



Saskatchewan Indoor Rowing Championships Regatta Package - Saturday, March 14, 2026

Overview

The Saskatchewan Indoor Rowing Championships (SIRCs) is an annual event held in conjunction with indoor regattas around Canada. SIRCs is meant to bring athletes who participate in indoor rowing together to compete in events that run over the 2000m distance with 1000m races for junior novices. Additionally, there is a 500m team sprint.

Location: Saskatoon Rowing Club - 806 Spadina Crescent West Saskatoon SK

Entries

- a) Entrants must be members of Rowing Canada (RCA) in order to compete
(participants who are not part of these entities who register for SIRCs will have entry fees that cover membership to these organizations)
- b) Entries will close **March 10th, 2020 at 11:59pm Saskatchewan time**
- c) All fees are payable online through Regatta Central
- d) Fees are as follows:
 - a. **SRA Member - \$15 (plus RCA and SRA seat fees)**
 - b. **Non-SRA Member - \$25 (plus RCA and SRA seat fees)**
- e) The regatta draw will be available **March 12th, 2026 5pm CST**
- f) Scratches will not be refundable.

Events

The following events will be offered at SIRC:

Event	Gender	Distance
Master	M/F	2000m
U19/U17	M/F	2000m
Open/U23	M/F	2000m
U19/U17/U15 Novice	M/F	1000m
Team Relay	Masters mixed	2000m

Team Relay	Open U23 mixed	2000m
Team Relay	U19/U17 mixed	2000m
Team Relay	Novice mixed	2000m

*Competitors should choose either gender category (male or female) closest to the one they use to identify themselves

Indoor Event Details

- a) Athletes who are affiliated with a club must compete in their club uniform colours
- b) Races are 2000m with the exception of the 1000m junior novice event.
- c) The Team relay involves 2000m races in which four competitors of which 2 must be female and two must be male, in the same team take turns to compete on the same machine in the same race, subject to the following general rules:
 - a. During a Relay Race, changeover of competitors must take place every 500m as displayed on the performance monitor, the changeover of competitors must take place at these specified points. A competitor must reach the specified changeover point before the next competitor starts.
 - b. Where a competitor changes before reaching the specified changeover point or takes more than 2 rowing strokes after reaching the changeover point then that team shall be awarded a Yellow Card. A team being awarded two Yellow Cards which apply to the same race shall be excluded from the event.
 - c. It is the responsibility of each relay team to change at the correct points. Additional sanctions may be imposed by the Umpire if they consider any competitors have deliberately not changed at the required point.
- d) Athletes are allowed to enter 1 2000m and 1 Team Relay
- e) Awards will be given to the first place finisher in each event distance and for each gender, and age
- f) Masters times will be adjusted for age
- g) Masters will be categorized into like age groups based on World Rowing Age Categories (see Appendix #1)
- h) Masters MUST provide age in order to be classified in the appropriate category. Failure to do so will result in no adjustment.
- i) There will be no lightweight division
- j) Photographs taken in the warmup/staging area, during races, and during winners presentations may be used on the SRA website, posters for programming, and or general publicity of the event

First Aid & Safety

- a) First Aid services will be on site at the event in the warm up area to assist should a medical concern arise
- b) There will also be a first aid kit on site

Exceptions to RCA Rules of Racing

- a) R2.3 - A U15 age category will be included in this event
- b) R4.1.1 - Race distances will vary for the Novice U19/U17/U15 event and will be 1000m, not 2000m

Indoor Regatta Schedule

The following is a provisional schedule for the event. Events that have few entries will be combined when possible. If there are fewer entries, the start time will be pushed back.

Event #	Time	Event
1	9:30am	Masters Men 2000m
2	9:45am	Masters Women 2000m
3	10:00am	Open/U23 Men 2000m
4	10:15am	Open/U23 Women 2000m
5	10:30am	U19/U17 Men 2000m
6	10:45am	U19/U17 Women 2000m
7	11:00am	U15/U17/U19 Novice 1000m
	30min	BREAK
8	11:45am	Team Relay Masters Mixed
7	12:00pm	Team Relay Open U23 mixed
8	12:15pm	Team Relay U19/U17 Mixed
9	12:30pm	Team Relay Novice Mixed

****Awards for top finishers to be awarded at SIRC's Awards Luncheon immediately following the event. 1:00pm Doors open
1:30pm Lunch Served Awards to follow**

**Location: [Glass & Lumber - Event Centre](#)
432 20th Street West,
Saskatoon S7M 0X4**

**Tickets for luncheon must be purchased in advance through
SaskRowing at skrowoffice@gmail.com \$30/person
Deadline to order lunch tickets is March 7, 2026**

Appendix 1 - Masters Age Categories

By-Laws to Rule 32 – Masters

The age of a rower in a Masters rowing event shall be that which he reaches during the year of the event. Masters rowing events shall be held in the following crew age categories:

A >> Minimum age: 27 years

B >> Average age: 36 years or more

C >> Average age: 43 years or more

D >> Average age: 50 years or more

E >> Average age: 55 years or more

F >> Average age: 60 years or more

G >> Average age: 65 years or more

H >> Average age: 70 years or more

I >> Average age: 75 years or more

J >> Average age: 80 years or more

K >> Average age: 83 years or more

L >> Average age: 86 years or more

M >> Average age: 89 years or more

SOURCE: https://www.regattacentral.com/v3/cms/regatta/5536/rules?org_id=0