

Afterburn Apex Cup 2026

Rule Book

1.0 OVERVIEW

The Afterburn Apex Cup is a team-based paddle ergometer championship that takes place in the Afterburn Fitness facility in Toronto. The championship consists of events that recognize the achievement of individuals, as well as events that require team collaboration.

2.0 REGISTRATION

- Participants shall form teams of 4, henceforth known as “pods”. Pods consist of two (2) men and two (2) women. One pod member shall be assigned the role of “Captain”.
- After forming the pod, each member shall register individually through the online form below with the Captain filling out an additional section to provide information on their pod
- The Captain may request help from organizers to find additional pod members by inputting “Male/Female Member Needed” in the part of the form where pod members’ names are entered.
- Participants who are not part of a pod may request the organizers help to match them with a pod. If the organizers are unable to do so, such participants shall participate in the individual races only. The organizers shall refund \$10 to such participants on race day.
- All participants must sign Afterburn’s Facility waiver using the following link:
https://docs.google.com/forms/d/e/1FAIpQLSfl_gcNiDUB7mcxJuWC3B-VauTRqdygJc0NjXLxFW0NcedUp7g/viewform?c=0&w=1

3.0 EVENT RULES

3.1 Individual Distances - 200m & 500m

Athletes race to complete 200m/500m as quickly as possible.

3.2 Feel the Afterburn

Each pod is assigned one paddle erg and one rowing erg. Within 4 minutes, each pod shall try to accumulate the most total distance possible among both machines, according to the following:

- Initially, one male member (M1) is on the rowing erg and one female member (F1) is on the paddle erg, while the other two (M2, F2) are on standby.
- At the 1 minute mark, M2 switches onto the rowing erg, and F2 switches onto the paddle erg
- At the 2 minute mark, F1 switches onto the rowing erg, and M1 switches onto the paddle erg
- At the 3 minute mark, F2 switches onto the rowing erg, and M2 switches onto the paddle erg

	Start to 1:00	1:00 to 2:00	2:00 to 3:00	3:00 to 4:00
Rowing Erg	M1	M2	F1	F2
Paddle Erg	F1	F2	M1	M2
On standby (rest)	M2, F2	M1, F1	M2, F2	M1, F1

3.3 Ocean Crossing

Each pod is assigned one paddle erg. All pods race to complete 2000m as quickly as possible.

Pods are allowed to switch members as often as they prefer with the following constraint:

- In the first 1000m only WOMEN are allowed on the machine.
- From the 1000m to the finish line only MEN are allowed on the machine.

3.4 General Rules

- Athletes are responsible for being ready and present while the race before their own is taking place. Athletes that cause undue delays to the race schedule shall be penalized. Athletes are expected to take necessary bathroom breaks, set up their playlists, etc. well ahead of their race.
- Athletes are solely responsible for setting the position of their footrests and the length of their paddle, though they may ask volunteers for assistance. Athletes shall not touch the KayakPro or Concept2 displays. The volunteers and race officials shall be in full control of these devices.
- Once the athlete's footrest and paddle length are configured, the volunteer shall signal to the race official that the athlete is ready. Once all ready signals have been confirmed, the race will begin on the race official's command.
- For the individual events (200m and 500m), athletes are not permitted to change paddle side during the race. For the team events (Feel the Afterburn & 2k Ocean Crossing), paddle side switches are permitted.
- Athletes are not permitted to touch the floor with their feet while racing, except when switching on or off a machine with a teammate during the team events. If contact is made, race officials shall assess whether such contact provided an advantage to the offending paddler, which may result in a time penalty of up to 5s or 25m per infraction.
- Butt pads are permitted.
- To assist in team events where paddlers of different heights have to use the same machine, foot blocks are permitted.

4.0 ERGOMETER SETTINGS

Event	Men Settings (Weight / Drag)	Women Settings (Weight / Drag)	Team Paddle Settings	Team Row Settings
200m	68 / 60	45 / 60		
500m	68 / 60	45 / 60		
Feel the Afterburn			56 / 60	120 Drag
2K Ocean Crossing			56 / 60	

5.0 RACE PROGRESSION

The organizers have taken all actions to maximize uniformity between every ergometer. However, despite such actions, biases exist as they do with lanes on a dragon boat race course. The progression has been designed to maximize fairness for every pod.

5.1 Individual Events - 200m & 500m

In the 500m heat, the pair (2) of men/women in each pod have been assigned either:

- The 1st fastest erg (lane 3) and the 6th fastest erg (lane 6), or
- The 2nd fastest erg (lane 4) and the 5th fastest erg (lane 1), or
- The 3rd fastest erg (lane 2) and the 4th fastest erg (lane 5)

Times in the 500m heats seed athletes into their respective 200m/500m finals, with the top 6 times seeded into the A Final, next 6 times into the B Final, etc.

Within each 500m final, the lane seeding from the fastest to slowest heat time is 3, 4, 2, 5, 1, and 6, which is the same as the order of the lanes/ergs from fastest to slowest.

Within each 200m final, the lane seeding from the fastest to slowest heat time is 6, 1, 5, 2, 4, and 3, which is the same as the order of the lanes/ergs from slowest to fastest. This opposite order counter-balances the biases of the 500m final seeding.

Placement within each final determines the overall placing. For example, an athlete in the B Final can, at best, place 7th overall, even if he/she had a faster time than some athletes in the A Final.

5.2 Feel the Afterburn

The team points (see Section 6) earned in the individual events seed the pod into the Feel the Afterburn final, with the top 4 pods in the A Final, next 4 pods in the B Final, etc.

However, unlike the other events, each pod will be competing against all other pods, not just the ones within their final. In other words, this event can be won by a pod in any final. The four most similar ergs will be used for this event, which makes the results across different finals more comparable.

5.3 Ocean Crossing

The team points earned thus far (see Section 6) seed the pod in the Ocean Crossing finals, with the top 6 pods in the A Final, next 6 pods in the B Final, etc.

Placement within each final determines the overall placing. For example, a pod in the B Final can at best place 7th overall, even if it had a faster time than some pods in the A Final.

6.0 POINT SYSTEM

The final overall individual placement is based on the sum of the **athlete points** earned in the 200m and 500m finals. In the event of a tie, the 500m Final will be the tie breaker.

The final overall pod placement is based on the sum of the **team points** earned in the individual events, Feel the Afterburn, and Ocean Crossing. In the event of the tie, the Ocean Crossing will be the tie breaker.

6.1 Individual Events - 200m & 500m

For each distance, the last place athlete is awarded 0 *athlete points*, and each placement above is worth 1 additional *athlete point* (2nd last earns 1 point, 3rd last earns 2 points, etc.).

Pods are ranked based on the sum of the *athlete points* earned by its members. The pod with the least *athlete points* earns 0 *team points*, and each placement above is worth 1 additional *team point*.

6.2 Feel the Afterburn & Ocean Crossing

The last place pod is awarded 0 *team points*, and each placement above is worth 1 additional *team point* (2nd last earns 1 point, 3rd last earns 2 points, etc.).

7.0 AWARDS

7.1 Individual Champions

For the individual events, there are two racing classes: men and women. Although all members of the same gender regardless of weight or age race together in one racing class, recognition shall be given to the athletes with the most individual points in each of the following categories:

U24 (age 24 and under)				Apex (overall)			
Men		Women		Men		Women	
LW <180	HW ≥180	LW <140	HW ≥140	LW <180	HW ≥180	LW <140	HW ≥140

*Weights are listed in lb.

The overall Apex individual champion (man and woman, irrespective of age and weight class) is decided by points accumulated in the individual 500m and 200m events, with the 500m being the tie breaker.

7.2 Pod Champions

The pod with the most team points shall be crowned the Apex Pod. The pod with the second most points shall be recognized as the runner-up.