

2009 OARS INVITATIONAL MASTERS EVENT



March 15th, 2009

Bill Frederick Park at Turkey Lake, Orlando

OARS is pleased to be hosting the 2009 Masters portion of the OARS Invitational Regatta on Sunday, March 15th. We invite you to join us for an exciting day of racing. Please read through this packet and make yourself aware of all the entry information and regatta requirements.

Venue Information: Bill Frederick Park is located at 3140 Hiawassee Road, Orlando, Florida, 32835; phone # 407-299-5594. There will be a \$4 per vehicle fee to enter the park. There will be ample vehicle parking available. Parking for spectators will be marked on the day of the race. It may differ from the Youth Regatta parking the day before so please pay attention to directions from OARS volunteers on race day. Masters may bring their shells to the regatta site anytime after Friday at 3:00 p.m., noting that the park closes at 6:00 p.m., both Friday and Saturday. You will not be allowed on the water at the race site before the race on Saturday due to the high volume of traffic from the Youth teams on site. Please make parking attendants aware of the fact that you are a Master rower competing on Sunday so they will have you park in the appropriate area to prevent having to move on Saturday.

Directions:

From Tampa: I-4 East toward Orlando. Exit Sand Lake Rd and turn left at the end of the ramp. Go to the 2nd light, which is Turkey Lake Rd, turn right and follow 3-4 miles until it intersects with Conroy Road. Turn left of Conroy. Go approximately 1/2 mile to the intersection of Hiawassee Rd. Turn right. Go approximately 3/4 mile on Hiawassee. Bill Frederick Park is on your right.

From Miami: I-95 north to the Beeline Expressway/Rt 528 West (toll) Follow the signs to I-4 East toward Orlando. The first exit after ramp on to I-4 is Sand Lake Road. Stay in right lane, it exits on to Sand Lake Road ramp. Turn left on to Sand Lake road at the end of the ramp. Go to the 2nd light which is Turkey Lake Rd, turn right and follow 3-4 miles until it intersects with Conroy Road. Turn left of Conroy. Go approximately 1/2 mile to the intersection of Hiawassee Rd. Turn right. Go approximately 3/4 mile on Hiawassee. Bill Frederick Park is on your right.

From Orlando and North: I-4 West. Exit on Conroy Road. Go straight on Conroy to Hiawassee. Turn right. Go approximately 3/4 mile on Hiawassee. Bill Frederick Park is on your right.

Friday Practice: The course will be open on Friday March 14th from 3:30 – 5:30 p.m. with all teams needing to exit the park by 6:00 p.m. Please e-mail us ahead of time to let us know if you are planning on attending this practice. There will be many youth teams on the water at that time.

Concessions: On Sunday there will be no concessions other than coffee and pastries available so be prepared with water and food for your personal race day needs. There will be extra water on site for purchase.

AT THIS TIME PARK ENTRANCE TIME ON SUNDAY WILL BE 6:30 A.M. (If this time changes it would change to an early entrance time.)

Accommodations: Primitive cabins, which accommodate groups of up to 10 people, are available at TLP. Call TLP to arrange for rental. Overnight camping is also available in the park on a first come first serve basis. There are many hotels in the area. You may call any major hotel chain and ask for hotels near Universal Studios or Sea World.

Here are a few in the vicinity:

Clarion : 407-351-5009

Doubletree Resort : 407-351-1000

Best Western : 407-226-9119

Hampton Inn : 407-351-6716

Entries: Your registration must be submitted on www.regattacentral.com by Friday, March 7th.

Your registration **must** include the following.

On-line entry form

Waivers (use the US Rowing waiver)

Birthdate for handicapping

Entry Fees

\$1.00 Insurance Fee per rower

\$1.00 per rower dock rental fee

Entry Fees: Eights - \$80.00; Mixed Eights - \$80.00; Fours - \$60.00; Mixed Fours - \$60.00; Doubles - \$40.00, Mixed Doubles - \$40.00; Singles – 25.00

Doubling: As much doubling as you can manage!

Cancellation of Events: Events with only one entry at the registration deadline will be eliminated and the team will be notified in advance of race day. If, on race day, scratches reduce a race to one entry, the single entry will be allowed to row down the course for time, or added into another race with lanes available.

Coxswains Meeting: The coxswains meeting will be held in the registration area. Representatives from each team must attend. Please listen for the call for the meeting. It will be held approximately 45 min. before the first race.

Race Information: 1,000 meters, Floating start.. All attempts will be made to seed heats not only by handicaps but times based on the prior spring regattas, as available, to make racing as exciting as possible.

Bowballs, bowmarkers, and shoes: No boat will be allowed on the water without a bowball and quick release shoes. Heel ties must be in place and secure. **Please bring your own bow markers** and place them on your boat before you launch.

Cancellation due to inclement weather. Cancellations will be determined by the race officials the day of the race.

Awards: Medals will be awarded for 1st, 2nd and 3rd place, all heats. There will be no medal ceremony. Rowers or coxswains may pick up their medals once the official times have been posted.

Order of Events:

The order of events will be posted when registration ends. All attempts at scheduling will be made so that people rowing multiple races we have adequate recovery time.

EVENTS: SCHEDULE TO BE DETERMINED AFTER REGISTRATION CLOSSES

W1X
M1X
W2X
M2X
MIXED 2X
W4X
M4X
MIXED 4X
W4+
M4+
MIXED 4+
W8+
M8+
MIXED 8+

OARS MASTERS REGATTA



Turkey Lake Sprint Race Course