Saskatchewan Indoor Rowing Championships Regatta Package - Saturday, March 8, 2025

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 challenge. Athletes wishing to participate in the team challenge will have their names randomly drawn to comprise teams of two men and two women with no consideration given to age.

Location: Wascana Rehab Centre 2180 23rd Ave, Regina, SK S4S 0A5

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 4th, 2025 at 11:59pm Saskatchewan time**
c) All fees are payable online through Regatta Central
d) Fees are as follows:
    a. **SRA Member - $30 (plus RCA and SRA seat fees)**
    b. **Non-SRA Member - $40 (plus RCA and SRA seat fees)**
e) The regatta draw will be available **March 6th, 2025**
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	M/F	2000m
U19/U17/U15 Novice	M/F	1000m
Team Challenge	Mixed (2 female, 2 male)	500m

*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 and 500m team challenge.
c) Athletes are allowed to enter as many events as they wish
d) Awards will be given to the first place finisher in each event distance and for each gender, and age, (including the top performing team in the team challenge)
e) Masters times will be adjusted for age
f) Masters will be categorized into like age groups based on World Rowing Age Categories (see Appendix #1)
g) Masters MUST provide age in order to be classified in the appropriate category. Failure to do so will result in no adjustment.
h) There will be no lightweight division
i) All competitors must have paid RCA & SRA membership fees
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
c) R4.1.1 - Team races will be 500m, not 2000m

Indoor Regatta Schedule

The following is a provisional schedule for the event.

Event #	Time	Event
1	10:30am	Masters Men 2000m
2	10:45am	Masters Women 2000m
3	11:00am	Open Men 2000m
4	11:15am	Open Women 2000m
5	11:30am	U19/U17 Men 2000m
6	11:45am	U19/U17 Women 2000m
7	12:00pm	U15/U17/U19 Novice 1000m
8	12:30pm	Team Challenge 500m

****Awards for top finishers to be awarded at SIRC's Awards Luncheon immediately following the event.**
Location Crave Kitchen and Wine Bar - 1925 Victoria Ave Regina SK**
Tickets for luncheon must be purchased in advance through SaskRowing at skrowoffice@gmail.com $30/person

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