

PITTSBURGH INDOOR SPRINTS USROWING INDOOR NATIONAL CHAMPIONSHIPS

February 1, 2025

David L. Lawrence Convention
Center



LOCATION FOR 2025:

The 2025 Pittsburgh Indoor Rowing Championships / USRowing National Indoor Championships will be held at the David L. Lawrence Convention Center

The Three Rivers Rowing Association's 31st Annual Pittsburgh Indoor Rowing Championships / USRowing National Indoor Championships will take place on Saturday, February 1, 2025. This event will have races for all ages and abilities, and will be a great opportunity to compete against some of the top indoor racers in the region. Race spectators are welcomed and encouraged to attend.

2025 Highlights:

- Registration opens on November 13, 2024! [Registration is on Regatta Central](#). This event is a USRowing Registered Regatta and **all competitors must be a USRowing member in good standing**.
- **Venue:** The 2025 event will be held in the heart of Pittsburgh at the [David L. Lawrence Convention Center](#).
- **USRowing U19 ID Camp:** A U19 USRowing National Team Identification Camp will be held on site during the 2025 race.
- **Crossfit Relays:** We are excited to bring back CrossFit relays as part of the 2025 event! Relays will be two person teams and include RowErgs, ErgBikes and burpees!

REGISTRATION

Registration links can be found [live on Regatta Central](#).

Entry Deadlines: This year's event will have early, standard and late entry deadlines as outlined below:

- **Early Registration:** November 13, 2024 - December 13, 2024. Early registration will close at 11:59pm on December 13, 2024.
- **Standard Registration:** December 14, 2024 - January 28, 2025. Standard registration will close at 11:59pm on January 28, 2025.
- **Late Entry Registration:** January 29, 2025 - January 31, 2025. Late entry registration will close at 11:59pm on January 31, 2025.
- **Day of Registration:** Individuals will be able to enter on site on race day for the late entry rate. However, there is no guarantee they will be able to race in a flight for the event(s) in which they enter. They will be slotted into any event with an open erg and their time will be recorded for the event(s) in which they entered. If the individual is entering a National Leaderboard event to compete for a National Championship, they will only be allowed to race IF the event has not taken place.

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. You must be entered in an individual race in order to be part of a relay team.

Entry Fees

The Entry Fee Schedule for the 2025 Pittsburgh Indoor Championships / USRowing Indoor National Championships will be:

Race Type	Early Registration	Standard Registration	Late Registration
2000 - Meter Race	\$20.00	\$30.00	\$50.00
1000 - Meter Race	\$20.00	\$30.00	\$50.00
500 - Meter Race	\$10.00	\$20.00	\$30.00
6-Person Relay*	\$0	\$0	\$20.00

*Team Relay Entry: Participants must be registered in another event in order to compete in the Relays..

Entry fees and payment:

- Payments must be made online via Regatta Central using credit card.

Refunds:

- No refunds will be made after the standard registration deadline for events canceled due to conditions beyond the control of TRRA. Any refunds we make will be processed after the regatta.

Scratches:

- NO REFUNDS for changes/scratches after the standard entry deadline.
- Scratches after entry deadline forfeit fees.
- “No shows” may be assessed a fee of \$20 for failure to scratch.

RACE DAY PROCEDURES

This event is a USRowing Registered Regatta. All competitors must be a USRowing member. [Please see the USRowing Event Packet for additional information.](#)

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. The races will be the following distances:

Category	Distance
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Adaptive, Masters, Open, U23, U19, U17, U15	2,000 Meters
U20 (Not eligible for National Leaderboard)	2,000 Meters 500 Meters
Master 1,000 Meter Race (Not eligible for National Leaderboard)	1,000 Meters
U13 / Middle School (Not eligible for National Leaderboard)	5-minutes
All Dash Events	500 meters
6-Person Erg Relay (Not eligible for National Leaderboard)	3,000 meters (500 meters per person)
Crossfit Relay (Not eligible for National Leaderboard)	<ul style="list-style-type: none"> ● 3K RowErg ● 6K ErgBike ● At the start, and every 3 minutes on the minute, athletes will perform 10 synchro burpees over the erg. ● Both athletes work at the same time on each machine. Athletes switch machines each round (following each set of burpees). ● Continue until both machines are completed or time cap.

All races will be held on Concept2 Model D ergs. The Time Team race and timing system will be used for the 2024 event. 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 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 for any scheduled race time.

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 1 hour before their scheduled race, and to leave time to register before warming up (if you have not filled out the USRowing waiver you may need additional time).

Lightweight Weigh-Ins

Please refer to the Lightweight Weigh-In information in the [USRowing Indoor National Championship packet \(page 12\)](#).

Warmup and Race Preparation Information

Rowers should begin warmup 30 minutes before their 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 timing system failure, so the racing ergs are unavailable for use until just before each flight).

On Deck (Mandatory Pre-Race Instructions)

Competitors must allow sufficient time to warm-up and to 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 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**

ROWING RELAY RULES

Overview

Erg relay teams consist of 50% athletes of any gender and 50% athletes assigned female at birth. This group must represent a single high school, college, club, gym, or league/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 those 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 their 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 their 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 DEFINITIONS

[Please refer to the USRowing Indoor National Championship Entry Packet \(page 9\).](#)

USROWING UNDER 19 NATIONAL TEAM IDENTIFICATION CAMP

USRowing will host 14 one-day ID camps at locations across the country. These camps are open to all U19 age eligible athletes and will consist of an on-land program including short distance erg testing, functional movement instruction, national team technical instruction, coxswain specific educational programming and information about USRowing U19 Summer Camps including the 2025 U19 Team Selection Camp.

Athletes interested in any of USRowing's [summer camps](#), from pathways development camps to selection camp for the 2025 World Rowing Under 19 Championships, are encouraged to attend ID camps. The camps will be highly education based and will focus on communicating and teaching national teams best practices stemming from USRowing's Chief High Performance Officer Josy Verdonkschot.

The Pittsburgh Indoor Sprints will be a host location for the Pittsburgh U19 ID Camp. Athletes can register for the event [here](#), and there will be a modified schedule for this ID Camp. Athletes should plan to have 60 minutes available before they race at Pittsburgh Indoors for the ID Camp process.

FOOD & RESTROOMS

There will be concession stands available at the Convention Center. Please do not bring in outside food to this event. There will also be fully accessible restrooms located near the event area and water fountains to fill up refillable water bottles.

AWARDS

- Medals for 1st, 2nd, and 3rd place will be awarded in all events with 4 or more entries. Medals for 1st and 2nd will be awarded for events with 3 entries. A medal for 1st only will be awarded for events with 2 entries. No medals will be awarded for events with only one entry.
- Events that are part of the USRowing Indoor National Championships will receive medals based on the final results on the National Leaderboard at the conclusion of the National Championship series.
 - For more information, please refer to the [USRowing Indoor National Championship Entry Packet](#).

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 community.

CONTACTS & LINKS

Three Rivers Rowing

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Your post-regatta comments are appreciated.