



**28th Annual Pittsburgh
Indoor Rowing Championships**
January 25, 2020



**Three Rivers
Rowing
Association**

World Rowing Indoor Championships Qualifier
Presented by UPMC

LOCATION FOR 2020:

The 2020 Pittsburgh Indoor Rowing Championships will be held at the Wiegand Gymnasium on the campus of Carnegie Mellon University.

The Three Rivers Rowing Association's 28th annual Pittsburgh Indoor Rowing Championships, presented by UPMC, will take place Saturday, January 25, 2020. 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. There will be race related foods (e.g. bagels, Powerbars, Gatorade) as well as food for spectators. The only thing you need to bring is yourself. Enjoy the day! Pull hard!

GENERAL INFO

The Pittsburgh Indoor Rowing Championship is presented by UPMC and is a qualifier regatta of the USRowing Indoor Championships. Concept2 will provide a travel stipend of \$200 (in post) to athletes who 1) qualify by time according to the standards on the [USRIC site](#), and 2) compete in the same event at the C.R.A.S.H.-B. event in Boston, Massachusetts.

Registration is on Regatta Central. This event is a USRowing Registered Regatta and **all competitors must have a USRowing waiver on file.**

DIRECTIONS to the Wiegand Gymnasium: [Click Here](#).

THANK YOU to Concept2, for assistance with our race. Concept2 provides us with many resources that allow us to host such a large event, including new ergs for racers to pull on.

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.

REGISTRATION

Deadline for registration: To avoid a late fee, please register by 11:59pm Monday, January 20, 2020 via Regatta Central. The late registration deadline, with a \$25 late fee, will be 11:59pm Thursday, January 23, 2020. NO ENTRIES WILL BE ACCEPTED AFTER Thursday, JANUARY 23, 2020.

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. If you are not entered in another event, you will not be permitted to enter the relay.

Entry Fees

The Entry Fee for all individual events is \$20.

Team Relay Entry Fee: FREE (participants must be registered in another event).

Entry fees and payment:

- Payments must be made online via Regatta Central using credit card.
- Late entries will only be accepted through 11:59 EST, Thursday, January 23, 2020 and will be assessed an additional \$25 charge per entry.

Refunds:

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

Scratches:

- NO REFUNDS for changes/scratches after regular 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 USRowing Registered Regatta. All competitors must have a USRowing waiver (which can be done on Regatta Central online). Competitors under age 18 must have a parent or guardian's signature (again to be done online).

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
Masters, Open, U20, U18, U17, U16	2,000 meters
Adaptive, U15, U13	1,000 meters
Coxswain Dash	500 meters
6-Person Relay	3,000 meters (500 meters per person)

All races will be held on Concept2 Model D ergs. Concept2 provides the electronic timing system used for the regatta. 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 Concept2 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 prior to their event. Competitors should plan to be at the venue at least 1½ hours 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

This year, we will be using the honor system for lightweights. No weigh-in will be necessary.

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 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 well-hydrated**

RELAY RULES

Overview

This race is offered without additional cost to the teams.

Erg relay teams are made up of 3 male and 3 female participants. This group must represent a single high school, college, club, 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 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 ONE TEAMMATE may touch, pull, or advance the handle during his or her 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 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.
Open Coxswain dash	Must be a coxswain primarily and have coxed in the past year. Follow weight guidelines below. Distance: 500m. High school competitors are not allowed.
U20 Boys/Girls	Boys/Girls who do not reach age 20 in the year 2020.
U18 Boys/Girls	Boys/Girls who do not reach age 18 in the year 2020.
U16 Boys/Girls	Boys/Girls who do not reach age 16 in the year 2020.
U15 Boys/Girls Dash	Boys/Girls who do not reach age 15 in the year 2020. Distance: 1000m.
U13 Boys/Girls Dash	Boys/Girls who do not reach age 13 in the year 2020. Distance: 1000m.
Adaptive	PR1, PR2, or PR3 rowers. Distance: 1000m.
Masters	Men/Women who do not reach age 40 in the year 2020. No handicap.
Senior	Men/Women who do not reach age 50 in the year 2020. No handicap.
Veterans A	Men/Women who do not reach age 60 in the year 2020. 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 Age 60: 0 seconds
AGES	Ages are calculated as of end of 2020. This is the standard of WRIC.

Mixed Relay * SEE RELAY RULES	Teams must consist of 3 men and 3 women from the same school or club (women's-only and men's-only teams may combine to form one team for the relay). Each team member will race 500 meters and then get up for the next team member (3000 meters total). Each team is assigned to one rowing machine.										
Lightweight (winter standards)	<table border="1" data-bbox="370 342 971 457"> <thead> <tr> <th></th> <th>Men</th> <th>Women</th> </tr> </thead> <tbody> <tr> <td>Lightweight Events</td> <td>165</td> <td>135</td> </tr> <tr> <td>Coxswain Events</td> <td>130</td> <td>120</td> </tr> </tbody> </table>			Men	Women	Lightweight Events	165	135	Coxswain Events	130	120
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FOOD & LOCKER ROOMS

There will be plenty of food available at CMU. Please support these booths! They help us keep entry fees low by keeping the venue inexpensive. Menus and prices will be posted at the event. There will also be locker rooms located near the gym for changing into your uniforms.

AWARDS & POINTS

- Medals for 1st, 2nd, and 3rd place 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.
- Points are awarded to all high school, open and collegiate events.
- Only the top finisher from each organization will receive points in each event.
- Points are awarded as follows:

Place	Points
1	12
2	10
3	9
4	8
5	7
6	6
7	5
8	4

CONTACTS & LINKS

Three Rivers Rowing

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Your post-regatta comments are appreciated.