

2018 Cincinnati Indoor Rowing Championships

Saturday, February 17, 2018

Summit Country Day Athletic Complex
5580 Ehrling Road
Cincinnati, OH 45227

Due to a change in the 2018 World Rowing Indoor Championship (WRIC) date the Cincinnati Indoor **WILL NOT** be an official qualifying event for the WRIC in Alexandria, VA. Alternate Midwest regattas where rowers may qualify for free travel to the WIRC championships include:

- St. Louis Indoor Rowing Championships on 2/3/18. <http://www.washucrew.com/slirc/>
- Indianapolis Indoor Rowing Championships on 2/3/18. <https://irc21.wildapricot.org/page-18121/>
- A full list of locations and qualifying times is available on the Concept 2 WRIC site. <http://www.concept2.com/indoor-rowers/racing/wric>

Entry Packets: Packets are available online at www.regattacentral.com

Registration Fee: \$25.00 before or on Friday, February 9, 2018. \$30.00 thereafter.

The Fee cap is \$500.00 for any school, club or organization that registers on-line as a team.

How to Register: Registration can be completed on-line until Friday February 9, 2018 on Regatta Central. All participants must also submit a completed release of liability waiver form. Waivers will be handled through Regatta Central. All participants must have a waiver on file either on-line through Regatta Central or a paper waiver with the CJRC Registration Coordinator. **REGISTRATION FEES AND WAIVERS MUST BE MAILED TO THE ADDRESS BELOW BEFORE OR ON FRIDAY, February 9, 2017.**

Please make check payable to **CJRC (Cincinnati Junior Rowing Club)**. Mail **check and waiver** to:
Cincinnati Indoor Rowing Championships
PO Box 541122
Cincinnati, OH 45254

Questions regarding registration, waivers and fees may be directed to Debbie Graumlich
graumlchs@fuse.net.

Location: Summit Country Day Athletic Complex -- just off I-71 at Red Bank Road. The address is: 5580 Ehrling Road, Cincinnati, OH 45227

Race Format: First race (Masters) begins at 8:00 AM. Except for the Adaptive, JRow, coxswain, two- and four-oared events, all races are 2000 meters. The Adaptive event will be 1000 meters. **Concept II Model D Ergometers** will be used. Adaptive rowers requiring different equipment (e.g. fixed seat adaptations) are required to bring their own equipment. Video performance monitors allow athletes and spectators to watch the boats move along the course. Rowers may use the damper setting of their choice; the setting may not be changed during the race. Each competitor will row only once in a Final-Only format, competing in a twelve-person race.

Erg Scores: Please provide a likely 2000 meter score so that you can race with people of similar speed.

High School Event Participants (14-18). Must have been born on or before September 1, 2003 and be enrolled in high school (or lower grade) as of race day. No one under the age of 14 may row.

High School Novice participants: Must have started rowing no earlier than June 1, 2017.

Lightweight divisions: There are lightweight divisions within the Open, College Varsity, High School Varsity, and Master, Senior, and Veteran events. Maximum weights: 165 pounds for men; 135 pounds for women. Weigh-in begins at 7:00am and is available throughout the day.

Masters: (30-39), **Seniors** (40-49), and **Veterans** (50+) will be seeded according to their submitted erg scores, not age. We recognize for prizes in the traditional age divisions for veterans: 50-59, 60-69, 70-79, etc.

Adaptive: The following categories are available: **AS** (Arms-Shoulders) class is for rowers who have no minimal trunk function (i.e. shoulder function only); **TA** (Trunk-Arms) class is for rowers who have functional use of the trunk and who are not able to use the sliding seat to propel the boat because of significantly weakened function or mobility of the lower limbs; and **LTA** (Legs-Trunk-Arms) class is for rowers who have functional use of their leg(s), trunk, and arms for rowing, and who can utilize the sliding seat. WRIC recognizes 4 sub-groups of the LTA Class: **LTA-P** (physically disabled) any physical disability that is not defined by the other three sub groups)**LTA-AK** (above the knee amputee)**LTA-V B(1,2,3)** (visually impaired)**LTA-I** (intellectual disabled).

Junior Row (J-Row) Event: Seventh and eighth grade rowers who have not participated in a novice rowing program. Distance: 1000 meters.

Coxswain Events: Maximum weights of 130 pounds for men, 120 pounds for women. Distance: 1000 meters. Coxswains who exceed the weight requirements may compete but are not eligible for medals.

EVENTS: Approximate starting times for each division – the order of events will remain set. For your own planning, the actual starting times will not be earlier than what is listed below. Please include an email address with registration. An email will be sent if the times are much later due to the number of registrations received. Please check for updates on our website.

Master, Senior, Veteran, Open:	8:00 am
Adaptive (1000 Meters):	8:30 am
College Novice:	8:45 am
College Varsity:	9:45am
Coxswain: College and Open:	10:45 am
BREAK	
Juniors	11:30 am
High School Novice:	11:45 am
High School Varsity:	12:30 pm
Coxswain: High School	1:30 pm

AWARDS: Medals go to the first three in each division, regardless of the heat in which that time is attained.

If you have any questions please contact Debbie Graumlich, Regatta Director, at graumlichs@fuse.net.