

## **RULES**

- All rowers are responsible to check official race time for their event, as of race day. Every effort will be made to make the final race schedule available by Saturday of race weekend.
- All competitors must wear a shirt to cover their torso and shorts while on the event floor. Uni-suits, bodysuits, all-in-ones are also allowed.
- Rowers may set the drag factor BEFORE their races begin, but may not adjust the setting during the race itself. Doing so will lead to disqualification. This is the Charley Butt rule.
- Due to safety concerns, use of headphones during the competitions is strongly discouraged.
- Competitors and spectators are not allowed to bring food into the arena. Additionally, food consumption is NOT allowed on the competition floor.
- C.R.A.S.H.-B. volunteers serve as coxswains and will record scores manually as backup to the computer timing. All competitors must check in with the C.R.A.S.H.-B. volunteer at their particular erg with an Athlete Registration Card (ARC) to confirm heat and erg assignments.
- All competitors will row on Concept2 Model D Ergometers with PM 4 monitors.
- The format for the C.R.A.S.H.-B. Sprints is “finals only.” Competitors will be seeded based upon their submitted erg scores and row only once—there are no heats. Keep in mind many events are large enough to require multiple heats to accommodate all athletes. The best overall time will win each event.

## **WARM UP INFORMATION**

Warm-up ergs will be available for use by all competitors adjacent to the competition floor. Final warm-up strokes may be taken on the competition floor during the 5 minutes prior to race time.

## **RACING INFORMATION**

Athletes should be on their competition erg 5 minutes prior to the start of their race. The competition floor is a restricted area. Heats will be called to the floor once the prior heat has finished. Each athlete is allowed to bring one person onto the competition floor during their race. This person will require a ticket to gain access. Tickets will be handed out during registration. Once a heat is over, athletes are asked to immediately clear the competition floor. This allows the regatta to stay running on time. Warm up ergs may be used for additional cool down. Shower and Locker room facilities are available to all athletes free of charge.

## **SPECTATOR INFORMATION**

Admission to watch the event is free of charge. Spectators are not allowed on the competition floor. Video streaming (live webcast) will be available free of charge courtesy of our sponsor Concept2.

## **MIDDLE SCHOOL ATHLETES**

9:45am: Check-In

- All athletes must sign a waiver
- If you parent or guardian is not with you when you check in you must bring a signed waiver
- The waiver can be found here: <http://www.crash-b.org/wp-content/uploads/2015/02/crashb-waiver.pdf>

11am: Start warming up on warm up ergs

11:40: Find assigned erg on race floor once your event has been called to the floor

11:45am: Race

## **NONE REGISTERED ATHLETES**

If you missed the registration deadline, you should still plan to compete. Late registrants will potentially have the opportunity to compete in what is called the Bullpen.

7:00am: Register

- You will register the day of the regatta at the Bullpen located on the race floor near the warm-up ergs.
- **Bullpen entry is \$40.00, CASH Only, No exceptions.**
- There is no guarantee that there will be space for you to race.
- If your parent or guardian is not present, you must bring a signed waiver.

10am: Lightweight Weigh-Ins

- Lightweight competitors will need to weigh-in between 10 and 11am after registering for the Bullpen.
- You will not be allowed to weigh in at 9:59am or 11:01am.
- Make sure you get in the weigh-in line on time.
- The weigh-in time window is subject to change based on the final Bullpen race time.

11:20: Warm up

11:55: Find assigned erg

12pm: Race

- Race time is usually around 12 pm, but is subject to change.

## **LIGHTWEIGHT JUNIOR MEN**

Men: 165 lbs max

- Weigh-in attire is required. This is limited to a minimum of a unisuit or shorts and a top.
- Athletes who fail to weigh in for any reason will still row on their assigned erg at their originally assigned time. Their results will be recorded in the open category for their event.
- All lightweight competitors will have their names, heat numbers, and erg numbers check at the weigh in. Each athlete who successfully weighs in will have their arm and registration card stamped to confirm their successful weigh in. Athletes who do not successfully weigh in will not be stamped and their score will be recorded in the open event.
- Practice scales are available in the weigh in room, and each competitor is permitted unlimited attempts to weigh in within their designated weigh-in window. No earlier than two hours before your event time, and no later than one hour before your event time.
- Please check your confirmed race time and plan ahead. There will be no exceptions for competitors who miss their designated weigh-in window.

10am: Check-In

- All athletes must sign a waiver
- If you parent or guardian is not with you when you check in you must bring a signed waiver
- The waiver can be found here: <http://www.crash-b.org/wp-content/uploads/2015/02/crashb-waiver.pdf>

10:15: Heat 1 Weigh in

11:35: Heat 1 warm up

12:10 Heat 1 find assigned erg

12:15: Heat 1 race

10:30: Heat 2 Weigh in

11:50: Heat 2 warm up

12:25: Heat 2 find assigned erg

12:30: Heat 2 race

10:45: Heat 3 Weigh in

12:05: Heat 3 warm up

12:40: Heat 3 find assigned erg

12:45: Heat 3 race

11am: Heat 4 Weigh in

12:20: Heat 4 warm up

12:55: Heat 4 find assigned erg

1pm: Heat 4 race

## **LIGHTWEIGHT JUNIOR WOMEN**

Women: 135 lbs max

- Weigh-in attire is required. This is limited to a minimum of a unisuit or shorts and a top.
- Athletes who fail to weigh in for any reason will still row on their assigned erg at their originally assigned time. Their results will be recorded in the open category for their event.
- All lightweight competitors will have their names, heat numbers, and erg numbers check at the weigh in. Each athlete who successfully weighs in will have their arm and registration card stamped to confirm their successful weigh in. Athletes who do not successfully weigh in will not be stamped and their score will be recorded in the open event.
- Practice scales are available in the weigh in room, and each competitor is permitted unlimited attempts to weigh in within their designated weigh-in window. No earlier than two hours before your event time, and no later than one hour before your event time.
- Please check your confirmed race time and plan ahead. There will be no exceptions for competitors who miss their designated weigh-in window.

10:45am: Check-In

- All athletes must sign a waiver
- If you parent or guardian is not with you when you check in you must bring a signed waiver
- The waiver can be found here: <http://www.crash-b.org/wp-content/uploads/2015/02/crashb-waiver.pdf>

11am: Heat 1 Weigh in

12:20: Heat 1 warm up

12:55: Heat 1 find assigned erg

1pm: Heat 1 race

11:15: Heat 2 Weigh in

12:35: Heat 2 warm up

1:10: Heat 2 find assigned erg

1:15pm: Heat 2 race

## **JUNIOR WOMEN**

11:30: Check-In

- All athletes must sign a waiver
- If you parent or guardian is not with you when you check in you must bring a signed waiver
- The waiver can be found here: <http://www.crash-b.org/wp-content/uploads/2015/02/crashb-waiver.pdf>

12:50: Heat 1 warm up

1:25: Heat 1 find assigned erg

1:30: Heat 1 race

1:05: Heat 2 warm up

1:40: Heat 2 find assigned erg

1:45: Heat 2 race

1:20: Heat 3 warm up

1:55: Heat 3 find assigned erg

2pm: Heat 3 race

1:35: Heat 4 warm up

2:10: Heat 4 find assigned erg

2:15: Heat 4 race

1:50: Heat 5 warm up

2:25: Heat 5 find assigned erg

2:30: Heat 5 race

## **JUNIOR MEN**

12:30: Check-In

- All athletes must sign a waiver
- If you parent or guardian is not with you when you check in you must bring a signed waiver
- The waiver can be found here: <http://www.crash-b.org/wp-content/uploads/2015/02/crashb-waiver.pdf>

1:50: Heat 1 warm up

2:25: Heat 1 find assigned erg

2:30: Heat 1 race

2:05: Heat 2 warm up

2:40: Heat 2 find assigned erg

2:45: Heat 2 race

2:20: Heat 3 warm up

2:55: Heat 3 find assigned erg

3pm: Heat 3 race