



## OVERVIEW

The 28<sup>th</sup> Annual Hammer Indoor Rowing Race is hosted by the John Carroll University (JCU) Rowing Club, and takes place at the JCU DeCarlo Varsity Gym on **Sunday, February 5<sup>th</sup>, 2017**.

## GENERAL INFORMATION

- Participants must register on-line at Regatta Central. Please visit the following URL to register: <https://www.regattacentral.com/regattas/> and select the “Hammer Ergatta,” or visit [www.regattacentral.com](http://www.regattacentral.com).
- Regular Races are 2,000 meter races on [Concept 2 Model D ergometers](#).
- 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 JCU DeCarlo Varsity Gym is on John Carroll’s campus and is located at:  
**1 John Carroll Blvd**  
**University Heights, OH 44118**  
[Link to Google Map](#)

## COMPETITOR REGISTRATION

- Regular Registration Deadline: Monday, January 30<sup>th</sup>
  - Late Registration Deadline: (\$10 fee) Friday, February 3<sup>rd</sup>
  - Race Day Late Registration (\$10 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 prior to entering the gymnasium and pay any fees due and verify that they are waiver satisfied. All competitors must have waiver(s) on file. This can be done online at Regatta Central.

## 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 10:00 am.
- Points will not be awarded to organizations for competition in Relay Races.

## ENTRY FEES AND 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 "John Carroll University") 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 \$10 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)
- All races are final.
- Events with more than twenty (20) 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 JCU DeCarlo Gym Varsity Gym at least 1-1/2 hours prior to their scheduled event.

## **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**

- JCU EMS 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.

## **RELAY RULES AND 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 AND 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 10:00 am.
- 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> Grade 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 2017 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 1<sup>st</sup> (Gold) and 2<sup>nd</sup> (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> | 0 points |

- *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 – 0 point

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

## EVENT SITE ACCOMODATIONS

- There will concessions available on the upper level of the JCU DeCarlo Varsity Gym. No food or drink (beside water) is permitted on the gym floor.
- Separate locker rooms will be available for women and men.
- Registration will take place at the main entrance /atrium of the JCU DeCarlo Varsity Gym.
- The DeCarlo Varsity Gym is ADA accessible.

## PARKING

- There is free parking available in and around JCU's campus. The Belvoir Lot is directly adjacent to the JCU DeCarlo Varsity Gym. To access this lot, enter campus by way of the Belvoir entrance (off of Washington Blvd and S Belvoir Blvd). You may also enter through the Main entrance off of the Fairmount Cirde (Fairmount Circle and John Carroll Blvd) and follow the paved drive on campus to the Belvoir Lot.

- Finding the DeCarlo Varsity Gym can be a little tricky if it's your first time on campus. Check out the link and the picture below. Should you run into any trouble finding where you need to be on race day, just ask. Students, faculty and staff are happy to help you on your way:
  - Campus Map: <http://sites.jcu.edu/campus-maps/>



## CONTACT INFORMATION

- Lauren Penkala, Hammer Ergatta Race Director
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