



17th Annual Pittsburgh Indoor Rowing Championship

January 31, 2009



**Three Rivers
Rowing
Association**

THANKS FOR MAKING US THE 4TH LARGEST CRASH B'S SATELLITE RACE IN THE WORLD.
(Only Melbourne, Alexandria and Toronto have more participants!)

The 17th annual Pittsburgh Indoor Rowing Championships sponsored by **Three Rivers Rowing (TRR)** and hosted by **Central Catholic Crew** takes place January 31st, 2009. 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 food to partake in while watching the competitors or after your race. 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 Central Catholic can be found on the race website: www.threeriversrowing.org/r-isprints.html

THANK YOU!

To Concept 2, for sponsoring this great race. We believe it is one of the best indoor races in the nation. Concept 2 provides many resources that allows us to host such a wonderful event.

To Central Catholic High School, for generously donating the use of their space and staff for coming in on a Friday and Saturday to assist with the event.

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

Changes for 2009

- Registration will be held in the cafeteria where food will also be served. We hope teams will use this quite area to be able to gather and prepare for their races before entering the loud and exciting gymnasium. There is limited spectator area in the gym so we ask that bags are stored in the locker rooms or cafeteria.

REGISTRATION

Deadline for registration: mid-night, Saturday, January 24, 2009 via

RegattaCentral
www.regattacentral.com

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 will take place in the cafeteria across the parking lot from the gymnasium.

Registration for the RELAY RACES is extended to RACE DAY. For the Adult/College event register by 10:00 at the registration table. For the High School teams register by 2:00pm at the registration table. However, registering your team early ensures they will have a spot!

Entry Fees

We are pleased to report that we continue to be one of the most affordable Indoor Races in the country with no change in price from last year:

Adult events - \$18

Junior events - \$12

RELAY EVENT-- FREE to those who are registered for another event. (\$2 per seat if not registered)

Entry fees and payment:

- ◆ We encourage payments be made online via Regatta Central using MC/Visa/AmEx
- ◆ Payments may be made directly to TRR by cash, check, MC/Visa.
- ◆ Entries accepted after the deadline are at the discretion of the race director only and will be assessed a \$25 late fee 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 TRR. 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 US Rowing Registered Regatta. All races are 2000 meters in length *except* for the Relay Race at 3000 meters and the Youth 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. 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 located in the gymnasium lobby prior to their event. Competitors should plan to be at Central Catholic High School 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.

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 may not use the ergs designated for racing as warm up ergs. Rowers may set the drag (fan setting) and the heel height of their assigned racing ergometer, but may not otherwise alter the machine.

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
- potentially cause a delay in the race schedule
- 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.

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

Championships plaques will be offered to the fastest high school, collegiate, and club/corporate teams, where at least three separate organizations compete for the title. No other awards or medals are offered for the relay events.

Collegiate and Club teams must register by 10:00 am at the registration table.

Registration for the High School event must take place by 2:00 pm at the registration table.

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 PLAQUE.

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.										
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. 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. \$2 per seat unless competitor is previously registered in another event. (Race organizers retain the right to limit one team per organization in team events).										
Lightweight	<table border="1"> <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>	Class:	Men	Women	Lightweight events	165	135	Cox events	130	120	<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.</p> <p><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									

FOOD & LOCKERS

There will be plenty of good food available at the Central Catholic cafeteria. Please support these booths! Menus and prices will be posted at the event. There are also locker rooms located at Central Catholic for changing into your uniforms and storing bags. The cafeteria will be much quieter than the gymnasium and we encourage teams to use this area to meet.

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 Central Catholic can be found on the race website: www.threeriversrowing.org/r-isprints.html

CONTACTS & LINKS

Three Rivers Rowing

Rick Brown – Race Director

Chelsea Prior – Assistant Race Director

Phone: 412.821.1710

www.ThreeRiversRowing.org

E-mail: chelseaprior@threeriversrowing.org

Your post-regatta comments are appreciated.