

Central Alberta Rowing Club



Alberta Indoor Rowing Championships

Supported by the Alberta Rowing Association

The Central Alberta Rowing Club is hosting the annual Alberta Indoor Rowing Championships on Saturday **March 12th, 2016** at the Abbey Centre in Blackfalds (N.of Red Deer), AB. At the conclusion of the erg competition, there will be a light lunch provided. Registration should be completed through your coach if possible or by e-mail direct to the Alberta Rowing Association (office@albertarowing.ca) by 12:00pm on 1stth February. Athletes can register on the day, but we may not have the right T shirt size for you.

Directions: See ARA website or the poster.

Events: Start Time: 9:30am

1. Master Women OPEN (1000m)
2. Master Men OPEN (1000m)
3. Junior Women Novice OPEN
4. Senior Women Novice OPEN
5. Junior Men Novice OPEN
6. Senior Men Novice OPEN
7. Junior A Women OPEN
8. Junior B Women OPEN
9. Junior A Men OPEN
10. Junior B Men OPEN
11. Senior A Women OPEN
12. Senior B Women OPEN
13. Senior A Women Lightweight
14. Senior B Women Lightweight
15. Senior A Men OPEN
16. Senior B Men OPEN
17. Senior A Men Lightweight
18. Senior B Men Lightweight
19. Team Relay – University
20. Team Relay – Open

Event Notes:

All events except Masters will be 2,000m.

If there are more than 8 entries in any event, heats will be created. The winner of the event will be determined as the athlete with the fastest time, regardless of their heat, for that event. Events may be combined to facilitate scheduling.

Categories:

Junior B: Under 17, cannot turn 17 in the year of competition

Junior A: Under 19, cannot turn 19 in the year of competition

Senior B: Under 23, cannot turn 23 in the year of competition

Senior A: Open

Master: Age 27 or greater

Novice: Athletes who began rowing on or after September 1st, 2015

Lightweight Women: 138lbs max

Lightweight Men: 168lbs max

Note: There are no weight categories for junior, novice, and master events. Weigh-ins will be on the honour system

Early Registration Deadline:

The early registration deadline is Monday, February 1st by 12pm MST. Entries will be accepted after this date, including on the day of the event, however T-Shirts may not be available until after the event.

Event Check-in:

Event check-in will open at 8:30am and t-shirts will be distributed to those athletes who submitted entries by the early registration deadline. Late registrants' t-shirts may be distributed depending upon availability.

Awards:

Medals will be awarded for first place finishes.

Fees:

The entry fee is \$25 dollars per athlete. This includes the t-shirt and light lunch. Please make cheques payable to the Central Alberta Rowing Club. *All entry fees to be received prior to start of racing (only exception is club cheques paid on invoice). Invoices and receipts will be issued by CARC.*

Use of Concept 2 slides.

If slides are required for medical reasons, the athlete or club must supply the slides. Their race time will be published. However, they will not be eligible to win the first place medal in their category.

Masters rowing in 2k Open category.

It is permitted for Masters to row in the 2k Open category in addition to the 1k Masters category. However, CARC reserves the right to restrict Masters to the 1k event, if there are too many entries in the 2k Open events.