



### Overview:

The 27<sup>th</sup> Annual Hammer Indoor Rowing Race is hosted by the Cleveland State University (CSU) Rowing Club, and takes place at the CSU Recreation Center on **Sunday, February 21<sup>st</sup>, 2015**.

### General Information:

- Participants must register on-line at Regatta Central. Please visit the following URL to register: [https://www.regattacentral.com/regatta/index.jsp?job\\_id=4558](https://www.regattacentral.com/regatta/index.jsp?job_id=4558) or click the link at the top of our website at [www.csurowing.com](http://www.csurowing.com).
- Regular Races are 2,000 meter races on new [Concept 2 Model D ergometers](#) (purchased late 2015).
- **All participants** must have a signed waiver in order to compete. Competitors under the age of eighteen (18) must have a parent or guardian signature. Waivers may be obtained from [www.RegattaCentral.com](http://www.RegattaCentral.com), and will be available on-site the day-of the regatta.

The CSU Recreation Center is on the campus of Cleveland State University and is located at:

**2420 Chester Avenue  
Cleveland, OH 44115**

[Link to Google Map](#)



### Competitor Registration:

- Regular Registration Deadline: Monday, February 8<sup>th</sup> (11:59 PM)
  - Late Registration Deadline: (\$10 fee) Saturday, February 20<sup>th</sup> (3:00 PM)
  - Race Day Late Registration (\$15 fee) only available if event organizers identify room in the schedule.
  - Event changes (except in the instance of failing to qualify as lightweight, described below) (\$10 fee) only available if event organizers identify room in the schedule.
- All competitors, via on-line registration, will be required to submit their previous best (or estimated) ergometer time [1K for coxswains and 2K for all others]. Event organizers will establish heats so as to group competitors of similar submitted ergometer times.



- All competitors must check-in at the Registration Desk in the entrance/atrium of the CSU Recreation Center. Any fees due must be paid and signed waiver provided at this time.
  - All competitors must sign a waiver prior to competing.
    - Waiver is available to print at:
      - <http://www.csuohio.edu/sites/default/files/media/international/documents/waiverrelease.pdf>
    - Waivers will also be available at the Registration Table on the day of the event.

### Relay Race Registration:

- There will be 3 relay races at this year's Hammer Indoor Race: Mixed Open (3 men+3 women teams), Men's High School, and Women's High School.
- Registration for these relay races will be extended to race day without late fee penalty.
- Registration Deadline for relays is 10:30am.
- Points will not be awarded to organizations for competition in Relay Races.

### Entry Fees & Payment:

- **2016 Hammer Fees:** (*all fees in US dollars*)
  - Youth & Parents: \$12
  - Open / Masters: \$15
  - Relays: \$20 per team
- Payments may be made online through Regatta Central using a credit card
- Payments may be made on-site for the day of the event by check or exact cash (checks made payable to "Cleveland State University" with "Viking Crew" on subject line) only.
- **CREDIT CARDS WILL BE ACCEPTED ON THE DAY OF THE EVENT**
- Entries accepted after the Late Registration Deadline are at the discretion of the event organizer only, and will be assessed a \$15 late fee per entry
- Race schedule will not be changed to accommodate individuals' schedules. Unless directed to do so by the event organizers, competitors must race in their event, and pursuant to their assigned schedule. Individuals who fail to do so will not have their scores recorded, and may be subject to disqualification.
- **Refunds:**
  - No refunds will be made after the registration deadline for events cancelled due to events beyond the control of the event organizer.
- **Scratches:**
  - No refunds will be issued for entry changes or scratches after the entry deadline.

### Event Information:

(for the most up-to-date listing of events & times, check [www.regattacentral.com](http://www.regattacentral.com))

- The schedule is tentative and subject to change.
- All events will be raced over a distance of 2,000 meters, except the coxswain events.
- All coxswain events will race 1,000 meters.
- All relay events will race 3,000 meters (6 participants row 500m each)



- The Dan Murphy Invitational event will race a distance determined by the Dan Murphy Invitational organizers.
- All races are final.
- Events with more than twenty (30) participants will be run in heats.
- The fastest two overall times from the heat(s) for each event will be designated the event medalists (Gold & Silver). Medalists will receive commemorative Hammer Trophies.
- All races will be held on Concept 2 Model D ergometers. Model PM5 monitors will be used.
- Spectators will be able to view the races in progress on screen and live.
- Spectators will have designated team sections, indicated by signage.
- Race organizers reserve the right to:
  - Change the schedule of events
  - Limit the award distribution to one gold medal for events with fewer than (3) registrants
  - Combine events with fewer than twenty (20) registered participants
  - Limit the number of relay entries
  - Suspend the use of the Concept 2 timing system and proceed with a manual timing
  - Adjust the final race time and schedule based upon the number of entries
  - Accelerate the schedule of events by up to 15 minutes.
- All competitors or coaches must check in at the registration desk prior to their event. Competitors should plan on being at the CSU Recreation Center at least 1-1/2 hours prior to their scheduled event.  
NOTE, Registration will begin at 8:45 AM in CSU Recreation Center lobby. Doors open to the gym at 9:00 AM.

### **Race Preparation:**

- There will be a minimum of ten (10) designated “warm-up” ergometers available to competitors.
- Please limit your warm-up time to 15 minutes, so as to allow all competitors an opportunity to prepare for their event.
- Do not plan to warm- up on the designated “race” ergometers.
- On Deck Instructions:
  - Competitors will be alerted to the On Deck location by an “event board” noting which event is being called to “Race” and which event is being called “On-Deck.”
  - All competitors must allow sufficient time to register, weigh in, warm-up and be in the On-Deck location at least ten (10) minutes prior to their event.
  - Failure to be in the On-Deck location five (5) minutes prior to the start of their event may result in disqualification.

### **Safety:**

- CSU Athletic Trainers will be on-site to assist with any first aid incidents.
- Coaches and athletes should be mindful of the following:
  - Athletes with the flu or cold should not compete
  - Athletes should stay hydrated
  - Athletes should generally not eat substantially within two (2) hours before competing.
- 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.

## **Race Rules & Protocol:**

- Competitors will be able to set their individual foot stretcher and drag settings prior to the start of their race.
- Neither competitors nor coaches will be allowed to adjust neither foot stretcher nor drag settings after the race has started.
- 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 per athlete.
  - Coxswains must remain seated during each race.
  - Coxswains may not distract or impede any athlete during the race. Coxswains who distract or impede any athlete will be removed from the Hammer Ergatta, and the athlete they were coxing may be subject to disqualification, and that athlete's time will not be collected.
- A shirt or a unisuit top must be worn by all competitors before, during, and after racing.
- Headphones are allowed, but all participants MUST be able to hear the race officials.
- 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.
- 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.
- 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
- 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.

## **Relay Rules & Protocol:**

- There are three relay events scheduled for the Hammer.
- Please check Regatta Central for the official heat-sheet of event numbers and times.
- Relay Races will be 3,000 meters
- Relay Races will host teams of 6 people (rowing 500 meters each)
- Registration for these relay races will be extended to race day without late fee penalty.
- Registration Deadline for relays is 10:30am



- This group must represent a single college, club, high school, gym, or organization.
- Each competitor will race 500 consecutive meters
- Each team will choose the order of their relay participants
- The lead off rower begins seated on the machine
- Each rower must complete 500 meters before the next rower may take hold of the handle
- When finished with their 500 meter piece, each rower must secure the handle against the ergometer OR hand the handle to the next rower directly.
- Only the next rower may touch, pull or advance the handle during his/her 500 meter piece.
- The coxswain may sit or stand alongside the ergometer, but may not otherwise assist the rower. Coxswains may not secure the rower's feet.
- Crewmates may secure the rowers feet, but may not touch the handle. Only the next transitioning rower in order may touch the handle.
- A team(s) that violates these race rules may be disqualified.

### Event Categories:

- **Open:** Any age or weight, and:
  - High School competitors are not allowed to compete in the Open Category.
- **Open Novice:** Any age or weight, and:
  - A novice is considered to be in their first year of rowing (or indoor competition) and shall not have rowed in an organized regatta (indoor or on the water) prior to last year's Hammer.
  - High School competitors are not allowed to compete in the Open Category.
- **Open Coxswain:** Coxswains only may enter this race category.
  - This category is open to non-high school coxswains who have been primarily coxswains on the water over the previous year, or is in his/her novice year.
  - Race distance for Open Coxswains is 1,000 meters.
- **Open Recreational:** Any age or weight competitor who is age 18 or older and not enrolled in high school, and not competing for points.
  - This is an event solely for RECREATIONAL participants.
  - Race distance for Open Recreational is 1,000 meters.
  - Recreational races will **not** contribute points for organizations towards the Hammer Trophy.
- **High School Senior:** A HS Senior is a high school competitor enrolled in grade 12.
  - High school competitors other than seniors are allowed to enter this category.
- **High School Junior Varsity:** A HS Junior Varsity competitor is a competitor enrolled in high school grades 11 and lower.
  - High School Seniors are not allowed to compete in this category.
- **High School Novice:** A HS Novice is a high school competitor in his/her first year of rowing and shall not have rowed in any organized regatta (indoor or on the water) prior to last year's Hammer.
  - Competitors who are enrolled in Grade 12 must row as HS Senior, regardless of rowing (indoor or on the water) experience.
- **High School Coxswains:** High School coxswains only may enter this race category.
  - This category is open to high school coxswains who have been primarily coxswains on the water over the previous year, or is in his/her novice year.
  - Race distance for High School Coxswains is 1,000 meters.



- **8<sup>th</sup> Grader or Under:** A participant who is presently enrolled in Elementary or Middle School.
  - This is an event solely for RECREATIONAL participants.
  - Race distance is 500 meters.
  - A waiver **MUST** be signed by the parent (or guardian) of the participant in order to compete.
  - Races in this event will **not** contribute points for organizations towards the Hammer Trophy.
- **Parents:** A parent (or guardian) of a 2016 Hammer Ergatta High School or Collegiate competitor.
  - This is an event solely for RECREATIONAL participants.
  - Race distance is 1,000 meters.
  - Parent competitors entry fees will be the same as youth/high school entry fees.
  - A waiver **MUST** be signed in order to compete.
  - There will be no late fee penalty for this event. Deadline entry time is 9:00 AM
  - Races in this event will **not** contribute points for organizations towards the Hammer Trophy.
- **Masters:** Ages 30 through 39
- **Senior:** Ages 40 through 49
- **Veterans A:** Ages 50 through 59 (no handicap)
- **Veterans B:** Age 60 and older. This category will be handicapped only if there are competitors age 70 and older.
  - If handicaps are used, medals will be awarded based upon adjusted times for each category of men, women, heavy and light weight. Handicaps are computed 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
    - Age 60: 0 seconds

### Age Calculations:

- Although this is not a CRASH-B qualifying event, Masters ages (and subsequent handicap) will be calculated as of race day.

### Weigh Ins:

- Weigh-ins will take place adjacent to the registration area.
- Weigh-ins must be completed one hour prior to the scheduled event.
- Weigh-ins open at 7:30 AM and close at 3:00 PM.
- Limits are as follows:
  - Light Weight Events: Men 165 lbs.; Women 135 lbs.
  - Coxswain Events: Men 130 lbs.; Women 120 lbs.
- For those competitors who register for a light weight event and do not make the weight limit, you may be allowed to change to a heavy weight event without charge. Event organizers will make every attempt to accommodate in another event any light weight who fails to make the weight limit.



## Awards and Points:

- **Hammer Trophies** for 1st (Gold) and 2nd (Silver) will be awarded in all events. (No trophies will be awarded for 3<sup>rd</sup> place or slower finishes.)
- **Sledge Hammer Trophies** will be awarded for 1<sup>st</sup> place teams in each of the 3 relays.
- Points are awarded to Club, Collegiate and High School organizations
- For each event, **only** the top finisher representing **each organization** will receive points.
- In the event of an exact tie, both finishers will receive an **equal number** of points, allocated according to their place finish. (*i.e., if 2 finishers tie on 7<sup>th</sup> place, both organizations will be awarded 5 points each.*)
- Hammer Trophy Points will be awarded as follows:

- Place Points:

1 <sup>st</sup> place	12 points	7 <sup>th</sup> place	5 points
2 <sup>nd</sup> place	10 points	8 <sup>th</sup> place	4 points
3 <sup>rd</sup> place	9 points	9 <sup>th</sup> place	3 points
4 <sup>th</sup> place	8 points	10 <sup>th</sup> place	2 points
5 <sup>th</sup> place	7 points	11 <sup>th</sup> place	1 point
6 <sup>th</sup> place	6 points	All places past 11 <sup>th</sup>	1 point

- *Sample Scenario: A possible race result from an Open event may be:*

- 1<sup>st</sup> place: Baby Doc College of Medicine – 12 points
- 2<sup>nd</sup> place: Faber College – 10 points
- 3<sup>rd</sup> place: Baby Doc College of Medicine – 0 points
- 4<sup>th</sup> place: Miskatonic University – 8 points
- 5<sup>th</sup> place: Forest City Boat Club – 7 points
- 6<sup>th</sup> place: Faber College – 0 points
- 7<sup>th</sup> place: Wassomatta University – 5 points
- 8<sup>th</sup> place: Wassomatta University – 0 points
- 9<sup>th</sup> place: Ivanhoe Boat Club – 3 points
- 10<sup>th</sup> place: Maguire University – 2 points
- 11<sup>th</sup> place: Greendale Community Coll. – 1 point
- 12<sup>th</sup> place: Maguire University – 0 points
- 13<sup>th</sup> place: Hudson University – 1 point

- The organization who has amassed the most points at the conclusion of competition will be awarded **The Hammer Trophy**.

## Dan Murphy Invitational

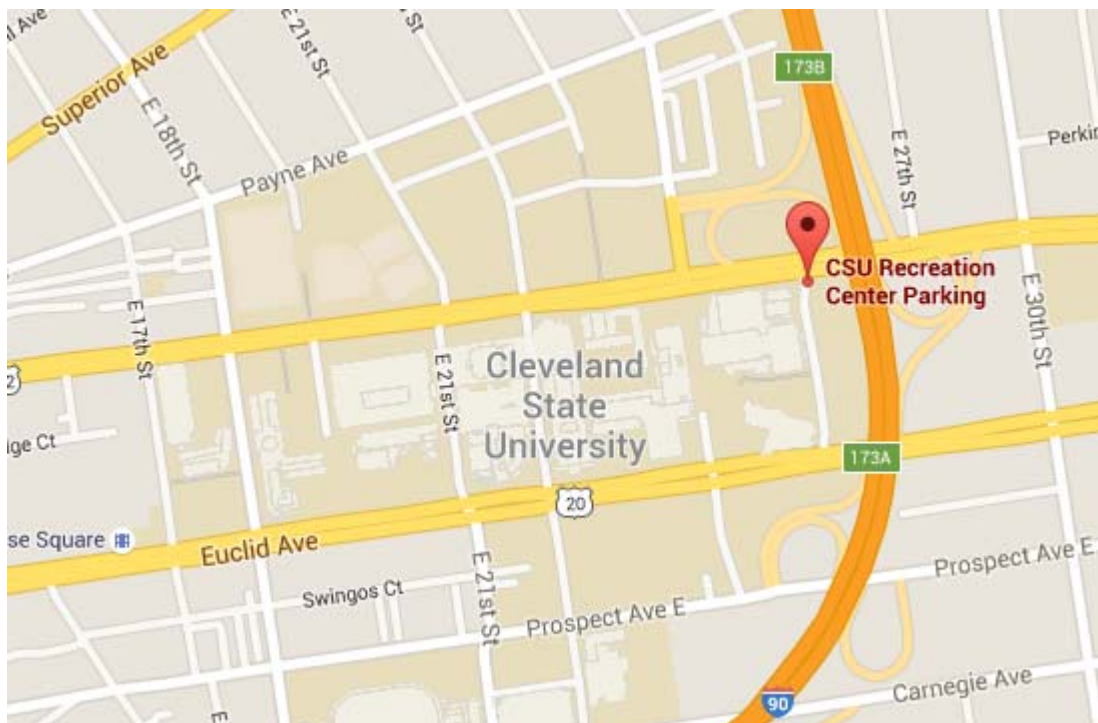
- The Dan Murphy Invitational is an “invitation only” event. The race will consist of “crews” of four (4) ergometers each. Each “crew” will be linked together so that the average split times of the four linked ergometers will be displayed as one boat on the screen. All competitors in the Dan Murphy Invitational must have competed in a previous 2,000 meter event at the 2016 Hammer Ergatta.
- The Dan Murphy Invitational will proceed subject to the interest and commitment of the invitees. The Dan Murphy Invitational and its participants is organized by St. Ignatius High School Rowing.
- The Dan Murphy Invitational will **not** contribute points for organizations towards the Hammer Trophy.

## Event Site Accommodations

- There will be limited concessions available at the CSU Recreation Center. No food or drink (beside water) is permitted on the gym floor.
- Event shirts will be sold with all the competing clubs listed on the back.
- Separate locker rooms will be available for women and men.
- Registration will take place at the main entrance/atrium of the CSU Recreation Center.
- The CSU Recreation Center is ADA accessible.

## Parking

- There is free on-street parking available on Chester Avenue, Payne Avenue, East 21<sup>st</sup>/22<sup>nd</sup>/24<sup>th</sup> Streets.
- Pay parking is available in the East Garage, immediately to the east of the CSU Rec Center.
  - The East Garage is accessible from Chester Avenue (eastbound) and Euclid Avenue (westbound, behind Mather Mansion).
  - A bridge connects the parking garage and recreation center building at the 3<sup>rd</sup> floor.
  - East Garage Parking is \$3 for the first hour, and \$1/hour thereafter.
  - Campus Map: <https://www.csuohio.edu/sites/default/files/CSUGOMap.pdf>
    - See “EG” (East Garage) parking and “RC” (Recreation Center)
  - **Parking is subject to change.** Check [www.regattacentral.com](http://www.regattacentral.com) for the most up-to-date regatta parking information.





**Contact Information:**

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