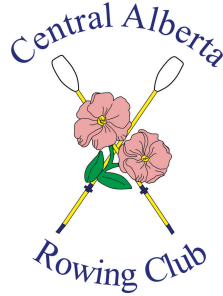


Central Alberta Rowing Club



Alberta Indoor Rowing Championships

Supported by the Alberta Rowing Association

The Central Alberta Rowing Club is once again hosting the annual Alberta Indoor Rowing Championships on Saturday **March 6, 2021**. Unfortunately, on account of AHS protocols this years event will be held virtually but hope to provide a race environment that is similar to years past. Registration should be completed through your coach if possible or by e-mail direct to the Alberta Rowing Association (albertarowing@gmail.com) by 12:00pm on Sunday February 28, 2021. Clubs to send entries in an Excel file in the following column format:

Last Name First Name Club Shirt Size Recent Best ERG Score Event No. Event. Age On 31st Dec 2021

If you are not affiliated to a club, please still send your details in an excel file in the above format.

Directions: See ARA website or the poster.

Events: Start Time: 9:00am

1. Master Women Masters (1000m)
2. Master Men Masters (1000m)
3. Junior Women Novice U15
4. Junior Men Novice U15
5. Junior Women U17
6. Junior Men U17
7. Junior Women Novice U18
8. Junior Men Novice U18
9. U21 Women U21
10. U21 Men U21
11. Senior Women Novice OPEN
12. Senior Men Novice OPEN
13. Lightweight Women Lightweight
14. Lightweight Men Lightweight
15. Open Women OPEN
16. Open Men OPEN

Event Notes:

All events except Masters will be 2,000m.

Categories:

U15: Under 15 athlete cannot turn 15 in the year of competition

U17 Under 17, athlete cannot turn 17 in the year of competition

U21: Under 21, athlete cannot turn 21 in the year of competition

Open – Implies anyone of any age can register in said event

Novice: An athlete who first started rowing later than September 1, 2020

Master: Age 27 or greater

Lightweight Women: 135lbs

Lightweight Men: 165lbs

Note: There are no weight categories for junior, novice, and master events. Weigh-ins will be on the honour system

Event Format:

All races will have a set start time and the race will be carried out over Zoom. Following each race - athletes will be required to show everyone their final 2K score, and then submit said score to garner an official ranking. Athletes who fail to show up for their allotted race time will be considered ineligible for the event.

The ARA is aware that clubs have a limited supply of equipment. CABC will work with all clubs to ensure that everyone who wishes to participate will get a race. However, some athletes may be placed in an event of "equal competitiveness" to the one they registered for, so as to accommodate equipment shortages. Regardless of the race an athlete finds themselves competing in, the score of said athlete will be identified in the appropriate race category.

Event Check-in:

Athletes will be provided with the Zoom link 24 hours before their allotted start time. Athletes will be asked to log into the event 10 minutes before their anticipated start time.

Awards:

Medals will be awarded for first place finishes.

Fees:

The cost for this years event is Free!

Use of Concept 2 slides.

If slides are required for medical reasons, the athlete or club must supply the slides. Their race time will be published. However, they will not be eligible to win the first place medal in their category.

Masters rowing in 2k Open category.

It is permitted for Masters to row in the 2k Open category in addition to the 1k Masters category. However, CARC reserves the right to restrict Masters to the 1k event, if there are too many entries in the 2k Open events.