

Carleton Indoor Championships 2018

Rules & Regulations

- Each athlete must sign a waiver of liability release in order to participate

Ergometre Settings:

Women	=	60kg / 70 drag
Men	=	70kg / 70 drag
Relay	=	60kg / 70 drag

Categories:

U24W	=	Under 24 Women
PRW	=	Premier Women
SRW	=	Senior Women
U24M	=	Under 24 Men
PRM	=	Premier Men
SRM	=	Senior Men

Team:

Teams must consist of 4 athletes featuring 2 men and 2 women to participate

Racing Rules:

Individual Races:

All Heats	=	500m
All Finals	=	500m
Team Races	=	1000m total, 250m per athlete (cumulative time)

Athletes are not permitted to change paddle side during the race

Athletes are not permitted to use the floor for leverage during the race

During the first 150 metres the race can be restarted by the officials for any reason

Straps are not permitted

If a unique situation should occur all IDBF, DBC & Kayakpro existing regulations will apply

Race Progression:

Individual Races:

1 heat + 1 final

Heats are random draw and can comprise athletes from any race category

Finals should feature only athletes within a specific race category

Team Races:

1 x Direct Final, winners are determined by overall time