

# Leander Indoor Rowing Championships

## “Hammer” the Erg 2025

### Event Information Package

#### **1. EVENT DATE**

Saturday, January 11, 2025

#### **2. CHAMPIONSHIP FACILITY INFORMATION**

St. Mary CSS - Main Gym

Address: 200 Whitney Ave, Hamilton, ON

Course: 14 racing ergometers, 20 warm-up ergometers

Race Distance: 2000 meters, 1000 meters, 500 meters, 1 minute

Parking: 250 car parking lot

#### **3. ENTRY FEES AND DEADLINES**

**Standard Entry Fee:** \$10 per single entry (plus seat fees and tax)

**Standard Entry Deadline:** January 6th, 2025

**Late Entry Fee:** \$20 per single late entry (plus seat fees and tax)

**Late Entry Deadline:** January 8th, 2025

All entries will be completed using Regatta Central. An entry is only valid when all crew members are named and the entry fee is submitted.

No late entries will be accepted beyond the 8th of January.

#### **4. REGISTRATION AND ELIGIBILITY**

##### **Registration:**

All athletes are required to check-in with photo identification at the registration desk and pick up their registration card.

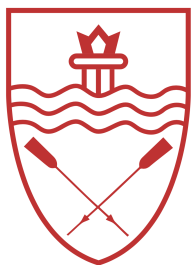
##### **Eligibility:**

**Coxswain:** Primarily a coxswain. Must have coxed a rowing race in a sanctioned regatta at least once during the previous regatta season in 2024.

**Bantam:** Must be 18 or younger up to and including December 31, 2025. Born 2007 or earlier. Must not have competed at CSSRA, CORA, ROWONTARIO or Henley in the previous regatta season in 2024.

**Rec:** Must be 19 or older up to and including December 31, 2025. Born 2006 or later. Must not have competed at CORA, ROWONTARIO or Henley in the previous regatta season in 2024.

**Crossfit:** Must be 18 or older up to and including December 31, 2025. Born 2007 or later. Must not have competed at CORA, ROWONTARIO or Henley in the previous regatta season in 2024. Must not be registered with a rowing club in Canada.



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- U17: Must be 16 or younger up to and including December 31, 2025. Born 2009 or earlier.
- U19: Must be 18 or younger up to and including December 31, 2025. Born 2007 or earlier.
- U23: Must be 23 or younger up to and including December 31, 2025. Born 2003 or earlier.
- Open: Open to all.
- Novice: Must have raced as a University Novice during the 2024 Fall season.
- Masters: Must be 27 years or older up to and including December 31, 2025. Born 1998 or later. The regatta will have three age divisions, A-C, D-E and F+. Results will be based on raw (un-adjusted) scores.
- Lwt: Men - 75 kg, Women - 61.5 kg

### **5. SCHEDULE OF EVENTS**

Registration desk and weigh-ins open at 7:30 am.

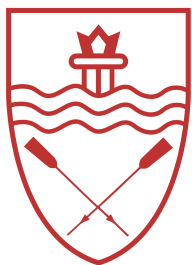
Registration closes at 12:30pm and weigh-ins close at 11:00am. Lightweight rowers must weigh at least thirty minutes before their scheduled race time. If a rower exceeds weight, they shall race in the lightweight event but their time will be shifted up a weight class in the results.

The first race will start at 8:00 am. There will be a short break to allow for transitions and awards between events 13 and 14 as well as between events 19 and 20.

### **6. COMPETITION SCHEDULE**

The order of the events at Leander Indoor Rowing Championships shall be as follows:

1. Masters Men (A-C) 1k
2. Masters Men (D-E) 1k
3. Masters Men (F+) 1k
4. Masters Women (A-C) 1k
5. Masters Women (D-E) 1k
6. Masters Women (F+) 1k
7. Bantam Men 1k
8. Rec Men 1k
9. Bantam Women 1k
10. Rec Women 1k
11. Crossfit Men 1k
12. Crossfit Women 1k
13. Coxswains Crawl 500m
14. HAMMER Challenge (U17/U19 Men) 1min.
15. HAMMER Challenge (U17/U19 Women) 1min.
16. HAMMER Challenge (U23/Open Men) 1min.
17. HAMMER Challenge (Masters Men) 1min.
18. HAMMER Challenge (U23/Open Women) 1min.
19. HAMMER Challenge (Masters Women) 1min.
20. U17 Lwt Women
21. U17 Women
22. U17 Lwt Men
23. U17 Men
24. U19 Lwt Women



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25. U19 Lwt Men  
26. U19 Women  
27. U19 Men  
28. U23 Lwt Women  
29. U23 Women  
30. U23 Lwt Men

31. U23 Men  
32. Novice Women  
33. Novice Men  
34. Open Lwt Women  
35. Open Women  
36. Open Lwt Men  
37. Open Men

Events 1 through 13 will run in 10-minute intervals, events 14 through 19 will run in 5-minute intervals, and events 20 through 37 will run in 15-minute intervals. Events with more than 14 entries will be run over the course of two or more intervals. Events with less than 10 entries shall race during a similar race interval, at the discretion of the regatta organizing committee.

### **7. SPORT SPECIFIC RULES**

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

The Leander Indoor Rowing Championships will be hosted and staged according to the 2022 RCA Rules of Racing, with the following exceptions:

- 2.8 No age adjustment shall be applied to the masters events, results will be based on raw scores.
- 2.10 Lightweight athletes shall weigh no more than 75 kg for men and 61.5 kg for women

### **8. THERAPY / MEDICAL SERVICES**

Leander First Aid Team, coordinated by Kaitlyn Akitt.

### **9. ACCREDITATION**

All competing athletes must have in their possession at the championship a piece of identification which bears their picture (acceptable I.D. includes current student cards, driver's license, passport).

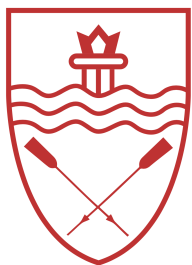
Athletes will be required to show photo identification at the registration desk when picking up their registration card.

### **10. TICKETING**

N/A - No admission or parking fees

### **11. SPORTS INFORMATION / RESULTS**

Results will be available online at [RegattaCentral.com](http://RegattaCentral.com) and posted at the venue.



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#### **12. AWARDS PRESENTATION**

Medals and championship T-shirts will be awarded to the winner of all events with more than one entry. Awards will be presented as they are announced throughout the day at the medal presentation area.

In addition, the following awards will be announced throughout the day:

- **Junior Hammers:** Goes to the Club with the most points\* in Junior events (7, 9, 20-27).
- **Senior Hammers:** Goes to the Club with the most points\* in Senior events (28-37).
- **Master Hammers:** Goes to the Club with the most points\* in Master events (1-6, 8, 10).
- **Men’s Hammer Champion:** Goes to the athlete that achieves the furthest distance in the Men's HAMMER Challenge (events 14, 16 & 17).
- **Women’s Hammer Champion:** Goes to the athlete that achieves the furthest distance in the Women's HAMMER Challenge (events 15, 18 & 19).
- **Diversity & Inclusivity:** Goes to the club with the most points as defined by the chart below (please note that these only apply to registered competitors and each club must complete and submit a D&I award application form to the registration desk before 12:30pm, more details are the on application form):

D&I Element	Description	Max. points
Age	Youngest at the event, oldest at the event, Baby Boomer (1946-1964), Gen X (1965-1979), Millennial (1980-1994), Gen Y (1995-2012), Gen alpha (2013+).	6
BIPOC	Black, Indigenous, People of Colour	6
Language	Number of competitors fluent in a spoken language other than English	3
Disability	Number of competitors with a disability requiring accommodations in training and/or racing	4
LGBTQIA 2S+	Number of competitors who identify as LGBTQIA2S+	6

\*Points system for awards



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- One point for each entry in each qualifying event (to a maximum of two points per event)
- Three points for every 1st place finish
- Two point for every 2nd place finish
- One point for every 3rd place finish
- One bonus point if the club has an entry in the Coxswain Crawl (one entry may count towards multiple awards, but multiple entries does not count for multiple points)
- In the event of a tie, teams will be assessed for diversity & inclusivity (see chart above)

### **13. EQUIPMENT**

Warm-up and racing ergs will be provided by Leander Boat Club and the St. Mary CSS rowing team.

Coaches and coxswains will not be permitted in the race area during racing.

### **14. VOLUNTEERS**

This event requires a large number of volunteers. For details on how you can get involved please contact Kaitlyn Akitt (lbcmasters@gmail.com).

### **15. ADDITIONAL INFORMATION**

Please refer to Regatta Central for updates and more information:  
<https://www.regattacentral.com/regatta/>