



# Irish Indoor Rowing Championships

## Frequently Asked Questions



- Q1. Is registration still open? A:** YES! Right up to November 17<sup>th</sup>.
- Q2. Can I enter on the day? A:** No. Immediate and guaranteed entry is only via the website registration for individuals on [www.IIRC.ie](http://www.IIRC.ie). Registration ends 17<sup>th</sup> November 2013.
- Q3. Do I need to be registered with Rowing Ireland? A:** No. You need only have the wish to compete!
- Q4. Where is the event being held? A:** In the University Arena of University of Limerick – *round the corner from the last IIRC!*
- Q5. Where can I get information on Limerick? A:** Check out [www.limerick.ie](http://www.limerick.ie) for all your travel and accommodation needs or email [info@rowfit.ie](mailto:info@rowfit.ie)
- Q6. Is this event open to non-rowers? A:** YES. This event is for all people that can use a rowing machine whether in a gym, privately or in a club. If you use a rowing machine or if you want to start using one with a purpose then this is the event for you!
- Q7. Do I have to belong to a club? A:** Not required! It's the same question as before really. Come one come all!
- Q8. Can I pay by cheque? A:** Yes. But you must contact the organiser ROWfit directly and the cheque MUST clear before the entry is accepted.
- Q9. Can we have a composite with another school for the 2K team event? A:** YES. The Age & Race Categories do not call for team-mates to be from same school just the same year.
- Q10. What's an Ergometer/Erg/Ergo? A:** It's an Indoor Rowing machine
- Q11. What's a 2k? A:** The standard race distance on the rowing machine reflective of standard regatta courses = 2000 metres.
- Q12. What's Drag Factor & Damper Lever? A:** The damper lever is the thing on the side of the flywheel that controls the drag factor, which is to say it controls the amount of air that flows through the flywheel. There is no required set Drag Factor OR Damper Level for the IIRC.

**Q13. How are the ergometers linked?** A: By Ethernet cabling! The software links 20 machines and projects their relative positions (distance done) onto one of two 4x3m screens. Each screen is behind the 20 rowers in a bank of ergs (Bank A or B) hence Screen A or B.

**Q14. There are two screens with 40 boats all rowing at the same time. How do you know who wins the race?** A: While the two erg banks are not linked (you can only fit 20 boats on a screen – technical stuff) we do sort the results after the race ends and award 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> to the top three fastest times. If you have won on Screen 'A' but someone on Screen 'B' is faster they get the medal. Sorry.

**Q15. What is 'Para-Rowing'?** A: Also known as Adaptive rowing, Para-Rowing is rowing or sculling open to both male and female rowers with a disability who meet the criteria set out in the Para-Rowing Classification Regulations and Bye-Laws. The Indoor Rower can be modified to help meet the needs of adaptive athletes for training and competing.

**Q16. Are there going to be 100m sprints?** A: No. However if you wish to break a record we can organise to have it monitored.

**Q17. Are there different levels of competition such as novice, intermediate & advanced?** A: No. The Age & Race Categories reflect Indoor rowing competitions worldwide. If you want to become intermediate or advanced then get on the machine and get cracking. You'd be surprised just how quickly you will progress.

**Q18. How long between events?** A: Competitors will be given approximately 1.5 hours to recover before they should have to race again. In some instances this may be shorter but we'll do our best!

**Q19. What's a Lightweight?** A: At the IIRC the weight limit for men is 75kg & women 62.5kg. For HP Trial Information go to <http://www.rowingireland.ie/trialling/>

**Q20. What's a Heavyweight?** All competitors at the RIIC who are above the lightweight cut offs are classed as heavyweights. You do not have to enter Lightweight unless you wish to.