



2019 World Rowing Indoor Championships / USRowing Indoor National Championships

February 24, 2019

Walter Pyramid, Long Beach, California USA

The World Rowing Federation (FISA), in partnership with Concept2, USRowing, and the Long Beach Rowing Association, are proud to host the second World Rowing Indoor Championships and the inaugural USRowing Indoor National Championships on February 24, 2019, at the Walter Pyramid in Long Beach, California.

The World Rowing Indoor Championships is in its second year, following the successful staging of the first WRIC in February 2018 in Alexandria, Va. The inaugural event was a collaboration between World Rowing, Concept2 and the Erg Sprints. It saw three new world records including indoor rowing star Olena Buryak of Ukraine setting a record in the 30-39-year-old women's race and Christine Cavallo of the United States setting the women's lightweight record.

The inaugural championships attracted over 2,500 participants from 33 countries competing for world championship medals in open, junior, under 23, para and masters events in both openweight and lightweight categories.

This year's event will feature opportunities to race for both world and national championships, as the inaugural USRowing Indoor National Championships will take place concurrently.

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.

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Changesfor2019

Below is a list of significant changes to this year's packet that are being highlighted for your convenience. Be sure to read the entire packet, as you are responsible for all information included herein. FISA's Rules of Racing - Indoor Rowing Competition Regulations will be used to govern this event.

- EventAgeClassifications(pg.9): A competitor's age is determined as of December 31 of the calendar year.
- FISARulesExceptions(Pg.11): The Regulations shall apply to all events except as shown below, where the FISA Executive Committee has exercised its authority under FISA Statutes Article 52 to allow exceptions to the Regulations.
- LightweightWeightLimit(pg.12): For an indoor rowing event, no individual lightweight male rower may weigh more than 75 kgs and no individual female rower may weigh more than 61.5 kgs.
- Anti-Doping(pg.12): Competitors may be subject to anti-doping testing at this year's event.

ImportantDates&ScheduleInformation

- November 1, 2018 -- Online registration opens on RegattaCentral
- January 31, 2019 -- Initial online registration deadline. All entry fees become non-refundable after this deadline.
- February 1, 2019 -- Online late entry registration opens.
- February 10, 2019 -- Online late entry deadline.
- February 15, 2019 -- Initial race schedule posted.
- February 24, 2019 -- On-site credential pick-up is available.

Schedule Information:

Racing will take place all day on February 24, 2019. A complete racing schedule will be available following the close of entries. Under no circumstances will races be run after February 24, 2019.

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. Races will be seeded by time within an event.

Award ceremonies will be held as described in the Medals section of this entry packet.

Event List:

(Tentative and Subject to Change)

USROWING INDOOR NATIONAL CHAMPIONSHIPS

EVENTS 1-8

FUNCTIONAL ELECTRICAL STIMULATION (FES) 1K (Remote Location Only: Community Rowing, Inc.)

1. Women FES non-assisted return: Under 50
2. Women FES non-assisted return: 50 or Over

3. Women FES assisted return: Under 50
4. Women FES assisted Return: 50 or Over
5. Men FES non-assisted return: Under 50
6. Men FES non-assisted return: 50 or Over
7. Men FES assisted return: Under 50
8. Men FES assisted return: 50 or Over

EVENTS 9-92**SELF-CLASSIFIED PARA 2K (non-FISA)****PR1(AS) - Arms & Shoulders**

- 9. Women PR1: Under 19
- 10. Women PR1: 19 - 29
- 11. Women PR1: 30 - 39
- 12. Women PR1: 40 - 49
- 13. Women PR1: 50 - 59
- 14. Women PR1: 60 or Over
- 15. Men PR1: Under 19
- 16. Men PR1: 19 - 29
- 17. Men PR1: 30 - 39
- 18. Men PR1: 40 - 49
- 19. Men PR1: 50 - 59
- 20. Men PR1: 60 or Over

PR2(TA) - Trunk & Arms

- 21. Women PR2: Under 19
- 22. Women PR2: 19 - 29
- 23. Women PR2: 30 - 39
- 24. Women PR2: 40 - 49
- 25. Women PR2: 50 - 59
- 26. Women PR2: 60 or Over
- 27. Men PR2: Under 19
- 28. Men PR2: 19 - 29
- 29. Men PR2: 30 - 39
- 30. Men PR2: 40 - 49
- 31. Men PR2: 50 - 59
- 32. Men PR2: 60 or Over

PR3(ID) - Legs, Trunk & Arms (Intellectual Disability)

- 33. Women PR3(ID): Under 19
- 34. Women PR3(ID): 19 - 29
- 35. Women PR3(ID): 30 - 39
- 36. Women PR3(ID): 40 - 49
- 37. Women PR3(ID): 50 - 59
- 38. Women PR3(ID): 60 or Over
- 39. Men PR3(ID): Under 19
- 40. Men PR3(ID): 19 - 29
- 41. Men PR3(ID): 30 - 39
- 42. Men PR3(ID): 40 - 49
- 43. Men PR3(ID): 50 - 59
- 44. Men PR3(ID): 60 or Over

PR3(VI) - Legs, Trunk & Arms (Visual Impairment)

- 45. Women PR3(VI): Under 19
- 46. Women PR3(VI): 19 - 29

- 47. Women PR3(VI): 30 - 39
- 48. Women PR3(VI): 40 - 49
- 49. Women PR3(VI): 50 - 59
- 50. Women PR3(VI): 60 or Over
- 51. Men PR3(VI): Under 19
- 52. Men PR3(VI): 19 - 29
- 53. Men PR3(VI): 30 - 39
- 54. Men PR3(VI): 40 - 49
- 55. Men PR3(VI): 50 - 59
- 56. Men PR3(VI): 60 or Over

PR3(AK) - Legs, Trunk & Arms (Above the Knee Amputee)

- 57. Women PR3(AK): Under 19
- 58. Women PR3(AK): 19 - 29
- 59. Women PR3(AK): 30 - 39
- 60. Women PR3(AK): 40 - 49
- 61. Women PR3(AK): 50 - 59
- 62. Women PR3(AK): 60 or Over
- 63. Men PR3(AK): Under 19
- 64. Men PR3(AK): 19 - 29
- 65. Men PR3(AK): 30 - 39
- 66. Men PR3(AK): 40 - 49
- 67. Men PR3(AK): 50 - 59
- 68. Men PR3(AK): 60 or Over

PR3(PD) - Legs, Trunk & Arms (Physical Disability)

- 69. Women PR3(PD): Under 19
- 70. Women PR3(PD): 19 - 29
- 71. Women PR3(PD): 30 - 39
- 72. Women PR3(PD): 40 - 49
- 73. Women PR3(PD): 50 - 59
- 74. Women PR3(PD): 60 or Over
- 75. Men PR3(PD): Under 19
- 76. Men PR3(PD): 19 - 29
- 77. Men PR3(PD): 30 - 39
- 78. Men PR3(PD): 40 - 49
- 79. Men PR3(PD): 50 - 59
- 80. Men PR3(PD): 60 or Over

PR3(SA) - Legs, Trunk & Arms (Single Arm)

- 81. Women PR3(SA): Under 19
- 82. Women PR3(SA): 19 - 29
- 83. Women PR3(SA): 30 - 39
- 84. Women PR3(SA): 40 - 49
- 85. Women PR3(SA): 50 - 59
- 86. Women PR3(SA): 60 or Over
- 87. Men PR3(SA): Under 19

- 88. Men PR3(SA): 19 - 29
- 89. Men PR3(SA): 30 - 39
- 90. Men PR3(SA): 40 - 49
- 91. Men PR3(SA): 50 - 59
- 92. Men PR3(SA): 60 or Over

**WORLD ROWING INDOOR
CHAMPIONSHIPS/USROWING INDOOR NATIONAL
CHAMPIONSHIPS**

EVENTS 93-98

Para-Rowing 2K (Require FISA Classification)

- 93. Women PR1
- 94. Women PR2
- 95. Women PR3
- 96. Men PR1
- 97. Men PR2
- 98. Men PR3

**WORLD ROWING INDOOR
CHAMPIONSHIPS/USROWING INDOOR NATIONAL
CHAMPIONSHIPS**

EVENTS 99-150

MASTERS 2K

- 99. Master M (age 89 and over) Lightweight Women
- 100. Master M (age 89 and over) Women
- 101. Master L (age 86-88) Lightweight Women
- 102. Master L (age 86-88) Women
- 103. Master K (age 83-85) Lightweight Women
- 104. Master K (age 83-85) Women
- 105. Master J (age 80-82) Lightweight Women
- 106. Master J (age 80-82) Women
- 107. Master I (age 75-79) Lightweight Women
- 108. Master I (age 75-79) Women
- 109. Master H (age 70-74) Lightweight Women
- 110. Master H (age 70-74) Women
- 111. Master G (age 65-69) Lightweight Women
- 112. Master G (age 65-69) Women
- 113. Master F (age 60-64) Lightweight Women
- 114. Master F (age 60-64) Women
- 115. Master E (age 55-59) Lightweight Women
- 116. Master E (age 55-59) Women
- 117. Master D (age 50-54) Lightweight Women
- 118. Master D (age 50-54) Women
- 119. Master M (age 89 and over) Lightweight Men
- 120. Master M (age 89 and over) Men
- 121. Master L (age 86-88) Lightweight Men

- 122. Master L (age 86-88) Men
- 123. Master K (age 83-85) Lightweight Men
- 124. Master K (age 83-85) Men
- 125. Master J (age 80-82) Lightweight Men
- 126. Master J (age 80-82) Men
- 127. Master I (age 75-79) Lightweight Men
- 128. Master I (age 75-79) Men
- 129. Master H (age 70-74) Lightweight Men
- 130. Master H (age 70-74) Men
- 131. Master G (age 65-69) Lightweight Men
- 132. Master G (age 65-69) Men
- 133. Master F (age 60-64) Lightweight Men
- 134. Master F (age 60-64) Men
- 135. Master E (age 55-59) Lightweight Men
- 136. Master E (age 55-59) Men
- 137. Master D (age 50-54) Lightweight Men
- 138. Master D (age 50-54) Men
- 139. Master C (age 43-49) Lightweight Women
- 140. Master C (age 43-49) Women
- 141. Master B (age 36-42) Lightweight Women
- 142. Master B (age 36-42) Women
- 143. Master A (age 27-35) Lightweight Women
- 144. Master A (age 27-35) Women
- 145. Master C (age 43-49) Lightweight Men
- 146. Master C (age 43-49) Men
- 147. Master B (age 36-42) Lightweight Men
- 148. Master B (age 36-42) Men
- 149. Master A (age 27-35) Lightweight Men
- 150. Master A (age 27-35) Men

**WORLD ROWING INDOOR CHAMPIONSHIPS/
USROWING INDOOR NATIONAL CHAMPIONSHIPS**

EVENTS 151-152

UNDER 19 (JUNIOR) 2K

- 151. Under 19 (Junior) Women*
- 152. Under 19 (Junior) Men*

**USRowing will award Indoor National Championship medals to the top three finishers in the Under 15 and Under 17 categories as well, based on age from the Under 19 event entrants. Separate events will not be raced.*

**WORLD ROWING INDOOR CHAMPIONSHIPS/
USROWING INDOOR NATIONAL CHAMPIONSHIPS**

EVENTS 153-156

UNDER 23 2K

- 153. Under 23 Lightweight Women
- 154. Under 23 Lightweight Men
- 155. Under 23 Women
- 156. Under 23 Men

**WORLD ROWING INDOOR
CHAMPIONSHIPS/USROWING INDOOR NATIONAL
CHAMPIONSHIPS**

EVENTS 157-160

SENIOR (OPEN) 2K

- 157. Senior (Open) Lightweight Women
- 158. Senior (Open) Lightweight Men
- 159. Senior (Open) Women
- 160. Senior (Open) Men

EVENTS 161-192

BEACH SPRINTS 500M-DASH

- 161. Master M (age 89 and over) Women 500M Sprint Championship
- 162. Master L (age 86-88) Women 500M Sprint Championship
- 163. Master K (age 83-85) Women 500M Sprint Championship
- 164. Master J (age 80-82) Women 500M Sprint Championship
- 165. Master I (age 75-79) Women 500M Sprint Championship
- 166. Master H (age 70-74) Women 500M Sprint Championship
- 167. Master G (age 65-69) Women 500M Sprint Championship
- 168. Master F (age 60-64) Women 500M Sprint Championship
- 169. Master E (age 55-59) Women 500M Sprint Championship
- 170. Master D (age 50-54) Women 500M Sprint Championship
- 171. Master C (age 43-49) Women 500M Sprint Championship
- 172. Master B (age 36-42) Women 500M Sprint Championship
- 173. Master A (age 27-35) Women 500M Sprint Championship
- 174. Under 19 (Junior) Women 500M Sprint Championship
- 175. Under 23 Women 500M Sprint Championship

- 176. Senior (Open) Women 500M Sprint Championship
- 177. Master M (age 89 and over) Men 500M Sprint Championship
- 178. Master L (age 86-88) Men 500M Sprint Championship
- 179. Master K (age 83-85) Men 500M Sprint Championship
- 180. Master J (age 80-82) Men 500M Sprint Championship
- 181. Master I (age 75-79) Men 500M Sprint Championship
- 182. Master H (age 70-74) Men 500M Sprint Championship
- 183. Master G (age 65-69) Men 500M Sprint Championship
- 184. Master F (age 60-64) Men 500M Sprint Championship
- 185. Master E (age 55-59) Men 500M Sprint Championship
- 186. Master D (age 50-54) Men 500M Sprint Championship
- 187. Master C (age 43-49) Men 500M Sprint Championship
- 188. Master B (age 36-42) Men 500M Sprint Championship
- 189. Master A (age 27-35) Men 500M Sprint Championship
- 190. Under 19 (Junior) Men 500M Sprint Championship
- 191. Under 23 Men 500M Sprint Championship
- 192. Senior (Open) Men 500M Sprint Championship

EVENTS 193

BEACH SPRINTS 4x500M Team Relay

- 193. Under 19 (Junior)

EVENTS 194-196

BEACH SPRINTS 1000M SPRINT

- 194. Mixed 2x*
- 195. Men's 4x*
- 196. Women's 4x*

**Long Beach will apply age-grouping and/or handicaps to the Mixed 2x, Men's 4x, and Women's 4x depending on the number of entries.*

Registration and Insurance Information

U.S. Competitors USRowing

Membership:

Competitors representing Organizational Members of USRowing must hold at least a Basic Membership to compete in this event. Unaffiliated U.S. competitors that have a USRowing Basic Membership also are eligible to participate.

Unaffiliated U.S. competitors without USRowing Basic Membership must purchase a \$5 Member Day Pass (for insurance coverage).

Competitors can join USRowing at <https://membership.usrowing.org/individual/join> or by calling the USRowing Member Services Department at (800) 314-4769.

Competitors who need to renew their existing membership can login to their member profile at <https://membership.usrowing.org/individual/login>.

For more information about individual membership with USRowing, visit our website at <http://www.usrowing.org/individual-membership/>.

Memberships should be handled prior to arriving for the event. A current listing of your athletes, their member numbers, and expiration dates can be found on your online roster through the membership portal at <http://membership.usrowing.org>.

International Competitors

International competitors, regardless of whether they are members of a club or association affiliated with a national rowing federation that is a member federation of FISA, shall be responsible for their own adequate medical and accident insurance, as well as insurance covering liability, property and equipment.

FISA Rowing Commitment Form/Event Release of Liability:

All participants in WRIC events must sign the [FISARower's Commitment Form/Event Release of Liability](#) during online registration.

Athlete Check-in:

Race Cards will be issued to competitors on February 24, 2019, at Athlete Check-in at the race venue (The Pyramid, Long Beach State University). Race Cards will be available for pick up by Club Affiliation. Unaffiliated rowers will pick up Race Cards under the listing "Unaffiliated" and then by name. Race cards must be picked up no later than one hour prior to race time.

Competitors will be required to show their Race Card in order to weigh-in and to enter the Competition

Floor.

Lightweight competitors must pick up their Race Cards before weighing in.

Entry Information:

No paper entries will be accepted for this event. All entries must be made online at [RegattaCentral](#). Initial registration will be available beginning November 1, 2018, and ending January 31, 2019. No refunds will be given once the initial registration period has ended.

All entry fees must be paid in full by January 31, 2019. After this date, unpaid entries will be considered late entries and subject to the additional fees associated with such designation. Any entry fees not paid in full by February 10, 2019, will be withdrawn from the regatta.

Entry Fees:

Entry fee is \$35.00 for all individual events. For the team relays, the entry fee is \$50.00 for the Mixed 2x and \$80.00 for the U19 Mixed Team Relay, Women's 4x, or Men's 4x. A late fee of \$15.00 will be charged for any entries accepted during the Late Entry period.

Entry fees become non-refundable on February 1, 2019.

Late Entries:

Beginning February 1, 2019, late entries may be accepted in events where there is still capacity in an event.

Rowers interested in competing in an event that is full should place their desired entry on the "Waitlist" for that event. If space becomes available, rowers will be notified via email through RegattaCentral. Rowers will then have 48 hours to submit their entry.

Online late entries may be submitted via RegattaCentral until February 10, 2019.

After February 10, 2019, a limited number of late entries will be accepted at the regatta site on February 24, 2019, during the morning's on-site, space-available registration. This on-site registration will be available on a first-come, first-served basis from 7:30-9:00AM. The on-site entry fee is \$75.00. No late entries will be accepted after the close of on-site registration on February 24, 2019.

All late entries must be submitted with complete information including name of competitor and date of birth. Relay entries must provide complete information for each member of the relay.

Withdrawals:

Entries may be withdrawn without penalty until the end of the initial registration period on January 31, 2019.

Beginning February 1, 2019, no refunds will be given for withdrawals.

Competition Information

Event Age Classifications:

Under 15: A competitor may compete in the U15 category until December 31 of the year of his or her 14th birthday.

Under 17: A competitor may compete in the U17 category until December 31 of the year of his or her 16th birthday.

Under 19: A competitor may compete in the U19 category until December 31 of the year of his or her 18th birthday.

Under 23: A competitor may compete in the U23 category until December 31 of the year of his or her 22nd birthday.

Senior (Open): Senior (Open) events are open to competitors of any age.

Masters: A masters athlete is a competitor who has attained, or will attain, the age of 27 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 27th birthday.

A competitor's age is determined as of December 31 of the current calendar year, rounded down to the nearest whole number.

Masters competitors are required to race within the event designated for their age category. Competitors are not eligible to race in events designated for older or younger categories.

Masters Age Categories:

Category	Ages
A	27-35
B	36-42
C	43-49
D	50-54
E	55-59
F	60-64
G	65-69
H	70-74
I	75-79
J	80-82
K	83-85
L	86-88
M	89+

Para-Rowing Event Classifications/Eligibility for Adaptive Athletes

FISA Classification is required for the “FISA” World Rowing Indoor Championships/USRowing Indoor National Championships PR1, PR2, and PR3 events. Athletes taking part in these events that have not yet been classified by a FISA International Classification panel are required submit documentation for a pre-classification assessment (links below). These documents must be submitted via their National Federations using the FISA Classification portal 30 days prior to classification, i.e. no later than **January 23, 2019**.

IMPORTANT CLASSIFICATION NOTE: If you have been classified in the United States for para on-water rowing and have not competed internationally, you most likely have a US classification status that IS NOT accepted as a FISA international classification. If you have competed in on-water rowing at the international level, then you would have been FISA classified. This is an important distinction for competitors to confirm since this competition offers some para events that are FISA internationally sanctioned only and some events that are not.

FISA Medical Diagnostics Form for PHYSICAL IMPAIRMENT

http://www.worldrowing.com/mm//Document/General/General/12/68/10/2013_06_13_Medical_Diagnostics_Form_for_Athletes_with_Visual_Impairments_Neutral.pdf

FISA Medical Diagnostics Form for VISUAL IMPAIRMENT

http://www.worldrowing.com/mm//Document/General/General/12/68/10/2013_06_13_Medical_Diagnostics_Form_for_Athletes_with_Visual_Impairments_Neutral.pdf

FISA has created an online tool to help potential para athletes determine their eligibility for para rowing and to give an indication of what sport class they may be eligible for. The online tool is available here:

<https://worldrowingforms.wufoo.eu/forms/z11z8hxm0u38wd3/>

Please note, all FISA Classified and Self Classified PR1 and PR2 athletes are required to attend the fitting session on Saturday, February 23, 2019, at the Hyatt Regency Long Beach, 200 South Pine Avenue, Long Beach, CA 90802 USA. No exceptions.

FISA Para Rowing Classification Regulations

http://www.worldrowing.com/mm//Document/General/General/13/08/94/Appendix19-ParaClassification2018update_Neutral.pdf

FISA Classification Sport Classes

PR1: Rowers who have minimal or no trunk function (i.e. primarily shoulder function) will be assigned to the PR1 class after being evaluated by a FISA Classification Panel. A PR1 class rower is able to apply force predominantly using the arms and/ or shoulders. These athletes will likely also have decreased sitting balance.

PR2: Rowers who have functional use of the trunk and who are not able to use the sliding seat to propel the boat because of significantly weakened function or mobility of the lower limbs will be assigned to

the PR2 class after being evaluated by a FISA Classification Panel.

PR3: Rowers with an eligible impairment who have functional use of their legs, trunk and arms for rowing, and who can utilise the sliding seat to propel the will be assigned to the PR3 class after being evaluated by a FISA Classification Panel.

PR3 (VI): Allocated to Rowers with a classifiable visual impairment. Three subclasses are used in classification.

1. PR3-B1, PR3-B2, PR3-B3 (formerly LTA-B1, LTA-B2, LTA-B3): allocated to Rowers based on their visual acuity to the standards set by the IBSA.

ALL OTHER EVENTS ARE SELF CLASSIFIED - FISA CLASSIFICATION NOT REQUIRED

Please note, all FISA Classified and Self Classified PR1 and PR2 athletes are required to attend the fitting session on Saturday, February 23, 2019, at the Hyatt Regency Long Beach, 200 South Pine Avenue, Long Beach, CA 90802 USA. No exceptions.

Other USRowing Indoor Rowing Championship Para Classifications

*Athletes competing in sport groups below must be **classifiable** within one month of the event if their sport class is challenged.*

PR1 (AS): Arms and Shoulders - Rowers who use their arms and shoulders only. Rowers use strapping around their midsection to provide support and stability.

PR2 (TA): Trunk and Arms - Rowers who have trunk and arm movement, who are unable to use their legs to propel the sliding seat.

PR3 (PD/LTA): Physical Disability/Legs, Trunk and Arms and/or VI - Rowers who have the use of their legs, trunk and arms, who can utilize the sliding seat. Rowers may have a physical or visual impairment.

PR3 (AK): Single Leg or Above Knee Amputee - Rowers who have the use of their single leg, trunk and arms, who can utilize the sliding seat. May wear prosthetic limb.

PR3 (SA): Single Arm - Rowers who have the use of their single arm/hand and trunk, who can utilize the sliding seat.

PR3 (ID): Intellectual Disability - Rowers who meet the eligibility/classification requirements set by INAS and managed domestically by Athletes Without Limits (<http://www.athleteswithoutlimits.org>).

Additional subcategories may be included as part of the classification of PR3-ID for Competitors not meeting the requirements from INAS, but exhibiting similar permanent impairments. Examples include:

PR3 (ID-M1): Legs, Trunk & Arms (Military - Post Traumatic Stress - PTSD)

PR3 (ID-M2): Legs, Trunk & Arms (Military - Traumatic Brain Injury - TBI)

Note: Military Rowers with a physical impairment and PTSD or TBI will row in the physical impairment class.

PR3 (ID-1): Legs, Trunk & Arms (Intellectual Disability)

- 1. IQ of 75 or below (Weschler/WISC/WAIS, Stanford-Binet or Raven)*
- 2. Significant limitations in Adaptive Behavior (Vineland, ABAS or Other)*
- 3. Onset before age 18*

PR3 (ID-2) - Legs, Trunk & Arms (Down Syndrome)

- 1. Diagnosis of Down Syndrome including type (Trisomy 21 or Mosaic)*
- 2. Atlanto-Axial Instability status as either clear or asymptomatic*
- 3. Athletes with Mosaic Down Syndrome must also provide evidence of intellectual disability*

PR3 (ID-3): Legs, Trunk & Arms (Autism)

- 1. A formal diagnosis of Autism, Autism Spectrum Disorder (ASD) or Asperger's syndrome carried out by a qualified practitioner using accepted diagnostic techniques.*
- 2. Does not meet IQ or Adaptive criteria for Intellectual Disability Class above (for example IQ is over 75).*

PR3 (VI): Allocated to Rowers with a verifiable and permanent visual impairment. Three subclasses are used in classification. Restrictions may be in place for events on the number of competitors in a crew with a specific subclass classification:

PR3-B1, PR3-B2, PR3-B3 (formerly LTA-B1, LTA-B2, LTA-B3): allocated to Rowers based on their visual acuity to the standards set by the IBSA.

PARA EVENT SUBCATEGORIES AND WHY THEY ARE IMPORTANT AS A COMPETITOR:

1. They support fair racing within the para events
2. They develop valuable performance data once recorded on the Concept2 online world rankings
3. The more specific sport category performance data created by their use creates supportive information for governing bodies to best plan performance recognition moving forward

PARA EVENT SUB CATEGORY NOMENCLATURE AND WHY IT IS IMPORTANT TO USE UNIVERSALLY AT ALL REGATTAS LARGE AND SMALL.

1. The nomenclature including the subcategory designation must always be included no matter how awards are distributed. As an example for the upcoming World Rowing Indoor Challenge at Long Beach for the FISA Para Men(PR3) 2000m event, the results could include the following:

Gold Medal	1st Place	France	Jean Menard PR3(ID-M1)	6:02.5
Silver Medal	2nd Place	England	Robert Bagley PR3(VI)	6:03.4
Bronze Medal	3rd Place	Ukraine	Ivan Rudishe PR3(PD)	6:04.6
2. As long as the subcategories are carried through to the race results, they can then be incorporated into the Concept2 World Rankings within their respective subcategories as well as their overall PR3 status, creating the very valuable performance comparison data sorted by the more specific subcategories. This can all be done independently no matter how the race

organizers decide to award results (by compressing the categories to overall as in the above example or by awarding the specific subcategory as an independent event).

Affiliation:

A competitor shall represent only one organization at a regatta.

Composite Entries (Team Events):

Composite entries are allowed to compete in the Beach Sprints 1000m events. Composite entries must include the affiliation of each member of the relay team.

Composite and/or unaffiliated entries are NOT allowed to compete the Beach Sprints Under 19 (Junior) 4x500m Team Relay. All members of each 4x500m relay team must be bona fide members of their organization.

All affiliations must comply with the affiliation rules listed above.

Mixed Events:

A crew competing in a mixed event must be 50% male and 50% female.

Rules:

[FISARulesofRacing,Appendix24,IndoorRowingCompetitionRegulations\("theRegulations"\)](#) will be used to govern this event. The Regulations shall apply to all events except as shown below, where the FISA Executive Committee has exercised its authority under FISA Statutes Article 52 to allow exceptions to the Regulations.

The exceptions are:

- Any member of the medical staff has the authority to pull an athlete for medical reasons at any time.
- Age eligibility for all age category events shall be determined by the rower's age on December 31, 2019.
- Age categories for masters events are as listed in the event list.
- Athletes who registered as a lightweight and fail to weigh in for any reason may row at their originally assigned time and erg. Results will be recorded in the corresponding open weight event.
- Rowers will take the start command from the PM5 monitor on the Concept2 Erg. The visual commands will be "Sit ready," "Attention," "ROW." The clock starts with the "ROW" command and not after the handle is pulled. There may be no audible start command.
- Rowers who make more than one false start in a single event may be disqualified at the discretion of regatta officials.
- If the rower's erg becomes disconnected from the Concept2 Venue Racing System, the rower must not stop rowing. All data is retained on the PM5. If any other mechanical problem

develops early during an event, a regatta official should be alerted immediately. The rower may be moved to an unoccupied erg or their race rescheduled following an appropriate rest period.

- Special Note: Objections, Protests, Appeals shall be subject to the Regulations (pages 406 – 408, FISA Rules of Racing - Appendix 24, Indoor Rowing Competition Regulations - http://www.worldrowing.com/mm//Document/General/General/12/68/94/FISArulebookEN2017finalweb4_Neutral.pdf)
- Each participant taking part in the 2019 World Rowing Indoor Championships is responsible to ensure that they have adequate medical and accident insurance as well as insurance covering liability, property and equipment .

Weigh-Ins:

Lightweights

FISA's Rules of Racing - Indoor Rowing Competition Regulations will be used to govern this event.

For an indoor rowing event, no individual lightweight male rower may weigh more than 75 kg and no individual female rower may weigh more than 61.5 kg.

Lightweight rowers shall be weighed wearing only their racing uniform on tested scales not less than one (1) hour and not more than two (2) hours before their first race of each lightweight event in which they are competing, each day of the competition. Lightweight competitors must pick up their Race Cards before weighing in.

Anti-Doping:

The authority of FISA regarding anti-doping is set out in FISA's Statutes, Rules and Bye-Laws and the World Anti-Doping Code and Regulations and includes the ability to implement in- and out-of-competition drug testing and the biological passport. All participants must sign the FISA Rower's Commitment Form/Event Release of Liability during online registration, which includes a clause on Anti-Doping, and may be subject to anti-doping testing at this year's event.

More information can be found at the following links:

FISA's Anti-Doping Regulations:

http://www.worldrowing.com/mm//Document/General/General/13/13/18/Appendix14-Antidoping2018update_Neutral.pdf

World Anti-Doping Agency (WADA) Code:

<https://www.wada-ama.org/en/what-we-do>

Equipment:

All equipment used in competition will be provided by the regatta. Modifications will not be allowed by competitors except as approved by the Para Committee for the PR1, PR2, and PR3 events. No external

software will be permitted.

Outside Assistance:

Crews are reminded that they are not to receive outside assistance during a race except from the unaided voice. Para visually impaired rowers may receive verbal status only from a coach or coxswain.

Practice Information:

Warm-up ergometers will be available just off the competition floor with absolute priority given to competitors for the next race taking place on the race floor.

Medals and Awards:

FISA will present world championship medals (gold, silver and bronze) to the top three finishers in all events designated as World Rowing Indoor Championships events (Events 93-160).

USRowing will present national championship medals (gold, silver, and bronze) to the top three U.S. finishers in all events designated as USRowing Indoor National Championship events (Events 1-160). USRowing also will award Indoor National Championship medals to the top three finishers in the Under 15 and Under 17 categories as well, based on age from the Under 19 event entrants. Separate events will not be raced.

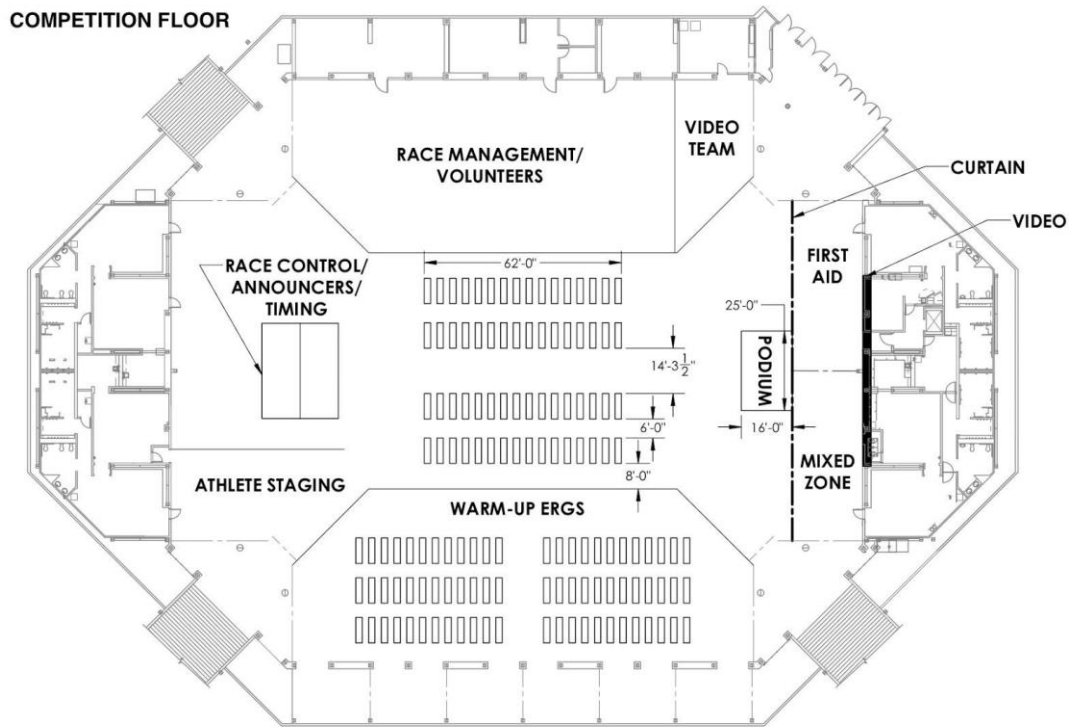
In Events 93-160, both World Rowing Indoor Championship and USRowing Indoor National Championship medals will be awarded.

The Beach Sprints will present first-place medals in all remaining events - 500m dashes, relays, and team sprints (Events 161-196), as well as special awards and trophies (best race times of the day and aggregated team points). Points will be awarded from the placement in each event (first through 10th place), according to affiliation, then summed up for each club, team or program. The Beach Sprints wishes to recognize both the quantity and quality of participation on the part of every organization that sends athletes.

<u>Place in Event</u>	<u>Team Points Earned</u>
1st	100
2nd	60
3rd	40
4th	25
5th-7th	15
8th-10th	10

Medal ceremonies for both the World Rowing Indoor Championships and USRowing Indoor National Championships in the FISA-classified PR1, PR2, and PR3; Under 19; Under 23; and Senior (Open) events will be held on the competition floor. All other medal ceremonies will be held at the medals stage on the concourse.

VenueInformation

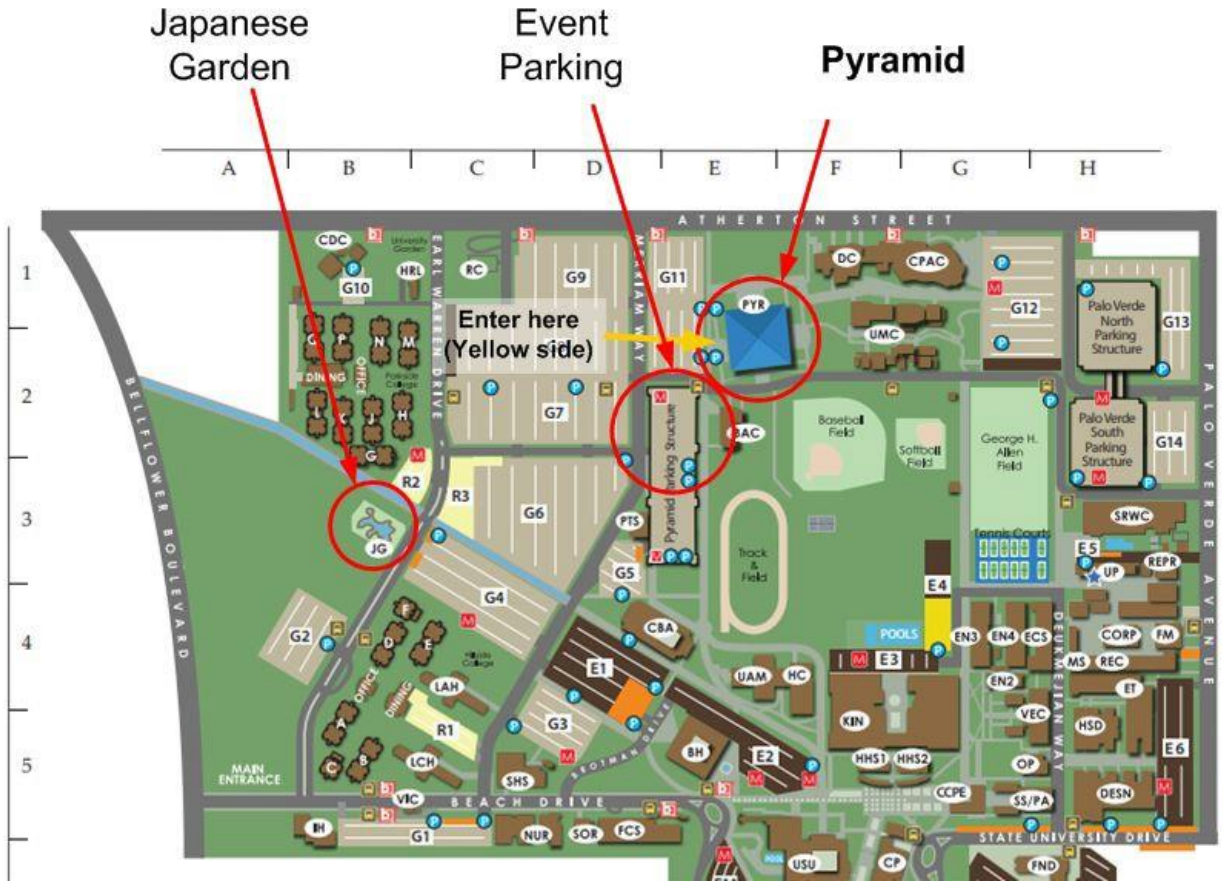


The competition will be held at the **Mike and Arline Walter Pyramid** (known to locals as simply “The Pyramid”), a world-class athletic facility on the campus of Long Beach State University. This venue is regularly used for collegiate basketball, volleyball, and similar events. The location is minutes away from the Pete Archer Rowing Center, home of both Long Beach Rowing Association and Long Beach State rowing teams.

For purposes of driving directions, the address of the Pyramid is **1250 N Bellflower Blvd, Long Beach, CA 90840**. Inquiries should NOT be sent to that address.

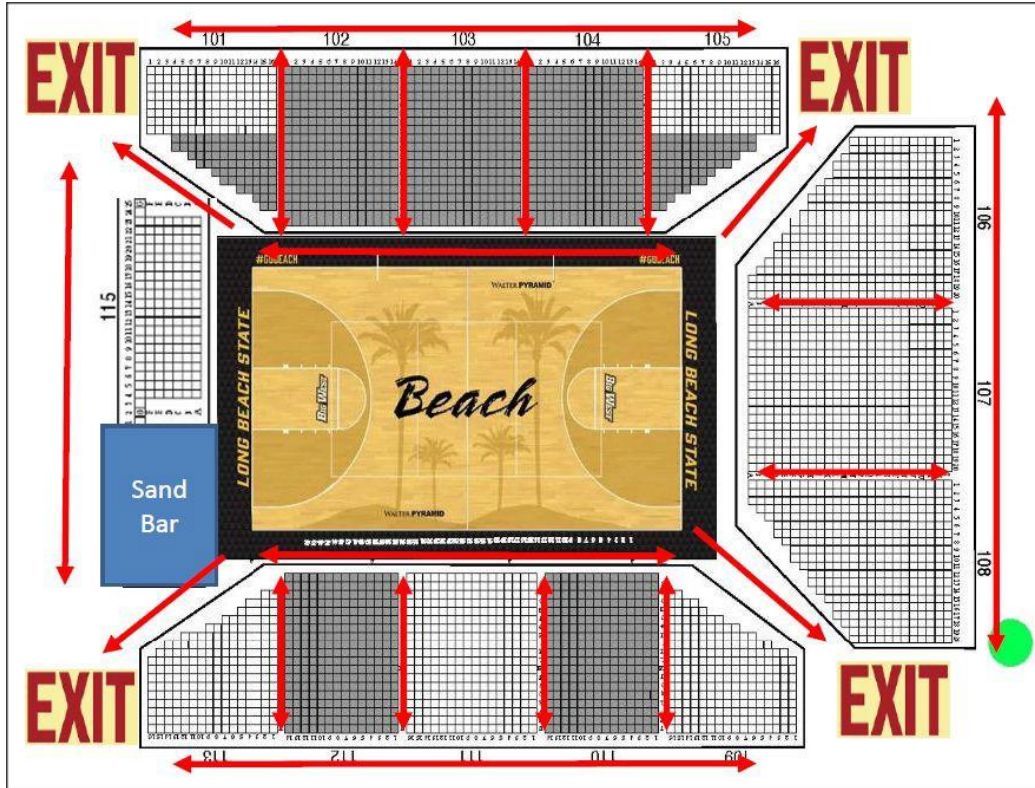
A diagram of the Long Beach State campus is shown below. The Pyramid is best reached at the Merriam Way entrance to the campus, from Atherton Street. Parking is in the enclosed structure adjacent to the Pyramid, available all-day for \$9.00. Enter the Pyramid at the **YELLOW** (west) entrance, which is closest to the parking structure. For para athletes and handicapped spectators only, ramps at the **BLUE** (south) entrance may be used and are also convenient to the parking structure.

During the day, spectators and competitors are encouraged to take a tranquil stroll away from the intensity and noise of the event at the Japanese Gardens, a short walk due west of the Pyramid.



Venue Evacuation Policy:

We take safety seriously. An emergency evacuation is highly unlikely, but if required, escape routes from the facility are intuitive. Any of four main exits may be used, whichever is closest (or furthest from harm's way, in case of a fire). See the diagram below. University security personnel will be staged to render any assistance necessary and will guide you to a designated assembly location on the adjacent grounds while awaiting first responders. The following link discusses the security protocols that will be implemented for this event: CaliforniaStateUniversityLongBeachEvacuationPlans



Hotel Information

The official hotel for WRIC is the [HyattRegency/HyattCentric](#), at the nexus of the most popular downtown activities. Every room has a water view, and the hotel is convenient to the shops, outlet stores, and eateries of [ThePike](#), the [AquariumofthePacific](#), the Convention Center, Performing Arts Center, the [QueenMary](#), Rainbow Harbor, and international cruise terminals.

[HyattRegencyLongBeach](#)

200 South Pine Avenue
 Long Beach, CA 90802 USA
 T: +1 562.624.6197
 F: +1 562.624.6115

Special room pricing has been arranged at the promotional rate of \$169, single or double occupancy. Please call the hotel for this rate or use the following links when booking online: [SingleorDouble RoomsforSaturdayand/orSundaynight\(s\)only](#), OR [KingRoomwithorwithoutRollawayforarrivalbefore Saturdaynight](#)

One of the Hyatt locations (Hyatt Regency, the main site, or Hyatt Centric, a five-minute walk from the Regency) will have 20 practice C2 ergometers set up for training, available to all competitors several days before the race. There will be no facility access for training at the Long Beach Rowing Association.

AboutLongBeach

The city of Long Beach is part of the Los Angeles metropolitan area; but, by itself, is the seventh largest by population (about 500,000) in the state of California. With the adjacent container port in Los Angeles, the city is one of the world's largest shipping ports and the busiest in the United States. A trailblazer in the movement of goods with high standards of environmental stewardship, the city supports trade valued at more than \$140 billion annually. The port is responsible for more than 30,000 jobs in the city proper, 316,000 jobs throughout the southern California region, and 1.4 million jobs nationally. The city is served by its own airport (LBG) but is very accessible from Los Angeles International (LAX), 20 miles to the northwest, and John Wayne/Orange County (SNA), 20 miles southeast. McDonnell Douglas, now merged into Boeing, has made the city a major aerospace manufacturer and employer as well.

Long Beach has been a focal point for American rowing since 1932, when Marine Stadium was created for the Olympic Games that year. LBRA was founded coinciding with those Games and has been a rich source of talent for the national team in the years since. The club's most famous alumna is Joan Lind Van Blom, who won the first rowing medal for an American female competitor at the 1976 Montreal Games, then again in 1984 Los Angeles Games.

Rowing is but one of several water-centric sports Long Beach is famous for, such that the city has become known as the "Aquatics Capital of America." With its temperate, year-round climate, ideal offshore sailing waters, protected Marine Stadium competition venue, and a diverse population filled with active athletes, Long Beach has produced a list of Olympians, world champions, and world record holders in aquatic sports ranging from diving, swimming, and water polo indoors to rowing and sailing outdoors. Long Beach is also the home of beach volleyball's Misty May-Treanor, a three-time Olympic gold medalist. The city is also famous in motorsports, hosting the Long Beach Grand Prix in April of each year. WRIC's host hotel, the Hyatt Regency, is situated at the very center of the two-mile downtown circuit.

GettingAround

The diagram below shows the relationships among key sites within the city of Long Beach.



Contact Information:

Rob Glidden, Regatta Director
President, Long Beach Rowing Association
WRIC2019@longbeachrowing.org

We regret that because of the sheer volume of inquiries expected, we cannot respond individually or by phone. However, all questions sent to the above email account will be answered for the benefit of everyone on a publicly-accessible electronic billboard (“FAQ”) on the event website.