

The world's biggest and best biennial masters games



**PAN PACIFIC
MASTERS GAMES**

GOLD COAST AUSTRALIA 2-11 NOVEMBER 2018

Indoor Rowing Sport Information, Rules and By-Laws

Indoor Rowing Categories

Men's Categories		Women's Categories	
Men's Lightweight	30-34	Women's Lightweight	30-34
Men's Open	30-34	Women's Open	30-34
Men's Lightweight	35-39	Women's Lightweight	35-39
Men's Open	35-39	Women's Open	35-39
Men's Lightweight	40-44	Women's Lightweight	40-44
Men's Open	40-44	Women's Open	40-44
Men's Lightweight	45-49	Women's Lightweight	45-49
Men's Open	45-49	Women's Open	45-49
Men's Lightweight	50-54	Women's Lightweight	50-54
Men's Open	50-54	Women's Open	50-54
Men's Lightweight	55-59	Women's Lightweight	55-59
Men's Open	55-59	Women's Open	55-59
Men's Lightweight	60-64	Women's Lightweight	60-64
Men's Open	60-64	Women's Open	60-64
Men's Lightweight	65-69	Women's Lightweight	65-69
Men's Open	65-69	Women's Open	65-69
Men's Lightweight	70-74	Women's Lightweight	70-74
Men's Open	70-74	Women's Open	70-74
Men's Lightweight	75-79	Women's Lightweight	75-79
Men's Open	75-79	Women's Open	75-79
Men's Lightweight	80+	Women's Lightweight	80+
Men's Open	80+	Women's Open	80+
Men's Open	90+		

Important Indoor Rowing Information

Athlete Check-In

Athlete check-in opens at 7:15am both days. Participants are asked to go directly to Athlete Check-In upon arrival. Participants will be required to show their Games accreditation and photo ID. If they are unable to produce their accreditation they will be unable to compete.

Weigh In

When checking in participants electing to compete in the lightweight division will be weighed. Participants in the lightweight division must weigh in 30 minutes prior to their first scheduled race. Lightweight competitors will only need to weigh in once each day. Please note that if you are aiming for a world record you will need to weigh in prior to each race. Competitors failing the weigh in limit will be transferred into the open category.

Program Structure

Please note that in several events, different age categories and both open and lightweight competitors are grouped together. However, competitors will be eligible for medals in their own gender, age and weight category.

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Warm up and Cool Down

There are separate warm up/cool down Concept2 rowers available on the arena floor in a separate, signed area. Priority for the warm up area will be given to competitors whose event is next on the schedule. Once participants have finished their race they will have until the finish of the following race to use the equipment in the warm up/cool down area unless competitors wish to warm up for the next race.

Marshalling

After your warm up, you will proceed through to the marshalling area when your race is called. Participants will be asked to marshal for their event 5 minutes prior to the scheduled start. Please follow the instructions of all Officials. It is your responsibility to be on time for your race.

Race Start

All competitors should check their race time and be ready well in advance for their race. Races will start no earlier than the scheduled time unless all race participants are in agreement. If a participant is not present for the beginning of their scheduled race it will begin without them and the organiser has no obligation to reschedule them into another race.

Results

Final results will be available at the conclusion of the last race for each distance. Full results will also be posted on the Pan Pacific Masters Games website www.mastersgames.com.au within 24 hours.

Judiciary Process

If during the competition a competitor has a concern or complaint they should inform the Sport Convenor directly.

Presentations

Presentations will be held after each distance and will be updated in the schedule closer to the event.

Competition Rules

- Concept2 Indoor Rowers will be used. Competitors may use the damper setting of their choice. This damper setting cannot be changed during the race.
- For all competitors age is determined as at the first day of competition. Minimum age for competition is 30 years.
- Lightweight event weight limits are as follows:
 - Men 75kg or less
 - Women 61.5kg or less.
- Light weight competitors must be weighed in at least 30 minutes prior to their first race each day. Competitors registered into a lightweight race who exceed the weight limit on weigh in will be transferred to the Open category.
- All category races will be straight finals, i.e. each competitor will only row once. Some races will consist of multiple age and weight divisions. While these divisions are run simultaneously all age and weight divisions will be awarded medals.
- If a lightweight person is aiming to break a world record they must ensure that they are weighed in no earlier than 2 hours prior to their race. It is the athlete's responsibility to ensure that the duration between their weigh in and event does not exceed 2 hours to satisfy world record criteria. Please report to the

weigh in desk if you wish to fulfil this criterion. Any person who is weighed a second time and exceeds the weight limit will automatically be changed over to the Open division for the remaining events.

- If a competitor misses his/her race for whatever reason he/she will not be able to reschedule.
- No competitor will be allowed to change events on the day of racing.

IMPORTANT MEDICAL RECOMMENDATION: If on race day you feel unwell, or have recently been suffering from a virus, we recommend that you do not race. Indoor racing requires maximal effort, the event organisers take no responsibility for illness or injury caused as a consequence. If you have any doubts you should seek medical advice prior to racing.

2000m Team Event Rules

- The Team Event will be offered as a free additional event at the end of the day only if time permits
- Participants interested in the team's event are to express their interest between 9.00am and 11.30am on Thursday 8 November.
- There will only be one team's event allowing for 8 teams. The first 32 participants to express their interest will be accepted.
- Indoor Rowing organisers will place any interested participants in teams. Organisers will consider age, division and 500m finishing times when allocating teams. The team sheets will be listed by 12.30pm at the officials desk.
- There will be three categories within the team's event: Male, Female and Mixed. There will be no weight division or age categories. The mixed teams must have at least one member of each gender racing.
- Teams are made up of four members who row one at a time before changing rowers to cover a total distance of 2000 metres. The transitions are vital!
- Foot straps must be used to hold the competitors feet in the foot stretcher. No assistance can be used from others to hold the competitors feet in place. However, team members can strap the rowers feet in while they prepare to row.
- Assistance from other team members can be sought with both the release of the feet from the foot stretchers and the location of the feet within the foot stretchers. Rowers cannot start while receiving assistance. Rowers can not start to row until all members are standing behind the erg.
- Only the rower who is seated on the rowing machine can pull the handle during the course of the race. The handle cannot be pulled until the rower has sat on the seat and all other team members are standing behind the erg.
- If a team member dislodges from the seat while rowing, other team members are able to assist in lifting the rower back onto the seat.
- Only 3 rower changes are allowed during a race.
- The first rower of each team must pass the 500 metre distance, the second rower must pass the 1000 metre distance, and the third rower must pass the 1500 metre distance.

- The first changeover must occur between 500 metres & 575 metres, the second change over must occur between 1000 metres & 1075 metres, and the third change over must occur between 1500 metres & 1575 metres.
- The Damper setting must be set before the race and cannot be altered during the course of a race.
- No other manipulation of the airflow through the flywheel is allowed during a race.
- If any competitors miss their race for whatever reason they will not be able to reschedule.

PM5 Monitor Information

PM5 View during the Start Sequence

When all rowers are at the sit ready position, the starting official will begin the Start Sequence.

2000 _m	0 _‰
:00 _{/500m}	
:00.0 _{ave /500}	
 Sit ready	

This is the first screen that will show on your PM5 display.

2000 _m	0 _‰
:00 _{/500m}	
:00.0 _{ave /500}	
 Attention	

Followed quickly by this one.

2000 _m	0 _‰
:00 _{/500m}	
:00.0 _{ave /500}	
ROW	

There is a random time delay between 'Attention' and 'Row'.

DO NOT START ROWING UNTIL THIS DISPLAY APPEARS

PM5 View during a race

The top half of the screen shows your personal information, as usual. You can press the CHANGE UNITS button to reach your desired screen.

1530 _m	32 _‰
1:42 _{/500m}	
1:53.2 _{ave /500}	
1 Rob Waddel	+23 _m
4 Steve Redgr	+ 9 _m
5 Dick D.	
6 Pete D.	-12 _m

- This line shows the rower in first place
- This line shows the rower ahead of you
- This line shows you
- This line shows the rower behind you

This example shows what Dick D. will see during the race. He is in fifth place, Pete D. is 12 metres behind him and Steve Redgrave is 9 metres ahead of Dick. Rob Waddel is leading the race and is 23 metres ahead of Dick.

Drag Factor

On the race machine, the drag factor is visible on the warm up screen. You will not have to hit any buttons to see the drag factor from the warm up screen.

Australian and World Record Rules

2000 Metres

All 2000m record-breaking times must be rowed at a Concept2 sanctioned indoor rowing event with witnesses present. In addition, all 2000m record-breaking times must be rowed on Concept2 Indoor Rowers without slides.

Other Distances

All other record-breaking pieces must meet at least one of the following requirements:

- Rowed in public with witnesses present who can be reached if we want confirmation of the performance - "public" defined as health club, fitness center, rowing club, indoor rowing race, trade show or regatta where Concept2 is present, school, university or special event in a public setting (i.e., fundraiser in a mall, etc)
- Rowed with a PM3 or PM4 with a verification code
- Rowed using RowPro (file can be downloaded to the concept2.com site directly for verification)
- Videotape of row

Lightweights

Additionally, in accordance with regulations from on-water events and indoor rowing championships around the world, lightweights must be weighed in no earlier than two hours before their race. Records from lightweights weighed prior to two hours before their race will not be recognised.

All records must be performed on a Concept2 Indoor Rower. The damper setting may be set to an individual preference but cannot be altered during the row.

Weight classes

- Lightweight men: 75kg (165lbs) or less
- Open men: over 75kg (165lbs)
- Lightweight women: 61.5kg (135lbs) or less
- Open women: over 61.5kg (135lbs)

Age Categories

There are different age categories depending on the record distance/time. Most Senior events are split into 10 year age categories, with the exception of the 2000m records which are split into 5 year categories over the age of 40 for the British records and over 50 for the World records.