



# IRISH INDOOR ROWING CHAMPIONSHIPS & PROVINCES INDOOR ROWING COMPETITION - Frequently Asked Questions

- Q1. What is the IIRC? A:** The IIRC or IRISH INDOOR ROWING CHAMPIONSHIPS is an indoor rowing event organised by ROWfit and rowed on Concept 2 rowing machines (ergometers). It has several race distances but primarily focuses on the 2000m (2k) and is open to all.
- Q2. What is the PROVINCES IRC and how does it differ to the IIRC? A:** The Irish PROVINCES IRC (or PIRC) and the IIRC are two separate events run along the same lines by the same Organizer. It aims to bring out the 'provincial' in you!
- Q3. Is registration still open? A:** Up to Wednesday @ 11pm 10 days beforehand.
- Q4. Do I need to be a member of a club or registered with Rowing Ireland? A:** No. You need only have the urge to compete.
- Q5. Do I require a PayPal Account to pay? A:** No. Individuals can pay via PayPal without registering *with* PayPal. Groups can pay by PayPal Invoice (sent by ROWfit) or by cheque by pre-arrangement.
- Q6. 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) or by email to [info@rowfit.ie](mailto:info@rowfit.ie) with group entries on the proper 'group entry form'.
- Q7. Are there heavyweight 2k races - there are 'Open' & 'Lightweight' 2k events but no heavyweight? A:** Everything above the Lightweight cut-off weight is considered Heavyweight
- Q8. Where is the event being held? A:** On the University of Limerick campus.
- Q9. 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)
- Q10. 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 a goal for your training plan this is your event!
- Q11. Do I have to belong to a club? A:** No. Unless you wish to start your own.

**Q12. Can I pay by cheque?** A: Yes. But you must contact the organiser ROWfit directly ([info@rowfit.ie](mailto:info@rowfit.ie)) and the cheque MUST clear before the entry is accepted.

**Q13. 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.

**Q14. What's an Ergometer/Erg/Ergo?** A: It's an Indoor Rowing machine. (Matthew Pinsent once said: "**Rowing machines** are the distillation of all that is **evil** in rowing.")

**Q15. What's a 2k?** A: The standard race distance on the rowing machine reflective of standard regatta courses = 2000 metres.

**Q16. 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 PROVINCES IRC or IIRC.

**Q17. 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, B or C) hence Screen A, B or C.

**Q18. There are two/three screens with 40-60+ boats all 'rowing' at the same time. How do you know who wins the race?** A: While the erg banks are not linked (you can only fit 20-ish 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.

**Q19. 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.

**Q20. Are there going to be 100m sprints?** A: No. However if you wish to break a record we can organise to have it monitored, recorded and go to the Guinness book of records for you (no kidding!)

**Q21. Are there different levels of competition such as novice, intermediate & advanced?** A: No. The Age & Race Categories reflect Indoor rowing competitions worldwide. We do however cater for 'Freshman' College students.

**Q22. How long between events?** A: Competitors will be given approximately 1.5 hours to recover before their category should have to race again. In some instances this may be shorter but we'll do our best. If you choose several categories you are either a machine or masochistic plus it will cost you more.

**Q23. What's a Lightweight?** A: At any IIRC race series event (IIRC or PIRC) the weight limit for men is 75kg & women 61.5kg. For HP Trial Information go to <http://www.rowingireland.ie/trialling/>

**Q24. 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. Please note LW rowing requires specific weigh-in procedures to be followed which, should you fall outside the weight range, will prevent you from racing on the day and no refund! (serious stuff)*

**Q25. What is the Recommended arrival time prior to my race** A: One hour beforehand (at least) – remember to pick up your Time Card at the Registration desk

**Q26. Is the use of a seat pad permitted?** A: Yes

**Q27. How much time (if any) do you have to warm up on the allocated race machine?** A: Very little as the races are every 18 mins – use the warm up machines

**Q28. Are there Warm-Up machines available for that purpose?** A: Yes there will be over 40 available for practice beforehand

**Q29. Do you have to print confirmation of entry? I have PayPal receipt, but not the other.** A: While not essential you should make 100% sure you are entered correctly. You should receive an email confirming your entry if registered online. If you entered via your club – talk to your club. After Registration closes (10 days

before event) your name should appear on the 'List of Entrants' which gets published 7 days before the event. If there's no sign of you on the list – contact [info@rowfit.ie](mailto:info@rowfit.ie) immediately.

**Q30. I'd like to do the team event as well as the 2k (or 1k) and 500m. But doing 3 events is already pushing it. Has the day been broken up into blocks?** A: The most up-to-date 'provisional' schedule is available to view on <http://www.iirc.ie/schedule-of-events/>. This will not be finalised until after registration closes (10 days before event).

**Q31. Is it possible for my individual score to be added to a team event?** A: No, not possible, as the Relay events (2000m between 4) are live.

**Q32. I'm interested in purchasing an ergometer, how much are they?** A: Details available on <http://www.iirc.ie/erg-sales/>

**Q33. I would like to compete in the 1000m & 500m and potentially the 2000m. Which selection should I make on the online application?** A: Three races are a tall order hence no Triple option BUT many people feel they are up to it; So without being able to modify the software at this stage here are the instructions:

Complete an online entry completing the fields as requested, then abandon the entry without paying, email [info@rowfit.ie](mailto:info@rowfit.ie) with your 3<sup>rd</sup> race code whereupon you will be invoiced €48 (total) for all three races as a triple combo.