

Irish Indoor Rowing Championships - Age & Race Categories

Note 1: There shall be separate Races for men and women

1. **Open:** Open to all, no weight or age restrictions.
2. **U23 years:** A rower may compete in an Under 23 rowing event until 31st of December of the year in which they reach the age of 22.
3. **Lightweight:** Lightweight event upper limits are Men 75kg and Women 62.5kg. Lightweight competitors will be weighed between 1 and 2 hours before their race. Competitors entered in a lightweight race who do not make their weight will NOT be permitted to race.
4. **High Performance Lightweight trials Competitors** must attend to their own weight requirements as stipulated by Rowing Ireland's High Performance Team Management on <http://www.rowingireland.ie/trialling/>
5. **30-39 years:** A competitor aged between 30 to 39 years (incl.) on race day.
6. **40-49 years:** A competitor aged between 40 to 49 years (incl.) on race day.
7. **50-59 years:** A competitor aged between 50 to 59 years (incl.) on race day.
8. **60-69 years:** A competitor aged between 60 to 69 years (incl.) on race day.
9. **70+ years:** A competitor aged 70 years or over on race day.

Note 2: A competitor ceases to be a junior on the 31st December of the year in which they reach the age of eighteen years.

10. **Junior 18:** A competitor who qualifies under the age limit in Note 2 above.
11. **Junior 16:** A competitor who has not attained the age of sixteen years before the 1st January of the year of competition.
12. **Junior 15:** A competitor who has not attained the age of fifteen years before the 1st January of the year of competition.
13. **Junior 14:** A competitor who has not attained the age of fourteen years before the 1st January of the year of competition.
14. **Junior 13:** A competitor who has not attained the age of thirteen years before the 1st January of the year of competition.
15. **Para-Rowing LTA:** Rowers with a verifiable and permanent disability who have functional use of their legs, trunk and arms for rowing, and who can utilise the sliding seat to power the Concept 2 indoor rower
16. **Para-Rowing TA:** Rowers who have functional use of the trunk and who are not able to use the sliding seat to power the Concept 2 indoor rower because of significantly weakened function or mobility of the lower limbs.
17. **Para-Rowing AS:** Rowers who have minimal or no trunk function (i.e. shoulder function only)
18. **Freshman:** A college student rower that just started 1st Year college
19. **School 1st Year Team:** Four same gender 1st Year secondary students
20. **School 2nd Year Team:** Four same gender 2nd Year secondary students
21. **School 3rd Year Team:** Four same gender 3rd Year secondary students
22. **School 4th Year Team:** Four same gender 4th Year secondary students
23. **School 5th/6th Year Team:** 4 x same gender 5th/6th Year secondary students
24. **College Student Team:** Four persons of same gender in College