1<sup>st</sup> - 10 points, 2<sup>nd</sup> - 9 points, 3<sup>rd</sup> - 8 points, 4<sup>th</sup> - 7 points, 5<sup>th</sup> - 6 points, 6<sup>th</sup> - 5 points, 7<sup>th</sup> - 4 points, 8<sup>th</sup> - 3 points, 9<sup>th</sup> - 2 points, 10<sup>th</sup> - 1 point, 11<sup>th</sup> + - 0 points).



In the event of a tie between two athletes in time or total meters in any event the two athletes will receive equal points and the next placing will receive points based on their placing above.

ie. 1<sup>st</sup> (tie) – 10 points, 1<sup>st</sup> (tie) - 10 points, 2<sup>nd</sup> - 9 points, 3<sup>rd</sup> – 8 points, etc.

In the event of a tie in total points after all three events the tiebreaker will be which participant had the fastest time in Event 1: The Humbler on their 2km time. In the unlikely event that after this there is still a tie, the second tie breaker will be Event 2: The Battle of Wills on their 5km time. And in the extremely unlikely event that there is still a tie, the third tie breaker will be Event 3: Grip It and Rip It on their 1 min max meters.

Points will be awarded to the top 10 in each of the four age categories (Junior, Senior, Masters 1, Masters 2) for each event. Points and tie breakers will be awarded in a similar fashion to the overall title outlined above.

Weight categories will not be used to determine rankings in the overall points for the Beast of the East title or age categories overall winners.

The top men's and women's athletes overall (across all age categories) will be crowned Beast of the East and win a \$250 cheque.

Each age category overall winner (points across all three events) will receive a sweet Beast of the East t-shirt.