

11th Annual Erg Classic – January 20, 2024

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Directions:

Location:

**Don Bosco Prep High School
492 N Franklin Tpke, Ramsey, NJ 07446**



Rower/Coach Entrance:

Immaculata Gymnasium - Building is on your left as you enter the main entrance from Franklin Tpke. (see below). Please enter the **left** side door of Immaculata. You will see posted signs that say "Rowers/Coaches Only".



Check-in:

All rowers and coaches entering the building will need to check-in. Once you are checked in you will be requested to wear a wristband.
Wristbands are required for re-entry to the facility.



Food/Drink:

Rowers may have nutrition/supplement routines that they follow as part of pre-race warmup so they are welcome to bring these to address their individual needs. There are two filtered water machines located in the hallway outside the warmup area.

However, spectators to the Erg Classic are not permitted to bring outside food or drink. Please advise friends or family of this policy and that there will be Food Concessions for food and drink.

FREAK SHAKE

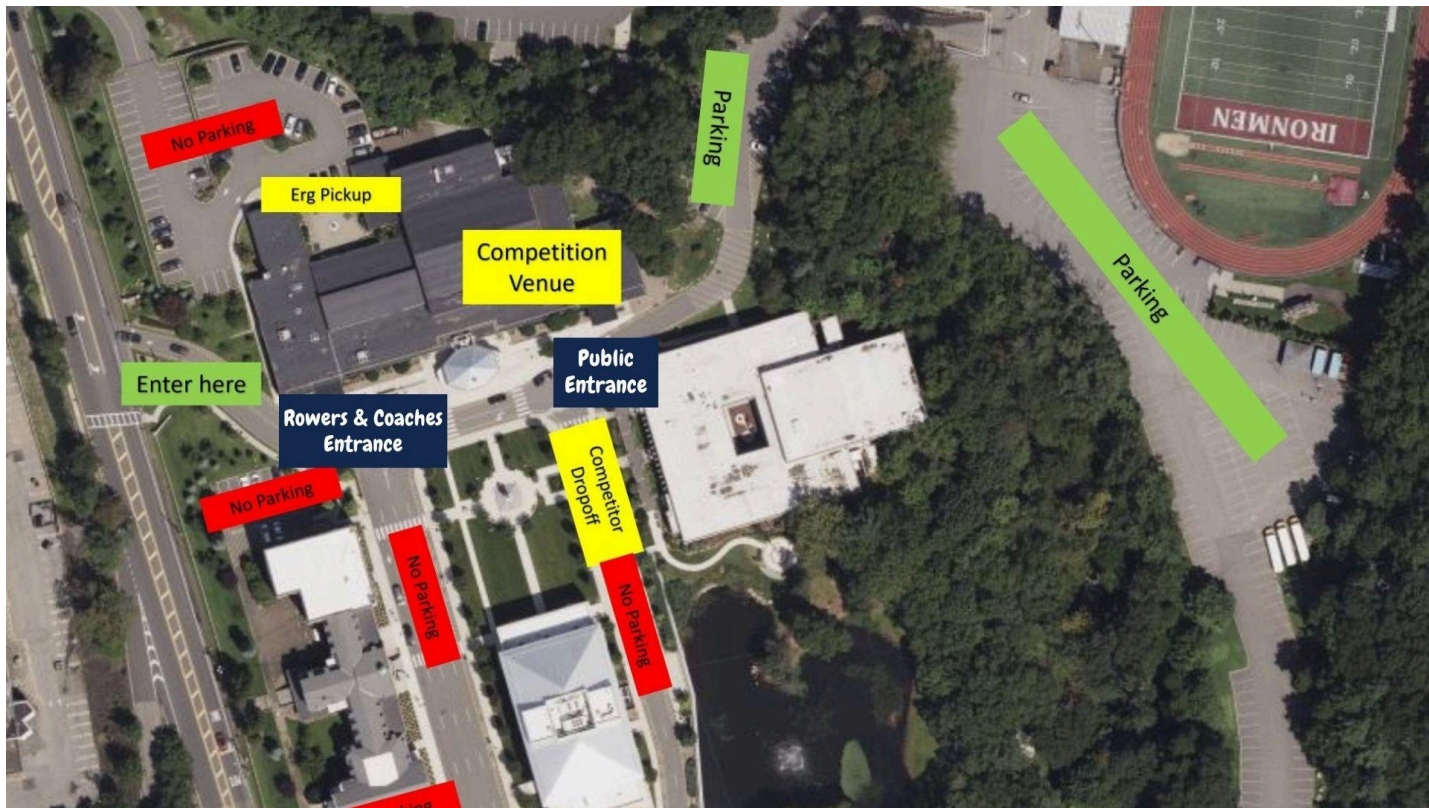
Special offer: We will have free samples of [Freak Shake Endurance Fuel](#) available at the control desk (one per athlete please) along with an ingredients list. Recommended timing is 10-30 minutes prior to your event if you wish to mix it in your water bottle. This product was launched at the Head of the Charles last fall, and you can use promo code **bosco20** for 20% off if you choose to order at

<https://freakshake.co/?vip=bosco&swcfpc=1>



Parking Lots:

Parking lots are located by the football field which is located up the hill and behind the school buildings. Please do not park in front of any building on campus or in the faculty or clergy lots. There are posted event parking signs on campus.



Spectators/General Public:

You are encouraged to invite friends and relatives to attend the Erg Classic. Please advise them that there will be an admission fee. There will also be a Food Concession stand as well as Spirit Wear available for purchase. Tickets can be purchased at the door or in advance online at our web site <https://www.dbcrew.org/erg-classic#h.sjm6uc796qpw> or through our online store <https://dbp-oarsmen-club---erg-classic.square.site/>



Competition Area:

The rowing competition floor is in the main basketball gym and the warm-up ergs are in a room attached to the gym. There will be no access to the locker room during the event. Please note that per school policy athletes may not be bare chested anywhere within the public areas of the athletic building.

Warmup area: Ergs and stretching space are available in the warmup area on a first come first served basis, but other weight/fitness equipment is off limits. We request that you occupy an erg for no longer than 10 minutes immediately prior to the call time for your event in fairness to other competitors.

Area Behind Ergs: Parent volunteers are in the area behind the rowers, they are there to clean the Ergs and provide cool towels for the rowers. Should any rower become ill, EMTs, also located behind the rowers, are available to assist. **In the past, this area has become overcrowded. To maintain safety in this area we have restricted access to a limited number of coaches/advisers per rower.**



Restrooms:

One Men's bathroom is located in the hallway across from the Gym and one Women's bathroom is located in the Front Entrance by the "Public Only" entrance to Immaculata.

Race Results:

We will print out the race results and post them in the Race Results area located across from the Food Concession stand.

Online results link:

<https://regatta.time-team.nl/ironmen/2024/results/events.php>



Medals:

Medals will be awarded for 1st, 2nd, and 3rd place at the Division level within each event, if applicable. Example: Within the Women's Masters 2K event, medals will be awarded for the 30-39 division, the 40-49 division, etc.

For events with >20 entries, we will run multiple "flights" or "rounds" with 20 ergs at a time. Medals will be awarded for the aggregate results across all flights, but the fastest time in each flight will also be recognized with a certificate.

Medals will be available for pickup at the following times. We request that after results are official and posted for your event, you visit the medals table at the next timeslot below. A podium and photo backdrop will be available.

9 AM / 9:15 AM / 9:30 AM / 10:15 AM / 12 PM / 1:30 PM / 2 PM / 3:45 PM / 5PM



Lunch Break:

Lunch Break is from **11:45 PM to 12:15 PM**. Our Food Concession Area will serve Breakfast and Lunch from 8:30 AM to 4 PM. Note that if we are running behind schedule we may continue races during lunch break to catch up.



Media:

By participating in this event you give your consent to appear in photos, videos, or streams/broadcasts.

A Row2K photographer will be onsite. Photos should be available on www.row2k.com.

The event will be broadcast on the Don Bosco Prep Live YouTube channel at <https://www.youtube.com/@DonBoscoPrepOfficial/streams>

A live leaderboard is available at:

<https://regatta.time-team.nl/ironmen/2024/live.php>



Referee and Medical:

Our Chief Referee will be John McKenna. Any protests should be brought to the control desk for adjudication.

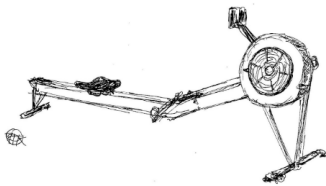
We will have a medical team onsite in case of emergency.

Lightweight weigh-ins:

Scales will be open from 8:00 AM - 12 noon. The scale will be located between the warmup area and the competition floor.

Lightweight classification: 165 or less for adult men, 155 or less for high school men, 135 or less for all women.

Athletes who do not weigh in may be scratched from their race. Athletes who do not meet the weight standards above may be moved into an unoccupied lane in the “open” division of their event, if space is available. Multiple weigh-ins are allowed up until your event start time or 12:00 noon, whichever is earlier.



Erg Purchases:

Ergs can be picked up starting at approximately **5:30 PM**.

Checks should be made out to “*Don Bosco Oarsmen Club*”.

Please ask for **Pat Nash** at the event to finalize arrangements.

Schedule and Heat Sheets:

Schedule and Heat Sheet (“draw”):

<https://regatta.time-team.nl/ironmen/2024/draw/races.php>

(Coaches - click on “Per Club” to see just your club’s entries.

Live leaderboard: <https://regatta.time-team.nl/ironmen/2024/live.php>

Results: <https://regatta.time-team.nl/ironmen/2024/results/events.php>

Starting Sequence & Race Display:

When the race before yours begins, please report to the staging area and make sure you know your erg number.

When your race is called, find your assigned erg and enter from the **rear** of the erg area.

Please **DO NOT touch the buttons** on the erg monitor as everything is centrally controlled! Note: your 500m splits will be available via the [results](#) display on Time-Team - no need for screenshots!

You may begin warming up when you see “OK to Warm Up” on your erg monitor. Your drag factor will be shown on the monitor and you may adjust the damper to your preferred setting.

Starting Sequence:

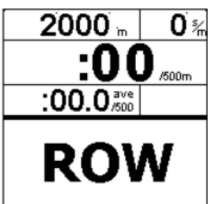
When all rowers are at the sit ready position, the starter will begin the START SEQUENCE



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

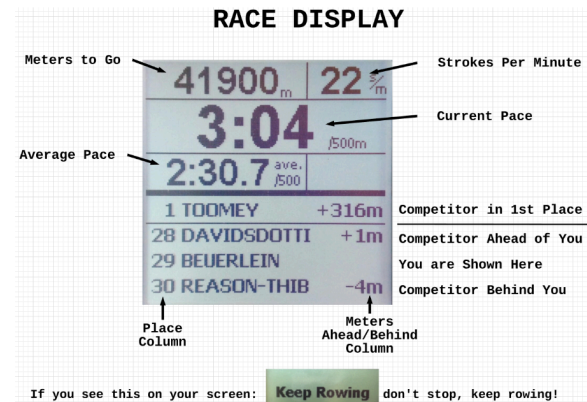


Followed pretty quickly by this one.



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

During the race:



False starts: If a competitor starts before the monitor says ROW, the race will be called back and restarted after all flywheels have stopped rotating. Repeated false starts may result in disqualification, at the referee's discretion.

Technical issues: If there are technical issues during your race, KEEP ROWING and your results will either be recorded manually, or you may be offered the opportunity to re-row your event later in the day.

Thank you for entering the Ironmen Erg Classic!

Questions: boscoergclassic@gmail.com

Visit our Website: www.dbcrew.org