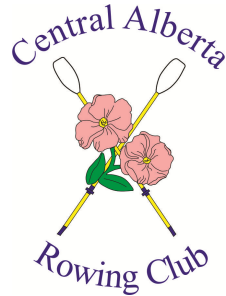


Central Alberta Rowing Club



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 10th, 2018** 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 online by **12:00pm on 5th February** . Link to registration sheet via the ARA website (www.albertarowing.ca). Athletes can register on the day, but we may not have a T shirt or the right size for you and it complicates the race schedule.

You will need to provide the following information in the online Excel file in the following column format:

Last Name First Name Club Shirt Size Recent Best ERG Score Event No. Event. Age On 31st Dec 2017

If you are not affiliated to a club, please select **Non-affiliated** in the Club column.

Directions to venue: See ARA website or the poster.

Events: Start Time: 9:00am (access from 8:00am to enable use of warm-up ergs)

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. Para Women
20. Para Men
21. Team Relay - Junior
22. Team Relay – University
23. Team Relay – Open

Event Notes:

All events except Masters will be 2,000m.

If there are more than 13 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 (a handicap of 1 second per year over 27 will be deducted from the raw times)

Novice: Athletes who began rowing on or after September 1st, 2017

Lightweight Women: 59 kg max

Lightweight Men: 72.5 kg max

Note: There are no weight categories for junior, novice, and master events. There will be weigh-ins between 8:30 and 10:45 or at least 30 minutes before the athlete's race. There is no limit on the number of weigh-ins. In the case of an athlete not meeting the lightweight weight, they will still race in the Lightweight event, but they will be placed in the corresponding non-lightweight event (i.e. Senior A or B).

Team Relay: this is a fun event. Teams should be composed of 2 men and 2 women, however, exceptions can be made. Each team member must row 500m. There will be a prize this year for the winning team, which must be composed of 2 men and 2 women.

Early Registration Deadline:

The early registration deadline is Monday, February 5th by 12pm MST. Entries will be accepted after this date, including on the day of the event, however T-Shirts may not be available.

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.

There will be T shirts on sale from previous years' events (\$10).

Awards:

Medals will be awarded for 1st, 2nd and 3rd place finishes for the individual races and a prize for the 1st team in each relay category. Medals will be presented during the lunch.

Fees:

The entry fee is \$25 dollars per athlete. This includes the t-shirt and light lunch. Please pay your entry fee to your club manager, who will pay the Central Alberta Rowing Club by cheque on the day of the racing. *All entry fees to be received prior to start of racing.* Invoices and receipts will be issued by CARC.

Each club will be responsible for collecting the individual entry fees from their members. Clubs will be sent an invoice one week prior to the event. There will be no refunds for those who have registered and do not show-up on the day of racing, unless for a medical reason - confirmed by the club coach.

Additional entries, not covered by this invoice, shall be paid on the day of the race, either in cash or by cheque to Central Alberta Rowing Club.

For Independent rowers not affiliated to a club, please send your cheque to: Central Alberta Rowing Club, c/o A.Nokes, RR4, Site4, Box 34, Lacombe, AB, T4L 2N4.

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 a 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.

Erg Drag coefficient settings.

The following settings will be used:
Drag factors according to Rowing Canada are:

Junior women, lightweight women, open women - 110

Junior men, lightweight men - 120

Open men - 130

PR1 and PR2 men and women - their choice

We will determine the damper setting for each erg before the day and note on the fan casing the various settings.

Note: the damper setting does not necessarily correspond with the drag setting on different ergs.

FOOD and DRINKS

Only water will be allowed in the gym area during racing. Food and coffee can be consumed in the bleachers.

Lunch will be provided in the gym area after the last race.