

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**



USRowing



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

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 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



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Pittsburgh Indoor Sprints

Host Club: Three Rivers Rowing Association

Venue: David L. Lawrence Convention Center

Event Contact: Matt Logue - mattlogue@threeriversrowing.org



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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



**SOUTHSIDE
SMACKDOWN
2026**



Tennessee Indoor Rowing Championships

Host Club: Lookout Rowing Club

Venue: University of
Tennessee-Chattanooga Maclellan
Gymnasium

Event Contact: Missy Elliott -
rowtennessee@gmail.com



NW Ergomania!

Host Club: Tacoma Rowing

Venue: University YMCA Student Center - UW Tacoma

Event Contact: Dave Harvey -
dave@tacomarowing.org



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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).



USRowing

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

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

