

## Arizona Indoor Rowing Championships 2014

The 10<sup>th</sup> annual Arizona Indoor Rowing Championship sponsored by Brophy College Preparatory and Brophy Crew will take place Saturday, February 22<sup>nd</sup> 2013 at Brophy College Preparatory's Robson Gym 4701 N. Central Ave, Phoenix, AZ 85012. The event is a 2000 meter race on indoor rowing machines, commonly referred to as "ergs". There are 3000 meter 4+2 relays (4 erging members and 2 assistants). Everyone is welcome! There are categories for all levels and age groups.

### REGISTRATION:

***Deadline for registration is 12:00 midnight., Tuesday, February 18<sup>th</sup> through [www.regattacentral.com](http://www.regattacentral.com)***

***There will also be registration the day of the event, at a higher fee. Athletes must pay for all events that they race in, except for the relay which is free if you are registered for another event.***

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, submit waivers, and pay any balance owed at the registration desk sixty minutes prior to their event.**

Entry fee is \$25 if you pre-register and \$50 if you are registering the day of the event. We encourage payments be made online via RegattaCentral, using MasterCard, Visa, Discover or PayPal. Payments can be made directly to Brophy Crew by cash or check only. No refunds will be made after the registration deadline for events cancelled due to conditions beyond the control of Brophy Crew.

### EVENTS:

Event	Age	Time
Junior Lightweight	14 - 19	8:00/8:20/8:40/9:00am
Junior Open	14 - 19	9:20/9:40/10/10:20
Open	20 - 29	10:40/11:00
Master	30 - 39	11:20/11:40
Senior	40 - 49	12:00/12:20
Veteran A	50 - 59	12:00/12:20
Veteran B	60 - 69	12:00/12:20

Veteran C	70 +	12:00/12:20
Adaptive (All categories)	14 – 70+	12:40
Break Relay Set up		
Relay	14 – 70+	13:10

### **LIGHTWEIGHTS:**

In addition to the Junior Lightweight event, there are lightweight divisions within the Open, Master, Senior and Veteran events. If you enter the lightweight division of an event, you will be eligible to win a first place award only as a lightweight. In other words, we will not be awarding multiple awards to one athlete. Lightweights are 165 lbs. or less for men and 135 lbs. or less for women. **Lightweights must weigh-in 30 minutes prior to their event. Each athlete will have a total of two (2) times to weigh in. If weight is not made the second time on the scale the athlete will not be allowed to race in the event.**

### **RELAY RULES:**

This event is FREE if you are registered for another event otherwise it's \$5 per seat. Relay teams are made up of six participants. Four rowers and two assistants. Total distance is 3000 meters, in which each rower must row at least once. There is no limit as to the number of times an athlete may row however.

### **WAIVERS:**

The Arizona Indoor Rowing Championship participants must complete the waiver (see waiver tab on left) and bring it to the check-in desk on race day. Competitors under age 18 must have a parent or guardian's signature. All competitors must be a Championship (aka fully privileged) member of USRowing.

### **AWARDS:**

All competitors will receive a participation medallion. Medals will be awarded to the first place competitor in each category of an event. For the Junior Lightweight and Junior Open events the categories will be men and women. The remaining events each have four categories: women's lightweight, women's heavyweight, men's lightweight and men's heavyweight.

## **SAFETY:**

An EMT will be set up to deal with on-site emergencies. Anyone who feels ill or thinks they may need EMT attention should go to the firefighter immediately. In order to minimize the need to seek EMT attention, athletes who are fighting a flu or a cold should not compete. Athletes should eat two or three hours before competing and remember to stay hydrated.

## **ADDITIONAL INFO:**

- \* All events use Concept II rowing machines, Model 'D' and 'E'.
- \* Competitive events are 2000 meters, with damper setting fixed at athlete's discretion.
- \* Event Contact: Regatta Director – Lucas Duncan [losiluke@gmail.com](mailto:losiluke@gmail.com)