



The Greater Columbus Rowing Association and Dublin crew are proud to present the inaugural **Arnold Indoor Rowing Challenge**.

Registration:

Please use www.regattacentral.com to register.

We will use the "news" tab of the regattacentral.com page to communicate any updates. Please check this tab regularly.

Event Information:

The indoor regatta will be part of the 2015 Arnold Sports Festival. Please refer to www.arnoldsportsfestival.com for information about the site, directions, parking and hotels.

The event will take place in Room B200 and B201. You will not need a ticket/wristband to enter the Convention Center. You will not need a ticket/wristband to watch the Indoor Challenge. If you want to watch other events at the Arnold Sports Festival, check the schedule at www.arnoldsportsfestival.com if they require a ticket/wristband, which you can purchase on the website.

Participation in the Arnold Indoor Rowing Challenge does require that you pay the registration fee. See www.regattacentral.com for more details.

Please note that this festival is very popular and parking and accommodations will be scarce.

Please allow for plenty of time on the day of the event to get to the regatta site. If you miss the start of your event you will forfeit your entry.

No refunds will be given after the entry deadline.

Please note that the venue is limited and your warm up/stretching will be limited to a small staging area and a warm up area. You will have access to ergs in the warm up area 15 minutes before your race.

Upon arrival, please sign in at the registration desk. You will be given an information sheet that details your event#, flight#, erg#, warmup time and race time. Please keep that sheet with you at all times and give it to the race official that is overseeing the erg you have been assigned to race on. At the conclusion of the race, the race official will note your time on the sheet and you will be asked to initial it to verify the correct time.

Please note that your flight might be combined with another event/category to accommodate events that are oversubscribed or undersubscribed. Your time will count for the event that you entered.

Medals will be awarded for First, Second and Third place.

Please weigh in no later than one hour before your race. Weigh in opens at 7:30am.

Lightweight Men: max 165 pounds.

Lightweight Women: max 135 pounds.

This event is a USRowing Registered Regatta. All races are 2000 meters in length except for the Novice events at 1000 meters. All competitors must have a USRowing waiver (can be done on Regatta Central online). Novice is defined as a competitor who has never rowed on the water (i.e. crossfit or parent or relative of a rower) or has less than one year of rowing experience.

Competitors under age 18 must have a parent or guardian's signature (again ok to be done online).

All races will be held on Concept 2 Model D ergs.

Ergs are equipped with the Concept 2 electronic timing system.

Racers and spectators can watch their performance on a screen during all races.

Competitors may set their ergometer to the fan setting of their choice, but may not alter these settings after the race has started.

FOOD & LOCKERS

There will be plenty of food available at the Convention Center.

There are no locker rooms available at this venue.