



25th Annual Pittsburgh Indoor Rowing Championship

January 28, 2017



**Three Rivers
Rowing
Association**

Crash B Satellite Regatta and Qualifier

LOCATION FOR 2017

The 2016 Pittsburgh Indoor Sprints will be held at The Kingsley Association, located at 6435 Frankstown Ave, Pittsburgh, PA 15206.

The 25th annual Pittsburgh Indoor Rowing Championships sponsored by **Three Rivers Rowing Association (TRRA)** takes place January 28, 2016. Your participation in the erg race is appreciated. Remember that race spectators are welcomed and encouraged. While at the race please enjoy a wonderful array of refreshments. There will be race related foods (bagels, Powerbars, Gatorade) as well as food for spectators. The only thing you need to bring is yourself. Enjoy the day! Pull hard!

GENERAL INFO

The Pittsburgh Indoor Rowing Championship is Sponsored by Concept 2 and is a satellite regatta of the Crash-B Sprints World Indoor Rowing Championships. Concept 2 will provide round trip tickets to Boston for up to four (4) qualifiers who win their event at the Pittsburgh Indoor Rowing Championships and have a time at or below the Crash-B Time Standards. Should more than four (4) competitors qualify, the four (4) whose times are most below the time standard in their age group will be designated. More information on qualifying times can be found on the race website.

Registration is on Regatta Central. This event is a US Rowing Registered Regatta and all competitors must have a USRowing waiver on file. **We encourage the waiver be done online at Regatta Central.** Regatta Central has a very easy way to have all your participants sign a waiver online. Competitors under age 18 must have a parent or guardian's signature.

Directions to Kingsley Association can be found on Regatta Central
https://www.regattacentral.com/regatta/directions.jsp?job_id=4357&org_id=0

THANK YOU!

To Concept 2, for assistance with this great race. Concept 2 provides many resources that allows us to host such a wonderful event.

To the Volunteers of Three Rivers Rowing who consistently demonstrate their love for the sport and commitment to the mission of TRRA. This event, and many other TRRA events and programs, would not be possible without the help of volunteers.

REGISTRATION

Deadline for registration: To avoid a late fee please register by mid-night EST, Saturday, January 21, 2016 via

RegattaCentral

www.regattacentral.com

Deadline with a \$25 late fee will be mid-night EST, Monday, January 23, 2016

NO ENTRIES ACCEPTED AFTER MONDAY, JANUARY 23, 2015

All competitors are required to submit their best time (or best estimate) for 2000 meters. The race organizers will set up flights that are evenly matched using the times submitted. All competitors must check-in & pay any balance owed at the registration desk prior to their event.

Registration for the RELAY RACES is also on Regatta Central. Please only register one entry for every relay team (of 6). You do not need to enter six different times. **We may need to limit the number of entries** and encourage you to enter your fastest team. We will try and get every program at least one entry and will then give multiple entries to clubs who want more than one if room allows. The number of relay team entries may be limited by the race director. Please see Regatta Central, Pittsburgh Indoor Sprints Overview page for details.

Entry Fees

Entry fees will be as follows;

- Masters Events: \$20
- Open (College) Events: \$18
- Youth Events: \$16

RELAY EVENT-- FREE to those who are registered for another event. See more information about relay events at Regatta Central https://www.regattacentral.com/regatta/?job_id=4955&org_id=0

Entry fees and payment:

- ◆ We encourage payments be made online via Regatta Central using MC/Visa/AmEx
- ◆ Payments may be made directly to TRRA by cash, check, MC/Visa.
- ◆ Late entries will only be accepted through mid-night EST, Monday, January 23, 2016 and will be assessed a \$25 charge per entry.

Refunds:

- ◆ Per standard practice at other regattas, no refunds will be made after the registration deadline for events cancelled due to conditions beyond the control of TRRA. Legitimate refunds will be processed & mailed out after the regatta.

Scratches:

- ◆ NO REFUNDS for changes/scratches after entry deadline.
- ◆ Scratches after entry deadline forfeit fees.
- ◆ “No shows” may be assessed a fee of \$15 for failure to scratch.

RACE DAY PROCEDURES

This event is a USRowing Registered Regatta. All races are 2000 meters in length **except** for the Relay Race at 3000 meters and all Coxswain events at 1000 meters. All competitors must have a USRowing waiver (can be done on Regatta Central online). Competitors under age 18 must have a parent or guardian's signature (again to be done online). All races are finals. Events with more than 20 entrants will be run in flights. The fastest overall time from these flights will determine the event champion. No heats will be run.

All races will be held on Concept 2 Model D ergs. Concept 2 provides the electronic timing system used for this satellite regatta. Racers and spectators can watch their performance on a screen during all races. Competitors may set their ergometer to the fan setting of their choice, but may not alter these settings after the race has started.

The race organizers reserve the right to:

- ◆ Change the tentative schedule of events.
- ◆ Combine events that have less than 20 registered participants.
- ◆ Limit the number of events or flights.
- ◆ Suspend the use of the Concept 2 electronic timing system and replace it with a manually timed system.
- ◆ Adjust final race time and schedule based on total number of athletes entered.
- ◆ Accelerate the schedule of events by up to 15 minutes.

Check In

All competitors or coaches must check-in at the registration desk prior to their event. Competitors should plan to be at the Kingsley Association at least 1½ hours before their scheduled race.

Lightweight Weigh-Ins

All weigh-ins must be completed at least one hour before the scheduled event. Weigh-in opens at 6:30 am and closes at 1:00 pm. Rowers not meeting the lightweight requirement will be allowed to row and their time will be considered in the open weight event of the same category.

Warm-up and Race Preparation Information

A fleet of ergs will be available for warm-ups. They will be separate from the racing ergs. Please come to the on-deck area properly warmed up and ready to race. Please limit your warm-up to a maximum of 15 minutes in order to give everyone a chance to warm up. Rowers should not plan to use the ergs designated for racing to warm up on as time may not permit this. Rowers may set the drag (fan setting) and the heel height of their assigned racing ergometer.

On Deck (Mandatory Pre-Race Instructions)

Competitors must allow sufficient time to weigh-in (if lightweight), warm-up and be in the on-deck area at least ten (10) minutes before their event. Failure to be in this area five (5) minutes before the start of your race may

- result in competitors missing important last minute information
- result in not being able to compete

Safety

A city paramedic will be set up to deal with on-site emergencies. They will be in the main competition area. Anyone who feels ill or thinks they may need EMS attention should go to the paramedic. Coaches are asked to be mindful about the following:

- ◆ **Athletes who are fighting a flu or a cold should not compete**
- ◆ **Athletes should eat two or three hours before competing, but generally not less than two hours before competing**
- ◆ **Athletes should stay hydrated, but do not forget to eat!**

RELAY RULES

Overview

The erg relay race is offered to Indoor Sprints participants as a chance to win bragging rights for their school or organization. This race is offered without cost to the teams.

Erg relay teams are made up of 3 male and 3 female participants (and one coxswain). This group must represent a single high school, college, club, or corporate organization. An organization may enter up to three separate teams. The one exception is if a program is all girls or all boys, they may team up with a club of the opposite sex to make up a full team.

Composite entries are allowed, as are teams with an unequal number of male and female participants, but these teams are ineligible for championship plaques.

Rules of Racing for Relay

The erg relay race will follow the established erg race championship format, with the following obvious exceptions:

- Each participant will race 500 meters for a total of 3000 meters.
- Each team may choose the order of participants.
- The lead off rower begins seated on the machine.
- Each rower must complete his or her 500 meter piece before the next teammate may approach the handle.
- When finished with the 500 meters each rower must secure the handle against the machine, or hand the handle to the next rower directly.
- ONLY THIS TEAMMATE may touch, pull, or advance the handle during his or her allotted 500 meter section.
- The coxswain may sit or stand alongside the rower, and offer any strategy or encouragement, but may not otherwise assist, except to secure the foot stretchers of the transitioning athletes.
- Teammates may hold onto the rower's feet, but may not touch the handle.

TEAMS THAT VIOLATE ANY OF THESE SPECIALIZED RULES FORFEIT THEIR ELIGIBILITY FOR THEIR RESPECTIVE CHAMPIONSHIP.

EVENT SPECIFICATIONS

Open	Any age, any weight. High school competitors are not allowed.									
Open Novice	Any age, any weight. A novice is considered anyone in their first year of rowing and shall not have rowed in any organized regatta (indoor or on water) prior to last year's race. High school competitors are not allowed.									
Open Coxswain	Coxes other than youth or high school only, must be primarily a coxswain follow weights below and have coxed in past year, men and women distance: 1000m.									
High School Senior	A Senior is a high school competitor enrolled in grade 12. High school students in lower grades allowed to compete in this division if they wish.									
High School JV	A JV entrant is a high school competitor enrolled in grade 11 or lower. No seniors are allowed.									
Youth Novice	A Youth Novice is a high school competitor in their first year of rowing and shall not have rowed in any organized regatta (indoor or on water) prior to last year's race.									
Masters	Ages 30 to 39									
Senior	Ages 40 to 49									
Veterans A	Ages 50 to 59 (no handicap)									
Veterans B	Age 60+. This category will only be handicapped if we receive any 70+ entries. If handicaps are used, medals will be awarded to the best handicapped scores (men and women, heavyweight and lightweight). Handicaps will be 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, plus Age 60: 0 seconds									
AGES	Masters ages are calculated as of race day. This is standard with Crash B's.									
High School Cox	High School coxes only, must be primarily a coxswain, follow weights below and have coxed in past year, men and women distance: 1000m.									
Mixed Relay * SEE RELAY RULES	Teams must consist of 3 men and 3 women from the same school or club (women's only and men's only teams may combine to form one team for the relay) Each team member will race 500 meters and then get up and tag next team member (3000 meters total). Each team is assigned to one rowing machine. Participants that have not been registered for a 2000m event may participate with Race Directors permission and must pay \$5									
Lightweight	<table border="1" style="margin-left: auto; margin-right: auto;"> <thead> <tr> <th>Class:</th> <th>Men</th> <th>Women</th> </tr> </thead> <tbody> <tr> <td>Lightweight events</td> <td>165</td> <td>135</td> </tr> <tr> <td>Cox events</td> <td>130</td> <td>120</td> </tr> </tbody> </table> <p>Weigh-in will take place near the check-in area. All weigh-ins must be completed at least one hour before the scheduled event. Weigh-ins open at 6:30 am and closes at 1:00 pm. <i>Note:</i> For those who may potentially not make weight, be aware of the schedule for an alternate event. It is the responsibility of the competitor to change into an event for which he or she is qualified. Race organizers will attempt to accommodate in another event any lightweight competitor who fails to make weight.</p>	Class:	Men	Women	Lightweight events	165	135	Cox events	130	120
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Lightweight events	165	135								
Cox events	130	120								

FOOD & LOCKER ROOMS

There will be plenty of good food available at the Kingsley Association. Please support these booths! Menus and prices will be posted at the event. There are also locker rooms located at the Kingsley Center for changing into your uniforms.

AWARDS & POINTS

- ◆ Medals for 1st, 2nd, and 3rd place in all events (except for the relays).
- ◆ Points are awarded to all high school, open and collegiate events.
- ◆ For each organization, only the top finisher in an event will receive points.
- ◆ Points are awarded as follows:

Place	Points
1	12
2	10
3	9
4	8
5	7
6	6
7	5
8	4

DIRECTIONS

Directions to the Kingsley Association can be found on the race website:
https://www.regattacentral.com/regatta/directions.jsp?job_id=4357&org_id=0

CONTACTS & LINKS

Three Rivers Rowing

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Your post-regatta comments are appreciated.