



Canadian Indoor Rowing Championships

Event Bulletin #1

1. EVENT DATE

Sunday February 9, 2020 8:30 AM to 5:00 PM EST

2. LOCATION

The **Paramount Fine Foods Centre**, formerly known as the Hershey Centre will be the 2020 venue for the Canadian Indoor Rowing Championships. The address of the PFFC facility is 5500 Rose Cherry Road, Mississauga, Ontario, Canada, L4Z 4B6. Refer to the website for driving directions and Mississauga Transit options.

Seating: There is free seating around the race area for 5000 spectators. Both the seating and race area are accessible. Food will be available for purchase on site. Refer to accommodation tab on the CIRC website for suggestions for hotels nearby.

Parking: The facility can accommodate 1900 vehicles in the parking lots, is FREE and shared by all users of the complex. There are accessible parking spaces close to the building if you have a permit.

3. RACE FORMAT

Race Area: 36 new Concept 2 Model D Ergometers set up side by side and connected to Race software display. Race progress for spectators will be displayed on the arena digital screen above centre ice. Races will be streamed online (slight delay) and recorded using the Time-Team Race Management platform.

Warmup Area: 44 new Concept 2 Model D warm-up ergometers.

Distances: 2000 meters, 1000 meters, 500 meters, and a 4-Minute Charity race.

Individual Races will be held on all lanes simultaneously. If there are more entries in a category than lanes available additional heats will be scheduled. All results across multiple heats will be combined to determine an overall winner in a single category.

Crew Races will be held in doubles and fours. The race software will average the erg effort across all crew members on each stroke to determine progress. This is similar to a crew in a boat.

The 4-Minute Charity race will record a "winner" based on the distance (metres) pulled in a four-minute time interval. If there are more than 36 entered additional 4-Minute races will be scheduled to accommodate all competitors. 100% of proceeds will be given to the 2020 designated Charity. Given the prize of an erg based on random draw is on the line, no medals will be given in this event.



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4. ENTRY FEES AND REGISTRATION

Entry Schedule: Registration will be available on November 30 2019, and ending January 31, 2020. Entries and payment must be received by **January 31, 2020 4:00 PM EST**

Entry Fees: Fees include the RCA and RowOntario seat fee of \$5.50 and applicable taxes where indicated with *.

Individual Adults - \$30*

Juniors (Age 13-18) - \$25*

Crew events - \$20* per seat

Four (4) Minute Charity Race - \$30 donation for a chance to win an ergometer.

Registration Platform: No paper entries will be accepted for this event. All entries must be made online at RegattaCentral and paid in full by January 31, 2020. After this date, unpaid entries will be considered late entries and subject to the additional fees associated with such designation.

The Time-Team Regatta Management platform will be used for Lane Assignment and Race Results.

Late Entries: Late entry acceptance is at the discretion of the registrar, and may be denied if the race is full, or no lanes available in the race or if the request is made too close to the race time. Late acceptance on race day may be allowed in person if not less than two (2) hours before the scheduled race. Late entries will be accepted at the registration desk upon payment of a late fee of ten dollars (\$10) plus the original entry fee.

5. ELIGIBILITY

Eligibility: Minimum Age: All competitors must be at least 13 years of age by December 31, 2020.

Categories of Racing:

Masters	Men and Women Age 30 and over, Lightweight and Open
Juniors	U17, U19 Girls and Boys, Lightweight and Open
Seniors	U23 Men and Women, Lightweight and Open
Open	Men and Women any age, any weight
Lightweight	Men maximum 75kg, Women maximum 61kg
Para	PR1, PR2, and PR3, aligned to FISA Para for indoor rowing
Novice	In the first year of rowing
Coxswain	Experience in rowing limited to training and racing as a coxswain.



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6. SCHEDULE OF EVENTS

Registration desk and weigh-ins open at 7:30 AM EST. The first race will start at approximately 8:45 AM EST. Refer to Regatta Central or the CIRC website for the order of events Canadian Indoor Rowing Championships. The race start times are subject to change relating to the number of entries and heats, however the order of events will stay the same.

7. SPORT SPECIFIC RULES

A licensed RCA umpire will supervise all races and weigh ins.

The Canadian Indoor Rowing Championships will be hosted and staged according to the RCA Rules of Racing as it applies to indoor rowing, with the following exceptions:

- Masters athletes shall be classified as starting at age 30 and raced in 10-year intervals until age 54, then categorized in 5-year intervals.
- Age Adjusted Times shall be applied to the masters' events over age 50 and applied to raw scores.
- Lightweight rowers shall begin weighing in one and a half hours before the first lightweight race of the day and can weigh in between 8:30 and 12:30 p.m. If a rower exceeds weight, they shall race in the lightweight event but their time will be shifted into the Open weight class in the results. **Lightweights are 61 kg for Women and 75 kg for men.**
- Competitors requiring adaption of the ergometer for racing will be allowed. For example, longer rail, fixed seat, strapping. Competitors must notify the CIRC Organizing Committee (OC) in advance if an erg adaption is requested. Erg adaptations may not be accommodated with out prior notification of the OC.

8. MEDICAL SERVICES

Sky Medical Services, a third party contractor to the Paramount Fine Foods Centre will be assigned on the floor in the race area to provide paramedic services on race day. In addition, CIRC will have a supervised medical recovery area to monitor competitors recovering from their race.

9. ACCREDITATION AND SANCTION

Registered competitors may be required to show photo identification at the registration desk when picking up their race card. (acceptable I.D. includes current student cards, driver's license, passport). ID may also be requested at the Weigh In desk.

Media will require accreditation and will need to check in with CIRC Media Liaison when they arrive.



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CIRC is sanctioned and insured by Rowing Canada Aviron and RowOntario and follows the Canadian Rules of Racing. CIRC is also designated as a qualifying international race by Concept 2 (Vermont USA) affiliated with the U.S. Indoor Rowing Championships.

10. TICKETING

No admission for spectators or parking fees. There are 5000 seats in the arena.

11. SPORTS INFORMATION / RESULTS

Results will be available online at RegattaCentral.com linked on the CIRC Website. Individual race data will be available using the Time-Team Race Management platform. Paper copies of results will be posted in the Warm-up area on race day as they become available.

12. AWARDS PRESENTATION

Gold, silver and bronze medals will be awarded to those who place 1st, 2nd and 3rd in their individual race category. Entrants must be faster than at least one other competitor to receive a medal. E.g. in an event with 3 competitors, only gold and silver will be awarded.

In crew races, only gold will be awarded to each member of the winning crew. (doubles and fours). All participants who race in a crew event will be given a CIRC souvenir.

No medals will be awarded in the 4-Minute race for charity. All entrants who race in the 4-minute will be entered into a draw to win a new Concept 2 Model D ergometer.

Awards will be presented throughout the day at scheduled times on the CIRC podium.

Additional awards in the form of travel stipends to compete at the North American Indoor Rowing Championships in Boston on March 1, 2020 will be detailed in Bulletin #2.

13. EQUIPMENT

Eighty (80) warm-up and racing ergs are all brand new, sent to CIRC directly from Concept 2 in Vermont. More information about the product and tips for racing on ergs can be found at www.concept2.com Ergs used at CIRC are the Model D with PM5 monitors consistent with all Concept 2 Qualifying indoor rowing races across North America. Ergs will be set up, tested and connected to the race software by the CIRC Organizing Committee on-site.

The 80 new C2 Ergometers are available for pre-sale to individuals or clubs. Pre-sold ergs will be available for pickup following the race. Details for the pre-sale are available on the CIRC website or by email at ergsales@cdnindoorrowing.org

15. ADDITIONAL INFORMATION

Please refer to the CIRC Website at www.cdnindoorrowing.org or our Facebook page for additional event information, past results, rules, photos. Additional Race Bulletins will be posted on Regatta Central.

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