

# 2004 Charm City Sprints

The 2004 Charm City Sprints will be held on Saturday, June 26, 2004. The course will be a 1000-meter course starting at the Baltimore Rowing Club located at Middle Branch Park. The starting point will be the "Glass Beach" on the west side of the bay with the finish line just prior to the Hanover Street Bridge. Historically, conditions have seen temperatures in the high 50's to low 60's with a light breeze (5- 10 mph) out of the south/southwest.

## **Entries:**

Entries should be submitted no later than **June 19, 2004**. We recognize that there may be a need to make changes after the entry date and the committee will make every effort to accommodate those changes. However, if a new entry creates another heat, entry will be at the discretion of the committee. The following need to be submitted by June 19, the rest can be delivered on race day.

- Regatta Entry Form
- Entry Fee (Payable To: Baltimore Rowing Club)

**PLEASE NOTE:** Entries must be sent in time to be **RECEIVED** by **June 19, 2004**. Entries received after that date will only be accepted if a new heat does not have to be added.

- **Important:** Every participant must sign a waiver of liability for insurance purposes. In order to guarantee a place in the regatta, completed waivers must be submitted by the day of the race.

## **Entry Deadline June 19, 2004**

Send completed entries to:  
Baltimore Rowing Club  
Attn: Cindy Ching  
3301 Waterview Avenue  
Baltimore, MD 21230

## **Contact Information:**

If there are any questions, please contact Cindy Ching at the following:

- (410) 804-2803 – home
- (410) 436-6544 – work

or you may contact by e-mail at the following address: [ccs@baltimorerowing.org](mailto:ccs@baltimorerowing.org)

Regatta information may be sent by fax, attention to Cindy Ching at (443) 402-9689. Online information and updates will be available on the [www.baltimorerowing.org](http://www.baltimorerowing.org) website starting May 2, 2004.

### **Entries and Entry Fees:**

**New this year! Juniors Races.** Juniors may enter any non-masters event on the race schedule. If there are more than 3 juniors in an event, they will race as a separate heat. All heats are run as finals with medals awarded to the first-place finisher in each heat.

This is a USRowing registered regatta. It is now a requirement that all organizations rowing in a registered regatta (with the exception of singles) must be a member of USRowing.

Please submit entry fees by **June 26, 2004**. Checks can be made payable to **Baltimore Rowing Club**. The fee schedule is as follows:

<b>Boat</b>	<b>Fee (\$)</b>
8+	60
4+	40
2x	25
1x	15

### **Scratches:**

All scratches must be phoned or faxed in by June 20, 2004 by 6:00 p.m. EST. The call in number to scratch a boat is (410) 256-4266. We recognize that certain conditions may require a scratch on the day of the race and we will address those during the coaches meeting. Any boat scratched after the June 20 deadline will forfeit their entry fee.

### **Awards and Trophies:**

Individual Race Awards – Medals are awarded to the first place teams in each heat. Medals will be awarded based on the number of crews in an event. A minimum of two boats must be present for a race to be held in a particular event.

### **Order of Events:**

Please note this event listing does not contain heats or finals. The tentative race schedule is based on 2003 events and does contain **projected** heats and finals order. There are no separate lightweight events.

All efforts will be made to stay as close to the schedule as possible. Then again, we all know what regattas are like but at least we can do our best. With multiple referees and ten-minute centers and hopefully some nice weather and improved docks we should be able to keep things relatively on schedule.

### **Rules Governing Entries (specific to this regatta):**

We will follow the USRowing Rules of Rowing. Please read these rules carefully before filling out your entries.

1. **Hot seating.** While we will do our best to accommodate the “hot seating” that will invariably occur at any regatta, we will not be rearranging races to allow for the reuse of either athletes or equipment. Teams repeat athletes at their own risk and must be aware of the complications that might result for both the crew and the overall regatta. A minimum of 40 minutes is required between races that involve using the same equipment or coxswain/athlete.
2. There is no minimum number of events that a coxswain may enter. However, please consult #1 above with regard to hot seating.
3. Coxswains of any of the boats (men’s or women’s) can be of either sex.
4. Crews will be on their honor that coxswains meet minimum weight requirements. Minimum cox weight for men’s crew: 120 lbs. Minimum cox weight for women’s crews: 110 lbs.
5. Masters singles and double races will be held in categories A through E if there are at least 2 entries per category. Otherwise, age categories will be grouped, and age handicapping will apply. (See USRA Rules of Rowing.)
6. Masters fours and eights age handicapping will apply for each year boat average exceeds 30. Minimum age for rower: 27.
7. All launching shells must have bow balls and foot-release devices. These will be checked prior to launching. No shell will be permitted to launch without a bow ball. Cracked, split or dry-rotted bow balls are unacceptable.
8. No electronic communications to shore are allowed in racing shells. This includes cell phones, walkie-talkies, radios, and cox-boxes equipped with a voice-transmitter.

### **Registration:**

All crews are required to register at the registration table upon arrival. Please be ready to fill out any roster substitutions or make any other changes as necessary. Regatta officials will be available to answer questions. The regatta entry packet will contain the following information:

- **Bow Numbers:** Crews will provide their own bow numbers.
- **Coxswain Course Maps:** each packet will contain laminated course maps for your coxswains to keep with them on the water so that they are able to reference traffic

patterns and the various particulars of the course. It also includes an event schedule on the back.

- **Event Schedule and Lane Assignments:** We will provide you with copies of the event schedule and lane assignment sheets so you can mark the scratches/additions and other information. Once the coaches meeting has concluded and we have reviewed the scratches we will print up new sheets which will be available at registration and will be posted at the boathouse for reference.

### **Coaches and Coxswain Meeting:**

The coaches and coxswain meeting will be conducted one hour before the start of the regatta. The coaches and coxswain meeting is currently scheduled for 8:30 a.m. on the day of the regatta. Please be aware that all coxswains are expected to attend along with coaches. The format for the coaches and coxswain meeting will be as follows:

Welcome and Introduction of Referees (Regatta Director)

Discussion of weather conditions (Regatta Director)

Review of Dock Procedure (Chief Referee)

Traffic Patterns (Chief Referee, Regatta Director)

Race Rules (including start commands, warning signals, etc.) (Chief Referee)

Review of entries and race schedule (scratches and additions) (Regatta Director /Coaches)

Questions (Staff)

The first boat will be launched ½ hour before the respective race is scheduled to begin.

### **Parking:**

As with last year, the parking area will be situated on the east side of the Baltimore Rowing Club. Parking attendants will direct vehicles where to park. If a school is scheduled to bring a bus, please let Cindy Ching know in advance. We are reserving two of the three paved lots for tow vehicles, busses, referees and other specific individuals. Please stress to your parents and athletes (if they are car pooling) that the paved areas are designated for handicapped parking as well as select individuals who are here to help run the regatta. **No parking is allowed along Waterview Avenue.** If you park there you can expect to get a ticket or get towed. As long as the weather remains dry prior to the regatta, we will be parking vehicles on the lawn overlooking the basin.

### **Spectator Viewing:**

The best view for launching and recovery of shells is the dock area and the long fishing pier that extends out approximately 100 meters east of the launch area. The last 500 meters of the race can be viewed along the shoreline roughly parallel to the course north of the boathouse but

before the bridge. The Hanover St. Bridge offers an excellent view of the race from two vantage points. The first would be on the south side of the bridge. This offers a view of the race and allows you to watch the boats travel under the bridge arches. The north side of the bridge allows spectators to view shells coming out of the arches for cool-down as well as shells returning to the dock. Please be aware that the bridge does have heavy traffic and crossing should be done with great caution. The sidewalks on the bridge are rather wide and if you can handle the noise of an occasional tractor-trailer going by you should be okay. Please see the diagram below for details. The final area is north of the bridge near Harbor Hospital. This area is a public boat launching area. Please do not park in this area as it has overflow parking for the hospital and for regular area boaters. Spectators may watch the finish of the race from the boat launching area.

### **Concessions:**

The BRC Juniors will be running a concession stand at the regatta but we would also advise teams to make sure that athletes bring water bottles and food as well.

### **Restroom Facilities:**

Portable bathrooms for athletes and spectators to use will be situated in the trailer area. Access to the Baltimore Water Resource Center is limited to Baltimore Parks & Recreation staff.

### **Handicapped Access to Races:**

The upper area of the Baltimore Water Resource Center does have an open deck on top. The deck area will be used by the regatta committee to facilitate the event. We can also open this area up to those who use wheelchairs so that they might have a vantage point to see the races. If you know of a situation where this might apply, please try to contact Cindy Ching as soon as possible so we can make arrangements.

### **Directions to the Baltimore Rowing Club:**

The Baltimore Rowing Club is at 3301 Waterview Ave, Baltimore, MD 21230.

- **Coming from Baltimore City:** Take Light St south from the Inner Harbor, turn right on any cross street (Cross, West, Ostend) two blocks to Hanover St, follow Hanover St south over the Veterans Memorial Bridge (Hanover St. Bridge), first right after the bridge is Waterview Ave, we're the only building on the right.
- **Coming from South of Baltimore:** From I-95 North, take the Hanover St (Route 2 South) exit (first exit after the I-395 Downtown exit) onto Hanover St. Follow Hanover St south over the Veterans Memorial Bridge, first right after the bridge is Waterview Ave, we're the only building on the right.

- **Coming from North of Baltimore:** From I-95 South, take the right hand lane through the tunnel. Take the Fort McHenry exit (first exit after the tunnel) and follow McComas St to the intersection with Hanover St. Turn left onto Hanover St, follow Hanover St south over the Veterans Memorial Bridge, first right after the bridge is Waterview Ave, we're the only building on the right.

### **Forms:**

All athletes must sign a waiver and that waiver should accompany the boat entry forms for the events. For the e-mailed version of this program please visit the [USRowing.org](http://USRowing.org) website to obtain a downloadable copy of the most recent USRowing waiver. Please make a photocopy of the roster for each entry and use the waiver to make copies for all rowers.

## 2004 Charm City Sprints

Organization: \_\_\_\_\_

Address: \_\_\_\_\_

City/State/Zip: \_\_\_\_\_

Contact Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

E-mail: \_\_\_\_\_

Event	# Entries (Masters include Age; Juniors denote "Juniors")	Fee	Event	# Entries (Masters include Age; Juniors denote "Juniors")	Fee
1. Novice singles			14. Mixed Fours		
2. Novice Men's Fours			15. Open/Masters Men's Quads		
3. Novice Women's Fours			16. Open/Lwt. Women's Doubles		
4. Masters Men's Singles (A-B)			17. Masters Men's Eights		
5. Masters Women's Singles			18. Open Women's Fours		
6. Masters Men's Singles (C-F)			19. Open Men's Eights		
7. Masters Women's Fours			20. Open/Masters Women's Quads		
8. Open Men's Singles			21. Open Women's Eights		
9. Open Men's Doubles			22. Masters Men's Fours		
10. Open Women's Singles			23. Masters Women's Eights		
11. Masters Men's Doubles (A-B)			24. Open Men's Fours		
12. Masters Women's Doubles			25. Mixed Doubles		
13. Masters Men's Doubles(C-F)			26. Mixed Eights		

**Total Entry Fee (\$)** \_\_\_\_\_

Boat	Fee (\$)
8+	60
4+	40
2x	25
1x	15

Please make checks payable to: **Baltimore Rowing Club**

Send completed entries to:

**Baltimore Rowing Club**  
**Attn: Cindy Ching**  
**3301 Waterview Avenue**  
**Baltimore, MD 21230**

Phone: 410-804-2803  
Entries may be faxed 443-402-9689



## 2004 Charm City Sprints Roster

School/Organization:

\_\_\_\_\_

Address:

\_\_\_\_\_

City/State/Zip:

\_\_\_\_\_

Contact Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Fax: \_\_\_\_\_

E-mail: \_\_\_\_\_

Waivers attached: \_\_\_\_yes \_\_\_\_no

EVENT: \_\_\_\_\_

Seat	Name	Age (Masters)
Bow		
2		
3		
4		
5		
6		
7		
Stroke		
Cox		