

POWER PULL Registration

Registration instructions to register individually:

1. Go to RegattaCentral.com
2. Click Join
3. Set your Club/Team to the team your affiliated with (i.e. CrossFit CLE) and fill in your name, gender, country, email address, username and password. Click "Create My Account". (If a parent is registering, then select the affiliation of your child).
4. Click "Add a Regatta" and add "Minnesota Power Pull". Click "OK"
5. Click the "Register" link under Minnesota Power Pull
6. On the registration form enter your name, address, city, state, zip, phone, and under special options you can select any t-shirts sizes you would like, a lunch, and waiver. Click "Save".
7. Under "My Entries" find events you want to race in (most likely Men's Open 2k, or Womens Open 2k) and click the "Submit Entry" to view race categories. Click the "Submit Entry" link for the correct event.
8. Set the Erg Score to your last 2k erg time (or enter 00:00 if you do not know your erg score), type in the Athlete's name under line up (you might have a pop-up that requires you to set the birthdate of the athlete, US Rowing number can be set to 0). Click "Save".
9. You've successfully registered an athlete for the Power Pull.
10. T-shirt and lunch options can be edited in the "Registration Form" section and will appear on the "My Invoice" page. Go to "My Invoice" and pay the entry fee (and/or t-shirt and lunch if you ordered some).
11. Get ready for Race Day!

The screen shots below from another regatta website called the "Hammer Ergatta" will help you follow the registration instructions:

The screenshot shows the RegattaCentral website interface. At the top, there's a navigation bar with 'Login | Join' and social media icons. A prominent banner advertises a 'Special \$20 Student Offer' with the promo code 'FBST20'. Below this is a main navigation menu with categories like Home, Regattas, Results, Clubs, Programs, Learn-To-Row, Camps & Clinics, and Volunteer. The main content area is titled 'The Hammer Ergatta' and includes a weather forecast for Cleveland, OH. A sidebar on the left provides a detailed menu of links, with 'Registration' and 'Travel & Lodging' sections highlighted. A red arrow points to the 'Join' button in the top navigation bar. The main content area also features a '2013 Hammer Ergatta Medal' section with a circular logo depicting a figure holding a hammer.

RegattaCentral [Login](#) [Join](#) [f](#) [t](#)

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Home Regattas Results Clubs Programs Learn-To-Row Camps & Clinics Volunteer

New Account

Select Club/Team [Select Club/Team...](#)

First Name

Last Name

Gender Male Female

Country of residence

Email

Confirm Email

Preferences

ROWING NEWS

Address

City

State/Province

Zip/Postal

Account Information

Username

Password

Confirm Password

Add Affiliation

Search New Team or Club

Country

Affiliation Unaffiliated
Not all regattas accept unaffiliated entries. Review each regatta's rules to ensure compliance.

Team or Club

CrossFit CLE	Cleveland, OH (US)

OK Cancel

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- Please choose a different password. Your password must be different than your User Name
- Password must be at least 6 characters (combination of digits and letters), or a passphrase (ie. letters spaces only) of at least 14 characters.
- Passwords do not match. Please re-enter

New Account

Select Club/Team Unaffiliated (USA) [remove](#)
[Add another Select Club/Team...](#)

First Name

Last Name

Gender Male Female

Country of residence

Email

Confirm Email

Preferences

ROWING NEWS I would like to receive a free, 3-month subscription to Rowing News (US & Canada only)

Address

City

State/Province

Zip/Postal

Account Information

Username Must be six (6) or more characters or your email address

Password Must be a combination of 6-20 letters and numbers (or a passphrase of 14-20 letters)

Confirm Password

Account | Support | English | View

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Regatta Calendar & Entries [add regatta](#)

Upcoming Previous

Affiliations [add affiliation](#)
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Click 'add' **Add regatta** ✕

Your account has been created! Select regatta(s) below to add to your calendar. Once added, you'll be able to immediately register and submit entries if desired.

Select one or more regattas and click 'OK' to add to your account

<input type="checkbox"/>	SWEAT (Southwest Ergometer Amateur Tournament)	02/02/13	Dallas, TX
<input type="checkbox"/>	Charlotte Erg Sprints	02/02/13	
<input type="checkbox"/>	Gold Coast Classic	02/03/13	Port Washington, NY
<input type="checkbox"/>	Queen City Ice Breaker Ergatta	02/03/13	Manchester, NH
<input type="checkbox"/>	Haddon Hammer - New Jersey Indoor Rowing Championships	02/03/13	Westmont, NJ
<input type="checkbox"/>	St. Valentine's Day Massacre	02/09/13	Pelham, NY
<input type="checkbox"/>	Novice Regatta	02/09/13	Orlando, FL
<input type="checkbox"/>	Ergomania- the Northwest Indoor Rowing Championships	02/09/13	Seattle, WA
<input checked="" type="checkbox"/>	The Hammer Ergatta	02/09/13	Cleveland, OH
<input type="checkbox"/>	Hampton Roads Erg Pull	02/09/13	Norfolk, VA
<input type="checkbox"/>	Shuffle Off to Buffalo	02/09/13	Buffalo, NY
<input type="checkbox"/>	Gami Sprints	02/09/13	Galloway, NJ
<input type="checkbox"/>	New Bedford Indoor Regatta	02/09/13	New Bedford, MA
<input type="checkbox"/>	Motown Madness	02/09/13	Detroit, MI

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Special \$20 Student Offer use promo code: **FBS120**
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Regatta(s) added. To register and submit entries click the 'register' link below for the desired regatta

Regatta Calendar & Entries [add regatta](#)

Upcoming Previous

This year

The Hammer Ergatta Sat, Feb 9th ✕

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Select Club/Team: Unaffiliated (USA) [New Select Club/Team...](#)

The following registration form must be completed before entries may be submitted.

✖ The following information is missing
Please answer all questions marked with "*"!

Contact Information

Name: John Doe
 Address: 2121 Euclid Ave
 City: Cleveland
 State/Region: Ohio
 Zip/Postal Code: 44113
 Daytime phone #: 2165715658
 Evening/Mobile phone #: 2165715658
 Set as default contact address

Special options

Fees

- Masters: \$21
- High School/College: \$16
- Parents: \$10
- 8th grade & under: \$10

* How many students (High School/Collegiate) are you entering and paying for? (\$16/each)

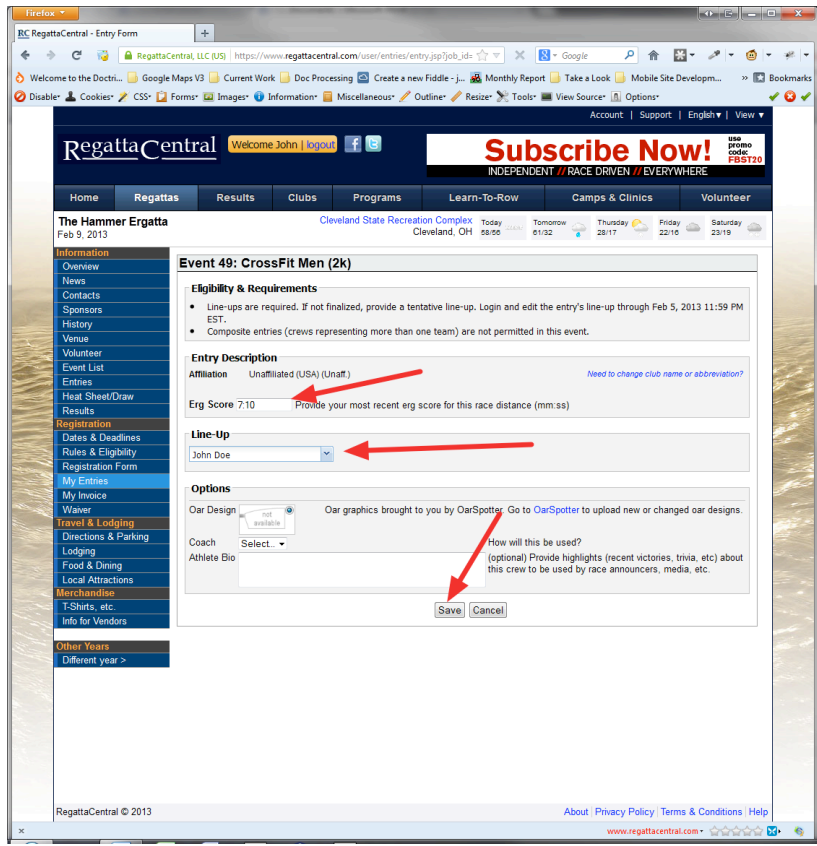
* How many Masters athletes are you entering and paying for? (\$21/each)

* How many children (8th grade and under) are you entering and paying for? (\$10/each)

* How many parents are you entering and paying for? (\$10/each)

- Dates & Deadlines
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Event	Submit Entry	
11	Open Mixed Relay (3K) 3 Men, 3 Women	Submit Entry
12	Womens HS Varsity	Submit Entry
13	Womens HS Ltwt Varsity	Submit Entry
14	Mens HS Varsity	Submit Entry
15	Mens HS Ltwt Varsity	Submit Entry
16	Womens HS JV	Submit Entry
17	Womens HS Ltwt JV	Submit Entry
18	Mens HS JV	Submit Entry
19	Mens HS Ltwt JV	Submit Entry
20	Womens HS Novice	Submit Entry
21	Womens HS Ltwt Novice	Submit Entry
22	Mens HS Novice	Submit Entry
23	Mens HS Ltwt Novice	Submit Entry
24	Womens HS Coxswain (1K)	Submit Entry
25	Parents 1K Dash (Women)	Submit Entry
26	Mens HS Coxswain (1K)	Submit Entry
27	Parents 1K Dash (Men)	Submit Entry
28	Dan Murphy Invitational Cup Relay (HS Boys Only)	Submit Entry
29	Womens Senior Masters (40-49)	Submit Entry
30	Womens Senior Masters Ltwt (40-49)	Submit Entry
31	Womens Masters (30-39)	Submit Entry
32	Womens Masters Ltwt (30-39)	Submit Entry
33	Mens Senior Masters (40-49)	Submit Entry
34	Mens Senior Masters Ltwt (40-49)	Submit Entry
35	Mens Masters (30-39)	Submit Entry
36	Mens Masters Ltwt (30-39)	Submit Entry
37	Womens Veteran Masters A (50-59)	Submit Entry
38	Womens Veteran Masters Ltwt A (50-59)	Submit Entry
39	Womens Veteran Masters B (60+)	Submit Entry
40	Womens Veteran Masters Ltwt B (60+)	Submit Entry
41	Mens Veteran Masters A (50-59)	Submit Entry
42	Mens Veteran Masters Ltwt A (50-59)	Submit Entry
43	Mens Veteran Masters B (60+)	Submit Entry
44	Mens Veteran Masters Ltwt B (60+)	Submit Entry
45	Girls 8th Grade & Under (500m dash)	Submit Entry
46	Boys 8th Grade & Under (500m dash)	Submit Entry
47	Mens Open Rec 1k	Submit Entry
48	Womens Open Rec 1k	Submit Entry
49	CrossFit Men (2k)	Submit Entry
50	CrossFit Women (2k)	Submit Entry





The Hammer Ergatta
Feb 9, 2013

Cleveland State Recreation Complex
Cleveland, OH Today 68/66 Tomorrow 61/32 Thursday 28/17 Friday 22/16 Saturday 23/19

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Your entry has been **submitted**

What would you like to do next?

- [submit another entry in this event: CrossFit Men \(2k\)](#)
- [Submit another entry in a different event](#)
- Finish the registration process
 - [View my invoice & Submit Payment](#)