Indoor Rowing Sprint Finnish Championships – 12.12.2026 Competition Invitation

Pargas Roddklubb is organising the Indoor Rowing Sprint Finnish Championships (Finnish Nationals) and the Finnish Open. The events will include individual 500 m races and 2,000 m relay races. The competition will be held both in person and online. Athletes wishing to compete in person are welcome at the Pargas Sports and Youth Centre (Paraisten Urheilu- ja Nuorisotalo, PUNT), located at Koulumestarinkatu 5, 21600 Parainen, starting at 9:00 a.m. Start times will be confirmed after the registration period has ended.

https://maps.app.goo.gl/hB6ATgSLcyqkU4AX7

Individual Events – 500 m

The aim is to schedule the races from the oldest age groups to the youngest.

Finnish Championships – Masters categories: 40+, 50+, 60+, 70+, 80+ and 90+, women and men, open and lightweight categories.

Finnish Championships Women/Men, U23: Women and Men, open and lightweight categories.

Finnish Championships – Junior categories:

Girls/Boys U20

Girls/Boys U18

Girls/Boys U16

Girls/Boys U14

Girls/Boys U12

Relay Events – 2,000 m, 4 rowers

Finnish Championships – Women/Men/Mixed (mixed teams must include at least 2 women).

Finnish Championships – Girls/Boys 18y

The Finnish Open category will also be available in all events. No competition license is required to participate in the Finnish Open.

In the relay event, all four rowers take turns rowing on the same machine, covering a total distance of 2,000 m. Each rower must complete 500 m ± 50 m. In mixed teams, the order of female and male rowers is unrestricted. Online relay races must be recorded on video so that the organisers and

judges can verify the changeovers. More detailed instructions regarding video recordings will be provided later.

The indoor rowing rules are currently being updated. A link to the rules will be added to pargasroddklubb.fi as soon as official information becomes available.

All races will be held on stationary Concept2 rowing machines. The competition will use the Concept2 ErgRace Online software, and the PM5 monitors must have the latest firmware version installed. Two test competitions will be organised before the event. Further details will be published on the club's website once the schedule has been confirmed.

For the team competition, a Finnish Championships club team must consist of four members of the same club. Finnish Open teams may be formed freely from any group of four rowers.

All adult categories include both open and lightweight divisions: (Women: 61.5 kg, Men: 75.0 kg)

A product prize will be drawn among the athletes competing in person.

Registration

Entry fees:

U12/U14/U16: Free of charge

U18/U20: 25€

U23 and all adult categories: 30€/ rower

Relay events: 70 €/ team

Registration for the Finnish Championships classes: https://www.starttiin.fi/kilpailu/ej07jj3bc6cg7

The registration ends at Tuesday, 1 December 2026, at 23:59. The entry fee must be paid during registration through the starttiin.fi system.

Bank account details: Pargas Roddklubb rf, Ålandsbanken, IBAN: FI38 6601 0001 0000 25

A valid competition licence is required to participate in the Finnish Championships. Please obtain your license through Suomisport.

https://melontajasoutuliitto.fi/kilpailut/lisenssit-2026/

https://info.suomisport.fi/palvelut-urheilijalle-ja-harrastajalle/lisenssit-ja-pelipassit/

After the registration deadline, it may still be possible to register for the Finnish Open by email, according to the instructions below, provided that there is space available in the relevant race.

Organising club: Pargas Roddklubb rf.

Further information, including links to the competition rules, competition schedule, start lists and results, will be available at: pargasroddklubb.fi

For further enquiries, please contact the Competition Manager:

Mats Pahlman, pargasroddklubb@gmail.com , +358 40 0617745

The competition will be conducted in accordance with the applicable anti-doping and disciplinary regulations.

Registration for the Finnish Open and para categories must be submitted by email to:

pargasroddklubb@gmail.com

Please include the following information in your registration:

Your full name, the club or organisation you represent, your event category, including age and weight class, the names of your relay team members, if applicable. Whether you will be competing at the official venue or at another location. If competing elsewhere, please provide the exact address of the venue where you will be rowing and your Concept2 Logbook ID.

The entry fee must be paid at the same time as registration. The fee is the same as for the corresponding Finnish Championships event. Para categories will be organised in all age and weight categories and over all distances, provided that there is at least one participant in the category.

Facilities

Athletes will have access to toilets, changing rooms, showers and rowing machines for warm-up. The club café will also be open at the venue, offering both savoury and sweet refreshments.

Welcome to compete!