

Indoor Rowing – Competition Details & Rules

Indoor Rowing Dates

Monday 9 November and Tuesday 10 November 2026

Indoor Rowing Venue

Gold Coast Convention and Exhibition Centre (2684-2690 Gold Coast Hwy, Broadbeach QLD 4218)

Parking is available in the Oasis Shopping Centre (first 3 hours are free) or in the local Broadbeach streets (note some areas are metered and some areas are free but have parking limits, please ensure you read the signs).

Alternatively public transport is a convenient option with Broadbeach North Station on the G Link tram being the closet option to Gold Coast Convention Centre.

Indoor Rowing Categories

Men's Categories

Men's Lightweight	30-34
Men's Open (Heavyweight)	30-34
Men's Lightweight	35-39
Men's Open (Heavyweight)	35-39
Men's Lightweight	40-44
Men's Open (Heavyweight)	40-44
Men's Lightweight	45-49
Men's Open (Heavyweight)	45-49
Men's Lightweight	50-54
Men's Open (Heavyweight)	50-54
Men's Lightweight	55-59
Men's Open (Heavyweight)	55-59
Men's Lightweight	60-64
Men's Open (Heavyweight)	60-64
Men's Lightweight	65-69
Men's Open (Heavyweight)	65-69
Men's Lightweight	70-74
Men's Open (Heavyweight)	70-74
Men's Lightweight	75-79
Men's Open (Heavyweight)	75-79
Men's Lightweight	80-84
Men's Open (Heavyweight)	80-84
Men's Lightweight	85-89
Men's Open (Heavyweight)	85-89
Men's Lightweight	90+
Men's Open (Heavyweight)	90+

Women's Categories

Women's Lightweight	30-34
Women's Open (Heavyweight)	30-34
Women's Lightweight	35-39
Women's Open (Heavyweight)	35-39
Women's Lightweight	40-44
Women's Open (Heavyweight)	40-44
Women's Lightweight	45-49
Women's Open (Heavyweight)	45-49
Women's Lightweight	50-54
Women's Open (Heavyweight)	50-54
Women's Lightweight	55-59
Women's Open (Heavyweight)	55-59
Women's Lightweight	60-64
Women's Open (Heavyweight)	60-64
Women's Lightweight	65-69
Women's Open (Heavyweight)	65-69
Women's Lightweight	70-74
Women's Open (Heavyweight)	70-74
Women's Lightweight	75-79
Women's Open (Heavyweight)	75-79
Women's Lightweight	80-84
Women's Open (Heavyweight)	80-84
Women's Lightweight	85-89
Women's Open (Heavyweight)	85-89
Women's Lightweight	90+
Women's Open (Heavyweight)	90+

Important Indoor Rowing Information

Athlete Check-In

The athlete check-in desk opens at 7:15am both Monday 9 November and Tuesday 10 November. Participants are asked to go directly to Athlete Check-In upon arrival. Please make sure you check-in at least 30 mins prior to your first race each day. Participants will be required to show their Games accreditation upon arriving to the athlete check in desk at the convention centre.

Weigh In

When checking in, participants who nominated 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 (heavyweight) 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. The weight category is designated in the race schedule with a letter (L = Lightweight and H = Open/Heavyweight) and combined with the age e.g. A Lightweight 55-59 participant is shown as L55-59.

Warm up and Cool Down

There are separate warm up/cool down Concept2 rowers available at the venue in a separate, signed area. Priority for the warmup 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 warmup/cool down area unless competitors wish to warm up for the next race.

Marshalling

After your warmup, 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 the officials and volunteers. 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 agree. 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

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 48 hours.

Judiciary Process

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

Presentations

Presentations will be held at the conclusion of each race distance e.g. on day 1 presentations will be held after all the 2000m races and then again after all the 500m races.

Competition Rules

- For all competitors age is determined as at the first day of competition. Minimum age for competition is 30 years.
- Concept2 Indoor Rowers will be used. Competitors may use the damper setting of their choice. This damper setting cannot be changed during the race.
- Lightweight event weight limits are as follows:
 - Men 75.0kg or less
 - Women 61.5kg or less
- Lightweight 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 (heavyweight) 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. In a couple of instances with large field sizes two heats may be conducted – in these cases final placings are determined by time.
- 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 an 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 (heavyweight) 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 rowing 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 4-person Team Relay Rules

- The 4-person Team Relay 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 Tuesday 10 November.
- There will only be one team's event allowing for a maximum 10 teams. The first 40 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 official's 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 cannot start to row until the three other team 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 the other three 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 in position on their rowing seat, the starting official will begin the Start Sequence.

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

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

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

Followed quickly by this one.

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

There is a random time delay between 'Attention' and 'Row'.
DO NOT START ROWING UNTIL THE "ROW" 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 _{s/m}
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 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 (Heavyweight) men: over 75kg (165lbs)
- Lightweight women: 61.5kg (135lbs) or less
- Open (Heavyweight) 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.