

Australian Indoor Rowing Championships (AIRC) Competitor Information.

The AIRC is open to all.

Age Categories.

Single distance events e.g. 2000m

- Under 14 years
- Under 16 years
- Under 19 years
- Open / Masters

Open / Masters categories are defined as 20 – 29yrs, 30 – 39yrs, 40 – 49yrs, 50 – 54yrs, 55 – 59yrs, 60 – 64yrs, 65 – 69yrs, 70 – 74yrs, 75 – 79yrs, 80 – 84yrs, 85 – 89yrs, 90 – 94yrs, 95 – 99yrs, 100+

Relays

- Under 19 years
- 20 – 39 years
- 40+ years

Your age category is your age on the date of the competition.

Team relay age bracket is the average age of the team.

Para Classifications.

Para events will be held across all distance events and age divisions within classifications of PR1, PR2 and PR3. For further information on para rowing classifications, please contact Rowing Australia.

Registration.

All competitors should be registered with enough time to warm up, weigh in (if competing in the lightweight division), and be familiar with the event flow. You may have to queue. Bring proof of age in case asked. You will be given a registration card.

Waivers.

All competitors must have signed an AIRC event waiver to race.

Lightweight and Weigh in.

Lightweight limits are 75kg (Men) and 61.5kg (Women) There are no lightweight division for under 19years.

If you are entering as a lightweight;

- Weigh in between two and one hour prior to the scheduled start time of your first race.
- You only need to weigh in once;
- Weigh ins to be completed in race attire.
- Once weighed in as a lightweight, your registration card will be stamped as verification.

If you are entered in a lightweight category, and do not make weight, you will be accommodated where entries allow, in the respective open division for that race.

Schedule.

The AIRC event schedule will be posted on the Rowing Australia website and emailed to you at least 48 hours prior to the AIRC. This is a draft format and is subject to change.

Medals.

Medals will be awarded to the top three place getters (or teams in the relay) of each distance, age and weight category where there are four or more entries. Where there are fewer than 4 entries a gold medal will be awarded.

Health and Safety.

There will be medical staff available, however

- Play it safe: If you have a potential health issue, inform the medical staff before your race so they can better respond if an emergency arises.
- Play it smart: Be smart about what you eat in the hours before a race. Make sure you are sufficiently hydrated.

Race Day.

Warm up.

There are separate rowing machines and area to warm up and cool down. Please give priority to competitors racing in an event before yours.

Before the start.

- An event marshall / official will invite you onto the competition rowing machines
- Each rowing machine is numbered. Go to your assigned machine.
Confirm that your name is on the monitor.
Alert an official if your name is not on your monitor.
Hand your Athlete Registration Card to a Timer.
- Get settled quickly. The monitor will display "okay to warm up"
- Adjustments are allowed to the seat, foot stretcher, vent, and drag factor only. Vent and drag factor may not be changed once the race has started. The drag factor of your machine is displayed in the bottom right hand corner of the monitor. To adjust the drag factor to the setting you want to race on adjust the damper lever and row 2–3 strokes.

Race Start

- Approximately one minute before the start, an official will ask that you to stop rowing and put your handle down.
Your monitor display will change to show "Stop, prepare for start." Once this screen appears, you will not be able to change the display.
- The race controller will announce that the race is going to start and tell you to pick up your handle. When you pick up the handle do not pull on it as you may trigger a false start.
- WATCH YOUR MONITOR. It will display "Sit ready," "Attention," "ROW." Once it displays "ROW" start racing.

Important

The time between "Attention" and "ROW" is different for each race to prevent people from trying to predict the start.

If a **false start** occurs, the monitor will display "False Start" and will list the lanes responsible. Stop rowing and put the handle back in the handle hook.

Competitors who make more than one false start in a single event may be disqualified at the discretion of regatta officials.

During the Race

If your erg becomes disconnected from the Concept2 Venue Racing System **DO NOT STOP ROWING**. After about 10 seconds the PM5 monitor will display “KEEP ROWING” at the bottom of the screen. All data is retained on the PM5. Your time will be recorded on your Registration Card and entered manually into the race system.

If any other mechanical problem develops early during an event alert an official immediately. You may be moved to an unoccupied erg or be rescheduled following an appropriate rest period.

Remember that information on the PM5 monitor reflects times and positions for your section (“flight”) of ergs only. Your event may use more than one flight and in that case your monitor does not reflect your place in the overall event. Row your best race.

End of the Race

- Alert medical staff, or official immediately if you feel unwell.
- BE SURE YOUR TIME IS RECORDED CORRECTLY on your registration card.
- Stay at your erg until instructed to leave.

Enjoy.

RACE START SEQUENCE

PM3/PM4/PM5 VIEW DURING THE START SEQUENCE

When all rowers are at the sit ready position, the starter will begin the START SEQUENCE

2000 _m	0 _%
:00 _{/500m}	
:00.0 _{ave}	_{/500}
 Sit ready	

This is the first screen that will show on your PM3/PM4/PM5 display.

2000 _m	0 _%
:00 _{/500m}	
:00.0 _{ave}	_{/500}
 Attention	

Followed pretty quickly by this one.

There is a random time delay of one to two seconds between **Attention** and **ROW**.

2000 _m	0 _%
:00 _{/500m}	
:00.0 _{ave}	_{/500}
ROW	

Begin rowing when **ROW** is visible on your display. If you start early the computer will false start you.

PM3/PM4/PM5 RACE SCREEN

PM3/PM4/PM5 VIEW DURING DURING A RACE

1530 _m	32 _{$\frac{m}{m}$}
1:42 _{/500m}	
1:53.2 _{ave}	_{/500}
1 Rob Waddel	+23 _m
4 Steve Redgr	+ 9 _m
5 Dick D.	
6 Pete D.	-12 _m

The top half of the screen shows your personal information, as usual. You can press the **UNITS** button to reach your desired units.

- ◀ This line shows the rower in first place.
- ◀ This line shows the rower ahead of you.
- ◀ This line will always show you, even if you are in 1st place.
- ◀ This line shows the rower behind you.

This example shows what Dick D. will see during the race. He is in fifth place, Pete D. is 12 meters behind him and Steve Redgrave is 9 meters ahead of Dick. Rob Waddel is leading the race and 23 meters ahead of Dick.