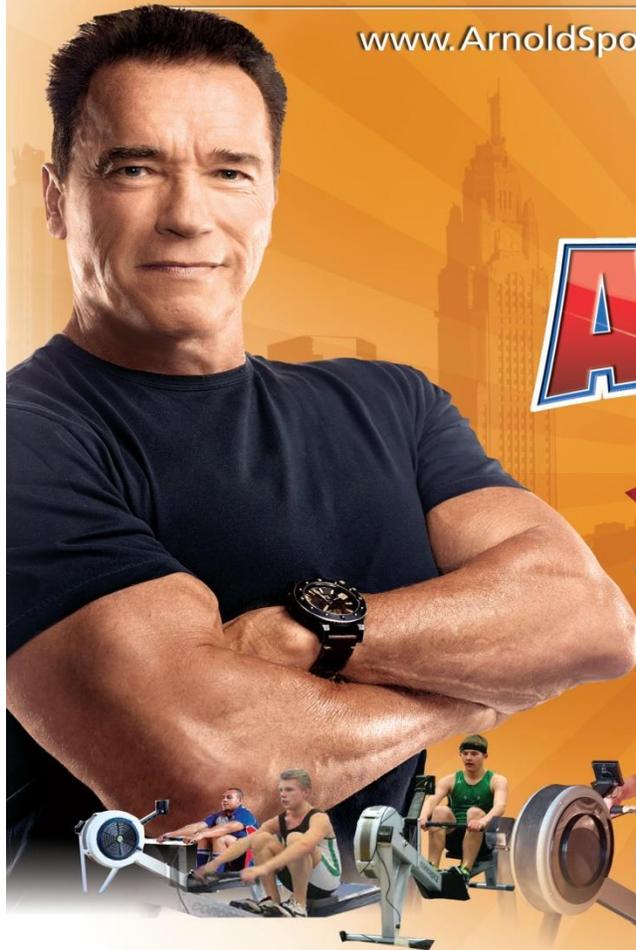


The Greater Columbus Rowing Association is proud to present the 3rd annual

THE NATION'S LARGEST MULTI-SPORT FESTIVAL

www.ArnoldSportsFestival.com



ON
TRUE STRENGTH™

ARNOLD



SUNDAY
MARCH
5, 2017

COLUMBUS, OHIO USA



ARNOLD INDOOR ROWING CHALLENGE

The Greater Columbus Convention Center, Eisenman & Trott Rooms

- This Third Annual premier event is open to juniors and adults; men and women
- Host: Greater Columbus Rowing Association
- Meet Director: Helmut Berthold, email at gcaarnolddirector@gmail.com
- For registration and entry fees visit www.regattacentral.com
- For updates, additional information, and hotel information visit www.ArnoldSportsFestival.com and click on Indoor Rowing Challenge

SPECTATOR ADMISSION: Daily EXPO Tickets: Adults - \$15 per day in advance at www.ticketmaster.com/arnold / \$20 per day at the door. 14 yrs. & under FREE if accompanied by an adult. Includes access to the Arnold Fitness EXPO and most events at the Columbus Convention Center as well as access to the Arnold SportsWorld and events at the Ohio Expo Center.

Registration:

Registration is through Regatta Central. [Regatta Central Arnold Indoor Rowing Challenge](#). You will need to create a free account on Regatta Central in order to register for the event.

The Registration Fee for Individual events is \$25.

The Registration Fee for Relay events is \$80 per 4-person team.

Online registration is due February 27th, but there will be an opportunity to register onsite, for events that have not been filled.

As a USRowing registered indoor regatta, all competitors must sign a USRowing waiver. These can be signed online on [Regattacentral.com](#), or at the event.

Competitors under age 18 must have a parent or guardian's signature (can be signed online on [Regattacentral.com](#))

If you have difficulty registering for an event, contact GCRAArnoldCoChair@gmail.com and include your phone number.

No refunds will be given after the entry deadline.

Event Categories:

Open: Open to any athlete of any skill level. The raw time is the final time.

Youth: Open to any athlete of any skill level who will be under 19 years of age by December 31st, 2017. The raw time is the final time.

Collegiate: Open to any athlete currently enrolled in a post-secondary school

Masters: Masters is open to any athlete of any skill level who will be over 21 years of age by December 31st, 2017.

- Masters events with a designated age range (as of December 31st, 2017) will compete in raw time
- Masters Age Handicapped events will apply raw times to the US Rowing handicap system, in order to determine final handicap adjusted times.

Weight Categories: Unless an event is designated "Lightweight", there not a weight classification nor weight requirement.

- Lightweight Men: max 165 pounds.
- Lightweight Women: max 135 pounds.

Adaptive Categories: Adaptive classification inquiries should be sent to Regatta Director Helmut Berthold GCRAarnolddirector@gmail.com. Helmut is certified to classify adaptive athletes per US Rowing regulation.

Relays have teams of four:

- Mixed: 2 women and 2 men, though a women may substitute for a man
- Men: 4 men, though a women may substitute for a man
- Women: 4 women

Event Overview:

The Arnold Indoor Rowing Challenge is part of the 2017 Arnold Sports Festival. The Arnold Sports Festival is the largest multi-sport festival in the United States. It attracts over 18,000 athletes from 80 nations competing in 70 different sports.

Venue: Rowing takes place at the Greater Columbus Convention Center on the second floor Eisenman & Trott rooms. This is conveniently near the Crossfit Arnold Affiliate Gathering in the first floor ballrooms. There are many food options available throughout the Convention Center and nearby. There are many restrooms available, but no lockers.

Equipment: All races will be held on Concept 2 Model D ergs. Ergs are equipped with the Concept 2 electronic timing system. An animated "race" is projected on a screen where racers and spectators can watch event progress.

Hotels: [Arnold Sport Festival hotels](#)

Parking: [Greater Columbus Convention Center parking and transportation info](#)

Wristbands: Wristbands are not required for entry to participate or watch the rowing events. However, event volunteers will earn a free wristband for their effort. Additional wristbands may be purchased.

Race Day Information:

Event Schedule: The final times for events will be provided after the registration deadline of February 27th. Please allow for plenty of time on the day of the event to get to the event. If you miss the start of your event you will forfeit your entry.

Events with fewer than 6 entries may be combined in a single flight. Your time will count for the event that you entered.

Check in: Upon arrival, please check in at the registration desk. You will be given an information sheet that details your event#, flight#, erg#, warmup time and race time. Please keep that sheet with you at all times and give it to the race official that is overseeing the erg you have been assigned to race on. At the conclusion of the race, the race official will note your time on the sheet and you will be asked to initial it to verify the correct time.

Weigh In: Lightweight rowers should weigh upon Check In.

Warm Up: Warm up ergs are available in a staging area 15 minutes prior to a race.

Fan Setting: Competitors may set their ergometer to the fan setting of their choice, but may not alter these settings after the race has started

Awards: Medals will be awarded for First, Second and Third place in the individual events. Pint glasses will be awarded for First place Relays.

We will use the "News" tab of the regattacentral.com page to communicate any updates.

Relays:

Relays are the most exciting, loud, and energetic experience at the Arnold Indoor Rowing Challenge.

- The total race is 2,000 meters. Each rower races for approximately 500 meters.
- There is no stopping the race for transitions. Once the clock starts, there is no stopping until the last participants have completed 2,000 meters.
- You may continue to log meters during transitions.