



## **Rules and Regulations**

- ✍ The Concept II® Model C ergometer will be used. You may use the damper setting of your choice, but the setting may not be changed during the race. All races are 2000 meters.
- ✍ All rowers will row only once in a Finals only format. Rowers will compete as a group. Participants will be seeded, based upon erg scores submitted on the entry form, so that each rower will compete against other rowers of comparable abilities. The best time will win each event.
- ✍ Lightweight Divisions: There are Lightweight Divisions within the Junior, Master, Senior, and Veteran events. The lightweight division scores will be tabulated both inclusively and separately in each of these events. Prizes will be awarded to the top male and female lightweight finishers.
- ✍ High School Lightweights cannot exceed the maximum weight restrictions (160 pounds for men; 130 pounds for women).
- ✍ College Lightweights cannot exceed the maximum weight restrictions ( 165lbs Men and 135 lbs Women)

**Note: Any college, master, senior or veteran falling into a lightweight class, will be run as a lightweight event only if there are three or more entries in that specific category. If no other lightweights are entered, entrant will be placed with their peers in their age category.**

## **Events**

- ✍ **1000 meter Bantam Event:** Participants must be enrolled in eighth grade or below.
- ✍ **High School Event** participants must have been born on or before September 1, 1983 and be enrolled in high school as of race day.
- ✍ **High School:** Open to all high school students
- ✍ **Freshman:** Must be a first year high school student at time of event
- ✍ **College:** Participants must be enrolled in a two or four year college at time of event.
- ✍ **Open College:** Open to all college students
- ✍ **Novice College:** Open to all rowers who are in their first year of collegiate rowing.
- ✍ **Open Event:** Open to everyone
- ✍ **Coxswain Events:** Participants must be primarily a coxswain and cannot exceed the maximum coxswain weight High School: (120 pounds for men, 110 pounds for women). College ( 130 lbs men and 120 lbs women)
- ✍ **For All other Events,** age is as of race day.
- ✍ **Masters:** A participant who is age 30-39.
- ✍ **Seniors:** A participant who is age 40-49.
- ✍ **Veterans:** All Veterans (age 50 and over) will row together and be seeded according to submitted erg scores, not age. Prizes will be awarded to veterans within 10 year age categories (see entry form), based on raw (un-handicapped) scores. The number of prizes awarded in each age category will depend upon the number of competitors in the category. In addition, there will be prizes awarded for overall champion of all the veteran age categories, based on handicapped scores.
- ✍ **Medals:** will be awarded for 1<sup>st</sup> and 2<sup>nd</sup> place in all events.