

Frequently Asked Questions

2019 World Rowing Indoor Championships

Events

Q: I'm intrigued by the 500 meter dash (and/or 1000 meter team event). Can I enter multiple races?

A: We not only permit it, we encourage it. Enter early and often! All that matters is that you meet any eligibility requirement for a given race (if you're a 45 year old male, don't be trying to enter a Women's 'G' event, for instance). In considering multiple events, one may always race 'down' in a younger category, or in any "Open" event, but never older.

The 500 and 1000 meter races are intended to make race day more fun for the hard-cores (more than just the 'pain contest' of the 2000 meter event) and more inclusive for the less-intense. Something for everyone.

Q: How will I know if there's enough recovery time between multiple races?

A: Until there is a final schedule, which is governed by how many entrants there are in each event, it may not be easy to forecast your recovery time. Further, each athlete has their own experience and fitness to consider. Accordingly, use the event order as an approximate guide. The harder 2000 meter races are earlier in the day, and later events are shorter and more forgiving. If you have an interest in more than one event, you likely have the conditioning to do two or three.

Q: I don't see lightweight classifications for the 500 meter dash events. Will they be offered?

A: Qualified yes. With a single day available to run the whole regatta limiting our time, but also wanting to offer fun and interesting events beyond the flagship 2,000 meter sprints, we have struck a balance. The 500 meter dashes and the 1000 meter team events will be run all at one time, with two specific provisions:

1. *For medals purposes*, we apply a weight correction factor embraced by Concept2, as provided in the C2 website (<https://www.concept2.com/indoor-rowers/training/calculators/weight-adjustment-calculator>) and as scientifically justified in "The Biomechanics of Rowing" by Dr. Valery Kleshnev, a widely recognized and quoted technical authority. This factor normalizes to a competitor's specific weight, regardless of whether they are formally classified as Lightweight or

Heavyweight, and is a fair way of assessing differences in physiological capability relative to one's peers.

2. *For official records and international ranking purposes, only the raw times count, per established Concept2 policy. That allows the event to be handled consistently with past practice. If you meet the standard for a lightweight rower, you will be ranked with other lightweights.*

Q: I don't see age classifications for the 1000 meter team events. Are these treated as Open classification?

A: No. The team events are intended to emulate Masters rowing, but are available to all without being "Open" events. Similar to the question above, there is not enough time, nor will there necessarily be sufficient entries, to cover all age and weight classifications individually. Therefore, we will normalize to weight (as above) and age (per the formulas in the Rules of Rowing applicable to 4x and 8+ boats, which Concept2 erg times are designed to emulate). The composite factor simulates the performance of the team in a group of its peers and in an on-the-water, ability-to-move-the-boat sense.

Since there are no international rankings for team events in the format we will be running, there is no existing policy that needs to be complied with from the standpoint of official recordkeeping.

Q: How are the team event scores determined?

A: Each rower in the team produces a power, measured and displayable on the erg in watts. The power and split time are linked by a well-known and published formula in the PM5 monitor software. For the race, the power is averaged across the full crew and converted to a time using this mathematical relationship.

Rules

Q: This event uses different age classifications than have traditionally been applied, such as used in the CRASH-B and its satellite races. Why the change from what we have come to know and love?

A: With FISA taking on responsibility for the race internationally, and with USRowing now embracing a similar competition that is national in scope, the time is right to harmonize on a set of age standards for indoor rowing that are consistent with on-water Masters regattas. FISA and USRowing share identical on-water age brackets, with indoor rowing being a past divergence. (As a technical point, the 2019 race represents a literal departure from FISA rules for indoor rowing, which were arbitrarily taken from Concept2 precedent. The exception for this race is noted in the entry packet, and is expected to be fully codified in a rules change to be brought before FISA and USRowing in the coming year.)

When this rule was under discussion, there was lively debate on the merits of each standard. In the end, officials from FISA, USRowing, Concept2, and the Local Organizing Committee (LOC) were unanimous in the decision to harmonize. One additional, practical consideration is that WRIC and other indoor competitions are not always on the same date every year. There have indeed been situations where people have skipped over a year, or been in the “same” year, in consecutive annual competitions when using the old “age as of race date” standard. This has additionally been the case where athletes could change official age between the CRASH-B regatta and its satellite qualifying regattas in the same year. The change is in the best interest of all, and the time could not be better as indoor rowing integrates more fully under the jurisdiction of the sport’s national and international governing bodies.

Q: I don’t see U19 lightweight events. Will they be offered?

A: No. FISA does not recognize lightweight-specific events for U19 participants. Since the event comes under FISA jurisdiction, we choose to follow suit for this competition. While FISA should be consulted for the rationale behind this policy, we note that there has been much discussion throughout the sport of the adverse health impact that “making weight” can have on young athletes and their developing bodies. This is reason enough to limit the segregation of weight categories to the U23 and Masters age groups.

Q: The U19 events cover a broad range of skills and physiological abilities, and in past competitions awards have been offered to ages 14, 15, 16, 17, and 18. Will this be the case in 2019?

A: Note that in the information packet we will be running all U19 competitions concurrently, but for medals purposes segregating into three subgroups (U15, U17, and U19). This level of “granularity” is sufficient to make the competition fair and balanced without becoming dilutive.

Q: USRowing membership is required to compete. Isn’t this just a thinly-veiled way to increase revenue to the national governing body (NGB)?

A: The literal requirement is to be a member in good standing of any NGB recognized by FISA. For athletes in the United States, this means USRowing. But, it is not necessary to pay for full “Championship” level membership and USRowing offers a bare-bones “Basic” membership level that is of very modest cost (\$9.75 per year). The vast majority of American athletes who compete in any kind of rowing competition, on the water or indoors, already have Basic membership if not full Championship membership. Each offer a range of benefits, and the competitor decides what is right for them.

The sole reason NGB membership is required is because of liability concerns. We live in a highly litigious society, and offering sporting events at all presents undue risk to a sponsoring organization without

insurance and waivers. The cost of Basic membership is the minimum needed to provide for liability insurance coverage. The cost of providing and administering a convenient on-line waiver system is also part of the expense covered in Basic membership, and this feature itself contributes to minimizing insurance premiums. Considering the other costs any athlete incurs to compete in their chosen sport, not just in rowing, the expense is an outstanding value.

Travel and Accommodations

Q: Is it mandatory that competitors stay at the Hyatt Regency/Hyatt Centric as the official event hotel? Is the \$169 rate inclusive of meals?

A: By no means do you need to stay at the preferred hotel, and are free to find other choices. By avoiding downtown Long Beach, you can find many alternatives that are less expensive but still comfortable and safe. We made arrangements with the Hyatt as a convenience to competitors, and this offers the socialization and logistical advantages of co-location with one's peers, but not everyone looks for 'four-star' accommodations. If you find a different location that suits you better using a travel agent or the Internet, please proceed. Some people prefer informal accommodations arranged through AirBnB, VRBO, or a local bed and breakfast inn. As expensive as the hotel may be for some budgets, the price is a substantial discount from the standard rate and a much better value than other equivalent hotels in the vicinity.

The room price for the Hyatt does not include board. In the American custom, the price is for the room only and you can take meals at the hotel for an additional charge, or at any other location of your choice. There are many restaurants nearby, appealing to a broad variety of tastes and budgets. Food will be available at the race venue and will emphasize healthier choices that should suit most athletes.

Q: Will Concept2 continue to fund travel for athletes that qualify in one of the CRASH-B satellite regattas?

A: The practice in its past form will be changing in a manner consistent with the evolution of the event as a FISA-governed world championship. The procedure is similar, but not identical to, past years.

Concept2 will offer a travel stipend to the World Rowing Indoor Championships in Long Beach for athletes that meet the time standard at a Concept2 sanctioned race in the USA or Canada. The sanctioned race must be held on or before February 17, 2019. Sanctioned races are designated as such on the Concept2 race calendar. Please note, at this Long Beach Rowing Association regatta, there will be some events offered which are not WRIC events. This stipend opportunity applies to FISA events only. The stipend is open to people of any nationality, but sanctioned races are currently held exclusively in the USA and Canada.

To receive the travel stipend, you must do the following:

- Row in a 2,000m event at a sanctioned race on our online calendar and meet the time standards as shown on [the Concept2 web site](#).
- You must race at WRIC in the same weight category as you do in the sanctioned race.
- Complete the online form for time standard qualifiers. We will need your name, date of birth, the race location you met the time standard at, your race event and your 2,000m result.
- Make your own travel arrangements to Long Beach.
- You will receive a \$400 travel stipend from Concept2 after you have competed at WRIC.

Things to Do

Q: Would it be possible to get on the water at LBRA sometime during our stay? We hear you have great year-round weather and water conditions.

A: LBRA not only has enviable conditions, but our daily training is on an Olympic course (Marine Stadium, created for the 1932 Los Angeles Olympic Games) and adjacent to one of the city's two major yachting marinas. We *may* be able to accommodate a very limited number of guests on a lottery basis in the week before and the week after the competition. Send your request to WRIC2019@longbeachrowing.org.

Contrary to popular belief, it does sometimes rain in southern California, with February often being a wetter month. We generally row rain or shine, pausing only for the rare high-wind occurrence or major storm. Mid-morning temperatures of 50F/10C are typical in the winter.

Q: What local attractions do you suggest for competitors visiting southern California for the first time?

A: The Los Angeles metropolitan area has an abundance of recreational, cultural, culinary, and shopping opportunities – in fact, way too many to list. In the immediate vicinity, we recommend visits to the Queen Mary, the Aquarium of the Pacific, taking a day cruise to Avalon on Catalina Island, touring the huge Port of Los Angeles from the water, going on a whale-watching expedition, or a sport-fishing day trip.

For additional ideas in planning a great winter getaway, check out

<https://www.visitlongbeach.com/things-to-do/>

https://travel.usnews.com/Los_Angeles_CA/