



**2021 USRowing Indoor National Championships / C.R.A.S.H. - B. Sprints World
Indoor Rowing Championships
Entry Packet
March 7, 2021
Anywhere, USA**

USRowing is excited to announce the continued partnership with the C.R.A.S.H.-B. Sprints World Indoor Rowing Championships for the 2021 USRowing Indoor National Championships.

The event will be held March 7 and will be done virtually on Concept2 ergometers, using Time-Team's virtual timing platform. The Time-Team platform allows all participants to compete in real time, against other competitors from around the country, from the comfort of their own home! The Time-Team platform allows for each competitor to have their erg information broadcasted live for all other competitors and spectators to see throughout each 2,000-meter race.

The USRowing Indoor National Championships offers 70+ events in under 15, under 17, under 19, under 23, open, para and masters categories.

The week leading up to the 2021 USRowing Indoor National Championships, a participation event that will be offered. This event is intended for new rowers who have learned indoor rowing on rowing machines other than the Concept2 ergometer. Please go to page 12 for details on the participation event.

Please read this packet in its entirety, as it contains important information about this year's event. All competitors are responsible for the information included in this packet.

Important Dates & Schedule Information

Important Dates/Deadlines:

December 1, 2021	Registration opens on RegattaCentral for the 2021 USRowing Indoor National Championships / C.R.A.S.H. - B. Sprints World Indoor Rowing Championships
March 1, 2021, 11:59 p.m. (ET)	Registration closes on RegattaCentral for the 2021 USRowing Indoor National Championships / C.R.A.S.H. - B. Sprints World Indoor Rowing Championships. All memberships and waivers must be up-to-date and complete. All payments are due.
March 7, 2021	All ergometer races will take place for the 2021 USRowing Indoor National Championships / C.R.A.S.H. - B. Sprints World Indoor Rowing Championships

Schedule Information:

Racing will take place all day on March 7, 2021, starting at approximately 10:00 a.m. (ET). A complete racing schedule will be available following the close of entries. Under no circumstances will races be run after March 7, 2021.

All racing is a finals-only format, regardless of the number of entries in each event. If there is more than one heat for a particular event, the fastest time overall will determine the winner.

USRowing offers virtual racing in the following categories. All events are 2,000-meters. Team events are 2,000-meters and each rower should plan to row 500 meters.

Depending on entries, some events may be combined on race day.

Event List:

(Tentative and Subject to Change)

Event Number	Event
1	Women's U15

2	Men's U15
3	Women's U17
4	Men's U17
5	Women's U19
6	Men's U19
7	Women's U19 PR1
8	Women's U19 PR2
9	Women's U19 PR3
10	Women's U19 PR3(FES)
11	Women's U19 PR3(GD)
12	Women's U19 PR3(DS)
13	Women's U19 PR3(AK)
14	Women's U19 PR3(SA)
15	Women's U19 PR3(ID)
16	Women's U19 PR3(RA)
17	Men's U19 PR1
18	Men's U19 PR2
19	Men's U19 PR3
20	Men's U19 PR3(FES)
21	Men's U19 PR3(GD)
22	Men's U19 PR3(DS)
23	Men's U19 PR3(AK)
24	Men's U19 PR3(SA)
25	Men's U19 PR3(ID)
26	Men's U19 PR3(RA)
27	Women's Masters AA
28	Women's Masters A
29	Women's Masters B
30	Women's Masters C
31	Men's Masters AA
32	Men's Masters A
33	Men's Masters B
34	Men's Masters C
35	Women's Masters 4-Person Team Relay : 50 and

	above
36	Men's Masters 4-Person Team Relay : 50 and above
37	Mixed Masters 4-Person Team Relay : 50 and above
38	Women's U23
39	Men's U23
40	Women's U23 PR1
41	Women's U23 PR2
42	Women's U23 PR3
43	Women's U23 PR3(FES)
44	Women's U23 PR3(GD)
45	Women's U23 PR3(DS)
46	Women's U23 PR3(AK)
47	Women's U23 PR3(SA)
48	Women's U23 PR3(ID)
49	Women's U23 PR3(RA)
50	Men's U23 PR1
51	Men's U23 PR2
52	Men's U23 PR3
53	Men's U23 PR3(FES)
54	Men's U23 PR3(GD)
55	Men's U23 PR3(DS)
56	Men's U23 PR3(AK)
57	Men's U23 PR3(SA)
58	Men's U23 PR3(ID)
59	Men's U23 PR3(RA)
60	Women's Open
61	Men's Open
62	Women's Open PR1
63	Women's Open PR2
64	Women's Open PR3
65	Women's Open PR3(FES)
66	Women's Open PR3(GD)
67	Women's Open PR3(DS)
68	Women's Open PR3(AK)

69	Women's Open PR3(SA)
70	Women's Open PR3(ID)
71	Women's Open PR3(RA)
72	Men's Open PR1
73	Men's Open PR2
74	Men's Open PR3
75	Men's Open PR3(FES)
76	Men's Open PR3(GD)
77	Men's Open PR3(DS)
78	Men's Open PR3(AK)
79	Men's Open PR3(SA)
80	Men's Open PR3(ID)
81	Men's Open PR3(RA)
82	Women's U19 4-Person Team Relay
83	Men's U19 4-Person Team Relay
84	Women's U17 4-Person Team Relay
85	Men's U17 4-Person Team Relay
86	Mixed U15 4-Person Team Relay
87	Women's Masters D
88	Women's Masters E
89	Women's Masters F
90	Women's Masters G
91	Women's Masters H
92	Women's Masters I
93	Women's Masters J
94	Women's Masters K
95	Men's Masters D
96	Men's Masters E
97	Men's Masters F
98	Men's Masters G
99	Men's Masters H
100	Men's Masters I
101	Men's Masters J
102	Men's Masters K

103	Women's Masters AA-K PR1
104	Women's Masters AA-K PR2
105	Womne's Masters AA-K PR3
106	Women's Masters AA-K PR3(FES)
107	Women's Masters AA-K PR3(GD)
108	Women's Masters AA-K PR3(DS)
109	Women's Master's AA-K PR3(AK)
110	Women's Masters AA-K PR3(SA)
111	Women's Masters AA-K PR3(ID)
112	Women's Masters AA-K PR3(RA)
113	Men's Masters AA-K PR1
114	Men's Masters AA-K PR2
115	Men's Masters AA-K PR3
116	Men's Masters AA-K PR3(FES)
117	Men's Masters AA-K PR3(GD)
118	Men's Masters AA-K PR3(DS)
119	Men's Masters AA-K PR3(AK)
120	Men's Masters AA-K PR3(SA)
121	Men's Masters AA-K PR3(ID)
122	Men's Masters AA-K PR3(RA)
123	Women's U23 4-Person Team Relay
124	Men's U23 4-Person Team Relay
125	Women's Open 4-Person Team Relay
126	Men's Open 4-Person Team Relay
127	Women's Masters 4-Person Team Relay : 49 and below
128	Men's Masters 4-Person Team Relay : 49 and below
129	Mixed Masters 4-Person Team Relay : 49 and below

Spectators:

Video streaming will be available free of charge via USRowing's YouTube Channel

Registration Information

USRowing Membership:

If a competitor is not up-to-date with their USRowing Membership or Waiver by March 1, 2021, at 11:59 p.m.(ET), the athlete may not be able to compete and may be scratched from the 2021 USRowing Indoor National Championships / C.R.A.S.H. - B. Sprints World Indoor Rowing Championships

All organizations must hold active organizational membership with USRowing. Organizations can join or renew at <https://membership.usrowing.org> or by contacting Member Services at (609) 751-0706.

Individual competitors representing a USRowing member organization or who are Unaffiliated must hold **one** of the following types of memberships *and* have a current waiver on file to participate in this event:

- Basic Membership
- Basic Membership + Regatta Package
- Championship Membership

Individual competitors can join USRowing at <https://membership.usrowing.org/individual/join> or by contacting the Member Services at (609) 751-0700.

Competitors can renew an expired membership and/or check their current membership status by logging in to their member profile at <https://membership.usrowing.org/individual/login>.

A current listing of your athletes, their member numbers, and expiration dates can be found on the online team roster through the USRowing Membership Portal at <https://membership.usrowing.org>.

International competitors can join USRowing as Basic - International members at no cost.

Entry Information:

There are no paper/email entries for this event. All entries must be made online on RegattaCentral. **All entry fees are due when entries are submitted.**

Entry fees become non-refundable after registration closes on March 1, 2021. If you have to scratch for any reason after registration closes, **you will not be reimbursed.**

Crews representing an organization with an outstanding balance from any USRowing activity will not be allowed to compete until the balance is paid in full.

Entry Fees:

The entry fee for individual events is \$25.00. All 4-person team relay events have a \$25.00 entry fee as well, and it is due at time of registration by the competitor/coach who is registering the team.

Late Entries:

There are no late entries accepted for the 2021 USRowing Indoor National Championships / C.R.A.S.H. - B. Sprints World Indoor Rowing Championships

Withdrawals:

No refund will be given for withdrawals or if a competitor is unable to make their race time, or failure to connect via the Time-Team platform.

Lineup Changes:

All entries for the 4-person team relay events must be submitted and final by March 1, 2021.

Competition Information

IMPORTANT: This document provides a step-by-step plan to connect the erg, a device with internet, and the Time-Team software. After going through these steps, you will be able to connect your Concept2 erg to your laptop or PC and race virtually against your competitors. Athletes should be on their competition erg at least **30 minutes prior to the start of their race.** All events will be run on time and will not wait for any athlete that is having trouble to connect.

[Please click here for a full Time-Team Manual on how to connect and use the platform on race day.](#)

Eligibility:

All competitors must have their entry fee paid and USRowing membership and waiver up to date prior to registration closing on at 11:59 p.m. (ET) on March 1, 2021, otherwise the entry

may be scratched.

Competitors are permitted to enter in more than one event. Please note that it is the responsibility of each rower to ensure that they make the start time of each event.

Classifications:

- **U15:** A competitor may compete in the U15 category until December 31 of the year of their 14th birthday.
- **U17:** A competitor may compete in the U17 category until December 31 of the year of their 16th birthday.
- **U19:** A competitor may compete in the U19 category until December 31 of the year of their 18th birthday.
- **U23:** A Competitor may compete in the U23 category until December 31 of the year of his or her 22nd birthday.
- **PR1:** [formerly AS (Arms and shoulders)]: Allocated to Rowers with a verifiable and permanent impairment who have minimal or no trunk function. A Rower in the PR1 sport class is able to apply force predominantly using the arms and/or shoulders. These Competitors will likely have poor sitting balance.
- **PR2:** (Formerly TA or Trunk and Arms): Allocated to Rowers with a verifiable and permanent impairment who have functional use of the trunk and who are unable to use the sliding seat to propel the boat due to significant weakened function or mobility of the lower limbs.
- **PR3 (FES):** Functional Electrical Stimulation
- **PR3(GD):** Genetic Dwarfism- As defined by IDSF (International Dwarf Sports Federation).
- **PR3(DS):** Down Syndrome: allocated to Rowers meeting the eligibility/classification requirements set by Virtus (formerly INAS), or (ii-2) and managed domestically by Athletes Without Limits; who has a formal diagnosis of Trisomy 21 Down syndrome, and; a statement that the rower is clear of symptomatic Atlantoaxial Instability (ASSI).
- **PR3(AK):** Single Leg, Above the Knee Amputee) Allocated to rowers who have an above knee amputation of one limb.
- **PR3(SA):** (Single Arm) This sport class is for PR3 rowers who are only able to row with a single arm connection to the handle. These impairments may be similar to the PR3(PI) sport class, but the rower may only have one arm connected to the handle. They are not allowed to use their affected arm or hand in any way when rowing on water or on the ergometer.
- **PR3(ID):** Intellectual Disability, allocated to Rowers meeting the eligibility/classification requirements set by Virtus (formerly INAS), or (ii-1) and managed domestically by Athletes Without Limits, which include- An IQ of 75 or lower, significant limitations in adaptive behavior as expressed in conceptual, social, and practical adaptive skills, and impairment diagnosed before age 18
- **PR3 (RA):** Requires Accommodation- Reserved for sport classes that do not fall into the above categories, may include athletes with a neurodiverse impairment.
- **Open:** Open events are open to competitors of any age.

- **Master:** A Master is a Competitor who has attained, or will attain, the age of 21 during the current calendar year. A Competitor's age is determined as of December 31 of the current calendar year, rounded down to the nearest whole number. A Competitor thus becomes a Master on January 1 of the year of his or her 21st birthday.
- **Unaffiliated:** “Unaffiliated” competitors must meet the individual membership requirements listed in this packet.

Masters Crews shall be classified by age according to the following categories:

- (AA) 21 to 26 years,
- (A) 27 to 35 years,
- (B) 36 to 42 years,
- (C) 43 to 49 years,
- (D) 50 to 54 years,
- (E) 55 to 59 years,
- (F) 60 to 64 years,
- (G) 65 to 69 years,
- (H) 70 to 74 years,
- (I) 75 to 79 years,
- (J) 80 to 84 years, and
- (K) 85 and over.

Team Relays

All team relays are 2,000-meter long. It is the expectation that each of the four (4) rowers will row 500-meters. If a team member loses connection, the additional meters will have to be rowed by the other 3 competitors, resulting in each of the other 3 competitors rowing over 500-meters.

The total meters rowed will stop at 2,000-meters. If one of the four (4) rowers is more efficient on the ergometer than others, that competitor will end up rowing more than 500-meters. All ergometers will stop once the team has collectively rowed 2,000-meters.

The Mixed U15 4-Person Team Relay must have 50% female and 50% male competitors to make up the team.

Masters 4-Person Team Relays

All competitors entered in the Master’s 4-Person Team Relays must fit the masters definition. Competitors entered in the “49 and below” category must all be 49 years of age or younger as of December 31, 2020. Competitors entered in the “50 and above” category must all be 50

years of age or older as December 31, 2020.

Masters entered in the Mixed Masters 4-Person Team Relays must have 50% male and 50% female competitors to make up the team.

Classifications for Adaptive Athletes

All Rowers racing in Adaptive Rowing Races shall be classified before competition, either by self-classification or by a USA or FISA Classification Panel.

Self-classification is permitted in all events with the exception of the open, 2,000-meter PR1, PR2, and PR3. The open Para Events are intended to be for FISA-Classified elite rowers.

Classifiers will not be present for the Virtual USRowing Indoor National Championships. For more information on the classification process, visit the USRowing web site: [Click here for Classification information on the USRowing web site.](#)

There will be no protests over any classified rower's sport class designation during a U.S. regatta.

Adaptive Events:

The PR1/PR2/PR3 1x events are open to athletes that have been classified in the PR1, PR2 or PR3 categories. Rowers may compete in a more functional sport class than their assigned sport class but not in a less functional sport class. For example, a Rower classified as PR2 may compete in PR3 Events, but may not compete in PR1 Events.

Affiliation:

All competitors must have affiliation with only one program during the entirety of the virtual regatta.

The two sections below (Altitude Adjustments & Lightweight Events) were added to the regatta pocket on 1/22/2021. If either applies to you and you need to go back and add the additional designation to your registration that was done prior to 1/22/21, please email Sarah.McAuliffe@usrowing.org to make sure those edits are made.

Altitude Adjustments

Altitude adjustments will be granted for teams/competitors that complete their 2,000- meter ergometer race at 5,400 ft or higher, to allow for fair competition. Ten seconds will be subtracted from the teams/competitors final time.

Upon registering for the 2021 USRowing Indoor National Championships / C.R.A.S.H. - B. Sprints World Indoor Rowing Championships, any teams/competitors that race at 5,400 ft or higher will have the opportunity to select that they do so on RegattaCentral. This information will then be pulled into the TimeTeam platform, and will automatically subtract the 10 seconds at the completion of the specific event.

All teams/competitors who race at 5,400 ft or higher, and select that they do so on RegattaCentral are required to email Sarah.McAuliffe@usrowing.org the exact address and elevation level of where you will be completing your live race. This must be done prior to March 1 at 11:59 p.m. ET. **If this is not done so by March 1 at 11:59 p.m. the subtraction of 10 seconds will not be made to any team/individuals time, no matter the circumstance.**

If it is determined and proven that the competitor/team was not truthful in reporting where they completed their race, and therefore the 10 second subtraction was not permissible, the associated team/competitor will be eliminated from the 2021 USRowing Indoor National Championships / C.R.A.S.H. - B. Sprints World Indoor Rowing Championships and will not be eligible to compete in the 2022 USRowing Indoor National Championships / C.R.A.S.H. - B. Sprints World Indoor Rowing Championships.

Lightweight Events

There are lightweight rowing opportunities for Masters and U23 individual and Masters and U23 team events at the virtual 2021 USRowing Indoor National Championships / C.R.A.S.H. - B. Sprints World Indoor Rowing Championships.

Upon registering for a Masters or U23 Event, lightweight Masters or U23 athletes will self select a lightweight designation button on RegattaCentral. This designation button signifies that the masters or U23 athlete who selected it ensures they will meet the lightweight requirements, as stated below, for Masters or U23 athletes, on the day of the event (March 7, 2021).

On March 7, 2021, all Masters and U23 lightweight athletes that self selected the lightweight designation button are required to email Sarah.McAuliffe@usrowing.org an email with a **video of the Masters or U23 athletes' showing the competitors face, then showing the competitors scale proving that they have met weight, and then showing a cell phone that shows the timestamp of March 7th, 2021.** This video must be taken on March 7, 2021 starting at 12:01 p.m. ET and ending no less than 2 hour before the masters athletes' race time. These videos will

be checked to ensure accuracy. An example video of what this process looks like will be available and posted here on 1/26/2021.

On race day (March 7, 2021), all athletes (Masters or U23) that self selected the designation of lightweight will see the word “lightweight” next to their name as they race and on the results. Upon completion of each event, the results will show both the original events athletes in rank order, and then also show the Masters and U23 lightweight athletes in rank order. The top 3 Masters and U23 lightweight athletes will be awarded additional medals in each category. Masters or U23 lightweight athletes who finish top three in the original event and finish top three in the Masters or U23 lightweight event will be awarded two medals.

If a Masters or U23 athlete who self selects the lightweight designation button on RegattaCentral and then does not make weight on March 7, 2021, they are required to self report that they should no longer be designated as lightweight. This notice should be sent to Sarah.McAuliffe@usrowing.org, no later than 2 hours before race time. If it is reported that lightweight status was not made and met the above criteria, the Masters or U23 athlete is allowed to participate in the original event, without the lightweight designation.

(1) A men’s lightweight Rower shall not weigh more than 165 lbs.

(2) A women’s lightweight Rower shall not weigh more than 135 lbs

Rules

Equipment:

All 2,000-meter races should be conducted on Concept2 Ergometers for the 2021 USRowing Indoor Nationals competitive event. Sliders or any other additional equipment, other than the stand alone, Concept2 Ergometer, are not permitted for the 2,000-meter ergometer races.

For a full list of needed equipment, please visit the Time Team manual [here](#).

Proof of Results:

The 2,000-meter ergometer piece must be completed on March 7, 2021 at the allotted time stated. Each ergometer will be hooked up to the Time-Team Homerace system for proof of accomplishment. Please click [here](#) for a full manual on how to connect your ergometer and ensure your erg information/results will show up.

Medals:

Medals will be awarded to the first, second and third-place crews in each event. Medals will be shipped to the placing boats after the 2021 USRowing Indoor National Championships / C.R.A.S.H. - B. Sprints World Indoor Rowing Championships. Each competitor must provide an address that will receive shipment of medals of won at time of registration. There will not be any hammers awarded this year.

Participation Event

Important Dates/Deadlines:

December 7, 2021	Registration opens on the ReSport Map Platform for the participation event.
March 1-6, 11:59 p.m. (ET)	Each competitor's 2,000-meter piece for the participatory event must be completed within this timeframe and uploaded to the ReSport Map Platform. All competitors must have an up-to-date Basic Membership and signed waiver by March 6 at 11:59 p.m. (ET).

Participation Race Information

The week leading up to the 2021 USRowing Indoor National Championships, a participation event will be offered. This event is intended for new rowers who have learned indoor rowing on rowing machines other than the Concept2 ergometer. A Concept2 ergometer race will not be offered during this participation event.

Registration will open on December 7 and all 2,000-meter participation pieces must be completed between March 1 and March 6 at 11:59 p.m. (ET).

The participation event will take place on the ReSport map platform. Competitors will be able to register and select fields such as gender, age, para events, and machine used to see where they stack up against many different audiences.

Upon completing your 2,000-meter piece between March 1 and March 6 at 11:59 p.m. (ET), you will be able to click “play” on the ReSport platform and watch your race occur on Mercer Lake in New Jersey, home of the US Women’s National Team training center.

The following machines are approved ergometers to complete a 2,000-meter piece within the 2021 USRowing Indoor National Championships participation event. **If you have an ergometer that is not listed below but would like to compete on, please email**

Sarah.McAuliffe@usrowing.org.

- WaterRower
- Hydrow Rower
- NordicTrack
- RP3

USRowing Membership

All participation competitors must have a basic membership with USRowing that is in good standing. Individual competitors can join USRowing at <https://membership.usrowing.org/individual/join> or by contacting the Member Services at (609) 751-0700.

Entry Fees

Entry fees for the participation event are \$15 per person. Each competitor who completes this participation event will receive a certificate via email upon completion. No medals will be given.

Registration Link

The link to register for the 2021 USRowing Indoor National Championship - Participation Event is [HERE](#)

Contacts and Organizers

Contact Information:

USRowing Regatta Director:

Sarah McAuliffe
Senior Events Manager, USRowing
Sarah.Mcauliffe@usrowing.org
609.751.0711