



Saskatchewan Indoor Rowing Championships Regatta Package

Overview

The Saskatchewan Indoor Rowing Championships (SIRCs) is an annual event held in conjunction with indoor regattas around Canada. SIRCs is meant to bring athletes who participate in some kind of indoor rowing together to compete in events that run as 500m, 1000m, or 2000m distances. Individual and team events are offered over these distances.

Entries

- a) Entrants must be members of Rowing Canada (RCA) and the Saskatchewan Rowing Association (SRA) in order to compete (**participants who are not part of these entities who register for SIRCs will have entry fees that cover membership to these organizations**)
- b) All fees are payable online through Regatta Central
- c) Entries will close **January 26th, 2020 at 11:59pm Saskatchewan time**
- d) The regatta draw will be available **January 28th, 2020**
- e) Fees are as follows:
 - a. **SRA Member - \$20**
 - b. **Non-SRA Member - \$40**
 - c. **RCA Seat Fee - \$2.50 per athlete**

Events

The following events will be offered at SIRC:

Event	Gender	Distance
Master	M/W	1000m, 500m
Senior (Hwt & Lwt)	M/W	2000m, 1000m, 500m
U23 (Hwt & Lwt)	M/W	2000m, 1000m, 500m
Junior (U17 & U19)	M/W	2000m, 500m
Team Challenge	Mixed (2 female, 2 male)	500m

Indoor Event Details

- a) Athletes who are affiliated with a club must compete in their club uniform colours
- b) Races are 2000m, 1000m, or 500m in distance
- c) Athletes are allowed to enter as many events as they wish
- d) Awards will be given to the first place finisher in each event distance and for each gender, age category, and weight category
- e) Masters times will be adjusted for age
- f) Masters MUST provide age in order for time adjustment to take place. Failure to do so will result in no adjustment.
- g) Lightweight will be set at "winter weight": Women at 62kg and Men at 75kg
- h) There will be no weigh in for lightweights and instead will be based on an honour system
- i) All competitors must have paid RCA & SRA membership fees
- j) Photographs taken in the warmup/staging area, during races and during winners presentations may be used on SRA website, posters and programs, and for general publicity of the event

First Aid and Safety

- a) A nurse will be on site at the event in the warm up area to assist should a medical concern arise
- b) There will also be a first aid kit on site

Exceptions to RCA Rules of Racing

- a) R2.10.1 – Lightweights will not be weighed in at this competition

Indoor Regatta Schedule

The following is a provisional schedule for the event.

Event #	Time	Event
1	9:00am	Masters Mens 1000m
2	9:10am	Masters Womens 1000m
3	9:20am	Open Mens 1000m
4	9:30am	Open Womens 1000m
5	9:40am	Junior Mens 2000m
6	9:50am	Junior Womens 2000m
7	10:00am	Open Mens 2000m
8	10:10am	Open Womens 2000m
	10:20am	Awards Event 1-8
9	11:30am	Masters Mens 500m
10	11:40am	Masters Womens 500m
11	11:50am	Junior Mens 500m
12	12:00pm	Junior Womens 500m
13	12:10pm	Open Mens 500m
14	12:20pm	Open Womens 500m
	12:30pm	Break for Quad Crew Composition
15	12:50pm	Mixed Quad 500m Challenge
	1:00pm	Awards Events 9-15