2016 Iowa Indoor Rowing Challenge
Race Floor Procedure

Warm Up Area
- Warm-up ergs are available before your event.
- Please allow competitors in earlier races to warm-up before you.
- 5-10 minutes before the scheduled race, rowers will be directed to the Race Floor.
- Pay attention to announcements made in the warm-up area.
- Log cards and heart rate monitors are NOT permitted.

Race Floor
- Alert officials to any health-related issues.
- Each erg is numbered.
- Go to your assigned erg.
- A Timer will check that the name on your wristband matches your assigned erg number.
- Log cards and heart rate monitors are NOT permitted.
- Each athlete is permitted one person only, standing behind them, for support on the Race Floor.

Before The Start
- Get settled quickly.
- Adjustments are allowed to the foot stretchers and vent only.
- Vent may not be changed once the Race Official has started an event.
- Erg fans should not be moving at the start of the race.

Start
- Rowers will take the start command from the PM3 monitor on the Concept2 Erg. The visual commands will be “Sit ready”, “Attention,” “ROW.” The clock starts with the “ROW” command and not after the handle is pulled. The Race Official will verbally announce “Sit ready”, “Attention,” “Row” as well.
- The Concept2 Venue Racing System will detect and alert a false start.
- Rowers who make more than one false start in a single event may be disqualified at the discretion of Race Officials.

During The Race
- If your erg becomes disconnected from the Concept2 Venue Racing System do not stop rowing. After about 10 seconds the PM3 monitor will display “KEEP ROWING” at the bottom of the screen. All data is retained on the PM3. Your time will be recorded on your race card and entered manually into the race system.
- If any other mechanical problem develops early during an event alert the Race Official or a Timer immediately. You will be moved to an unoccupied erg.
- If a problem develops late in the event, you will be rescheduled following an appropriate rest period.
- Remember that information on the PM3 monitor reflects times and positions for your section of ergs only. Your event may use more than one section and in that case your monitor does not reflect your place in the overall event. Row your hardest, best race.
- Rowers may be disqualified if the handle is allowed to slam the erg!
- Although not recommended, headphones may be worn during competition. They cannot interfere with the rower’s ability to hear instructions from the Race Official or Timers.
**End of Race**
- Alert the Race Official or a Timer immediately if you experience abnormal breathing or other health problems.
- Stay at your erg until instructed to leave.
- Under normal circumstances times are recorded automatically by the Concept2 Venue Racing System.
- However, Timers may opt to record time manually as well. BE SURE YOUR TIME IS RECORDED CORRECTLY.
- The rower may be asked to initial to indicate that the recorded time is correct.

**Relays**
- All four rowers will compete on the same erg.
- Rowers must change rowers on the erg at the appropriate interval.
- Rowers are permitted a coach or erg holder.
- Rowers may be disqualified if the handle is allowed to slam the erg!

**Protests**
- Address any protests to the Race Official or Regatta Director immediately after your race.
- The Regatta Director will adjudicate the complaint following consultation with the Race Official.
- Other complaints regarding the regatta should be addressed to the Regatta Director.

**PM3 Monitor Display**
- When all rowers are at the sit-ready position, the monitors will automatically begin the Start Sequence.
- Adjustments to the display must be done before the Start Sequence is displayed.
- Once the Start Sequence appears, it is not possible to adjust the monitor display. (It is forbidden to change the drag factor once the race has begun.)

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