

2011 Atlantic Indoor Rowing Championships

hosted by



Sunday, February 6th, 2011
East Dartmouth Community Centre
50 Caledonia Rd.
Dartmouth, Nova Scotia

Event Categories

Event No.	Category		Event No.	Category	
1	Junior Lightweight Women	(JRLW)	17	Under 23 Lightweight Women	(U23LW)
2	Junior Lightweight Men	(JRLM)	18	Under 23 Lightweight Men	(U23LM)
3	Junior Women	(JRW)	19	Under 23 Women	(U23W)
4	Junior Men	(JRM)	20	Under 23 Men	(U23M)
5	Adaptive W (Trunk&Arms Only)	(AW) 500m	21	Senior Lightweight Women	(SRLW)
6	Adaptive M (Trunk&Arms Only)	(AM) 500m	22	Senior Lightweight Men	(SRLM)
7	Novice Women	(NW)	23	Senior Women	(SRW)
8	Novice Men	(NM)	24	Senior Men	(SRM)
9	Masters Women Lightweight	(MWL)	25	Junior Women 1000m Dash	(JWD) 1000m
10	Masters Men Lightweight	(MML)	26	Junior Men 1000m Dash	(JMD) 1000m
11	Masters Women "A 27-39"	(MWA)	27	Masters Women 1000m Dash	(MWD) 1000m
12	Masters Men "A 27-39"	(MMA)	28	Masters Men 1000m Dash	(MMD) 1000m
13	Masters Women "B 40-49"	(MWB)	29	Senior Women 1000m Dash	(SWD) 1000m
14	Masters Men "B 40-49"	(MMB)	30	Senior Men 1000m Dash	(SMD) 1000m
15	Masters Women "C 50+"	(MWC)	31	Mixed Club Four Race	(MCR) 500m pp
16	Masters Men "C 50+"	(MMC)	32	Parent Offspring Doubles	(MPJ) 500m pp
				Future Olympians (13 and	
			33	under)	(FO) 500 m

*All race distances are 2000 m with the above noted exceptions.

*Event times will be posted. Please await the tentative draw available at www.novascotiarowing.ca for final details. It is likely that events will be combined to make for a shorter and more competitive day of racing.

Schedule

10:00am	Registration begins
	<ul style="list-style-type: none">• You should register at least 60' before your event• Cost is \$25 if you did not pre-register by e-mail• Weigh-ins begin for lightweight participants
11:00am	Racing Begins
2:00pm	Registration ends
3:30 pm (approx.)	Racing ends and Awards Presentation

Categories	Adaptive Novice	Any person not competing in an able-bodied event Has not competed in rowing or indoor rowing before May 1 st , 2010
	Junior U23	Must not turn 19 in the year 2011 Must not turn 23 in the year 2011
	Senior	Open to all ages
	Masters A	Age 27 to 39 in the year 2011 not racing as Senior
	Masters B	Age 40 to 49 in the year 2011 not racing as Senior
	Masters C	Age 50 or older in the year 2011 not racing as Senior
	Lightweight	Men (165lb, Max); Women (135lb, Max) <ul style="list-style-type: none"> • Weigh-ins will be between 10:00am and 1:00pm in competition area for all lightweight participants • Multiple weigh-ins <i>will</i> be allowed. • The registrar will try to place participants that do not make weight into the appropriate <i>heavyweight</i> category depending on potential schedule conflicts and erg availability
	Masters Lightweight	Age 27+ in the year 2011 that meet the weight restrictions indicated above
	Mixed Club Four	4 persons any age; 2 men and 2 women (racing 500 m each).
	Parent Offspring Doubles	Can be any combination of father/son, mother/son, father/daughter, mother/daughter, or grandparent/legal guardian.
	Future Olympians	13 and under (Guardian must sign waiver) (No fee)

Awards Medals will be awarded for first place in each category only.

The AIRC will run simultaneously with the Canadian Indoor Rowing Championships (CIRC) in Toronto, Ontario, Monster Erg Indoor Regatta in Victoria, British Columbia, Prairie Indoor Rowing Championships in Regina, Saskatchewan and the Quebec Indoor Rowing Championships in St. Hyacinthe, Quebec.

Registration **NEW THIS YEAR:** Please have one rowing club representative send in all registration information for each participant **by January 30th, 2011 to novascotiarowing@gmail.com:**

- Name
- Event No./Name
- Age
- Club Affiliation (If any)
- RCA No. (If you are not a member of RCA; you will be required to sign a waiver).

In addition, the club representative must drop off a cheque or cash for the total registrations for all their members to either Janessa Green at Sport Nova Scotia (5516 Spring Garden Rd. Halifax, NS 4th floor) or Peter Webster at Mercator Geological Services (65 Queen St., Dartmouth) no later than **Tuesday, February 2nd, 2011.**

If you are not registered with a club, please e-mail your registration by January 30th, 2011 and submit your \$20 registration fee the day of the event.

Registration must be made to the following email address (**novascotiarowing@gmail.com**) with the subject heading 'AIRC' no later than **January 30th, 2011** at midnight. Late registration is possible **only** if the race day schedule permits. Additional participants will be entered into events on a first come first serve basis on the day of the event.

Note: All athletes are required to bring their own water to the facility.

Row Nova Scotia wishes to thank the local clubs for their participation and use of equipment. This event would not be possible without your support.

Please look for AIRC comprehensive results after February 6th at: www.novascotiarowing.ca

Atlantic Indoor Rowing Championship Indoor Racing Rules

CHECK IN:

- Go to the Registration Desk upon arrival. Registration begins at 10am.
- Provide your name and photo id. If registering on the day of the event, the cost is \$25.
- You should register at least 60' before your event.
- You will be given a Lane assignment.
- If you are rowing in a lightweight category - go to the Weigh-in Station, step on weigh scales and get stamped. The Weigh-in Station will be open from 10 a.m. to 1p.m.

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 monitor FOR ANY REASON. Ask the Lane Official to make any adjustments you need.

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.

FINISH:

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

OTHER:

- There will be no wearing of electronic equipment such as MP3 or CD players.
- Spectators are to remain outside of the roped off area during races.
- Only Officials and participants will be allowed in the race area.