

# 2008 Atlantic Indoor Rowing Championships

hosted by the



**NOVA SCOTIA ROWING ASSOCIATION**

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

Sunday, February 3rd, 2008  
Mic Mac Amateur Aquatic Club  
192 Prince Albert Road  
Dartmouth, Nova Scotia

## Event Categories – Final Version January 7, 2008

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) 1000m	21	Senior Lightweight Women	(SRLW)
6	Adaptive M (Trunk&Arms Only)	(AM) 1000m	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	2000m Mixed Club Four Race	(MCR) 500m pp
16	Masters Men "C 50+"	(MMC)			

\*All race distances are 2000 m with the exception of the adaptive events and dash events.

\*Event times will be posted. Please await the tentative draw (January 29<sup>th</sup>) available at [www.novascotiarowing.ca](http://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"><li>• Bring your \$20 fee and photo ID</li><li>• You should register at least 60' before your event</li></ul>
	Weigh-ins begin
9:00am	Racing Begins
11:00am	Registration ends
Noon (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 <sup>st</sup> , 2007
Junior	Must not turn 19 in the year 2008
University	A registered <b>FULL-TIME</b> student in a recognized Canadian University
U23	Must not turn 23 in the year 2008
Senior	Open to all ages
Masters A	Age 27 to 39 in the year 2008 not racing as Senior
Masters B	Age 40 to 49 in the year 2008 not racing as Senior
Masters C	Age 50 or older in the year 2008 not racing as Senior
Lightweight	Men (165lb, Max); Women (135lb, Max) <ul style="list-style-type: none"><li>• Weigh-ins will be between 8:00am and 11:00am in competition area for <b>all</b> lightweight competitors.</li><li>• Multiple weigh-ins <i>will</i> be allowed.</li><li>• 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</li></ul>
Masters Lightweight	Age 27+ in the year 2008 that meet the weight restrictions indicated above
Mixed Club Four	4 persons any age; 2 men and 2 women (racing 500 m each)

## 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. Comparison of results to determine national rankings for each event will be available at [www.rowingcanada.org](http://www.rowingcanada.org) once all scores have been submitted.

## Registration

Please send your registration information:

- Name
- Event No./Name
- Club Affiliation (If any)
- RCA No. (YOU WILL NOT BE REGISTERED WITHOUT AN RCA NO. SUBMISSION – IF YOU REQUIRE AN RCA No. please advise)
- 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](mailto:novascotiarowing@gmail.com)) with the subject heading 'AIRC' no later than January 26<sup>th</sup>, 2008 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](http://www.novascotiarowing.ca)

# 2008 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 and coaches are to remain outside of the roped off area during races.