

**2009 Midwest Championship Erg Sprint (MCES)  
Saturday, February 28, 2009**

**Venue:**

- The 2009 Midwest Championship Erg Sprint will be held at the Adventure Recreation Center (ARC) at Ohio State, located at 855 Woody Hayes Drive, Columbus, OH.
- There will be a registration/check-in table in the ARC lobby entrance, which faces the parking lot.
- Parking is \$3, and available in the lot immediately in front of the ARC. Use the blue Pay-N-Display machines for payment.

**Registration:**

- The entry fee is \$25 per rower. You may pay by Credit Card on RegattaCentral or print a copy of the invoice from RegattaCentral and bring to registration with a check.
- MCES is a USRowing registered race; therefore, the USRowing waiver must be filled out on-line under the waiver tab of the race's RegattaCentral page or printed out and brought to registration.
- There will be an additional fee of \$5 per rower for late entries—the early entry deadline is Feb. 21<sup>st</sup>, 2009.

**Race Shirts:**

- MCES Commemorative t-shirts will be available at a designated table inside the venue.

**Race Parameters:**

- All races will be 2000 meters in length (except coxswains).
  - All races will be run on Concept 2 Model D Ergometers with video monitors.
  - Ergs will be available for 15-minute warm-ups.
- Competitors may use the resistance setting of their choice, but the setting may not be changed during the course of the race.

**The race organizers reserve the right to:**

1. Change the tentative schedule of events.
2. Combine events that have less than 16 registered participants.
3. Limit the number of events of flights.

**Warm-up:**

- Competitors are responsible for their own warm-ups. Several ergs will be available for warm-ups, please limit warm-up time to a maximum of 15 minutes.

**Flights:**

- Flights will consist of ~10 competitors. Flights will be matched as closely as possible according to the time submitted on the registration packet.

- Prior to the race all competitors are required to submit their best time for 2000 meters so that the race organizers can seed competitors. Competitors may compete in more than one race if they qualify.
- A fee of \$5 will be charged for all scratches on race day or for any who scratch after the entry window closes.
- All coaches and individual rowers must check-in at the registration desk at least one hour prior to their first competitor's event. Registration desk opens at 7:30am. Failure to register and/or be on deck at the allotted time will result in forfeiture.
- Protests are welcome, however a \$25 protest fee deposit must be paid before the committee will meet to discuss the matter. (Successful protests will be refunded)

### **Weight-class specifications**

- Weigh-in for ALL lightweight events will take place at a table on the turf fields (past the registration desk). All weigh-ins must be completed at least one hour before the scheduled event. Weigh-in opens at 8:00am.
- If the competitor fails to make weight, be aware of the schedule for an alternate event. It is the coach's responsibility to find an event for which the athlete is qualified. Please be absolutely sure to check with your athletes and see that they can make weight prior to the official weigh-in. If they do not make weight but are within 2 pounds of weight, they may re-weigh once more, up until 45 minutes before their race. In the event that an athlete is overweight by more than 2 pounds, the event organizers will try to fit him or her into an openweight flight, if there is a vacant erg. Be aware however, that if there are no vacant ergs in the openweight flights, the event coordinators will not create a new flight for athletes who failed to make weight.

### **Weight limits:**

- Lightweight Men: 165 lbs or less
- Lightweight Women: 135 lbs or less
- Coxswain Men: 135 lbs or less
- Coxswain Women: 120 lbs or less

### **2009 MCES Tentative Schedule:**

Until the registration window closes, this schedule cannot be guaranteed, but it reflects the probable number of entries based on previous years.

- 1 8:00 am Womens Jr Ltwt Novice 1x
- 2 8:15 am Womens Jr Novice 1x
- 3 8:45 am Womens Jr Ltwt 1x
- 4 9:15 am Womens Jr 1x
- 5 10:00 am Mens Jr Ltwt Novice 1x
- 6 10:15 am Mens Jr Novice 1x
- 7 10:30 am Mens Jr Ltwt 1x
- 8 11:15 am Mens Jr 1x
- 9 12:00 pm Womens Jr Coxswain1x (1000m)

- 10 12:00 pm Mens Jr Coxswain1x (1000m)
- 11 12:00 pm Parent & Never Ever Women (1000m)
- 12 12:00 pm Parent & Never Ever Men (1000m)
- 13 12:00 pm Womens Masters 1x (1000m)
- 14 12:00 pm Mens Masters 1x (1000m)
- 15 12:15 pm Womens Masters 1x
- 16 12:15 pm Senior Women (40-49)
- 17 12:15 pm Veteran Women (50-54)
- 18 12:15 pm Veteran Women (55-59)
- 19 12:15 pm Veteran Women (60-64)
- 20 12:15 pm Veteran Women (65-69)
- 21 12:15 pm Veteran Women (70+)
- 22 12:30 pm Mens Masters 1x
- 23 12:30 pm Senior Men (40-49)
- 24 12:45 pm Veteran Men (50-54)
- 25 12:45 pm Veteran Men (55-59)
- 26 12:45 pm Veteran Men (60-64)
- 27 12:45 pm Veteran Men (65-69)
- 28 12:45 pm Veteran Men (70+)
- 29 1:00 pm Womens Open Ltwt Novice 1x
- 30 1:15 pm Womens Open Novice 1x
- 31 1:45 pm Womens Open Ltwt 1x
- 32 2:00 pm Womens Open 1x
- 33 2:30 pm Mens Open Ltwt Novice 1x
- 34 2:45 pm Mens Open Novice 1x
- 35 3:15 pm Mens Open Ltwt 1x
- 36 3:45 pm Mens Open 1x
- 37 4:00 pm Mens Open Coxswains1x (1000m)
- 38 4:00 pm Womens Open Coxswains 1x (1000m)

**Midwest Championship Erg Sprint Points System**

- All events outside of the Coxswains race will count toward the team's point total. Junior and High School teams may only gain points in Junior events and Open or Collegiate teams may only gain points in those events, though Collegiate teams may not gain points from Masters events. A more detailed description will be available upon registration.

- Points will be awarded in descending order from 6-1 to the top six finishers in each race that qualifies for either the collegiate or high school point championship. If there are six or fewer rowers in a race the last-place rower will be awarded no points. Several possible point distributions are as follows:

For races with six or more: For races with six rowers: For races with five:

1st 6 1st 6 1st 6

2nd 5   2nd 5   2nd 5  
3rd 4   3rd 4   3rd 4  
4th 3   4th 3   4th 3  
5th 2   5th 2   5th 0  
6th 1   6th 0  
7th 0

Points earned in the following events will count towards the High School championship:

Junior Novice Ltwt Men , Junior Novice Ltwt Women  
Junior Novice Open Men, Junior Novice Open Women  
Junior Ltwt Men, Junior Ltwt Women  
Junior Open Men, Junior Open Women

In the event of a tie in an individual race, both rowers will receive points. Ex,

1st 6  
t-2nd 5  
t-2nd 5  
4th 3  
5th 2  
6th 1  
7th 0

In the event of a tie in total points, the school with the most 1st place finishes will be declared the winner. In the even of a further tie in the number of 1st place finishes the winner will be determined by most 2nd place finishes and so on.

**\*If you have any questions, please contact Trent Kim  
(trentlkim@gmail.com) (614.425.2305)**

#### **DIRECTIONS**

From **Cleveland** area

1. **I-71 SOUTH** - go **128.1** mi
  2. Take exit **#119B** onto **I-270 WEST** toward **DAYTON** - go **3.0** mi
  3. Take exit **#22** onto **OH-315 SOUTH** toward **COLUMBUS** - go **8.9** mi
  6. Take the **Lane Ave** exit- go **0.3** mi
  7. Keep right at the fork, follow signs for **Upper Arlington** and merge onto **W Lane Ave**- go **0.2** mi
  8. Turn left at **Kenny Rd**- go 0.2 mi
  9. Turn left at **Woody Hayes Dr**- go **.1** mi
- Destination will be on the right

From **Cincinnati** area

1. Take the **I-71 NORTH** exit toward **COLUMBUS** - go **98.0** mi
2. **I-71 NORTH** becomes **OH-315 NORTH** - go **3.2** mi

3. Continue on S Fwy N (signs for **Worthington/OH-315 N**)- go **0.5** mi
  4. Continue on **OH-315 N**- go **3.6** mi
  5. Take the **Lane Ave** exit- go **0.3** mi
  6. Turn left at **W Lane Ave**- go **0.2** mi
  7. Turn left at **Kenny Rd**- go **0.2** mi
  8. Turn left at **Woody Hayes Dr**- go **.1** mi
- Destination will be on the right