

ERGOMANIA 2011

Saturday, February 5th

Hosted by: The Pocock Rowing Center, Seattle University Crew, and the George Pocock Rowing Foundation

ENTRY PACKET

- Event Location:** -Seattle University's The Archbishop Connolly Center, 550 14th Ave, Seattle, Washington 98122
- Parking is available at the Connolly Center parking lot located at 14th Avenue and Jefferson Street. On-street parking also available.
- Entries:** - Register today at RegattaCentral.com. Early registration lasts until Monday, January 24th, 2011 at midnight.
- All entries must be entered by midnight on **Monday, January 31st**, 2011. NO LATE ENTRIES WILL BE ACCEPTED. Entry fees are not refundable for scratches received after this date.
- Waivers:** - This year we are moving from paper to electronic waivers using rowingwaiver.com. If you don't currently have an active waiver on this site, go to rowingwaiver.com and click on "sign a waiver". There is no fee to sign your waiver, and all of your information remains confidential.
- Entry Fees:** -\$20 per individual event.
- \$40 per team (\$10 per person) for the Team Challenge events.
- Coxswain's Dash: \$5
- Late Fees:** - A late fee of \$5 per athlete per individual event will be charged for entries received after midnight on **Monday, January 24th**, 2011.
- Age Restrictions:** - Age is as of race day. Exception: Qualification for the CRASH-B travel award in the Junior category is limited to athletes born on or after January 1, 1993, who are not part of a collegiate program.
- Junior events are limited to athletes aged 14 through 18. Athletes younger than age 19 who are part of a collegiate program must participate in the Collegiate-U23 category. Athletes younger than 14 years of age may only participate in the 500 m event.
- Middle School Dash is limited to athletes 11 to 14 years of age. Damper setting will be set to zero for all competitors.
- Collegiate athletes aged 23 or older must participate in the Open event.
- Weight Categories:** -Rowers: Men, 165 lbs or less; Women, 135 lbs or less.
- Coxswains: Men, 130 lbs or less; Women, 120 lbs or less.
- Finals:** - ERGOMANIA is run as finals-only in all singles and team events; you will race only once per event entered. In categories with many participants, athletes will be seeded, based upon [erg scores submitted during registration](#), so that each rower will compete against other rowers of comparable results. However, the best time will win each event, regardless of what heat the athlete(s) row in.
- Awards:** -Medals will be awarded to the top finisher of each division; ribbons awarded to second and third place finishers of each division.

- Qualification for C.R.A.S.H. -B. Sprints travel award:**
- As an official satellite regatta of the C.R.A.S.H.-B.s, Concept2 will award up to 4 ERGOMANIA competitors with airfare to Boston to compete at the C.R.A.S.H.-B. Sprints Sunday, February 20, 2011. The selected athletes must meet the qualifying time standard for their event: http://www.concept2.com/us/racing/crashb/crashb_qual.asp
 - In the event that more than 4 competitors meet the time standard for their event, the race director reserves the right to select those receiving the travel award. Selection will be based upon the percentage by which the athlete has surpassed the time standard.
- Masters Events:**
- In the 2000 meter events, prizes will be awarded to masters athletes in 10-year age categories based on raw, unhandicapped scores.
 - Prizes will be awarded in both the open weight and lightweight divisions for each age category. Although several age and weight categories may race at the same time, this will not affect the awarding of prizes.
 - In the 1000 meter events, all master's events will be handicapped according to the USRA handicap. Prizes will be awarded to the top master's performance for each weight class.
- Lightweight and Coxswain Events:**
- If you enter the lightweight division of an event, you will be eligible to win a prize only as a lightweight. Lightweights may race in heats with open weight rowers. This will not affect the awarding of prizes.
 - **Lightweights and Coxswains must weigh-in on race day.** Please weigh in at least 30 minutes prior to your event (Racers in the One Hour event may weigh in at any time between 7:30 am and 7:45 am).
 - The weigh-in station will be open between 7:30 am and 2:30 pm. Any competitor failing to weigh in or make weight may race in his/her originally seeded time slot, but the score will count in the OPEN division of that event.
- Adaptive Events:**
- In the adaptive event, medals will be awarded to the top score in each of the following categories: LTA-VI, -PD, -ID (legs, trunk and arms-visually impaired, -physically disabled, -intellectually disabled), TA (trunk and arms), and A (arms only).
- Team Challenge Event:**
- **Masters Team Challenge:** The masters team event will be handicapped according to the age and gender of each athlete. The handicap formula will be based on results obtained from the past 4 Ergomania competitions. Each team may thus be composed of any combination of male or female masters athletes. In the team event, masters athletes may include athletes as young as 23 years of age, as long as they are not currently competing in collegiate or high performance programs. The team handicap will be assessed at the start; teams with the largest handicap will start later than teams with smaller handicaps.
 - Junior Team Challenge:** Junior teams must consist of two boys and two girls that meet all of the age restrictions noted above for Juniors in the the individual event. No handicaps will be assessed.
 - a minimum of two teams must be entered in the Team Challenge events to avoid cancellation.

TENTATIVE SCHEDULE OF EVENTS

-This is a tentative schedule only; check website after January 31st for Heat Sheets and a more accurate schedule.

-See page 4 for a list of events by distance.

Start time	Events	event numbers	distance
7:45 AM	60 minute	1-4	60 min
8:00 AM			
8:15 AM			
8:30 AM			
8:45 AM	BREAK		
9:00 AM	masters women	5-16	2K
9:15 AM	masters men 50+	17-24	2K
9:30 AM	masters men 30+	25-28	2K
9:45 AM	BREAK		
10:00 AM	adaptive	29-38	1K
10:15 AM	Masters Team Challenge	39	1K team
10:30 AM	Masters Team Challenge		
10:45 AM	Masters Team Challenge		
11:00 AM	Junior Girls heat 1	40-41	2K
11:15 AM	Junior Girls heat 2		
11:30 AM	Junior Girls heat 3		
11:45 AM	BREAK		
12:00 PM	Junior boys heat 1	42-43	2K
12:15 PM	Junior boys heat 2		
12:30 PM	Junior boys heat 3		
12:45 PM	Junior boys heat 4		
1:00 PM	Coxswains dash	44-45	500m
1:15 PM	Junior Team Challenge	46	1K team
1:30 PM	BREAK		
1:45 PM	collegiate women heat 1	47-48	2K
2:00 PM	collegiate women heat 2		
2:15 PM	collegiate men	49-50	2K
2:30 PM	open women	51-52	2K
2:45 PM	open men	53-54	2K
3:00 PM	1 k events women	55-60	1K
3:15 PM	1 k events men	61-66	1K
3:30 PM	Erg Ed. / Middle School boys and girls	67-68	500m

LIST OF EVENTS BY DISTANCE

(SEE RACE SCHEDULE ON PAGE 3 FOR APPROXIMATE TIME AND CORRECT ORDER OF EVENTS)

DISTANCE EVENTS	EVENT NUMBERS	
	OPENWT	LIGHTWT
Open Men 1 hour	1	2
Open Women 1 hour	3	4
2000 METER EVENTS (all 1x)		
Masters Women 80+	5	6
Masters Women 70-79	7	8
Masters Women 60-69	9	10
Masters Women 50-59	11	12
Masters Women 40-49	13	14
Masters Women 30-39	15	16
Masters Men 80+	17	18
Masters Men 70-79	19	20
Masters Men 60-69	21	22
Masters Men 50-59	23	24
Masters Men 40-49	25	26
Masters Men 30-39	27	28
Junior Girls 14-18	40	41
Junior Boys 14-18	42	43
Collegiate-U23 Women 19-22	47	48
Collegiate-U23 Men 19-22	49	50
Open Women	51	52
Open Men	53	54
TEAM EVENTS		
CO-ED TEAM CHALLENGE CUP (four-person)	39	
JUNIOR TEAM CHALLENGE CUP (four-person)	46	
1000 METER AND SHORTER EVENTS		
Men's Adaptive 1X (LTA-VI, LTA-PD, LTA-ID, TA, A)	29, 30, 31, 32, 33	
Women's Adaptive 1X (LTA-VI, LTA-PD, LTA-ID, TA, A)	34, 35, 36, 37, 38	
Masters Women 1x (handicapped)	55	56
Junior Girls 1x	57	58
Open Women 1x	59	60
Masters Men 1x (handicapped)	61	62
Junior Boys 1x	63	64
Open Men 1x	65	66
Men's Coxswains Dash (500m; all ages)		44
Women's Coxswains Dash (500m; all ages)		45
Erg Ed Boy's Middle School Dash (500m; ages 11-14)	67	
Erg Ed Girl's Middle School Dash (500m; ages 11-14)	68	