

Indoor Rowing Competition

Friday 7th February 2020, starting 12.30pm

Venue

The Indoor Rowing event is to be held in the Games Hub in the Octagon.

Order of Events

Event	1	2000 metres
Event	2	1000 metres
Event	3	500 metres
Event	4	300 metres

The organisers reserve the right to change the order of events if required.

Racing Rules and NZ Records

This competition will be run under the Racing Rules and Regulations as used by NZIRA. To ensure that any new records created at the meeting are valid these rules will be strictly adhered to.

NZ Indoor Rowing records may be found on the website <https://www.rowit.co.nz/results/nzri2012>.

Summary of the rules of racing:

1. Lightweight competitors:
 - Lightweight rowers must weigh in and register 30minutes before the first race.
 - Registered lightweights will compete only as lightweights for the duration of the competition.
 - Lightweights are; Men 75kg or less and Women 61.5kg or less.
2. General rules
 - The damper setting may be set at any desired level but cannot be altered during a race.
 - In any one heat or race each individual competitor is allowed one false start. A second false start by that same individual will result in immediate disqualification from that heat or race.
 - No external aids or devices may be used to assist the rower during racing. (i.e. no belts, ropes or mechanical restraints may be placed around the thighs in order to help a rower retain their seating).
 - Assistants are permitted to stand on either the front or back foot of the machines to prevent movement on the machine. Assistants may not alter the damper settings, monitor, or touch the competitor after racing commences as it could result in disqualification of the competitor.

Programme

A copy of the race programme will be available by Thursday 6th February 2020.

Equipment

The Indoor Rowing will run on Concept II Model E rowing machines. Their PM4/5 Monitors will be interfaced with a computer to record the race times.

Ten machines will be used simultaneously.

Rowing machines will be available for those competitors wishing to warm up and cool down.

Facilities

Toilets and changing facilities will be available adjacent to the race venue.

Lost Property – check with the Organisers, or at the Masters Games Hub Office after the event.

Officials

The Indoor Rowing Event has been organised by the Otago Rowing Association Inc,

P O Box 1290, Dunedin

Contacts:	Lauren Jarvie	ph 027 764 6461	manager.ora@gmail.com
	Mitch (Michelle) Carroll	ph 021 255 8802	manager.ora@gmail.com
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First Aid

In the case of injury during the Indoor Rowing Competition, contact a Committee member in the first instance.

- Physiotherapy and Sport Injury support will be available at the Edgar Centre.
- all injured athletes **must** complete an 'Injury Report Form'. The forms will be available from a Committee member or at the Masters Games Hub.

Results

Official results for each race will be made available as soon as possible.

A full list of the results for the regatta will be posted on the Masters Games Web Site as soon as practicable after the completion of the event. Web Site: www.nzmg.com

Medal Presentation

The medal presentation ceremony will take place at the venue as soon as practicable after the last race.

Photographs

An official photographer will be at the event. Photos will be on display and may be ordered at the Masters Games HQ.

Thanks

A special thanks to the University of Otago Rowing Club and the Otago Rowing Club for their support by providing their Concept II rowing machines and associated equipment for this event.

PM4/5 Monitor – View during racing

The top half of the screen shows Dick D's personal information.

1530m is distance to go

1.42 is time to cover 500m at that instant

1:53.2 is average time/500m from start

This line shows the rower in first place.

This line shows the rower 9m ahead of you

This line shows you (you are in 5th place)

This line shows the rower behind you

1530 m	32 $\frac{s}{m}$
1:42 $\frac{1}{500m}$	
1:53.2 $\frac{ave}{500}$	
1 Rob Waddel	+23 m
4 Steve Redgr	+ 9 m
5 Dick D.	
6 Pete D.	-12 m

This example shows what Dick D. will see at a given time during the race.

He is in 5th place, Pete D. is 12metres behind him and Steve Redgrave is 9metres ahead of Dick.

Have a go and challenge yourself in a friendly environment!