

2024 Beast of the East Erg 2K

Halifax Grammar School
945 Tower Road
Halifax, NS

Sunday February 11th, 2024

Hosted by



2024 Beast of the East Erg 2K Events

* Proposed schedule of events. Subject to change.

Event #	Category	Event #	Category
1	Under 19 Women (U19W)	19	Masters D Women 60+” (MDW)
2	Under 19 Men (U19M)	20	Masters D Men “60+” (MDM)
3	Under 17 Women (U17W)	21	Masters 30+ Women Lwt (MWL)
4	Under 17 Men (U17M)	22	Masters 30+ Men Lwt (MML)
5	Under 19 Ltw Women (U19LW)	23	Under 23 Lwt Women (U23LW)
6	Under 19 Ltw Men (U19LM)	24	Under 23 Lwt Men (U23LM)
7	Novice Women (NW)	25	Under 23 Women (U23W)
8	Novice Men (NM)	26	Under 23 Men (U23M)
9	Para (PR1, PR2, PR3) Women (PW)	27	Senior Lwt Women (SRLW)
10	Para (PR1, PR2, PR3) Men (PM)	28	Senior Lwt Men (SRLM)
11	Masters AA Women “20-29” (MAAW)	29	Senior Women (SRW)
12	Masters AA Men “20-29” (MAAM)	30	Senior Men (SRM)
13	Masters A Women “30-39” (MAW)	31	Senior Women (SRW)
14	Masters A Men “30-39” (MAM)	32	Open Non-Rower Women (NRW)
15	Masters B Women “40-49” (MBW)	33	Open Non-Rower Men (NRM)
16	Masters B Men “40-49” (MBM)	34	Open Mixed Club Relay (MCR)
17	Masters C Women “50-59” (MCM)		
18	Masters C Men “50-59” (MCM)		

*All Masters, Para, Novice, and Non Rower 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 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

9:00am-12:00pm	Check in and late registration
9:00am-12:00pm	Weigh-ins for lightweight competitors
10:00am-1:30pm	Racing
1:30pm (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 or their age group categories as well.

2. Entry fee is \$20.00 per person prior to the registration deadline plus applicable Row NS and RCA seats (see point #5).
3. Entries will open Thursday, February 1st, 2024 and close Wednesday, February 7, 2024 at midnight. Late registration is possible until race day, if sufficient space is available in your event. The late registration entry fee is \$30. Late registrants will be entered into events on a first come first serve basis.
4. Registration will be completed online using Regatta Central.
 - a. For clubs:
 - i. If you are new to Regatta Central you will need to create an account on Regatta Central (<https://www.regattacentral.com/signup>)
 - ii. Add your Club Affiliation and then contact support and ask to be an administrator for the club (support@regattacentral.com)
 - iii. Add athletes to your club (names, RCA #'s, birthdays).
 - iv. Search for the Regatta you wish to enter and add your boats to the races.
 - v. Add your crew lineups to the boats.
 - b. For new individuals follow our how to guide: <http://www.rows.ca/wp-content/uploads/2020/01/How-to-Register-for-Indoor-Event-New-User.pdf>
5. RCA and Row NS have implemented a membership fee structure. In this fee structure a \$3.85 RCA seat fee and \$1.15 Row NS seat fee per race event is being charged in addition to paying the regatta registration.
6. Scratches received after the registration deadline will forfeit entry fees unless there is a medical reason.

EVENT CATEGORIES

U17 Men/Women	Under the age of 17. Must be 16 or under until December 31, 2024. If an athlete turns 17 in 2024 you must row U19.
U19 Men/Women	Under the age of 19. Must be 18 or under up to and including December 31, 2024. If an athlete turns 19 in 2024, you must row U23, senior or masters.
U23 Men/Women	Under the age of 23. Must be 22 or under up to and including December 31, 2024. If an athlete turns 23 in 2024 you must row senior or masters.
Senior Men/Women	No age restriction.
Masters AA Men/Women 20-29	An entrant may compete as a Masters AA from the beginning of the year during which they turn the age of 21 until the beginning of the year which they turn 29.

Masters A Men/Women 30-39	An entrant may compete as a Masters A from the beginning of the year during which they turn the age of 30 until the beginning of the year which they turn 39.
Masters B Men/Women 40-49	An entrant may compete as a Masters B from the beginning of the year during which they turn the age of 40 until the beginning of the year which they turn 49.
Masters C Men/Women 50-59	An entrant may compete as a Masters C from the beginning of the year during which they turn the age of 50 until the beginning of the year which they turn 59.
Masters D Men/Women 60+	An entrant may compete as a Masters D from the beginning of the year during which they turn the age of 60 and any age older.
Lightweight Men	75kg/165.34lb maximum with no average for all lightweight men events.
Lightweight Women	61kg/134.48lb maximum with no average for all lightweight women events.
Para Men/Women	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.
Novice Men/Women	Have not competed in sanctioned rowing competition before May 1, 2023. No age restriction.
Open Non-Rower Men/Women	Open to a rower of any age who has never belonged to a rowing club. No age restriction.
Mixed Club Relay	Four (4) persons any age; two (2) men and two (2) women row 500m consecutively each for a total of 2000m.

AWARDS

7. Medals will be awarded for first place in each event.
8. A minimum of two entries are required to constitute a race for award purposes.
9. Please look for results after February 12th at: www.rows.ca. Results will be sent to Concept 2.

RACING RULES

10. 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.

11. 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 excluded.
- 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.

12. Finish

- Participants are to remain on the erg until all participants have finished racing unless directed so by an official or for medical reasons.

13. Coaching

- Coaches are not permitted in the roped-off competition area. Coaches are permitted to coach from outside of the competition area.

14. Other

- There will be no wearing of electronic equipment, including audio devices (cell phones, headphones etc.).
- Erg holders may not coach/or give encouragement. All coaching may take place outside of the roped-off competition area.