



2023 C.R.A.S.H.-B. Sprints World Indoor Rowing Championships

March 5, 2023

The TRACK at New Balance, Boston, Mass.

After a two year hiatus due to the Covid-19 pandemic, we will be back in person at a brand new venue on March 5th, 2023.

In addition to the standard 2000 meter races for Open, Junior, under 23, Para, lightweight and masters categories, C.R.A.S.H.-B.s will also include a 500 meter sprint event as well as a team relay.

The coveted C.R.A.S.H.-B. hammer will be awarded to all 1st place finishers with medals going to first, second and third place.

Please read this packet in its entirety, as it contains important information about this year's event. All competitors are responsible for the information included in this packet.

COVID-19 Health and Safety Protocols

CRASH Bs will follow the public health regulations of the city of Boston, the Commonwealth of Massachusetts, and the United States Centers for Disease Control. Please note that this guidance is also subject to change as scientific knowledge advances, based on changes in disease epidemiology and prevalence, and to conform to appropriate regulatory guidance.

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Important Dates & Schedule Information

- December 1, 2022 -- Online registration opens on RegattaCentral
- February 17, 2023 -- Initial online registration deadline. All entry fees become non-refundable after this deadline.
- February 19, 2023 -- Initial race schedule posted.
- February 19, 2023 -- Online late entry waitlist registration opens.
- February 28, 2023 -- Online late entry deadline.
- March 5, 2023 -- On-site credential pick-up is available.

Schedule Information:

Racing will take place all day on March 5, 2023, starting at 8:30 a.m. A complete racing schedule will be available following the close of entries. Doors will open at 7 a.m. Under no circumstances will races be run after March 5, 2023.

All racing is a finals-only format, regardless of the number of entries in each event. If there is more than one heat for a particular event, the fastest time overall will determine the winner. Races will be seeded by time within an event.

Award ceremonies will be held as described in the Medals section of this entry packet.

Spectators

Admission to watch the event is free of charge. Spectators are not allowed on the competition floor. Video streaming will be available free of charge via CRASH B YouTube Channel.

Admission is free to all spectators.

Athlete Check-in:

Check-in opens at 7 a.m. It is recommended that athletes check in two hours prior to the start of their race to have time to get acquainted with the facility and to warm up. **All athletes must sign a waiver.** Minors checking in without a parent or guardian present will need to bring a signed copy of the waiver with them. Lightweight and Flyweights must check in prior to weighing in during the weigh-in window.

Entry Information:

No paper entries will be accepted for this event. All entries must be made online at [RegattaCentral](#). Initial registration will be available beginning December 1, 2022, and ending February 17 2023. Entries are final and no refunds will be given once an entry has been made.

All entry fees must be paid in full by February 19, 2023. After this date, unpaid entries will be considered late entries and subject to the additional fees associated with such designation. Any entry fees not paid in full by February 28, 2023 will be withdrawn from the regatta.

Entry Fees:

Entry fee is \$50.00 for all individual events. A late fee of \$15.00 will be charged for any entries accepted during the Late Entry period.

Entry fees are non-refundable.

Late Entries:

Beginning February 19, 2023, late entries may be accepted in events where there is still capacity in an event.

Rowers interested in competing in an event that

is full should place their desired entry on the "Waitlist" for that event. If space becomes available, rowers will be notified via email through RegattaCentral. Rowers will then have 48 hours to submit their entry.

Online late entries may be submitted via RegattaCentral until February 28, 2023.

If you still wish to compete in this year's event after registration has closed, you have the option of registering day-of the regatta for individual entries only, through the bullpen.

Bullpen entry is \$65.00, cash only, no

exceptions. Erg space is not guaranteed.

Competitor's results from the bullpen will be matched to their event based on age, gender, weight class, etc. Registration for the bullpen opens at 7:30 a.m. and closes at 9:00 a.m. or when the bullpen is full, whichever comes first; no exceptions. We recommend arriving when doors open at 7am Athletes must be present to enter. Juniors who do not have a parent or guardian present, must have a signed waiver on file.

Bullpen registration is located on the race floor near the warm-up ergs. Race time is usually around noon, but is subject to change.

Lightweight and Flyweight competitors will need to weigh-in between 10 and 11 a.m. after registering for the bullpen (subject to change based on bullpen race time). More information will be available at Bullpen Registration on race day.

Bullpen registrants are only eligible to medal in an event which occurs after the bullpen race, not before.

Withdrawals:

No refunds will be given for withdrawals.

Competition Information

Warm-Up

Warm-up ergs will be available for use by all competitors adjacent to the competition floor. Final warm-up strokes may be taken on the competition floor during the five minutes prior to race time. Warm up on fixed-seat machines will be available on the competition floor immediately prior to the para events, approximately 20 minutes prior to race time.

Racing

Athletes should be on their competition erg five minutes prior to the start of their race. The competition floor is a restricted area. Heats will be called to the floor once the prior heat has finished. Each athlete is allowed to bring one person onto the competition floor during their race. This person will require a ticket to gain access. Tickets will be handed out during check-in. Once a heat is over, athletes are asked to immediately clear the competition floor. This allows the regatta to stay running on time. Warm-up ergs may be used for additional cool down.

Shower and locker room facilities are available to all athletes free of charge.

Event Age Classifications:

Under 15: A competitor may compete in the U15 category until December 31 of the year of his or her 14th birthday.

Under 17: A competitor may compete in the U17 category until December 31 of the year of his or her 16th birthday.

Under 19: A competitor may compete in the U19 category until December 31 of the year of

his or her 18th birthday.

Under 23: A competitor may compete in the U23 category until December 31 of the year of his or her 22nd birthday.

Senior (Open): Senior (Open) events are open to competitors of any age.

Youth: Men's and Women's. Restricted to entrants who are at least 12 years old but not yet 14 years old on race day. Due to insurance stipulations, no competitor may be under the age of 12 on actual race day March 5, 2023. Youth entrants will race for 4 minutes, with winners being determined by the most meters rowed.

Masters: A masters athlete is a competitor who has attained, or will attain, the age of 27 during the current calendar year. A competitor's age is determined as of December 31 of the current calendar year, rounded down to the nearest whole number. A competitor thus becomes a master on January 1 of the year of his or her 27th birthday.

Masters competitors are required to race within the event designated for their age category. Competitors are not eligible to race in events designated for older or younger categories.

Masters Age Categories:

Category	Ages
A	27-35
B	36-42
C	43-49
D	50-54
E	55-59
F	60-64
G	65-69
H	70-74
I	75-79
J	80-84

K	85-89
L	90-94
M	95+

Para-Rowing Event Classifications/Eligibility for Adaptive Athletes

We will offer events for both FISA or U.S. Classified athletes as well as Self-Classified athletes.

FISA OR U.S. CLASSIFIED EVENTS

A FISA International or U.S. Classification is required for the **Para-Rowing 2K** PR1, PR2, and PR3 events.

Classification Sport Classes

PR1: Rowers who have minimal or no trunk function (i.e. primarily shoulder function) will be assigned to the PR1 class after being evaluated by a FISA or U.S. Classification Panel. A PR1 class rower is able to apply force predominantly using the arms and/ or shoulders. These athletes will likely also have decreased sitting balance.

PR2: 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 will be assigned to the PR2 class after being evaluated by a FISA or U.S. Classification Panel.

PR3: Rowers with an eligible impairment who have functional use of their legs, trunk and arms for rowing, and who can utilize the sliding seat to propel will be assigned to the PR3 class after being evaluated by a FISA or U.S. Classification Panel.

PR3 (VI): Allocated to Rowers with a classifiable visual impairment. Three subclasses are used in

classification.

PR3-B1, PR3-B2, PR3-B3 (formerly LTA-B1, LTA-B2, LTA-B3): allocated to Rowers based on their visual acuity to the standards set by the IBSA.

If you are not FISA or U.S. Classified, but you are interested in this option, please see the following site [Para Rowing Classification](https://worldrowingforms.wufoo.eu/forms/z11z8hxm0u38wd3/) or reach out to Additionally, FISA has created an online tool to help potential para athletes determine their eligibility for para rowing and to give an indication of what sport class they may be eligible for. The online tool is available here: <https://worldrowingforms.wufoo.eu/forms/z11z8hxm0u38wd3/>

SELF-CLASSIFIED C.R.A.S.H.-B. SPRINTS EVENTS

*Note: Athletes competing in sport groups below must be **classifiable** within one month of the event if their sport class is challenged.*

PR1 (AS): Arms and Shoulders - Rowers who use their arms and shoulders only. Rowers use strapping around their midsection to provide support and stability.

PR2 (TA): Trunk and Arms - Rowers who have trunk and arm movement, who are unable to use their legs to propel the sliding seat.

PR3 (PD/LTA): Physical Disability/Legs, Trunk and Arms and/or VI - Rowers who have the use of their legs, trunk and arms, who can utilize the sliding seat. Rowers may have a physical or visual impairment.

PR3 (AK): Single Leg or Above Knee Amputee - Rowers who have the use of their single leg, trunk and arms, who can utilize the sliding seat. May wear a prosthetic limb.

PR3 (SA): Single Arm - Rowers who have the use

of their single arm/hand and trunk, who can utilize the sliding seat.

PR3 (D): Dwarfism - Rowers who have a medical or genetic condition resulting in short stature.

PR3 (ID): Intellectual Disability - Rowers who meet the eligibility/classification requirements set by INAS and managed domestically by Athletes Without Limits (<http://www.athleteswithoutlimits.org>).

Additional subcategories may be included as part of the classification of PR3-ID. Subcategories will be requested at the time of registration and will be used to rank competitors on the World Rankings. Awards will be limited to gender and age groups within the PR3-ID. In an effort to collect data to support expansion and rankings of the PR3-ID event in the future, athletes will be asked to specify their sub category during registration.

PR3 (ID-1): Legs, Trunk & Arms (Intellectual Disability)

1. IQ of 75 or below (Weschler/WISC/WAIS, Stanford-Binet or Raven)
2. Significant limitations in Adaptive Behavior (Vineland, ABAS or Other)
3. Onset before age 18

PR3 (ID-2) - Legs, Trunk & Arms (Down Syndrome)

1. Diagnosis of Down Syndrome including type (Trisomy 21 or Mosaic)
2. Atlanto-Axial Instability status as either clear or asymptomatic
3. Athletes with Mosaic Down Syndrome must also provide evidence of intellectual disability

PR3 (ID-3): Legs, Trunk & Arms (High Executive Function/Autism)

1. A formal diagnosis of Autism, Autism Spectrum Disorder (ASD) or Asperger's syndrome carried out by a qualified practitioner using accepted diagnostic techniques.
2. Does not meet IQ or Adaptive criteria for Intellectual Disability Class above (for example IQ is over 75).

PR3 (VI): Allocated to Rowers with a verifiable and permanent visual impairment. Three subclasses are used in classification. Restrictions may be in place for events on the number of competitors in a crew with a specific subclass classification:

PR3-B1, PR3-B2, PR3-B3 (formerly LTA-B1, LTA-B2, LTA-B3): allocated to Rowers based on their visual acuity to the standards set by the IBSA.

Para Event Subcategories and Why They Are Important as a Competitor:

1. They support fair racing within the para events
2. They develop valuable performance data once recorded on the Concept2 online world rankings
3. The more specific sport category performance data created by their use creates supportive information for governing bodies to best plan performance recognition moving forward

Para Event Sub Category Nomenclature and

Why It is Important to Use Universally at All Regattas Large and Small.

1. The nomenclature including the subcategory designation must always be included no matter how awards are distributed.
2. As long as the subcategories are carried through to the race results, they can then be incorporated into the Concept2 World Rankings within their respective subcategories as well as their overall PR3 status, creating the very valuable performance comparison data sorted by the more specific subcategories. This can all be done independently no matter how the race organizers decide to award results (by compressing the categories to overall as in the above example or by awarding the specific subcategory as an independent event).

Affiliation:

A competitor shall represent only one organization at a regatta. Composite entries are allowed for team events.

Rules:

By registering for an event, all competitors agree to abide by the Race Committee's decisions as final. No whining allowed.

- Rowers must compete under their own names. Use of pseudonym or other false identification will lead to disqualification and a possible lifetime ban from participation in future C.R.A.S.H.-B. events.
- Entrants are not permitted to compete in place of friends or teammates. There are no entry substitutions for liability reasons.
- All rowers are responsible to check official race time for their event, as of race day. Every effort will be made to make the final race schedule available by Saturday of race weekend.
- All competitors must wear a shirt to cover their torso and shorts while on the event floor. Uni-suits, bodysuits, all-in-ones are also allowed.
- Rowers may set the drag factor BEFORE their races begin, but may not adjust the setting during the race itself. Doing so will lead to disqualification. This is the Charley Butt rule.
- Due to safety concerns, use of headphones during the competitions is strongly discouraged.
- The use of performance enhancing drugs is not permitted.
- Competitors and spectators are not allowed to bring food onto the competition floor.
- C.R.A.S.H.-B. volunteers serve as coxswains and will record scores manually as backup to the computer timing. All competitors must check in with the C.R.A.S.H.-B. volunteer at their particular erg with an Athlete Registration Card (ARC) to confirm heat and erg assignments.
- All competitors will row on Concept2 Model D Ergometers with PM5 monitors.
- BatLogic or any other footplates are not allowed on the competition floor due to scheduling restrictions and ensuring that all athletes have consistent equipment on which to race.
- Qualification times are not required by the C.R.A.S.H.-B. World Indoor Rowing Championship. The event is open to all competitors regardless of

experience/skill levels.

- The Format for the C.R.A.S.H.-B. Sprints is “finals only.” Competitors will be seeded based upon their submitted erg scores and row only once- there are no heats. Keep in mind many events are large enough to require multiple heats to accommodate all athletes. The best overall time will win each event.
- Competitors who choose to compete in more than one event at the C.R.A.S.H.-B. do so at their own peril. All events entered by a single athlete must be completed for ANY result to count. If an entrant does not show (or compete said event) for the first event s/he entered, s/he will be scratched from all subsequent events. An entrant who does not show for (or compete) a subsequent event having completed prior events, will have his/her prior results nullified.
- All entrants must be 12 years old or older on race day. No exceptions.
- Physical contact between athletes and coxswains/coaches is not allowed while racing. Violators will be asked to leave the competition floor.
- Any member of the medical staff has the authority to pull an athlete for medical reasons at any time.
- Age eligibility for all age category events shall be determined by the rower’s age on December 31, 2023.
- Age categories for masters events are as listed in the event list.
- Athletes who registered as a lightweight and fail to weigh in for any reason may row at their originally assigned time and erg. Results will be recorded in the corresponding open weight event.
- Rowers will take the start command from the PM5 monitor on the Concept2

Erg. The visual commands will be “Sit ready,” “Attention,” “ROW.” The clock starts with the “ROW” command and not after the handle is pulled. There may be no audible start command.

- Rowers who make more than one false start in a single event may be disqualified at the discretion of regatta officials.
- If the rower’s erg becomes disconnected from the Concept2 Venue Racing System, the rower must not stop rowing. All data is retained on the PM5. If any other mechanical problem develops early during an event, a regatta official should be alerted immediately. The rower may be moved to an unoccupied erg or their race rescheduled following an appropriate rest period.

Weigh-Ins:

Lightweights

A lightweight rower is one that complies with the requirements below. An open Event is one that is not a lightweight Event. A flyweight Event is a lightweight Event.

- 1) Men:
 - a) A men’s lightweight Rower shall not weigh more than 165 lbs.
- 2) Women:
 - a) A women’s lightweight Rower shall not weigh more than 135 lbs.

Competitors shall be weighed in in racing uniform without shoes or other footgear on tested scales not less than one (1) hour and not more than two (2) hours before the first race in which they are competing.

All Lightweight competitors will have their

names, heat numbers, and erg numbers checked at the weigh-in. Each athlete who successfully weighs in will have their arm and registration card stamped to confirm their successful weigh-in. Athletes who do not successfully weigh in will not be stamped and their score will be recorded in the open event.

Flyweights:

All Flyweight competitors, regardless of age, will compete in one Flyweight event for their gender. There are no age divisions in the Flyweight event.

- 1) Men:
 - a) A men's lightweight Rower shall not weigh more than 140 lbs.
- 2) Women:
 - a) A women's lightweight Rower shall not weigh more than 115 lbs.

Flyweight competitors shall be weighed in in racing uniform without shoes or other footgear on tested scales not less than one (1) hour and not more than two (2) hours before their assigned race time. **No exceptions.**

Athletes who fail to make Flyweight but weigh in less than the designated weight for lightweight will still row on their assigned erg at their originally assigned time. Their results will be recorded in the lightweight category for their age category event.

Athletes who fail to weigh in for any reason will still row on their assigned erg at their originally assigned time. Their results will be recorded in the open category for their event.

All Flyweight competitors will have their names, heat numbers, and erg numbers checked at the weigh-in. Each athlete who successfully weighs in will have their arm and registration card

stamped to confirm their successful weigh-in. Athletes who do not successfully weigh in will not be stamped and their score will be recorded in the open event.

Equipment:

All equipment used in competition will be provided by the regatta. Modifications will not be allowed by competitors except as approved by the Para Committee for the PR1, PR2, and PR3 events. No external software will be permitted.

Outside Assistance:

Crews are reminded that they are not to receive outside assistance during a race except from the unaided voice. Para visually impaired rowers may receive verbal status only from a coach or coxswain.

Practice Information:

Warm-up ergometers will be available just off the competition floor with absolute priority given to competitors for the next race taking place on the race floor. Competitors may not enter the warm-up area more than forty-five minutes before their race.

Medals and Awards:

C.R.A.S.H.-B. will present medals to the top finishers in all events. In addition, winners will receive the coveted C.R.A.S.H.-B. Sprints hammer.

A final must contain a minimum of four entries in order for a bronze medal to be awarded and a minimum of three entries in order for a silver medal to be awarded.

Medal Ceremonies:

Medal ceremonies will take place in the award area, between the race floor and Vendor Village.

Race results will be available both on site and online. If you are a top finisher, report to the awards area and identify yourself to one of the officials. The official award schedule will be available on race day at athlete check-in and at the information headquarters.

Regatta Merchandise:

Official regatta t-shirts will be available for purchase on race day until supplies run out. There is no pre-order.

Ergometer Sales:

The Concept2 Model D ergometers used at the event are available for purchase at the conclusion of racing at a discounted price. They can be pre-ordered to eliminate paying on race day and to reserve your spot. [More information is available online!](#)

Venue Information

The 2023 C.R.A.S.H-B. Sprints World Indoor Rowing Championship will be held at The Track at New Balance on March 5, 2022

A map of the layout of the arena is

The TRACK at New Balance is located at 91 Guest Street in Boston. Visit their [website](#) for complete details on the facility. For driving directions, parking and public transportation information, please visit this [link](#).

Hotel Information

We are pleased to announce the Royal Sonesta Boston as our official hotel. The Royal Sonesta Boston combines modern style with breathtaking city views right along the famous Charles River in Cambridge. Located right

between world-class attractions and straddling both Cambridge and Boston.

The special group rate is \$149/night. It also offers discounted overnight self-parking for \$20/night. To reserve rooms with our special group rate click [here](#). Reservations must be made before February 17th, 2023.

If you wish to make your hotel reservation by phone, please call the Royal Sonesta Boston at **800-766-3782** and ask for **C.R.A.S.H.-B. Sprints World Indoor Rowing Championships**.

For groups/teams that have a minimum of 10 guest rooms per night, please email tcaulfield@sonesta.com

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Getting Around

Boston's Logan International Airport is the airport nearest the event. Logan airport is served by all major airlines. Many transportation options are offered to get to/from the airport and around the city, including but not limited to the [MBTA](#), taxis and Uber.