**2016 Cincinnati Indoor Rowing Championships**

**An Official Midwest Satellite Regatta of the Crash – B Sprints**

**Sunday, February 14, 2016**

Notre Dame Academy

1699 Hilton Drive

Park Hills, KY 41011

Cincy Indoor is an official qualifying event for the World Indoor Rowing Championships, (C.R.A.S.H. - B Sprints) in Boston, Sunday February 28, 2016. The top 4 athletes that qualify for Boston according to times established by Concept2 ([www.concept2.com](http://www.concept2.com)) will win free travel to Boston for this event.

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

**Registration Fee**: $20.00 before or on Friday, February 5, 2016. $25.00 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 5, 2015 [on](http://www.cjrc.uson) 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 5, 2016.**

Please make check payable to **CJRC (Cincinnati Junior Rowing Club**). Mail **check and waiver** to:

**Cincinnati Indoor Rowing Championships**

**c/o Joan Bryan**

**1004 Clifton** **Hills Avenue  
Cincinnati, OH 45220**

**Questions regarding registration, waivers and fees may be directed to Joan Bryan or Christine Poon at cdpoon7830@gmail.com.**

**Location: Notre Dame Academy -- just off I-75, just 5 minutes south of Cincinnati in Northern Kentucky.** See [www.cjrc.us](http://www.cjrc.us) to download directions to the school.

**Crash-B Qualifying Format**: First race (Adaptive) begins at 8:10 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, 2001 and be enrolled in high school (or lower grade) as of race day. No one under the age of 14 may row in the Crash-B Sprints in Boston.

**High School Novice participants**: Must have started rowing no earlier than June 1, 2015. There is no Crash-B division for novice.

**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 8:00am 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 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. C.R.A.S.H.-B. Sprints 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).

**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.

**Adaptive (1000 Meters): 8:10 am**

**High School Novice: 8:20 am**

**Master, Senior, Veteran, Open: 9:00am**

**High School Varsity: 9:30am**

**Coxswain: College, High School and Open: 10:30 am**

**College Novice: 12:00noon**

**College Varsity: 1:00pm**

**AWARDS:** Medals go to the first three in each division, regardless of the heat in which that time is attained. 2016 Cincinnati Indoor Rowing Championships T-shirts will be available at the race.

If you have any questions please contact Christine Poon, Regatta Director, at cdpoon7830@gmail.com