



Indoor Rowing

Frequently Asked Questions (FAQs)

- Should I weigh in on race day? You should weigh in only if you are competing in a lightweight event. All weigh ins must occur at least 2 hours prior to the start of the athlete's event. Official weigh ins can only be done at the check-in desk.
- What time is my race? The race schedule is set based on the number of entries. After entries close, a final schedule will be created and posted at www.capitolrowia.com/events. Times should not shift more than 30-45 minutes from the preliminary schedule.
- Can I register for two events? Yes, an individual can register for a single event, 2 events, or all 3.
- Can I register on race day? Standard registration closes at 11:59pm on the Sunday before the event. Late registration on race day is subject to erg availability. In other words, if there is an empty erg in the race you'd like to compete in, then you can enter that race. All race day entries will be charged the late registration fee.
- Are there warm up ergs? Yes, there will be approximately 8 warmup ergs available.
- Is there an age handicap? No. Age group events will use raw times to determine event medalists.
- Can my time be applied for a medal in a different event category? In other words, can I race in the lightweight event, but my time be applied to the open event, or vice versa? No. If you want to be a contender for a medal in a certain event, you must race in that event.
- Can I wear headphones during my race? Yes, just make sure you are able to hear the race official's start commands, otherwise face possible disqualification.
- Can I plug my heart rate monitor into the erg? Sorry, no. We ask that nothing be plugged into the monitors.
- Can I use my Concept2 LogCard? Sorry, no. Results will promptly be posted on both Regatta Central and the NORC website