



## Erg Testing for Spring 2025

The Tampa Athletic Club has begun preparations for the spring 2025 regatta season. Participation in regattas is open to all TAC members in good standing that also submit a monthly erg score. The erg test for the spring season is 1,000 meters (1K). It can be completed during a Monday erg session at the boathouse or on your own time. The first official 1K erg test must be submitted in iCrew no later than January 25, 2025. Subsequent erg tests will be due in iCrew by the last day of each month.

### Proposed Regattas for Spring 2025

February 23, 2025 Sarasota Invitational (Sarasota, Nathan Benderson Park)  
March 9, 2025 OARS Masters Invitational (Orlando, Bill Frederick Park at Turkey Lake)  
May 3, 2025 Florida Masters (Orlando, Lake Fairview)

### How to join the Erg Test Spring 2025 Team

Log in to **Your Home** page in iCrew

Click **Teams**

Click **Join or leave team**

Scroll down to **Other teams**

Click the plus sign next to



Check the box to confirm and click **Join**

Your name will now be included in the Team Roster for **Erg Test Spring 2025**

### How to submit your monthly erg score

From your iCrew page scroll down and click **Tests**

Select **January 2025 1K**

From there you will be able to enter your time results, strokes per minute, weight and upload a picture of your erg screen for verification.

Each month a new link will be available to enter that month's erg test.

### Erg Testing Requirements

- All rowers submitting scores must be active members of the Tampa Athletic Club.
  - Results must verifiable by a coach.
- The distance for the spring 2025 erg tests is 1,000 meters.
  - January's erg test is rate capped at 26 s/m.
- Erg tests for February onward will not have a rate cap.