2015 Iowa Indoor Rowing Challenge
Rules and Regulations

Check-in
Athlete check-in opens at 7am. Assume there will be a line. It is the responsibility of the rower to be at the venue early enough to complete check-in. Rowers must check-in at least 30 minutes prior to their event. Check-in will close at 10am. Failure to check-in by 10am will be considered a scratch. No refunds will be granted for scratches. Each athlete will be given a wristband with their name on it at check-in. This wristband must be worn during the athlete’s race for identity confirmation.

Waivers
All rowers must sign an IIRC liability waiver. Waivers can be electronically signed when you register and may be mailed, scanned and emailed, or completed upon checking in. Minors (under 18) must have a parent or guardian’s signature. No exceptions.

▪ Please mail your signed waiver to the following address IF you are certain it will arrive prior to January 27, 2015: Iowa Indoor Rowing Challenge, Attn: Danelle Stipes, E230 CRWC, Iowa City, IA 52242
▪ Otherwise, please print and bring a signed copy of the waiver to the event and submit it during registration.
▪ Additional blank copies of the waiver will be available at registration. If you are under 18, please remember that you will need to obtain the signature of a parent or guardian.
▪ The waiver can also be scanned and emailed to the Regatta Director Danelle Stipes at danelle-stipes@uiowa.edu. Please remember to scan both pages!

Schedule
Event times are approximate and the schedule is subject to change. The schedule as printed on race day is the best estimate of when an event will begin. Rowers and coaches must allow sufficient time in advance of the scheduled event to accommodate any adjustments in timing that may be required. It is possible that smaller events will be combined to race at the same time. If the demand for an event is greater than expected, efforts will be made to accommodate those rowers.

Warm-up
Please see Iowa Indoor Rowing Challenge Race Procedure document.

Conduct
Proper sportsmanship and decorum will be observed by rowers, coaches, and the audience. Rowers are expected to be properly attired for competition, including shirts. The Regatta Director reserves the right to ask any person who is not behaving in a sportsman-like way to leave.

Eligibility and Masters’ Handicaps
Eligibility is determined by rower’s age on race day. Junior rowers may only participate in Junior designated events. Adults of college age and above may enter the Open events. Adults age 27 and older may enter either Open or Masters events. You may not row for a sick or absent person. If you do so, you will be disqualified.
Masters handicaps will be determined for ages 27 and above according to US Rowing formulas.
Awards
Awards are given to the top two finishers (or team members in the case of multi-person events) in each event.
- For the Master’s 2k Events, medals will be giving for the following age categories: Master’s A (27-35), Master’s B (36-49), Master’s C (50-59), Master’s D (60+)
- Plaques will be awarded to Super Rower winners.

Cancellations/ Scratches
Due to scheduling limitations it is not possible to set a snow date. If the event is cancelled due to extreme weather we will post a notice on our website. Unfortunately we cannot offer refunds. No refunds will be granted for scratches after the registration deadline.

Health & Safety
If you have a health issue, inform an official on the Race Floor before your race so they can better respond if an emergency arises. If you use an inhaler, you should keep it with you during your event.