

2009 Atlantic Indoor Rowing Championships

hosted by the



NOVA SCOTIA ROWING ASSOCIATION

400 - 5516 Spring Garden Road, Halifax, Nova Scotia B3J 1G6

Sunday, February 1st, 2009
Findlay Community Centre
26 Elliot St.
Dartmouth, Nova Scotia

Event Categories

Event No.	Category		Event No.	Category	
1	Junior Lightweight Women	(JRLW)	17	Under 23 Lightweight Women	(U23LW)
2	Junior Lightweight Men	(JRLM)	18	Under 23 Lightweight Men	(U23LM)
3	Junior Women	(JRW)	19	Under 23 Women	(U23W)
4	Junior Men	(JRM)	20	Under 23 Men	(U23M)
5	Adaptive W (Trunk&Arms Only)	(AW) 500m	21	Senior Lightweight Women	(SRLW)
6	Adaptive M (Trunk&Arms Only)	(AM) 500m	22	Senior Lightweight Men	(SRLM)
7	Novice Women	(NW)	23	Senior Women	(SRW)
8	Novice Men	(NM)	24	Senior Men	(SRM)
9	Masters Women Lightweight	(MWL)	25	Junior Women 1000m Dash	(JWD) 1000m
10	Masters Men Lightweight	(MML)	26	Junior Men 1000m Dash	(JMD) 1000m
11	Masters Women "A 27-39"	(MWA)	27	Masters Women 1000m Dash	(MWD) 1000m
12	Masters Men "A 27-39"	(MMA)	28	Masters Men 1000m Dash	(MMD) 1000m
13	Masters Women "B 40-49"	(MWB)	29	Senior Women 1000m Dash	(SWD) 1000m
14	Masters Men "B 40-49"	(MMB)	30	Senior Men 1000m Dash	(SMD) 1000m
15	Masters Women "C 50+"	(MWC)	31	Mixed Club Four Race	(MCR) 500m pp
16	Masters Men "C 50+"	(MMC)	32	Parent Offspring Doubles	(MPJ) 500m pp
				Future Olympians (13 and	
			33	under)	(FO) 500 m

*All race distances are 2000 m with the above noted exceptions.

*Event times will be posted. Please await the tentative draw (January 27th) available at www.novascotiarowing.ca for final details. It is likely that events will be combined to make for a shorter and more competitive day of racing.

Schedule

8:00am	Registration begins
	<ul style="list-style-type: none">• Bring your \$20 fee and photo ID• You should register at least 60' before your event
	Weigh-ins begin
9:00am	Racing Begins
12:00pm	Registration ends
1:30 pm (approx.)	Racing ends and Awards Presentation

Categories

Adaptive	Any person not competing in an able-bodied event
Novice	Has not competed in rowing before May 1 st , 2008
Junior	Must not turn 19 in the year 2009
U23	Must not turn 23 in the year 2009
Senior	Open to all ages
Masters A	Age 27 to 39 in the year 2009 not racing as Senior
Masters B	Age 40 to 49 in the year 2009 not racing as Senior
Masters C	Age 50 or older in the year 2009 not racing as Senior
Lightweight	Men (165lb, Max); Women (135lb, Max) <ul style="list-style-type: none">• Weigh-ins will be between 8:00am and 11:00am in competition area for all lightweight competitors.• Multiple weigh-ins <i>will</i> be allowed.• The registrar will try to place athletes that do not make weight into the appropriate heavyweight category depending on potential schedule conflicts and erg availability
Masters Lightweight	Age 27+ in the year 2009 that meet the weight restrictions indicated above
Mixed Club Four	4 persons any age; 2 men and 2 women (racing 500 m each). Each person must also register for a category listed above.
Parent Offspring Doubles	Can be any combination of father/son, mother/son, father/daughter, mother/daughter, or grandparent/legal guardian.
Future Olympians	13 and under (Guardian must sign waiver) (No fee)

Awards

Medals will be awarded for first place in each category only.

The AIRC will run simultaneously with the Canadian Indoor Rowing Championships (CIRC) in Toronto, Ontario, Monster Erg Indoor Regatta in Victoria, British Columbia, Prairie Indoor Rowing Championships in Regina, Saskatchewan and the Quebec Indoor Rowing Championships in St. Hyacinthe, Quebec.

Registration

Please send your registration information:

- Name
- Event No./Name
- Age
- Club Affiliation (If any)
- RCA No. (If you are not a member of RCA; you will be required to sign a waiver).
- Registration fee (\$20.00) payable at the regatta (cash or cheque made payable to The Nova Scotia Rowing Association).

to the following email address (novascotiarowing@gmail.com) with the subject heading 'AIRC' no later than January 24th, 2009 at midnight. Late registration is possible **only** if the race day schedule is not changed. Additional competitors will be entered into events on a first come first serve basis.

The **Nova Scotia Rowing Association** wishes to thank the local clubs for their participation and use of equipment. This event would not be possible without your support.

Please look for AIRC comprehensive results after February 3rd at: www.novascotiarowing.ca

2009 Atlantic Indoor Rowing Championship

CHECK IN:

- Go to the Registration Desk upon arrival. Registration begins at 8am.
- Provide your name, photo id and \$20 registration fee.
- You should register at least 60' before your event.
- You will be given a Lane assignment.
- If you are rowing in a lightweight or coxswain category - go to the Weigh-in Station, step on weigh scales and get stamped. The Weigh-in Station will be open from 8 a.m. to 11 a.m.

WARM UP:

- Stretch and warm up prior to racing on the Model C Concept 2 warm up ergs.
- 5 minutes prior to your race you will be called to stand behind your assigned lane. When your lane is free, you may sit on the erg and continue your warm-up.
- Listen to any instructions from the starter or lane officials. Competitors may use the damper setting of their own choice not exceeding RCA's max settings:

SR and U23 men 130

SR and U23 women 120

SR and U23 LWM 120

SR and U23 LWW 110

JRM 120

JRW 110

Masters LW W 110

Masters W 120

Masters LW M 120

Masters M 130



DO NOT TOUCH THE PM4 monitor FOR ANY REASON.
Ask the Lane Official to make any adjustments you need.

RACING:

- Race Start Procedures: At the start of the countdown - all competitors should be sitting still and the flywheels not moving. The computer can detect the movement and will wait until all flywheels are stopped.
- If the electronic countdown is not available the start will be a verbal command from an official. **"SIT READY, ATTENTION,... ROW."**
- If someone begins before the 'ROW' command, the system will alert a "False Start" and the rower will be identified by lane number. In the first instance the competitor will be given a warning. In the event of two "False Starts" by the same competitor, that competitor may be disqualified.
- If for some reason there is equipment breakdown or a signal connection failure identified in the first 250m of the race, the race will be stopped, the equipment repaired and the race will be restarted from the beginning. If equipment breaks after the 250m mark, the race will not be stopped.
- If you require medical attention at any point - please contact a race official. There are first aid services on-site.

FINISH:

- Competitors are to remain on the erg until all competitors have finished racing unless directed so by an official or for medical reasons.

OTHER:

- There will be no wearing of electronic equipment such as MP3 or CD players.
- Spectators are to remain outside of the roped off area during races.