

Welcome to the XVII Australian Masters Games Indoor Rowing event! All competitor information should be found here. Please read through all information here and at www.rowingsa.asn.au/xvii-australian-masters-games and if you have any specific event-related questions, please contact Jo via email at communications@rowingsa.asn.au.

Venue Information

The event will be held on the 8th and 9th of October 2019 at the Adelaide Convention Centre (ACC), North Terrace. Indoor Rowing will be held in Halls MNO.

ACC venue and access information can be found at <https://www.adelaidecc.com.au/visiting/the-centre/>.

Registration

- Please give yourself adequate time to park, find the venue and register. Though we will do our best to accommodate those who are competing in multiple sports, those who miss their scheduled race time may not get the opportunity to re-race.
- Registration for each event will close 30 minutes before race start-time. NOTE: you may have to queue.
- All competitors should be registered with enough time to warm up, weigh in (if competing in the lightweight division), and be familiar with the event flow.
- You will need to bring your AMG registration and/or Photo ID for both registration and to be checked again when you race.

Uniform

- You may race in whatever is comfortable to you provided it is minimum coverage of singlet and shorts (no crop-tops or bare chests). No offensive slogans or imagery will be allowed and may result in elimination from racing.
- Lightweight must weigh-in in their race attire.

Waivers

All competitors must have signed in at registration, acknowledging they accept the Rowing SA Indoor Rowing event waiver in order to race. Waiver will be emailed out to the participants prior to the event, and a copy of the waiver will be available to view at the registration desk.

Para Classifications

Para events will be held across all distance events and age divisions within classifications of PR1, PR2 and PR3. For further information on para rowing classifications, please contact Rowing Australia.

Lightweight and Weigh in

Lightweight limits are 75kg (Men) and 61.5kg (Women).

If you are entering as a lightweight;

- Weigh in between two and one hour prior to the scheduled start time of your first race.
- You only need to weigh in once per day
- Weigh ins to be completed in race attire
- Once weighed in as a lightweight, your registration will be signed off by the Official as verification.

If you are entered in a lightweight category, and do not make weight, you will be accommodated where entries allow, in the respective open division for that race.

Schedule

The 17AMG Indoor Rowing event schedule will be posted on the Rowing South Australia website at <https://rowingsa.asn.au/xvii-australian-masters-games/> and emailed to you at least 48 hours prior to Race Day. This is a draft format and is subject to change.

Please see the following draft schedule of events.

TUESDAY:

- Weigh in and Warm up Area opens at 7:30AM
- Lightweight rowers are to weigh in 1-2 hours before their FIRST race. If racing twice, only a single weigh-in is necessary
- Registration Opens from 8AM
- Racing begins at 9AM
- 12PM 30-minute break
- 12:30PM racing recommences
- 14:00PM Medal Presentation

WEDNESDAY

- Weigh in and Warm up Area opens at 7:40AM
- Lightweight rowers are to weigh in 1-2 hours before their FIRST race. If racing twice, only a single weigh-in is necessary
- Registration Opens from 8AM
- Racing begins at 9AM
- 11:30AM 30-minute break
- 12PM racing recommences
- 13:30PM Medal Presentation

Health and Safety

There will be medical staff available, however:

- Play it safe: If you have a potential health issue, inform the medical staff before your race so they can better respond if an emergency arises.
- Play it smart: Be smart about what you eat in the hours before a race. Make sure you are sufficiently hydrated.

Medals

Medals will be awarded to the top three place getters of each distance, age and weight category.

MOST IMPORTANT:

Enjoy yourself, do your best – have fun! 😊

RACE DAY

You may find information on the ErgRace software (which will be used for the event) at <https://www.concept2.com/service/software/ergrace>.

All testing machines will be brand new Concept 2 PM5 Model D rowers up to AIRC standards.

There will be water fountains that you can fill your drink bottle up at around the ACC.

*****Please make sure you wipe down ergs with spray and wipes provided after every row*****

Warm up

- There are separate rowing machines in an area to warm up and cool down.
- The warm-up rowers can be a mixture of machines and do not need to be up to AIRC standard.
- Please give priority to competitors racing in an event before yours (15 minutes before race, a marshal/official may ask you to give priority to an athlete that will be racing next).
- Only accredited personnel will be given access to the warm-up area.

Before the start

- An event marshall/official will invite you onto the competition rowing machines
- Each rowing machine is numbered. Go to your assigned machine. Confirm that your name is on the monitor. Alert an official if your name is not on your monitor. The official will check your registration once more.
- Get settled quickly. The monitor will display "okay to warm up"
- Adjustments are allowed to the seat, foot stretcher, vent, and drag factor only. Vent and drag factor may not be changed once the race has started. The drag factor of your machine is displayed in the bottom right hand corner of the monitor. To adjust the drag factor to the setting you want to race on adjust the damper lever and row 2–3 strokes.

Race Start

- Approximately one minute before the start, an official will ask that you to stop rowing and put your handle down. Your monitor display will change to show "Stop, prepare for start." Once this screen appears, you will not be able to change the display.
- The race controller will announce that the race is going to start and tell you to pick up your handle. When you pick up the handle do not pull on it as you may trigger a false start.
- WATCH YOUR MONITOR. It will display "Sit ready," "Attention," "ROW." Once it displays "ROW" start racing.
- **Important:** The time between "Attention" and "ROW" is different for each race to prevent people from trying to predict the start.
- If a false start occurs, the monitor will display "False Start" and will list the lanes responsible. Stop rowing and put the handle back in the handle hook.
- Competitors who make more than one false start in a single event may be disqualified at the discretion of regatta officials.

During the Race

- If your erg becomes disconnected from the Concept2 Erg Racing System DO NOT STOP ROWING. After about 10 seconds the PM5 monitor will display "KEEP ROWING" at the bottom of the screen.

All data is retained on the PM5. Your time will be recorded and entered manually into the race system.

- If any other mechanical problem develops early during an event alert an official immediately. You may be moved to an unoccupied erg or be rescheduled following an appropriate rest period.
- Remember that information on the PM5 monitor reflects times and positions for your section (“flight”) of ergs only. Your event may use more than one flight and in that case your monitor does not reflect your place in the overall event. Row your best race.

End of the Race

- Alert medical staff or official immediately if you feel unwell.
- BE SURE YOUR TIME IS RECORDED CORRECTLY on your registration card.
- Stay at your erg until instructed to leave.

Objections, Protests and Appeals.

Any protests should be directed to the Event Co-ordinator *immediately* after your race.

The Event Co-ordinator will adjudicate the complaint following consultation with at least one other official as named on the appeals committee. This decision will be final.

In accordance to *Rowing South Australia Inc. (RSA) REGULATIONS FOR BOAT RACING*, Section 5:

An appeal against any decision of the Jury, Referee or Regatta Operations Manager must be lodged in writing, within seven days of the Event, to the RSA Board, and a deposit of \$100 shall be included. This appeal will be considered at the first Board meeting after the appeal is received. The decision of the RSA Board shall be final, and if the appeal is rejected, the deposit shall be forfeited.

Other complaints regarding the Event should be addressed to the Event Co-ordinator or an AMG17 staff member.