<u>Welcome to the 2024 US Lightweight Indoor Rowing National Championships!</u>
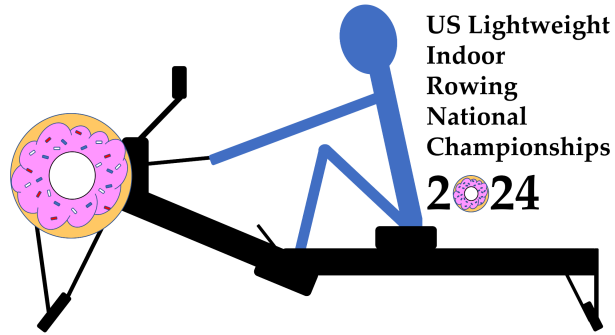
We are excited to offer this opportunity for US lightweight rowers (and other people looking for fun regatta) to race.

This regatta will take place virtually and competitors are responsible for their own facilities and equipment. Competitors will follow all local regulations and safety procedures. This event is not affiliated with USRowing.

There are two options to compete in this regatta: asynchronous and live. The live portion will take place on **March 16, 2024**. The asynchronous portion will take place March 10 - March 16, 2024. Competitors may compete in both options and may enter as many events as they are eligible for.

<u>If you would like to enter an adaptive event, please email usltwtirnc@gmail.com</u>, and we will add the event to Regatta Central.

All competitors are responsible for the information included in this packet.

We are Using Concept2 ErgRace software again this year. To compete in the live racing, competitors will need a Concept2 RowErg with a PM5, a phone or tablet with the ErgRace app (free), and a Concept2 logbook account (free). If you do not have access to a Concept2 RowErg with a PM5, you can compete in the asynchronous events.

Gear is available at:
bonfire.com/usltwtirnc2024
You'll want to be one of the cool kids sporting this gear!

Schedule
- Racing for the first event will start at 11:00 am Eastern time.
- The schedule is posted at:
  https://docs.google.com/spreadsheets/d/1X2cu9W-Xu9NJg18F-pG4RiP5Jm6fuBrAF0BHwGf-F2Y/edit?usp=sharing

11:00 AM	Men's 1x - Lightweight, Not Quite Ltwt, Former Ltwt, Never Ltwt
11:15 AM	Women's 1x - Lightweight, Not Quite Ltwt, Former Ltwt, Never Ltwt
11:30	Men's 1x - Flyweight
11:45	Women's 1x - Flyweight
12:00 PM	All 2x
12:15 PM	All 4x

- The regatta will be hosted on Zoom, with a live announcer, so competitors can see and talk to each other
- There is no schedule for the asynchronous events. Complete those as your schedule permits at your home club anytime from March 10 - March 16, 2024.

Registration:
- Entries will be submitted on RegattaCentral at: https://www.regattacentral.com/regatta/?job_id=8858
- Payment is due in RegattaCentral at the time of entry.
- Competitors must complete the waiver and line-ups in RegattaCentral prior to the entry deadline.
- No refunds will be given. This includes withdrawals or if a competitor is unable to make their race time, or failure to connect via the ErgRace platform.
- International competitors are welcome to participate in this event
- When entering a live event, competitors will choose their Age Group Division during registration.
- When entering an asynchronous event, competitors will have the option to choose their Age Group Division and Concept2 (if competing on a Concept2 rowing machine) or "Other" is competing on any other rowing machine.
- If you would like to enter an adaptive event, please email usltwtirnc@gmail.com, and we will add the event to Regatta Central.
- By registering for an event, all competitors agree to abide by the Race Committee's decisions as final.
- This event is not affiliated with USRowing and USRowing membership is not required.

Entry Deadlines:
- Live events
  - Early (discounted) registration runs until January 31, 2024
  - Regular registration runs from February 1 - March 12, 2024
- Asynchronous events
  - Early (discounted) registration runs from January 31, 2024
  - Regular registration runs from February 1 - March 16, 2024

Entry Fees are as follows:

	Regular Entry	Early Entry!
Asynchronous 1x	$20	$18
Asynchronous 2x	$22	$20
Asynchronous 4x	$24	$22
Live 1x	$27	$25
Live 2x	$32	$30
Live 4x	$46	$45

Classifications

- Weight Classes:
  - **Lightweight:** Men less than or equal to 165 lbs; Women less than or equal to 135 lbs
  - **Flyweight:** Men less than or equal to 140 lbs; Women less than or equal to 115 lbs
  - **Not quite a lightweight, but close:** Men between 165 lbs and 175 lbs; Women between 135 lbs and 145 lbs
  - **Former lightweight:** Raced as a lightweight at some point in your rowing career, but those days are behind you
  - **Never been a lightweight:** Just happy to compete at this event and have no desire to stand on any kind of scale. (At other regattas, this category is referred to as "heavyweight" or "open weight.")

- Age Categories (ages are determined as of Dec 31, 2024):
  - **Open:** A competitor of any age may compete in the open category.
  - **U15:** A competitor may compete in the U15 category until December 31 of the year of their 14th birthday.
  - **U17:** A competitor may compete in the U17 category until December 31 of the year of their 16th birthday.
  - **U19:** A competitor may compete in the U19 category until December 31 of the year of their 18th birthday.
  - **U23:** A Competitor may compete in the U23 category until December 31 of the year of his or her 22nd birthday.

- ○ **Master:** A Master is a Competitor who has attained, or will attain, the age of 21 during the current calendar year. A Competitor's age is determined as of December 31 of the current calendar year. A Competitor thus becomes a Master on January 1 of the year of his or her 21st birthday.
    - ■ Masters Categories: (AA) 21 to 26 years; (A) 27 to 35 years; (B) 36 to 42 years; (C) 43 to 49 years; (D) 50 to 54 years; (E) 55 to 59 years; (F) 60 to 64 years; (G) 65 to 69 years; (H) 70 to 74 years; (I) 75 to 79 years; (J) 80 to 84 years; (K) 85 and over; 49 and under; 50 and over
    - ■ For this regatta, masters must row in their designated age category (no rowing up or down). Masters may row in open or U23 categories, if they are eligible.
    - ■ For team events, the category is determined by the average age of the competitors in each entry, rounded down to the nearest whole number.
    - ■ No time handicaps will be applied.

- ● Adaptive Classifications
    - ○ If you qualify to race in an adaptive or inclusive category. We'd be happy to add it. Please email usltwtirnc@gmail.com
    - ○ All Rowers racing in Adaptive Rowing Races shall be classified before competition, either by self-classification or by a USA or FISA Classification Panel. Self-classification is permitted in all events.
    - ○ Rowers may compete in a more functional sport class than their assigned sport class but not in a less functional sport class.

- ● Boat Classes
    - ○ **1x: 2000m.** Single individual racing 2000m
    - ○ **2x: 1000m per person.**
        - ■ <u>Live racing:</u> Two rowers racing to complete 2000m total. Each of the two rowers will row approximately 1000m. Depending on the relative speed of the rowers, one rower may row more than 1000m and the other may row fewer. If a team member loses connection to the race server, the additional meters will have to be rowed by the other team member.
        - ■ <u>Asynchronous racing:</u> Each rower will race exactly 1000m and submit their results in RegattaCentral
    - ○ **4x: 500m per person.**
        - ■ <u>Live Racing:</u> Four rowers racing to complete 2000m total. Each of the four rowers will row approximately 500m. Depending on the relative speed of the rowers, some rowers may row more than 500m and some may row fewer. If a team member loses connection to the race server, the additional meters will have to be rowed by the other team members.
        - ■ <u>Asynchronous racing:</u> Each rower will race exactly 500m and submit their results in RegattaCentral

○ **Mixed boats:** Must consist of 50% athletes of any gender and 50% athletes assigned as female at birth..

The following events are offered at this regatta. The event list is the same for the asynchronous and live portions of the regatta. In RegattaCentral, rowers will choose their event(s) and will have the opportunity to choose the appropriate age division during registration.

	Men/Women Lightweight	Mixed Lightweight	Men/Women Flyweight	Men/Women Not quite a lightweight	Men/ Women Former lightweight	Men/Women Never a lightweight (Heavyweight)
U15	1x					
U17	1x					
U19	1x, 2x, 4x	2x, 4x	1x	1x		1x
U23	1x					
Open	1x, 2x, 4x,	2x, 4x	1x	1x	1x	1x
Masters AA - K	1x					
Masters Under 50	2x, 4x	2x, 4x	1x	1x	1x	1x
Masters Over 50	2x, 4x	2x, 4x	1x	1x	1x	1x

Competitors may set the damper to individual preferences prior to the start of the race, but the damper may not be adjusted during the race.

Live Racing

Live racing will take place via the ErgRace app on March 16, 2024, starting no earlier than 11:00 Eastern Time.   The schedule is posted at https://docs.google.com/spreadsheets/d/1X2cu9W-Xu9NJg18F-pG4RiP5Jm6fuBrAF0BHwGf-F2Y/edit?usp=sharing It will be updated after events close. Depending on entries, races may combine events, but awards and results will still be based on individual categories.

This page (https://www.concept2.com/service/software/ergrace-online/competitors) describes the requirements to connect your Concept2 rowing machine to the ErgRace app and has a 2 minute video walking through the process. You'll need a Concept2 rowing machine with a PM5, a phone or tablet with the ErgRace app (free), and a Concept2 logbook account (free). Athletes should be on their competition erg and connected at least 20 minutes prior to the start of their race. All events will be run on time and will not wait for any athlete that is not connected. **Competitors are required to read the requirements to connect and view the video prior to race day.**
https://www.concept2.com/service/software/ergrace-online/competitors

If your rowing machine loses connection with the server after you have started racing, your monitor will tell you to "Keep Rowing". Keep rowing while you see this message! Complete your race and the system will send your data as soon as the internet connection is restored. If the app is unable to process results automatically, email your results (including a photo with the verification code) to usltwtirnc@gmail.com

Equipment for live racing
- Competitors must provide and use the following equipment to compete:
  - Concept 2 rower (any model) with a PM5 performance monitor (upgraded to current firmware)
  - A phone or tablet with the free ErgRace app
    - Android: https://play.google.com/store/apps/details?id=concept2.ergRaceMobile.Release
    - Apple: https://apps.apple.com/gb/app/ergrace-mobile/id1509799588
  - A free Concept2 Logbook Account https://log.concept2.com/
  - Slides or any other additional equipment are not permitted.
- Prior to the regatta, Concept2 recommends you try the short test race in the app before your race. This will allow you to make sure your system is able to take part in ErgRace Online as well as making you familiar with how it will work in the actual race itself.
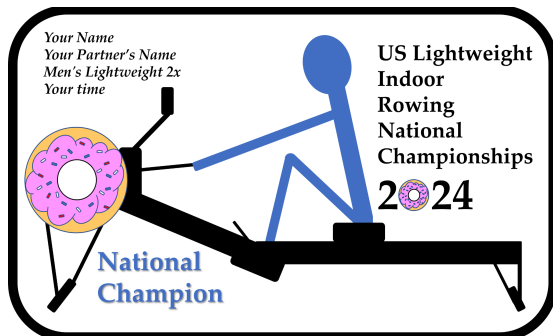
Awards for live racing for US Competitors
Awards will be presented for the winner of each event in the live portion of the regatta. The fastest US entrant in each category will be designated as National Champion and receive a

magnet, personalized with the race logo, the winner's name, event, and winning time. At the time of registration, each competitor must provide an address in order to receive shipment of any awards won. Awards will not be presented for exhibition events.

Awards for live racing for International Competitors
International competitors are welcome and encouraged to participate in this regatta! If the winner of an event is not from the United States, that entry will receive a personalized magnet with the phrase "Winner" instead of "National Champion." Winning international competitors will be asked to pay international postage to ship awards. (Patience is also requested, as that process may take longer.)

Sample of award:

Results will be posted on RegattaCentral.

Weigh-in procedures for live racing:
- Competitors competing in Lightweight, Flyweight, and Not a lightweight, but close categories are required to weigh in. These are the "weight category" events.
- Competitors in the Former lightweight and Never been a lightweight categories are not required to weigh in.
- Competitors in a weight category event are required to weigh in wearing racing clothes between two hours and one hour before the scheduled start of their event. (Shoes are not required.)
- If racing multiple events, competitors are only required to weigh in prior to their first weight class event.
- Confirmation and Documentation of weigh-in must be submitted via the google form on https://usltwtirnc.com/weigh-in-submission/ at least 30 minutes prior to the scheduled race time.
  - Competitors will include their weight, the time of weigh in (in the Eastern time zone), name of the competitor, event number, and event name.
- U23, Open, and Masters competitors in weight category events must include photo evidence of the weigh-in
  - Photo evidence needs to show the competitor on a digital scale in racing clothes with the reading visible along with a date and time (this could be by including the

home screen of a phone showing the date and time). If necessary, multiple photos per athlete are permitted.
- Sample set of photos
- U15, U17, and U19 competitors will not submit photo evidence of weigh-in, but are still required to complete the google form at https://usltwtirnc.com/weigh-in-submission/ to confirm that competitors weighed in wearing racing clothes between two hours and one hours before the scheduled start of their event. This form must be completed at least 30 minutes prior to the scheduled race time.
- For team events (2x and 4x), all weigh-in confirmation and documentation shall be submitted together.
- If racing multiple weight category events, competitors will only need to weigh in once, but need to complete the confirmation and documentation google form for each event. This can be completed any time between the initial weigh in and 30 minutes before each event.
- If the second, third, fourth, or fifth (... or sixth?) event for a competitor is a team event, the information from the initial weigh in should be included with the team submission.
- Final race results will not be official until weigh-in submissions for a particular race have been audited and verified.
  - Upon completion of racing, regatta officials will verify weigh-ins submissions. The officials will verify competitors correctly followed the weigh-in procedures. The penalty for not following the weigh-in procedures is exclusion. (The process will be similar to verifying boat weights following an in-person regatta.)
- It is the responsibility of the competitor to ensure the weigh-in is accomplished safely and per the rules.
- Competitors are responsible for racing at a weight that is personally safe and healthy. We recommend consulting a doctor before beginning any weight loss programs and to verify what weight ranges are healthy for each competitor.

Asynchronous Racing

Asynchronous racing will take place from March 10 - March 16, 2024. Competitors will race on their own equipment, on their own schedules. The race piece must be completed March 10 - March 16, 2022. (Note: if you are racing another regatta during this time, you are welcome to use your time from that event for the asynchronous portion of this regatta.)

Submitting results for asynchronous racing:
- Log in to regattacentral.com then go to "my entries." Choose "submit results." Enter your time(s) and submit. For 2x and 4x team entries, the times of each team member will be submitted.
- Please take a photo of your screen showing the results of the piece. The regatta officials reserve the right to request a photo of the results for verification.

Equipment
- Competitors may compete on any rowing machine that records time and meters. During registration, you will choose your age category and either "Concept2" or "Other." If you are rowing on any rowing machine other than a Concept2, choose "Other." (If you are on a Concept2 with slides, choose "Other.")

Awards for asynchronous racing
No awards will be presented for asynchronous events.
Results will be posted on RegattaCentral.

Weigh-in procedures for asynchronous racing:
- Weigh in for the asynchronous events is on the honor system. No documentation is required.
- Competitors competing in Lightweight, Flyweight, and Not a lightweight, but close categories are required to weigh in. These are the "weight category" events.
- Competitors in the Former lightweight and Never been a lightweight categories are not required to weigh in.
- Competitors in a weight category event are required to weigh in wearing racing clothes between two hours and one hour before they start their race piece. (Shoes are not required.)
- If racing multiple events, competitors are only required to weigh in prior to their first weight class event.
- It is the responsibility of the competitor to ensure the weigh-in is accomplished safely and per the rules.
- Competitors are responsible for racing at a weight that is personally safe and healthy. We recommend consulting a doctor before beginning any weight loss programs and to verify what weight ranges are healthy for each competitor.