

Welcome!

Thank you to all competitors, coaches, volunteers, families, friends and spectators for your participation in and support of the 9th Annual North Allegheny Indoor Rowing High School Championships.

This high school-only event is a venue for our local junior athletes to measure their progress after a long winter of indoor training. There are two goals for this event: first, to provide a fun atmosphere for the competitor and spectator, and second, to run a fair race.

If you would like to purchase drinks and snacks, a concessions stand is located in the cafeteria. Race programs listing all events and registered competitors are available for \$3 and event t-shirts for \$10 (\$12 for XXL).

We hope you enjoy your day with us and wish the best to our guest competitors. If you have questions or need assistance, feel free to ask any of our parent volunteers.

Race Parameters

- All competitors are required to submit their best time for 2000 meters so that race organizers may seed competitors.
- All competitors must provide a signed waiver form. Competitors under age 18 must also have a parent or guardian's signature on the waiver.
- Competitors may compete in one event only (except rowers may also enter relay race, see below).
- All coaches must check in at the registration desk at least one hour prior to their team's first event.
- Coaches and competitors should allow sufficient time to weigh in (if necessary), warm up, and be in the on-deck area at least five minutes before their event. Failure to register or be on deck at the appointed time will result in a scratch for the rower.
- An announcer will call competitors to the on-deck area. Failure to be in this area five minutes before the start of a race may result in the competitor missing important last-minute information.

Weigh-in for Lightweight and Flyweight Competitors

Weigh-in for all lightweight and flyweight events will take place near the registration desk. All weigh-ins must be completed at least one hour before the scheduled event. Each competitor has only one chance to make weight. **Weigh-ins will begin at 8:30 A.M. and end at 11:30.**

Event Specifications

<i>Flyweight</i>	Boys: 147 lbs. or less	Girls: 122 lbs. or less
<i>Lightweight</i>	Boys: 162 lbs. or less	Girls: 132 lbs. or less
<i>Novice</i>	High School competitors only - must be in his/her first year of rowing	
<i>Junior Varsity</i>	High School competitors only - must be a freshman, sophomore, or junior	
<i>Varsity</i>	Any High School competitor	

Weight Class Changes

If a rower does not make weight, (s)he will be moved to a higher weight class. Where possible, the race directors will attempt to have that rower compete at the time slot allocated for the new event, but this may not always be possible.

Under no circumstances will a rower be allowed to move to a lower weight class from where they were registered, even if they make weight for that class.

Relay Race

New this year, at the conclusion of the regular races, is a relay race. Each school may enter one (1) relay team consisting of 3 boys and 3 girls. Single-sex schools may combine with other schools to form such a team.

Each participant in the relay must row 500 meters for a team total of 3,000m. The first rower begins seated on the machine. When the 500 meter interval is completed, the next competitor may approach the handle. Only the next rower may take the handle. The other relay competitors may hold the rowers feet or secure the foot straps but they may not touch the handle. Due to space constraints, no race "coxswains" allowed within the racing area. Relay members may not interfere or obstruct other teams.

No medals are awarded for the relay race, and no points are scored for the standings.

Schedule

The first event is scheduled to begin at 9:00 a.m., and the last event should be completed by 3:00 p.m. A final Schedule of Events will be sent to all coaches one week prior to the race date, and published on the NA Rowing website (www.narowing.org)

Awards

First, second, and third place medals will be awarded in all events (except relay race). In events with multiple flights, the top three finishers will be determined after all flights are completed.

Warm-up

Competitors are responsible for their own warm-up. Several ergs will be available in a designated space. Please limit warm-ups to 15 minutes.

Flights

All competitors will compete in a finals-only format. Two or more events may run concurrently, but for separate medals. Competitors will be matched as closely as possible according to the times submitted on the registration form.

Safety

A certified paramedic will be on site during all races. UPMC-Passavant Hospital is located 2 miles from the race site.

Coaches are asked to be mindful of the following:

- Athletes fighting an illness should not compete.
- Athletes should eat 2-3 hours (but not less than two hours) before competing.
- Athletes should stay hydrated. Water will be available for purchase or rowers may bring their own water bottles.
- Athletes with asthma must have their inhaler with them during their warm-up and race.

- Athletes should take a brief cool-down period before getting off the ergs to avoid a spike in their heart rate.
- Race officials may, at their discretion, end an event after a reasonable time period. This is for the safety of athletes who may not physically be able to complete the race.

Team Scoring

Points for each event will be awarded based on the following schedule:

Place	Points
1	10
2	8
3	6
4	4
5	2
6	1

Point totals for all events will be added to calculate team points. Trophies will be awarded for Top Men's Team, Top Women's Team and Top Combined Team.

Have a Safe and Fun Day!

**The Parents, Rowers and Coaches of North Allegheny
Rowing Association**