



27th Annual Pittsburgh Indoor Rowing Championships

January 26, 2019



**Three Rivers
Rowing
Association**

World Rowing Indoor Championships Satellite Regatta and Qualifier
Sponsored by READY NUTRITION - readyismade.com

LOCATION FOR 2019:

The 2019 Pittsburgh Indoor Rowing Championships will be held at the Kingsley Association in East Liberty.

The 27th annual Pittsburgh Indoor Rowing Championships, hosted by **Three Rivers Rowing Association (TRRA)**, will take place Saturday, January 26, 2019. We appreciate your participation; you make this one of the biggest indoor regattas in the country. Race spectators are welcomed and encouraged! 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 Concept2 and is a satellite regatta of the World Rowing Indoor Championships. Concept2 will provide round trip tickets to Long Beach, CA for up to four (4) qualifiers who win their event at the Pittsburgh Indoor Rowing Championships and have a time at or below the WRIC 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 [WRIC race website](http://www.wric.com).

Registration is on Regatta Central. This event is a USRowing Registered Regatta and all competitors must have a USRowing waiver on file. **We encourage that 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. Note that because of changes to USRowing's membership levels, there is no longer a free waiver option.

DIRECTIONS to the Kingsley Association: https://www.regattacentral.com/v3/cms/regatta/6113/directions?org_id=0

THANK YOU to Concept2, for assistance with this great race. Concept2 provides us with many resources that allow us to host such a wonderful event.

THANK YOU 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 our wonderful volunteers.

REGISTRATION

Deadline for registration: To avoid a late fee, please register by 11:59pm Saturday, January 19, 2019 via Regatta Central. The late registration deadline, with a \$25 late fee, will be 11:59pm Monday, January 21, 2019. NO ENTRIES WILL BE ACCEPTED AFTER MONDAY, JANUARY 21, 2019.

All competitors are required to submit their best time (or best estimate) for 2000 meters. The race organizers will set up flights by speed, using the times submitted.

All competitors must check-in & pay any balance owed at the registration desk prior to their event.

Registration for the relays is also on Regatta Central. Please only register one entry for every relay team (1 team = 6 members). Do not make six entries **We may need to limit the number of entries**. The priority will be to allow each program an "A" entry, then to add secondary or tertiary entries. If you are not entered in another event, you will not be permitted to enter the relay.

Entry Fees

Entry fees will be as follows;

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

RELAY EVENT: FREE (must be registered in another event).

Entry fees and payment:

- ◆ We encourage payments be made online via Regatta Central using credit card.
- ◆ Payments may be made directly to TRRA by cash, check, card.
- ◆ Late entries will only be accepted through 11:59 EST, Monday, January 21, 2019 and will be assessed a \$25 charge per entry.

Refunds:

- ◆ No refunds will be made after the registration deadline for events cancelled due to conditions beyond the control of TRRA. Any refunds we do make will be processed & mailed out after the regatta.

Scratches:

- ◆ NO REFUNDS for changes/scratches after regular 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 6-person 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 all flights of a given event will determine the event champion.

All races will be held on Concept2 Model D ergs. Concept2 provides the electronic timing system used for this satellite regatta. Racers and spectators can watch their performance on a projected screen during all races. Competitors may set their ergometer to the fan setting of their choice, but may not alter the setting after the race has started. Competitors may not put any substance on the erg handles.

The race organizers reserve the right to:

- ◆ Change the schedule of events.
- ◆ Combine events that have fewer than 20 registered participants.
- ◆ Limit the number of events or flights.
- ◆ Suspend the use of the Concept2 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 venue at least 1½ hours before their scheduled race, and/or in time to weigh in if they are a lightweight.

Lightweight Weigh-Ins

All weigh-ins must be completed at least one hour but not more than two hours before the scheduled event. Rowers will have only one opportunity to weigh in. 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.

Warmup and Race Preparation Information

Rowers should begin warmup 30 minutes before your race; they will need to be on-deck 10-15 minutes before. A flight of ergs will be available for warmup. 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 warmup to a maximum of 15 minutes to give everyone a chance to warm up. Rowers should not plan to use the racing ergs for warmup as time may not permit this (all times are recorded with pen and paper in case of software failure, so the racing ergs are unavailable for use until just before each flight). Rowers may set the drag (fan setting) and the heel height of their assigned racing ergometer (fan setting may not be changed during the piece).

On Deck (Mandatory Pre-Race Instructions)

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

- result in competitors missing important last minute information
- result in missing check-in and being disqualified

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 well-hydrated**

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. One exception is that if a program is all girls or all boys, that program may team up with a club of the opposite gender 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 will row as exhibition only.

Rules of Racing for Relay

The erg relay race will follow the established erg race championship format, with the following 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 ONE TEAMMATE may touch, pull, or advance the handle during his or her allotted 500 meter section. No advancing the handle may be done as a transition method.
- A 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 active 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	Must be a coxswain primarily and have coxed in the past year. Follow weight guidelines below. Distance: 1000m. High school competitors are not allowed.									
High School Senior	A Senior is a high school competitor enrolled in grade 12. High school students in lower grades are 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.									
High School Cox	High school competitors only. Must be a coxswain primarily and have coxed in the past year. Follow weight guidelines below. Distance: 1000m.									
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 Age 60: 0 seconds									
AGES	Masters ages are calculated as of race day. This is the standard of WRIC.									
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 for the next team member (3000 meters total). Each team is assigned to one rowing machine.									
Lightweight (winter standards)	<table border="1" data-bbox="370 1066 971 1171"> <tr> <td style="background-color: black;"></td> <td style="background-color: black;"></td> <td style="background-color: black;"></td> </tr> <tr> <td>Lightweight events</td> <td>165</td> <td>135</td> </tr> <tr> <td>Cox events</td> <td>130</td> <td>120</td> </tr> </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, but not more than two hours before. Weigh-in opens at 6:30 am and closes at the close of the last flight's window.</p> <p><i>Note:</i> For those who may potentially not make weight, be aware of the schedule for the respective open weight event. It is the responsibility of the competitor to change to an event for which they are qualified. Race organizers will attempt to accommodate any lightweight competitor who fails to make weight into another category, provided they are on time for the respective open weight event.</p>				Lightweight events	165	135	Cox events	130	120
Lightweight events	165	135								
Cox events	130	120								

FOOD & LOCKER ROOMS

There will be plenty of food available at Kingsley. Please support these booths! Menus and prices will be posted at the event. There will also be locker rooms located in the facility 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.
- ◆ Only the top finisher from each organization will receive points in each event.
- ◆ Points are awarded as follows:

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/v3/cms/regatta/6113/directions?org_id=0

CONTACTS & LINKS

Three Rivers Rowing

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Your post-regatta comments are appreciated.