

Hampton Roads Erg Pull

Event Information and Rules

- First Race Starts at 8:30 A.M. Sharp
- Races will be on 15 minute centers
- Racers will be seeded according to their stated best 2k erg time. The fastest rowers will be in the last flight for each event. So when you submit you're erg score.....be honest . . . or you'll be sorry!
- All Participants must sign a waiver form which must accompany entry packet. High School Teams may have onsite your school club waivers in lieu of submitting race waivers. The waiver may also be completed electronically through the RegattaCentral online entry process
- Warm up Ergs will be available for all participants.
- All races are 2,000 meters, except for the Coxswains and team challenges which will be 1,000 meters and the 10k / 5k races ...duh!
- You may race as many times as you wish....Although we're not sure why you would!
- The Concept II® E-Row Software will be used to establish the winners in each event. These scores will be checked manually checked against each erg monitor following each race. In the event of a discrepancy between the monitor and the software, the Lead Race Proctor will make the final determination.

While Racing

- Rowers are allowed one coach or coxswain. That person may not work with more than one rower and may not move away from the erg area during the race.
- You may use the damper setting of your choice, but the setting may not be changed during the race.
- Please.... make no adjustments to the monitor or the wiring
- After the race, do not leave your erg without initialing your manually recorded score with a race proctor. This is your official time and without your initials, we'll take any old time the computer spits back at us.

Medical Emergencies

The Erg Pull has an Emergency Medical Technician (EMT) on staff. Any of the race proctors can call the EMT if needed. If you require an inhaler, please have it next to your erg during the event. And please remember you're doing a 2k! **Think about what you eat or drink before your event!**

Prizes

Medals will be awarded to the top three finishes in each event. The fastest time of the day will also receive a prize bag.

APPROXIMATE EVENT SCHEDULE

2009 Hampton Roads Erg Pull (based on 2008 entry information) Tentative Schedule

Time	Event
8:30:00 AM	Junior Men - Heat 1
8:45:00 AM	Junior Men - Heat 2
9:00:00 AM	Junior Men - Heat 3
9:15:00 AM	Junior Lightweight Men - Heat 1
9:30:00 AM	Junior Lightweight Men - Heat 2
9:30:00 AM	Junior / Open / Masters Women 10k / 5k
9:45:00 AM	Junior Lightweight Men - Heat 3
10:00:00 AM	Coxswain Men 1k - Heat 1
10:15:00 AM	Jr High Men 1k / Coxswain Men 1k - Heat 2
10:30:00 AM	Jr Womens Team Challenge - composite 1k
10:40:00 AM	Jr Womens Team Challenge - composite 1k
10:50:00 AM	Jr Womens Team Challenge - composite 1k
11:00:00 AM	Master / Senior / Veteran Women
11:15:00 AM	Master / Senior / Veteran Men
11:30:00 AM	Junior Women - Heat 1
11:30:00 AM	Men 10k - Heat 1
11:45:00 AM	Junior Women - Heat 2
12:00:00 PM	Junior Women - Heat 3
12:15:00 PM	Junior Women - Heat 4 / Junior Lightweight Women - Heat 1
12:30:00 PM	Junior Lightweight Women - Heat 2
12:30:00 PM	Men 10k - Heat 2
12:45:00 PM	Junior Lightweight Women - Heat 3
1:00:00 PM	Junior Lightweight Women - Heat 4
1:15:00 PM	Coxswain Women 1k
1:30:00 PM	Jr Women Team Challenge - composite 1k
1:40:00 AM	Jr Women Team Challenge - composite 1k
1:50:00 AM	Jr Women Team Challenge - composite 1k
2:00:00 PM	Open Novice Women
2:15:00 PM	Open Women
2:30:00 PM	Open Novice Men
2:45:00 PM	Open Men
3:00:00 PM	Open Women
3:15:00 PM	Open Team Challenges

- Event times are subject to change based on the number of entries on race day.
- Athletes and coaches are expected to allow sufficient time in advance of the scheduled event to accommodate any adjustments in timing.
- If the number of rowers in each flight does not fill a sufficient number of ergs, it is possible that more than one event will be conducted at the same time.

RACE CATEGORIES

Open

While this category is primarily for College age rowers, Masters may also enter these races if they feel lucky. No High School rowers in this event!

Masters Seniors and Veteran

Masters, Seniors and Veterans will row together and be seeded according to submitted erg scores. Prizes will be awarded based on handicapped scores. The number of prizes awarded in each age category will depend upon the number of competitors in the category.

Juniors and Coxswains

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.

Participants in Coxswain events must be primarily a coxswain and cannot exceed the maximum coxswain weight (130 pounds for men, 120 pounds for women). There will be no weigh-ins the honor system will be in effect.

Junior Lightweight limits will be: 135 lbs for Women and 165 lbs for men. (note – These weights are set by the organizing committee and may not match other lightweight limits at other regattas)

Rules for "Team Challenges"

All challenge events will consist of four person teams racing against other teams in the same event. Concept II[®] PM2 software will be used in averaging the splits of all four team members.

Races are 1000 meters!

No team member may race twice in the same event.

Mixed Team Challenge

Gender Restrictions: Each team must consist of at least 1/2 female athletes. (possible combinations 2 male athletes, 2 female athletes; 3 female athletes 1 male athlete, etc.)

High School & Collegiate Team Challenges

Enrollment Restrictions: Each team must consist of members currently enrolled in the same High School or College

Entry Deadlines and Entry Fees \$15 until 2/7 \$20 after

All high school and college team entries must be registered by February 7, 2008. These events will be closed to all entries except to individual / non rowing affiliated institutions on this date. A team entry consists of 4 or more entries from the same high school or college team. Cancellations must be made 5 days before the event.

No entries can be accepted via e-mail, only through RegattaCentral.com or mailed on the official entry form.

\$\$ If you don't want to make payment online with a credit card, payment may be made in person the day of the event with a check made to HRRC

More Info: See our Website <http://www.hrrc.net/erg>

Or Contact Race Organizer

Rob Reali - Hampton Roads Rowing Club (757) 362-4022

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