

“The HAMMER” Ergatta

2010 Race Rules

1. All participants should be in the “On Deck” area at least ten (10) minutes prior to the start of their event
2. Each participant must be confirmed during roll call by the “On Deck” volunteer
3. A shirt or a unisuit top must be worn. Headphones are allowed, but all participants MUST be able to hear the race officials.
4. Ergometers are pre-set for your particular event distance. The monitor will automatically prompt participants to stop warming up when the race is about to begin. The monitor will set itself. You will not have to press any buttons as in a regular workout. The monitor will set itself.
5. Participants are allowed to adjust foot stretchers and their preferred damper (drag) setting. However, all adjustments must be made quickly and well in advance of the start of your race. Participants may warm up on the race ergometer up until your monitor prompts you to stop.
6. The damper (drag) setting may be adjusted prior to the start of your race but may not be adjusted after the start of your race.
7. Each participant is allowed to have ONE person as a coxswain to sit in a chair behind the participant. This person can be another athlete, friend, parent or coach, but only one person is allowed as coxswain.
8. After sitting on your race ergometer, a race volunteer will ask your name to confirm that you are at the correct race ergometer. For lightweight events, participants will be asked to verify that they are weigh-in confirmed.
9. **START of each race**
 - () DO NOT start early. Follow the prompts on your monitor.
 - () DO NOT touch the monitor, since it serves as a back-up in the event of a computer failure.
 - () If the monitor stops performing, do not stop rowing until the race official directs you to stop rowing
9. **END of race:**
 - () DO NOT let go or drop the ergometer handle. Place the handle in the cradle after you have competed.
 - () A race volunteer will manually record your finish time as a back-up.
 - () **Please DO NOT touch the monitor**
 - () Leave the race area as soon as possible so as to free up the ergometer for the next race.
10. **SAFETY:**
 - () Participants who feel ill or out-of-the-ordinary in any way should not race
 - () Participants who feel the need to stop, should do so
 - () Asthmatic participants need to remember their inhalers
 - () Participants should be hydrated and nourished the day of the race
 - () The **First Aide Station** on the competition floor