Saskatchewan Virtual Indoor Rowing Championships
Regatta Package - March 19, 2022

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 some kind of indoor rowing together to compete in events that run as 1000m and 2000m distances. Individual events are offered over these distances.

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 14th, 2022 at 11:59pm Saskatchewan time**
c) The regatta draw will be available **March 16th, 2022**

Events

The following events will be offered at SIRC:

Event	Gender	Distance
Master	M/F	2000m
CSG U22	M/F	2000m
Open	M/F	2000m
Junior U17/U19 Novice	M/F	1000m

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

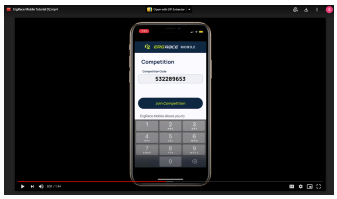
Indoor Event Details

a) SIRCs will be staged as a virtual online event on **Saturday, March 19th, 2022**
b) Racing will take place in 'real time' with the time zone being used for race schedule being **Central Standard Time (CST) (Saskatchewan)**
c) Participants can race in two ways:
    a. **Concept 2 ErgRace Online Mobile App**
    b. **Analogue with Zoom link support**
d) Access to a static Concept2 RowErg and stable internet connection is recommended
e) Athletes who are affiliated with a club must compete in their club uniform colours
f) Races are 2000m or 1000m in distance
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) All competitors must have paid RCA & SRA membership fees

Online Racing Information

The following information is required to participate using the Concept 2 ErgRace Online App:

A short video for participants:



Those participating in the race itself will need:

- A Competition Code—find out more about that in the "Organizing a race" section
- A Concept2 RowErg with a PM5
- The latest firmware for their PM5
- A phone or tablet running iOS or Android
- ErgRace Mobile app from the app store.

ErgRace Online is only compatible with the PM5. You can retrofit a PM5 to all Concept2 ergs.

Links to the "ErgRace Mobile App" are provided below:

iPhone/iPad

https://apps.apple.com/us/app/ergrace-mobile/id1509799588

https://tinyurl.com/yxfp8k9n

Or scan code with your iPhone camera app:

Android

https://play.google.com/store/apps/details?id=concept2.ergRaceMobile.Release

https://tinyurl.com/y2cnud8w

Or try to scan with your Android Camera app or QR Reader App

Participants should ensure the batteries in their PM5 are good (above 30%) and their phone is well-charged before participating.

Analogue Racing Information

Athletes who are racing offline will still race at the same time as those who are racing online. The following Zoom link can be accessed on race day where an official will start the race so that an individual not using the online racing app can still start and finish their race with their respective age and gender group.

Join Zoom Meeting
https://us02web.zoom.us/j/2845053502?pwd=VXhDcTdDUnFiemhCTktxdmt2UVRkdz09

Meeting ID: 284 505 3502
Passcode: rowing

Safety

a) All competitors accept upon entry that they are competing in a very strenuous activity and therefore are in good health and are cleared by a medical doctor to participate in physical activity.
b) As the competition is virtual it is required that competitors do not participate alone
c) Competitors must have a person who can assist them if they require any attention
d) It is the responsibility of the competitors to ensure that they have a clear space around their erg so as to avoid injury
e) If competing at a club venue, it is the competitors responsibility to ensure they are following club rules regarding COVID-19

Indoor Regatta Schedule

The following is a provisional schedule for the event.

Event #	Time	Event
1	9:00am	Masters Mens 2000m
2	9:30am	Masters Women 2000m
3	10:00am	Open Mens 2000m
4	10:30am	Open Womens 2000m
5	11:00am	U22 CSG Mens 2000m
6	11:30am	U22 CSG Womens 2000m
7	12:00pm	U15/U17/U19 Novice 1000m

Appendix 1 - Masters Age Categories

Bye-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