2016 Iowa Indoor Rowing Challenge
Super FUTURE Rower Challenge

We will have special events for YOUTH rowers (ages 5-13 years old) to participate in for a Super FUTURE Rower Challenge.

Awards will be awarded to these age categories:

- 5-6 years old
- 7-8 years old
- 9-11 years old
- 12-13 years old

The winning Super FUTURE Rowers will be determined based on the highest number of points earned in the special Super Rower events.

- Event winner for age 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 FUTURE Rower events will consist of:

**WALL-SIT** • Future rowers will be evaluated on how long they can wall-sit. Longest hold wins, but time limit is 30 seconds. If more than one future rower reaches the 30 second limit, everyone reaching 30 seconds gets 5 points. Legs must be 90 degrees, back must be firmly against the wall, and hands overhead!

**CRAZY PANTS** • Rowers love spandex, and the more colorful the better! So, show us your crazy patterns and colors! Future rowers wearing fun-colored pants get one point for every color that is not blue, black, brown, or gray up to four points. If your pants have 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 can you row with just 10 strokes? Future rowers will have 45 seconds to take 10 strokes and will be evaluated on the distance that they go. Damper must be on the lowest setting. Longest distance traveled in 10 strokes wins!

**ARMS-ONLY FOR 50 METERS** • How strong are those arms? Future rowers will row 50 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 50 meters wins!

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