



**MID  
WINTER  
MELT  
DOWN**

*Mendota Rowing Club's*  
**INDOOR REGATTA**

# Midwinter Meltdown

Saturday, January 20, 2018

## Regatta Location

UW Porter Boathouse • 680 Babcock Drive • Madison, WI (see attached map for parking)

## Registration Fees

Individual Registration	\$30
Team Registration (10 or more)	10% discount
Day-of Walk-in Registration	\$40

Register on Regatta Central: [https://www.regattacentral.com/regatta/?job\\_id=5480&org\\_id=3433](https://www.regattacentral.com/regatta/?job_id=5480&org_id=3433)

Register for as many events as you'd like; one fee per competitor. Registration deadline is Jan. 17, 2018. Late registrations will not be accepted; day-of walk-ins will be accepted.

## Event List

All events will be rowed on Concept2 Model D ergometers.

8:30 AM	Masters Men 2000m	11:30 AM	Masters Coed Team 4 x 500m
8:45 AM	Masters Women 2000m	11:45 AM	HS/Junior Men 2000m
9:00 AM	Senior and Veteran Men 2000m	12:15 PM	HS/Junior Lightweight Men 2000m
9:15 AM	Senior and Veteran Women 2000m	12:30 PM	HS/Junior Women 2000m
9:30 AM	Open and Collegiate Men 2000m	1:00 PM	HS/Junior Lightweight Women 2000m
9:45 AM	Open and Collegiate Women 2000m	1:15 PM	HS/Junior Novice Men 2000m
10:00 AM	Open and Collegiate Lightweight Men 2000m	1:30 PM	HS/Junior Novice Women 2000m
10:15 AM	Open and Collegiate Lightweight Women 2000m	1:45 PM	Coxswain Women 1000m
10:30 AM	Open Novice Men 2000m	1:45 PM	Coxswain Men 1000m
10:30 AM	Masters Novice Men 2000m	1:45 PM	Adaptive Women 1000m
10:45 AM	Open Novice Women 2000m	1:45 PM	Adaptive Men 1000m
10:45 AM	Masters Novice Women 2000m	2:00 PM	Open Men 6000m
11:00 AM	Open Men Team 4 x 500m	2:00 PM	Masters Men 6000m
11:00 AM	Masters Men Team 4 x 500m	2:00 PM	Open Women 6000m
11:15 AM	Open Women Team 4 x 500m	2:00 PM	Masters Women 6000m
11:15 AM	Masters Women Team 4 x 500m	2:30 PM	Junior Men 4 x 500m Relay
11:30 AM	Open Coed Team 4 x 500m	2:45 PM	Junior Women 4 x 500m Relay
		3:00 PM	Junior Coed 4 x 500m Relay

## Schedule

Heat sheets and an updated schedule will be posted on Jan. 19. Competitors are encouraged to check heats and updated times on Jan. 19 and email [midwintermeltdown@mendotarowingclub.com](mailto:midwintermeltdown@mendotarowingclub.com) with any updates.

## Free Travel to World Indoor Rowing Championships

Up to four competitors who qualify will receive air transportation to compete in the 2018 World Indoor Rowing Championships on February 17-18, 2018, hosted by Erg Sprints at TC Williams High School in

Alexandria, Virginia. (For more info about the WIRC, including qualifying times and the move from CRASH B Sprints to Erg Sprints, visit <http://www.concept2.com/indoor-rowers/racing/world-irc>.)

### **Medals**

Medals will be awarded according to entries for each event:

- Gold – Events with at least 1 competitor
- Silver – Events with at least 3 competitors
- Bronze – Events with at least 5 competitors

### **Age Categories**

- 14–18 Junior (born on or after 1/1/2000 and not in a collegiate program)
- 19–29 Open (as of race day; U23 qualifiers are born between 1/1/96 and 1/1/2000)
- 30–39 Masters (as of race day)
- 40–49 Senior (as of race day)
- 50–59 Veteran A (as of race day)
- 60–69 Veteran B (as of race day)
- 70–79 Veteran C (as of race day)
- 80–89 Veteran D (as of race day)
- 90–99 Veteran E (as of race day)

Any age may race as Open. 19-29 must race as Open.

### **Novice Rowers**

Novice rowers are those whose first competition has been within the previous 12 months. If this is your first indoor regatta, you may row as novice.

### **Relay Format**

Relays will be done with all four team members rowing on the same erg, swapping on and off in roughly equal intervals. The other three relay competitors may be surrounding the erg and facilitate the switching but no additional people will be allowed to assist.

### **Waivers**

All competitors must bring a signed copy of the waiver at the end of this packet or downloaded from the Regatta Central site: [https://www.regattacentral.com/regatta/waiver.jsp?job\\_id=5480&org\\_id=3433](https://www.regattacentral.com/regatta/waiver.jsp?job_id=5480&org_id=3433)

### **Weight Restrictions**

- Lightweight Men = 165 lbs or less
- Lightweight Women = 135 lbs or less

Competitors must weigh in wearing their racing clothing, not including shoes. Weigh-ins will be done when competitors arrive.

### **Merchandise**

We will be offering t-shirts, water bottles and fleece hats for purchase at the event.

### **Food**

There will not be concessions available for sale. Competitors are encouraged to bring food and beverages to keep them going during the event.

### Order an Erg and Save!

Order a new Concept2 Model D (\$850) or Model E (\$1035) erg, saving more than \$110 off retail and shipping! Both gray and black are available – take a look on concept2’s site. Ergs are delivered to the event site and will be used for the races. Purchasers must pick up their ergs on the day of the event by 4 pm. Order deadline is December 29, 2017. To order, visit <http://mendotarowingclub.com/event-2681463>

### Questions

Contact us at [midwintermeltdown@mendotarowingclub.com](mailto:midwintermeltdown@mendotarowingclub.com).

### Parking

There is free parking in UW Lot 34 near Porter Boathouse

