



COMPETITOR HANDBOOK

WELCOME

Welcome to the inaugural season of the South Australian Indoor Rowing League proudly brought to you by Rowing South Australia!

EVENT CALENDAR

Date	September 3 rd	October 29 th	December 17 th
Event	SA Indoor Rowing League – Fastest 5k	Australian Indoor Rowing Championships*	SA Indoor Rowing League – Summer Sprints
Distances	5000m	2000m, 1000m, 500m, 2000m Team Relay	4 minute, 1 minute, 100m

*All information, event details, and registration requirements for the Australian Indoor Rowing Championships can be found on the Australian Indoor Rowing Championships website - [HERE](#)

LOCATION

The 2022 Indoor Rowing League Events will be held at Goodwood Primary School Gym – 140 Goodwood Road, Goodwood (see location on Google Maps – [HERE](#))

Parking is available on adjacent streets OR take the tram to ‘Stop 3 – Goodwood Road’ and it’s just a 150m walk.

REGISTRATION

All competitors will need to complete the online registration form. Event Registrations will close 11:59am on the Wednesday prior to the scheduled competition day.

The registration form for the South Australian Indoor Rowing League ‘Fastest 5k’ can be found [HERE](#) & ‘Summer Sprints’ can be found [HERE](#).

For entry into the Australian Indoor Rowing Championships please see the Rowing Australia website – [HERE](#)

ENTRY FEES

The entry fees for each event are as follows:

5000m - \$15.00

4 Minute - \$10.00

1 Minute - \$10.00

100m - \$10.00 (each competitor permitted two attempts within one 10 minute window)

EVENT DETAILS

Categories

There will be four overall categories for Men and Women comprised of a range of sub-categories.

Prizes will be awarded to winners of the four Overall Categories for Men and Women.

Minimum competitor age is 12 years old.

Age is based on age at time of competition.

Overall Category	Under 19	Open	Masters	Para
Sub-Categories	Under 14	19-29 (+LW)	40-49 (+LW)	PR1 PR2 PR3
	Under 16		50-54 (+LW)	
	Under 19	29-39 (+LW)	55-59 (+LW)	
			60-64 (+LW)	
			65-69 (+LW)	
			70-74 (+LW)	
			75-79 (+LW)	
			80-84 (+LW)	
			85-89 (+LW)	
		90-94 (+LW)		

Distances

The following distances will be available at each event.

Date	September 3 rd	October 29 th	December 17 th
Distances	5000m	2000m, 1000m, 500m, 2000m Team Relay	4 minute, 1 minute, 100m*

*Competitors entered in the 100m will be given two opportunities within a 10 minute window to complete their 100m. The best attempt will be recorded.

Lightweights

Weight limits for lightweight athletes are -

Male – 75.0kg

Female – 61.5kg

Lightweight athletes must successfully have their weight recorded by competition officials no more than 2 hours and no less than 30 minutes prior to their scheduled race start time.

Lightweight athletes that do not make weight requirements will be permitted to compete as a heavyweight athlete in their event.

Lightweight events will **not** be available for Under 19 or Para categories.

Para Athletes

PR1, PR2, PR3 categories will be available to para athletes.

More information on Adaptive or Para Rowing classifications is available - [HERE](#)

Some equipment can be provided by prior arrangement – please contact the Rowing SA Office (8242 3288 or info@rowingsa.asn.au)

RACE DRAW

The race draw will be available from the Rowing SA Website ([HERE](#)) and emailed to all competitors on the Thursday prior to competition.

RACE DAY

Check In

All competitors must check in at the competition desk a minimum of 15 minutes before their scheduled race start time with current photo identification.

Warm Up

A separate warm up area with machines will be provided. Warm up machines will be limited. Please ensure that priority is given to athletes in earlier races.

Competition




Competitors must use their allocated machine.

Competitors may access their machine 5 minutes prior to their event and must be seated on their machine a minimum of 2 minutes prior to their event.


Event Officials will issue a call across the event address system at 5 minutes to start time and again at 2 minutes to start time.

Each competitor will be permitted one support person within the Competition Zone. Once the race has commenced this support person must remain seated in the chair provided.

At 1 minute to race time competitors will be directed to stop rowing, followed shortly by a call to 'sit ready'. The start sequence will then begin and competitors will see the following appear of their screen:

<p>1.</p>	<p>This is the first screen that will show on your machine's monitor.</p>	
<p>2.</p>	<p>Followed pretty quickly by this one. There is a random time delay of one to two seconds between Attention and ROW</p>	
<p>3.</p>	<p>Begin rowing when ROW is visible on your screen. If you start early the timing system will false start you.</p>	

During the race your screen will look like this:

IN RACE SCREEN	The top half of the screen shows your personal information, as usual. You can press the UNITS button to reach your desired units.	
	Under the thick line the monitor will display: <hr/> <p>The rower in first place The rower ahead of you You (even if you're in first) The rower behind you</p>	

If your machine becomes disconnected from the timing system DO NOT STOP ROWING – after about 10 seconds your monitor will display “**KEEP ROWING**” at the bottom of the screen. All data is retained on the monitor – your time will be recorded and entered manually into the race timing system.

Remain at your machine until all competitors in your start group have completed the event and you have been directed to leave the Competition Zone by an event official.

Wipe down your machine with the cleaning products provided when you have finished your event.

Cool Down

Competitors may utilise the warm-up machines to complete a cool down. Priority must be given to athletes warming up for their races.

RESULTS & WINNERS

Overall category winners will be announced at the venue after the conclusion of the event.

Results will be available from the Rowing SA Website - [HERE](#)

RECORDS

A list of Australian and World Records categories and times can be found [HERE](#)

Competitors targeting a Record should check out the Concept 2 ‘Individual Record Requirements’ page ([HERE](#)) for further information about verification and eligibility.

MEDICAL RECOMMENDATIONS

Competitors entered in the Indoor Rowing League events compete at their own risk. Rowing SA takes no responsibility and shall not be liable for damages or injuries caused during the event.

To keep yourself safe and maximise your performance Rowing SA recommends the following:

- Ensure you have eaten, are well hydrated, have warmed up sufficiently, and are wearing appropriate clothing before commencing your race.
- Ensure you are familiar with the correct technique for indoor rowing.
- If you experience any pain, discomfort, nausea, dizziness, or shortness of breath while competing please STOP and alert someone.

See below for further information and resources:

- **Indoor Rowing Technique** - <https://rowingaustralia.com.au/indoor-rowing-technique/>
- **Stretching** - <https://www.concept2.com/indoor-rowers/training/tips-and-general-info/stretching>
- **Warm Up** - <https://www.brisbanegpsrowing.com.au/wp-content/uploads/2019/12/Rowing-Australia-Warm-Up-Exercises.pdf>
- **Sports Medicine** - <https://rowingaustralia.com.au/community-rowing/sports-medicine/>

F.A.Q's

Can I compete if I am not a member of a rowing club?

Yes, anyone can compete. Just fill in the registration form (available [HERE](#))

What type of indoor rowing machines will be used?

The SA Indoor Rowing League competitions will be conducted on Concept 2 RowErg Machines.

Will the indoor rowing machines have sliders?

No, all indoor rowing machines will be stationary.

What is drag/damper setting?

Information on drag/damper setting and how to find the best setting can be found [HERE](#)

Can I set my own drag/damper factor?

Competitors may set their own drag factors but will not be able to alter this once their event has started.

Can I compete virtually?

Unfortunately, at this stage the SA Indoor Rowing League does not have a virtual component. However, competitors may compete virtually in the Australian Indoor Rowing Championships (more information [HERE](#))

Where can I get more information about Indoor Rowing?

The Rowing Australia and Concept 2 websites are great resources for indoor rowing. You can find Rowing Australia – [HERE](#) and Concept 2 – [HERE](#).