

2019 Atlantic Indoor Rowing Championship

Brightwood Golf and Country Club
227 School Street
Dartmouth, NS

Saturday February 2nd, 2018

Hosted by



2019 Atlantic Indoor Rowing Championship (AIRC) Events

* Proposed schedule of events. Subject to change.

Event #	Category	Event #	Category
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	Mixed Club Relay Race (MCR)
16	Masters C Men "50-59" (MCM)	32	

*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.rows.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

9:30am-1:00pm	Check in and late registration
9:00am-12:00pm	Weigh ins for lightweight participants
10:00am-2:00pm	Racing
2:00pm (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 or their age group categories as well.
2. AIRC 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 Friday January 11, 2018 and close Friday January 25th, 2019 at midnight. Late registration is possible after January 25th, 2019 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. All registration will be completed using Regatta Central. Please follow the instructions below to begin registering:
 - Create an account on Regatta Central (<https://www.regattacentral.com/signup>)
 - Add your Club Affiliation and then contact support and ask to be an administrator for the club (support@regattacentral.com)
 - Add athletes to your club (names, RCA #'s, birthdays).
 - Search for the Atlantic Indoor Rowing Championships and add your boats to the races.
 - Add your crew lineups to the boats.
 - Payments can be made online through Regatta Central or in cash/cheque at the AIRC.
5. New this year, RCA and Row NS have implemented a new membership fee structure. In this fee structure a \$3.25 RCA seat fee and \$1.75 Row NS seat fee per race event is being charged. The new membership structure which includes a base membership and racing seat fees in place of the old model that incorporated a 'sport membership' and a 'competitive membership'. More information on the new membership structure is available: <http://rowingcanada.org/domestic/clubs-membership/2018-membership-model> and <http://www.rows.ca/row-ns-participant-fees/>.
6. Scratches received after Saturday January 28th at midnight will forfeit entry fees unless there is a medical reason.
7. There will be a cash canteen on site fundraising for the Nova Scotia Provincial Team

EVENT CATEGORIES

U19 Men/Women	Under 19 - Restricted to entrants born on or after January 1, 2000. i.e. athlete must not turn 19 at any point in 2019.
U17 Men/Women	Under 17- Restricted to entrants born on or after January 1, 2002. i.e. athlete must not turn 17 at any point in 2019.
U23 Men/Women	Under 23 - Restricted to entrants born on or after January 1, 1996. i.e. athlete must not turn 23 at any point in 2019.
Senior Men/Women	No age restriction.
Masters A Men/Women 30-39	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.
Masters B Men/Women 40-49	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

Masters C Men/Women 50-59	49. 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.
Masters D Men/Women 60+	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.
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. Have not competed in sanctioned rowing competition before May 1, 2018. No age restriction.
Novice Men/Women	Open to a rower of any age who has never belonged to a rowing club. No age restriction.
Open Non-Rower Men/Women	Four (4) persons any age; two (2) men and two (2) women row 500m consecutively each for a total of 2000m.
Mixed Club Relay	

AWARDS

8. Medals will be awarded for first place in each event.
9. A minimum of two entries are required to constitute a race for award purposes.
10. Please look for AIRC results after February 5th at: www.rowns.ca. Results will be sent to Concept 2.

RACING RULES

11. 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.
12. 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.

13. Finish

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

14. Other

- There will be no wearing of electronic equipment such as MP3 or CD players.