2015 Iowa Indoor Rowing Challenge
Super Rower Challenge

We will have special events for individuals to participate in for a Super Rower Challenge.

Trophies will be awarded to the:
▪ Men's Masters Super Rower
▪ Women's Masters Super Rower
▪ Men's Open Super Rower
▪ Women's Open Super Rower
▪ Men's Junior Super Rower
▪ Women's Junior Super Rower

The winning Super Rowers will be determined based on the highest number of points earned in the special Super Rower events. Timing of events will be announced closer to the date of the competition.

For each special event, points will be awarded as follows:
▪ Event winner for age/gender category: 5 points for each special event won
▪ Second place: 4 points for each second-place finish
▪ Third place: 3 points for each third-place finish in a special event
▪ Participation: 1 point for each special event participated in

The special Super Rower events will consist of:

SCULLIES ▪ How many abdominal-burning scullies can you do in a minute? Rowers will be evaluated on the number of complete scullies completed with full arm and leg extension. Most completed wins!

WALL-SIT ▪ How long can you hold it? Rowers will be evaluated on how long they can wall-sit. Longest hold wins, but time limit is 3 minutes. If more than one person reaches the 3-minute limit, everyone reaching 3 minutes gets 5 points. Legs must be 90 degrees, back must be firmly against the wall, and hands overhead!

JUMPIES OR SQUATS ▪ What is your jumping or squatting power, speed, and endurance? Rowers will be evaluated on how many jumpies or squats they can complete in one minute. Squats and jumpies will be evaluated separately, but in both cases legs must reach at least a 90 degree angle for the squat/ jumpy to count!

SINGLE SCULL RIGGING ▪ Imagine you’re late for a race! (I know—it would never happen...) How quickly can you get those riggers on? Starting with the riggers on the ground and the wrench in your hand, how quickly can you get those bolts off, riggers on, and bolts back on again? Rowers will be evaluated based on the time it takes them to get the riggers on with the bolts tight enough to make the shell rowable. Shortest time wins! Warning: Compete at your own risk! If you break our boat, even by over-tightening the bolts, then you are automatically disqualified from the Super Rower Challenge!

CRAZY SPANDEX ▪ You know as a rower that you love spandex! So, show us your crazy patterns and colors! Rowers wearing fun-colored spandex (defined as NOT black or dark blue) get one point. If your spandex has a pattern other than a stripe, you get one extra point! (Note: Since fashion is subjective, and since we all win when people wear fun clothes, there will be no 1st, 2nd, or 3rd place for this event.)
10 STROKES • How far could you row with just 10 strokes? Rowers will have 45 seconds to take 10 strokes and will be evaluated on the distance that they go. Damper may be on any setting. Longest distance traveled in 10 strokes wins!

ARMS-ONLY FOR 250 METERS • How strong are those arms? Rowers will row 250 meters arms-only. This will also test the toughness of your abs because body position should be at the finish (legs straight, body back)! Body position must be held still and only the arms used to pull the chain. Shortest time to finish 250 meters wins!

1K DOUBLE ON SLIDES • Sure you can row hard by yourself, but can you row together with someone else? You can follow or stroke, but you need a buddy for this one! (Single rowers can request or recruit a partner.) Rowers will be evaluated on how quickly they (not the pair) complete the 1,000 meters. Points will be awarded as follows: anyone finishing under 4 minutes gets 5 points, times under 4:20 get 4 points, under 4:40 is 3 points, and 1 point for participating.

BENCH PULLS • How strong is that body swing? What will give out first, your arms or your back? Rowers will be evaluated on how many bench pulls they can complete with a 45-pound bar in 30 seconds. The highest number wins! Rowers must complete a full bench pull from arms straight to bar touching the bottom of the high bench for a pull to be counted. (Slamming the bar into the bench is not required! Warning: Breaking our bench will cause disqualification from the Super Rower Challenge!)

IOWA INDOOR ROWING CHALLENGE reserves the right to make corrections or minor changes to these rules and procedures before on-line registration close.