



IRISH INDOOR ROWING CHAMPIONSHIPS & PROVINCES INDOOR ROWING COMPETITION - Age & Race Categories



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

- 1. Inclusive Row:** Based on Special Olympics qualification criteria - you must be at least 8 years old and identified by an agency or professional as having one of the following conditions: intellectual disabilities, cognitive delays as measured by formal assessment, or significant learning or vocational problems due to cognitive delay that require or have required specially designed instruction. [Certificates will be awarded for participation]
- 2. Open:** Open to all, no weight or age restrictions.
- 3. 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.
- 4. Lightweight:** Lightweight event upper limits are Men 75kg and Women 61.5kg. 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.
- 5. 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/>
- 6. 30-39 years:** A competitor aged between 30 to 39 years (incl.) on race day.
- 7. 40-49 years:** A competitor aged between 40 to 49 years (incl.) on race day.
- 8. 50-59 years:** A competitor aged between 50 to 59 years (incl.) on race day.
- 9. 60-69 years:** A competitor aged between 60 to 69 years (incl.) on race day.
- 10. 70+ years:** A competitor aged 70 years or over on race day.

Note 2: A Junior is a competitor who is under the age of nineteen years on the 31st of August of the year of competition

- 11. Junior 18:** A competitor who qualifies under the age limit in Note 2 above.
- 12. Junior 16:** A competitor who is under the age of seventeen years on 31 August of the year of competition.
- 13. Junior 15:** A competitor who is under the age of sixteen years on 31 August of the year of competition

- 14. Junior 14:** A competitor who is under the age of fifteen years on 31 August of the year of competition.
- 15. Junior 13:** A competitor who is under the age of fourteen years on 31 August of the year of competition
- 16. 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
- 17. 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.
- 18. Para-Rowing AS:** Rowers who have minimal or no trunk function (i.e. shoulder function only)
- 19. Freshman/Novice:** A college student or rower in their 1st year of rowing
- 20. School 1st Year Team:** Four same gender 1st Year secondary students
- 21. School 2nd Year Team:** Four same gender 2nd Year secondary students
- 22. School 3rd Year Team:** Four same gender 3rd Year secondary students
- 23. School 4th Year Team:** Four same gender 4th Year secondary students
- 24. School 5th/6th Year Team:** 4 x same gender 5th/6th Year secondary students
- 25. College Student Team:** Four persons of same gender in College
- 26. Mixed Relay Team Male/Female:** 2 x Male plus 2 x Female competitors
- 27. FISA Masters:** A competitor aged between the following age limits (incl.) on race day:

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| I. FISA Masters A 27-33 | VI. FISA Masters F 60-64 |
| II. FISA Masters B 34-42 | VII. FISA Masters G 65-69 |
| III. FISA Masters C 43-49 | VIII. FISA Masters H 70-74 |
| IV. FISA Masters D 50-54 | IX. FISA Masters I 75-79 |
| V. FISA Masters E 55-59 | X. FISA Masters J 80+ |