

2019 Dalhousie Rowing Indoor Fundraising Tournament (DRIFT) Events

*The following is a proposed schedule of events and is subject to change

Event #	Event Category
1 km	
1	Junior (Under 19) Women (U19W)
2	Junior (Under 19) Men (U19M)
3	Novice Women
4	Novice Men
5	Para (LTA, TA, AS) Women (PW)
6	Para (LTA, TA, AS) Men (PM)
7	Senior Women
8	Senior Men
12	Masters A Women "30-39" (MAW)
13	Masters B Women "40-49" (MBW)
14	Masters C Women "50-59" (MCW)
15	Masters A Men "30-39" (MAW)
16	Masters B Men "40-49" (MBW)
17	Masters C/D Men "50+
8 X 250 m	
18	OPEN MIXED CLUB
19	OPEN Mixed Non-Rower
4 X 500 m	
20	OPEN Mixed Club
21	OPEN Mixed Non- Rower
4X1000m (Catch and Release)	
22	OPEN MIXED CLUB
23	Senior Mixed (SM)
24	Open Mixed Non-Rower (OMNR)

Rules and Regulations

Registration:

- Everyone is welcome to participate! All participants who are not part of a Row NS club will have to sign a waiver prior to competition, and are welcome in any of the age appropriate categories, or in the non-rower events.
- Alumni from all universities are encouraged to form relay teams. If you wish to be placed on a relay team, but are unable to form one please email dalrowing@gmail.com including your desired relay(s) and your Alma Mater(s) with the subject line: alumni relay. We will do our best to produce as many Alumni teams as possible.

3. Entries will open February 23, 2019 and close March 5, 2019
4. Registration will be completed by email. Please send your name, date of birth, and events you would like to enter to dalrowing@gmail.com.
5. Entrance fee is \$20.00 including two seat fees for Rowing Canada Aviron (RCA) and Row NS. Each subsequent event performed by a participant race will be charged the \$5.00 seat fee associated with that particular event.
6. All entrance fees will be collected at the event. Please pay in cash or cheque.
7. There will be a cash canteen on site fundraising for the Dalhousie Rowing Team

Event Categories

Senior Men/ Women	No Age Restriction
Masters A Men/ Women	** Entrance is restricted to those born between 1989 and 1980
Masters B Men/ Women	** Entrance is restricted to those born between 1979 and 1970
Masters C/D Men/Women	** Entrance is restricted to those born prior to 1970
4 X 500 m Mixed Club	Four (4) Persons of any age or gender identity each row 500m consecutively
8 X 250 m Relay	Eight (8) persons of any age or gender identity each row 250m consecutively
Catch and Release	Four (4) Persons of any age or gender identity each must complete 1000m. They may switch out at any time, but must complete a minimum of ten strokes between change over.

Awards

8. Medals will be awarded for the first place in every event
9. A minimum of two entries are required to constitute a race for award purposes.
10. Please look for DRIFT results after March 12th at www.rows.ca

Racing Rules

11. Warm-up
 - I. Stretch and warm up areas prior to racing will be provided.
 - II. 5 min prior to your race you will be called to stand behind your assigned lane.
 - III. Listen to any instructions from the starter or lane officials. Competitors may use the damper settings according to their own choice with a maximum drag factor of 120.
 - IV. Do not touch the PM4/5 monitor for any reason. Ask the Lane Official to make any adjustments you need.

12. Racing

- I. 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.
- II. If the electronic countdown is not available the start will be a verbal command from an official. "Sit Ready, Attention, Row.'"
- III. 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.
- IV. 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.
- V. If you require medical attention at any point -please contact a race official. There are first aid services on-site.

13. Finish

- I. 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

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