



**Three Rivers
Rowing
Association**

Welcome to the 14th Annual Pittsburgh Indoor Rowing Championships

February 4, 2006

WELCOME, competitors, spectators and volunteers to the 14th annual Pittsburgh Indoor Rowing Championships sponsored by Three Rivers Rowing Association and hosted by North Catholic HS. This event is an official satellite of the CRASH-B sprints. Your participation in the erg race is appreciated. Remember that race spectators are welcomed and encouraged. And, while at the race please check out the latest rowing gear at the CREWSHOP and great refreshments in the cafeteria! Enjoy the day! Pull hard! No Excuses!

GENERAL INFO

The Pittsburgh Indoor Rowing Championship is a satellite regatta of the Crash-B Sprints World Indoor Rowing Championships. Concept II will provide round trip tickets to Boston for up to four (4) qualifiers who win their event at the Pittsburgh Indoor Rowing Championships and have a time at or below the Crash-B Time Standards. Should more than four (4) competitors qualify, the four (4) whose times are most below the time standard in their age group will be designated.

This event is a US Rowing Registered Regatta. All competitors must have signed a waiver. Competitors under age 18 must also have a parent or guardian's signature.

REGISTRATION

Deadline for registration: Wednesday January 25, 2006

Race registration is through www.RegattaCentral.com. This is a FREE registration service to all coaches and competitors. Payment is also accepted via Regatta Central.

Advance registration only, which includes Relay Races. All competitors are required to submit their best time for 2000 meters. The race organizers will set up flights that are evenly matched using the times submitted. All competitors must check-in & pay any balance owed at the registration desk prior to their event.

Entry Fees

Adult events - \$15

Junior events - \$10

Entry fees and payment:

- ◆ Entry fees must be received in the TRRA office by 4 p.m., the Wednesday prior to race day.
- ◆ Payments may be made online via Regatta Central using MC/Visa
- ◆ Payments made directly to TRRA may be by cash/check/MC/Visa.
- ◆ Entries accepted after the deadline are at the discretion of the race director only and will be assessed a \$25 late fee per entry.

Refunds:

- ◆ Entry refunds will be granted by entry deadline only.
- ◆ Per standard practice at other regattas, no refunds will be made for events cancelled due to weather or other similar circumstances. Legitimate refunds will be processed & mailed out after the regatta.

Scratches:

- ◆ NO REFUNDS for changes/scratches after entry deadline.
- ◆ Scratches after entry deadline forfeit fees.
- ◆ Scratches after entry deadline are assessed a fee of \$15 per scratch, payable at the time of submission.

RACE DAY PROCEDURES

This event is a US Rowing Registered Regatta. All races are 2000 meters in length (except for the Youth race & HS Cox, which is 1000m). Concept II Model D ergs will be used for the finals. Competitors may use the setting of their choice. Video monitors will be used for all races. The race organizers reserve the right to:

- ◆ Change the tentative schedule of events
- ◆ Combine events that have less than 20 registered participants
- ◆ Limit the number of events or flights
- ◆ Conduct multiple flights of a given event on non-video monitor machines.
- ◆ All competitors must have signed a waiver. Competitors under age 18 must also have a parent or guardian's signature.
- ◆ All competitors must check-in at the registration desk located in the dining hall prior to their event.
- ◆ All races are finals. No heats will be run.

Competitors should allow sufficient time to weigh-in (if necessary), warm-up and be in the on-deck area at least five (5) minutes before their event. Failure to be on deck will result in not being able to row in your specific event. An announcer will call competitors to the on-deck area located in the gymnasium. Failure to be in this area five (5) minutes before the start of your race may result in competitors missing important last minute information and potentially cause a delay in the race schedule.

Warm-up

Competitors must be warmed-up before getting on a race machine. No time will be allowed for warm-up on a machine designated for a race. Several ergs will be available for warm-up located in the gym. Please limit warm-up to a maximum of 15 minutes in order to give everyone a chance to warm up.

Schedule

All competitors will compete in a finals only format. Flights of twenty competitors will be matched as closely as possible according to the time reported on the Registration Application. Competitors will be seeded according to the reported 2000-meter times. **Final race time and schedule may be adjusted based on total number of athletes entered.**

Safety

A city paramedic will be set up to deal with on-site emergencies. They will be located in the training room just off the gymnasium. Coaches are asked to be mindful about the following:

- ◆ Athletes who are fighting flu or a cold should not compete
- ◆ Athletes should eat two or three hours before competing, but not less than two hours before competing.

EVENT SPECIFICATIONS

Open	Any age, any weight.									
Open Novice	Any age, any weight. A novice is considered anyone in their first year of rowing and shall not have rowed in any organized regatta (indoor or on water) prior to last year's race.									
Varsity	High School competitors only; must have been born on or after 9/1/87									
Junior Varsity	High School competitors only, must be either a sophomore or junior.									
Junior Novice	A Junior novice is a High School competitor in their first year of rowing and shall not have rowed in any organized regatta (indoor or on water) prior to last year's race.									
Youth	Ages 8 to 13 (1000 meters)									
Masters	Ages 30 to 39									
Senior	Ages 40 to 49									
Veterans	Age 50+, handicapped. Medals for this category will be awarded to the best handicapped scores (men and women, heavyweight and lightweight) within two age divisions: Veterans 'A' (50-59) and Veterans 'B' (60 and up). Handicaps will be as follows: Age 91-99: 7 seconds per year over 90, plus Age 81-90 6 seconds per year over 80, plus Age 71-80: 5 seconds per year over 70, plus Age 61-70: 4 seconds per year over 60, plus Age 51-60: 3 seconds per year over 50 Age 50: 0 seconds									
Open Cox	Must be primarily a coxswain, make weight, and coxed in past year. Race distance is 2000 meters									
Junior Cox	High School coxes only, must be primarily a coxswain, follow weights above and have coxed in past year, men and women distance: 1000m.									
Special Needs	Adaptive or Visually Impaired competitors may enter any event, but must be part of the TRRA special needs rowing program or part of another organization pre-approved by race organizers. Competitors must indicate their club/organization affiliation on registration forms.									
Mixed Relay	Teams must consist of 3 men and 3 women from the same school or club. Each team member will race 500 meters and then get up and tag next team member (3000 meters total). Each team is assigned to one lane (rowing machine). \$2 per seat unless competitor is previously registered in another event. (Race organizers retain the right to limit one team per organization in team events).									
Lightweight	<table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Class:</th> <th>Men</th> <th>Women</th> </tr> </thead> <tbody> <tr> <td>Lightweight events</td> <td>165</td> <td>135</td> </tr> <tr> <td>Cox events</td> <td>130</td> <td>120</td> </tr> </tbody> </table> <p>Weigh-in will take place near the check-in area. All weigh-ins must be completed at least one hour before the scheduled event. Weigh-ins closes at 12noon. <i>Note:</i> For those who may potentially not make weight, be aware of the schedule for an alternate event. It is the responsibility of the competitor to change into an event for which he or she is qualified. Race organizers will attempt to accommodate in another event any lightweight competitor who fails to make weight.</p>	Class:	Men	Women	Lightweight events	165	135	Cox events	130	120
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Lightweight events	165	135								
Cox events	130	120								

FOOD & LOCKERS

There will be plenty of good food available at the North Catholic cafeteria. Menus and prices will be posted at the event. There are also lockers located at North Catholic for changing into your uniforms.

AWARDS & POINTS

- ◆ Medals for 1st, 2nd, and 3rd place .
- ◆ Points are awarded to all high school, club and collegiate events.
- ◆ For each organization, only the top finisher in an event will receive points.
- ◆ Points are awarded as follows:

Place	Points
1	12
2	10
3	9
4	8
5	7
6	6
7	5
8	4

CONTACTS & LINKS

Three Rivers Rowing Association

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Your post-regatta comments are appreciated. Please address them to: TRRA@threeriversrowing.org