



Proskiff Indoor Rowing Championship Conditions of Racing 2017

- Athletes may set their own machines but once they have been started they are may not alter the setting.
- Only athletes and officials will be allowed into the racing area.
- Athletes must be ready to go at least 5 minutes prior to their race.
- Athletes must race on the ergs as directed.
- Every competitor must wear a singlet or t-shirt in their school/club/gym affiliate colours or a plain t-shirt or singlet as an alternative.
- The handle of the rowing machine is only to be released once placed at the front of the erg, or in the handle holder. Releasing the handle while the chain is extended will result in immediate disqualification from the event.
- For age group events the rower's age grade will be their age as of December 31 2017.
- All scratchings must be notified at least one hour prior to the start of that particular race.
- Individual events will be raced over 500m, 1000m, and 2000m. Teams events are 2000m.
- All teams must have four members who will complete 500m each, except corporate teams which will have eight members and each member must complete 250m.
- Entrants are required to provide an estimated time to complete each individual event they have entered as heats will be seeded, with overall results based on times.
- The only event to have heats and a final will be the corporate rowing event.
- Once entered team members can only be replaced through illness or injury or at the discretion of organiser.
- Team members are the only ones that are allowed to assist in the changeover.
- Every endeavour will be made to maintain the racing structure as proposed. However, the event committee reserves the right to alter, for any reason it sees fit, the programme as published.
- Non-rowers are deemed to be athletes that have not represented a club or School during a summer season. Athletes who have rowed novice at the university champs only may enter the non-rower event.

Lightweight rowers are to weigh-in in their race attire between 1 and 2 hours before their race time.

Lightweight rowers that fail to make weight may have their entry transferred to the appropriate age group or open event.

Male No individual rower shall weigh more than 75 Kilograms

Female No individual rower shall weigh more than 61.5 Kilogram