

# 2026 USRowing Indoor National Championships

February 7, 2026



# Introductions

**USRowing - Jake Robinson & Meg Gaba**

**USRowing Lead Chief Referee - Mariah Foster**

**Atlanta Erg Sprints - Alec Kaye**

**Chief Referee - Dwight Hakim**

**NW Ergomania! - Dave Harvey**

**Chief Referee - Rachel Le Mieux**

**Pittsburgh Indoor Sprints - Matt Logue**

**Chief Referee - Bernadette Murphy**

**South Side Smackdown / The Tiro Cup - Odin Slade Byrd**

**Chief Referee - Eric Chiang**

**Tennessee Indoor Rowing Championships - Missy Elliott**

**Chief Referee - Patrick Keegan**

# Agenda

## **2026 USRowing Indoor National Championships**

- a. USRowing National Leaderboard
- b. Competition Information
- c. USRowing Membership
- d. Host Sites
  - i. Atlanta Erg Sprints
  - ii. Pittsburgh Indoor Sprints
  - iii. Southside Smackdown / The Tiro Cup
  - iv. Tennessee Indoor Rowing Championships
  - v. NW Ergomania!
- e. Referee Welcome
- f. Questions

# USRowing National Leaderboard

- The National Leaderboard Event List.
  - New for 2026!
    - 2000-meter relays.
    - 1-minute races.
- Local and National Leaderboards Results.
  - Timeline for official results.
- The top three finishers on the National Leaderboard for each event will receive a USRowing National Championships medal.
  - Update athlete address in member profile.
- Unique local competitions, including CrossFit challenges, 5Ks, coxswain races, & more!

# Competition Information

- **Entry & Event Information**
  - All entries must be submitted online through the RegattaCentral page of the host site at which the athlete(s) plan to compete.
  - For all schedule and venue specific information, please refer to your host sites RegattaCentral page.
- **Policies & Procedures to Review**
  - Please review the USRowing entry packet prior to the regatta.
  - Athletes missing their race policy.
  - Lightweights weigh-in procedure.

# Membership

- All participants competing must have an active USRowing Membership in good standing.
  - This applies to athletes from rowing clubs as well as individuals representing non-rowing sports or fitness organizations.
- If SafeSport Training is required for any participant, they must be compliant with current training.
- If your CrossFit box or fitness organization has questions about the membership policy, please contact us at [members@usrowing.org](mailto:members@usrowing.org) for more details.

# Atlanta Erg Sprints

**Host Club:** Georgia Tech Alumni & Georgia Tech Rowing Club

**Venue:** Georgia Tech Campus Recreation Center

**Event Contact:** Alec Kaye - [atlantaergsprints@gmail.com](mailto:atlantaergsprints@gmail.com)



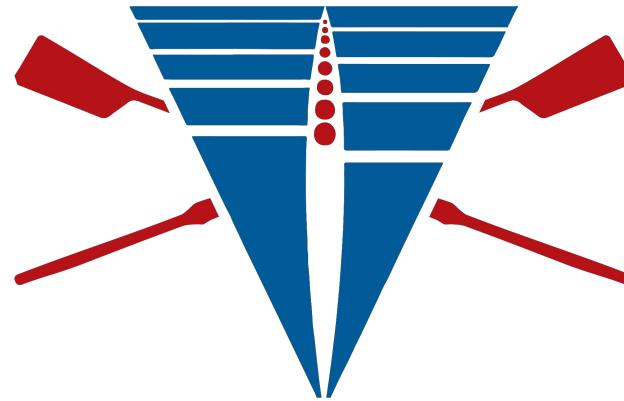
# Pittsburgh Indoor Sprints

**Host Club:** Three Rivers Rowing Association

**Venue:** David L. Lawrence Convention Center

**Event Contact:** Matt Logue - [mattlogue@threeriversrowing.org](mailto:mattlogue@threeriversrowing.org)

**PITTSBURGH  
INDOOR ROWING  
CHAMPIONSHIP**



# South Side Smackdown / The Tiro Cup

**Host Club:** Chicago Training Center

**Venue:** Gage Park Field House

**Event Contact:** Odin Slade Byrd -  
[odin.sladebyrd@chicagotrainingcenter.org](mailto:odin.sladebyrd@chicagotrainingcenter.org)



# Tennessee Indoor Rowing Championships

**Host Club:** Lookout Rowing Club

**Venue:** University of  
Tennessee-Chattanooga MacLellan  
Gymnasium

**Event Contact:** Missy Elliott -  
[rowtennessee@gmail.com](mailto:rowtennessee@gmail.com)



# NW Ergomania!

**Host Club:** Tacoma Rowing

**Venue:** University YMCA Student Center - UW Tacoma

**Event Contact:** Dave Harvey - [dave@tacomarowing.org](mailto:dave@tacomarowing.org)



# Referee Welcome

- **USRowing Lead Chief Referee - Mariah Foster**
- **Atlanta Erg Sprints - Dwight Hakim**
- **NW Ergomania! - Rachel Le Mieux**
- **Pittsburgh Indoor Sprints - Bernadette Murphy**
- **South Side Smackdown / The Tiro Cup - Eric Chiang**
- **Tennessee Indoor Rowing Championships - Patrick Keegan**

**Referees are here to ensure fairness of racing, safety of the athletes, and competitive integrity across all host site events.**

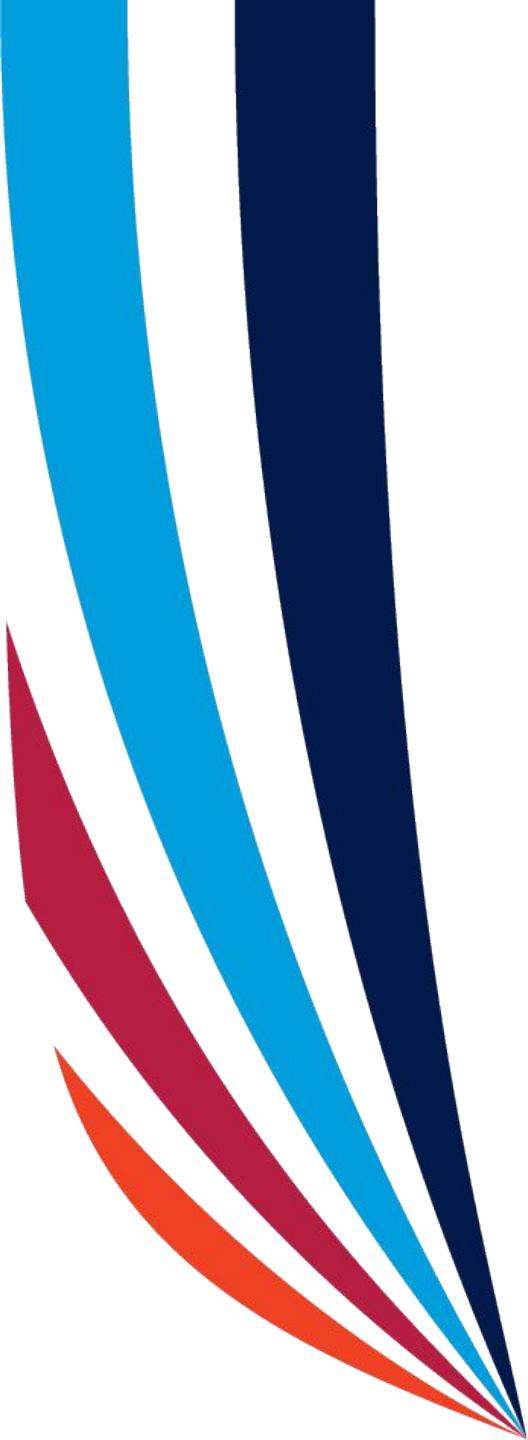
# Rules of Rowing

- This event will be conducted in accordance with the USRowing Rules of Rowing – Indoor Rules.
- All participants are expected to review both the Entry Packet and the USRowing Rules of Rowing in advance of the event.
- Relay races rules can be found in the USRowing Entry Packet.
- Refer to pages 75 - 87 in the [2026 USRowing Rules of Rowing](#)

# UNSPORTSMANLIKE CONDUCT

**Any Team member, including a Competitor, who engages in Unsportsmanlike conduct at any time during the Regatta, as witnessed by a Race Official, may have his or her further participation at the Regatta curtailed or prohibited by a Race Official. If any Team member engages in personally abusive language or conduct, the incident shall be reported by a witnessing Race Official to USRowing (2-410).**

# Questions



# GET READY TO RACE!

For additional questions regarding the USRowing Indoor National Championships and the National Leaderboard, please contact:

**Jake Robinson**  
Competition Associate  
[Competition@usrowing.org](mailto:Competition@usrowing.org)

For all questions regarding an official host site, please contact the location specific event contact.