



Welcome to the  
17<sup>th</sup> Annual  
Scholastic Sprints  
Regatta  
In Support of A  
*Glimmer of Hope*  
May 3, 2009



## GENERAL INFO

Welcome to the seventeenth annual TRRA Scholastic Sprints Championship being held at Lake Arthur in the beautiful Moraine State Park just 40 miles north of Pittsburgh. This 1500-meter race will follow all US Rowing rules. A copy of these rules can be found at [www.usrowing.org](http://www.usrowing.org).

This will be a **SUNDAY ONLY** race with heats in the morning finals in the evening

### New in 09:

The Scholastic Sprints participants will support the work of A Glimmer of Hope, a Pennsylvania non-profit organization that funds the only under-forty breast cancer study in the country and is dedicated to finding a cure for this devastating disease. This study is being conducted at Magee-Womens Research Institute (MWRI) in Pittsburgh, PA. For more information, please visit [www.symbolofthecure.com](http://www.symbolofthecure.com).

Each rower will support the research work with an entry contribution of \$5, assessed along with the boat entry fees on [RegattaCentral.com](http://RegattaCentral.com). A portion of the event proceeds will also be donated to A Glimmer of Hope. A special section of the program has been designated for notices "In honor" or "In memory" of loved ones affected by breast cancer. For more information, please contact Cathy Hilton, [cathyarose@gmail.com](mailto:cathyarose@gmail.com).

Three Rivers Rowing Waivers are required for ALL participants

They can be found in the race packet and

<http://www.threeriversrowing.org/TRRA%20Waiver.pdf>

## REGISTRATION

*Deadline for registration: Friday April 24, 2009*

Race registration is through [www.RegattaCentral.com](http://www.RegattaCentral.com). Payment is also accepted via Regatta Central. **All participants are required to fill out and return the TRRA waiver form (last page in packet).** The waiver may be photocopied. Failure to comply will result in disqualification. This packet contains all the necessary information for registering and participating in this regatta. The entry deadline for mail in packets is **April 17, 2009**.

**Registration must include the following:**

- ◆ Online entry form
- ◆ Waivers (Must be TRRA)
- ◆ Entry fees

### *Entry Fees*

Eights: \$55	Doubles/Pairs: \$35
Fours/Quads: \$45	Singles: \$25

*Entry fees and payment:*

- ◆ Entry fees via Regatta Central must be received by Friday, April 24, 2009.
- ◆ Entry fees via mail must be received by Friday, April 17, 2009.
- ◆ Payments may be made online via Regatta Central using MC/Visa/AmEx
- ◆ Payments made directly to TRRA may be by cash/check/MC/Visa.
- ◆ Late entries will be charged a 150% entry fee and are only accepted case by case by the Regatta Director.

*Refunds:*

- ◆ Entry refunds are available only for changes made **prior** to entry deadline.
- ◆ Refunds will be processed and mailed after the regatta.
- ◆ NO refunds will be made for events cancelled due to weather or other similar circumstances.

*Scratches:*

- ◆ ABSOLUTELY NO CHANGES WILL BE MADE ON RACE DAY

## RACE DAY PROCEDURES

### *Coaches and Coxswains Meeting*

- ◆ A mandatory pre-race meeting will be held one hour prior to the first race of the day in front of the timing tent near the finish line. All scullers, coaches and coxswains must be present.

### *Course Safety*

- ◆ All boats must have quick-release footgear with maximum 3" heel tie-down
- ◆ All teams must supply their own bow numbers.

- ◆ All racing shells must have a bow ball.
- ◆ All persons in the boat, or their legal guardians, must sign and turned in their TRRA waivers and paid the appropriate fee.
- ◆ US Coast Guard Auxiliary will be on hand to assist with safety in addition to the officials and marshals.
- ◆ Paramedic will be set up to deal with on-site emergencies. They will be located near the launch site.

### ***Schedule***

The posted schedule will be adjusted after registration deadline based on actual entries that are received. The order of events will remain the same, but expect the times to be adjusted. Watch the website for schedule updates. The first race on Sunday is scheduled for 8:00 am. The local organizing committee (LOC) reserves the right to:

- ◆ Change the tentative schedule of events, including changing the order of events on race day.
- ◆ Scratch any events with fewer than 3 entries.
- ◆ Limit the number of events or flights in order to ensure races are completed before darkness and within park rules and regulations.

### ***Warm-up***

Warm-ups will take place from the launch site near to the starting line. A small cove off the side of the starting line may also be used for warm-ups.

### ***At the launch site***

Competitors will be given three calls from the launch site and are asked NOT to come to the launch site before being called.

- ◆ 1st call - 35 minutes prior to start time
- ◆ 2nd call - 30 minutes prior
- ◆ Final call - 25 minutes prior

Please refer to the map of the launch site. All shells will be funneled through the yellow tape to the dockmaster's tent where the shell will be inspected for safety equipment. To make this process go smoothly, upon arriving at the dockmaster's tent the coxswain should announce the name of the crew and the scheduled lane. Please bring your own bow number. They will NOT be provided. Be sure to have enough lane numbers from 1 to 7.

Lake Arthur has NO docks. The launch site consists of about 100 yards of grass bordered by a small cement curb and apron highly suitable for "walking in" the shells. Since the apron is concrete, rowers should walk into the water to about knee height before entering the shell this should prevent the shell's fin from hitting the concrete apron. Each crew must be prepared to shove off within 2 minutes. Ample space is available for placing oars close by, prior to carrying the shell to the launch area.

Generally, the following pattern will be followed for the launching and retrieving shells:

- ◆ Launching: towards the right when looking at the water from the land. Launching shells must row out to and around the buoy located off to the port side of the boat and then proceed out to the course.
- ◆ Return: towards the LEFT when looking at the water. Closer to the finish line.

### ***Hot Seating***

Multiple use of equipment, rowers and/or coxswains, while not recommended, will be attempted to be accommodated under the following conditions only:

- ◆ Notify the dockmaster before launching of the need to hot seat that shell and provide the following information, which the dockmaster will note: bow number, event number, what is being hot seated (i.e., the boat, rowers, or coxswain), and the time and event # of the next event for which hot seating is required.
- ◆ After crossing the finish line and returning to the launch site, the dockmaster will attempt to call the hot seating shell to the launch site at the earliest time that the dockmaster can safely do so.

**NOTE: *Permission to hot seat does not exempt a shell from arriving at the start on time. Please understand that hot seating is being facilitated as a courtesy, but for the good of all other competitors, the schedule of the day's events will not be delayed to accommodate hot seating.***

***The Course***

All competitors will race 1500 meters with a floating start. Two large (48") buoys on either side of the course will mark the start and finish lines. A map will be provided on race day illustrating the course and the patterns to be followed for rowing to the start, the race course, and rowing to the launch area. Coxswains must obey the commands of the starting officials. Broken equipment will be recognized within the first 20 seconds.

The course is partially marked with lane buoys. Competitors are responsible for maintaining their lanes. Buoys mark the 250m, 500-m, 750m, 1000m and 1250m points. Lane 1 is located closest to the finish line side.

***Protests***

Protests involving the conduct of a race must be lodged by the crew at the finish line while still on the water and before the referee declares the race to be official. A coach or other team member may not lodge a protest on behalf of a crew. A crew wishing to lodge a protest must signal to a referee immediately after finishing the race by having a member of the crew raise a hand until the attention of the referee has been gained and acknowledged.

***Classifications***

All classifications are per our governing body, the Midwest Scholastic Rowing Association:

	<u>Boys</u>	<u>Girls</u>
Light Four (4+)	150	130
Light Eight (8+)		

Note: individual maximum, no average for all classes

- ◆ SCHOLASTIC - Scholastic entries must be comprised of students (grades 9-12) who attend the same school and row representing that school during the spring season. This is a scholastic race only (TRRA/Steel City/Row Pittsburgh allowed).
- ◆ NOVICE - An athlete who began rowing after the last year's Scholastic Sprints.
- ◆ JUNIOR - A junior is a competitor who is enrolled in grades 9, 10 or 11.
- ◆ COXSWAIN - May be of either gender, and of any skill or age classification (not withstanding the age maximum). There is no weight minimum for coxswains.

***Weigh-ins***

Weigh-ins will take place on Saturday evening from 5-7pm and Sunday from 6-8am at the registration tent

***Registration***

Registration will be open Saturday evening from 5-7pm as well as Sunday starting at 6am

### ***Practice***

The course will be opened for practice on Saturday evening from 4-7pm. Traffic pattern for practice will be posted at the course on Saturday. For safety PRACTICE WILL BE PERMITTED DURING THESE TIMES ONLY.

### ***Trophies and Medals***

- ◆ Brown University Alumni Cup to the high-point women's team
- ◆ The David Figgins Cup to the high point men's team
- ◆ Virginia Curry Reed Memorial Cup to the winner of the high school women's varsity eight
- ◆ Emily E. Dorrance Trophy to the winner of the women's varsity four
- ◆ Michael P. Lambert Plate to the high school men's varsity eight
- ◆ Brendan Gerard Foley Memorial Trophy to the high school men's junior eight.
- ◆ LaSallian Christian Brothers Trophy for the winner of men's junior varsity 4+.
- ◆ Western Pennsylvania Championships Cups for schools in Western PA only.
- ◆ Club crews race for medals only. They are ineligible to earn points toward trophies.

### ***Scoring***

Medals will be awarded to the top three boats in each final event. All boats are eligible for medals. In any event only one boat per school is eligible for points. More than one school must be racing in an event for points to be awarded.

<b><u>Number of Boats</u></b>	<b><u>1st</u></b>	<b><u>2nd</u></b>	<b><u>3rd</u></b>	<b><u>4th</u></b>	<b><u>5th</u></b>	<b><u>6th</u></b>
3	20	8	1			
4	20	12	6	1		
5	20	16	8	2	1	
6 or 7	20	16	8	4	2	1

The number of boats refers to the number starting a race rather than the number formally entered in a race. No points will be awarded to boats starting a race but not finishing or to boats disqualified.

### ***Awards***

Awards for final events will be given immediately after each race provided there is not a protest or a scoring complication. Medals will be handed to the bow person or coxswain for distribution. Medals are awarded for the first, second, and third place of the finals following US Rowing guidelines for the number of entries per final. Please join us at the end of the race on Sunday for our official Scholastic Sprints awards photo ceremony.

## ***Weather Contingency***

### Weather Contingency Scholastic Sprints (Revised 2008)

-NO Medals will be awarded unless FINALS are run

-The races are prioritized in the following order

1<sup>st</sup> All Varsity 8+ Races

2<sup>nd</sup> All Varsity 4+ Races

3<sup>rd</sup> All Novice 8+ Races

4<sup>th</sup> All Novice 4+ Races

5<sup>th</sup> All Sculling Events

- It is the responsibility of the coach to have their athletes at the course if the schedule is adjusted. Events will not be held for any reason

A) Bad Weather at the start of the day/as the day progresses (Low Visibility, High Winds, ect..)

- If for any reason the head referee and the LOC feel the need to cancel/rearrange races based upon safety or other related reason events will be prioritized with the lowest priority racing being canceled/ or moved furthest back in the day.

-The first priority is to run heats for all events.

-Once heats are run the finals will be run with the highest priority events run first.

- Racing can not continue after sundown

B) All Racing canceled

There will be no refund if the race is canceled that day due to incremental weather

C) Races CAN be run on a shortened course

Races will only be shortened if the full 1,500 meter course is deemed unsafe by the Race Director and Officials. Races will only be run if a 1,000 meter course can still be run safely. Races will not be run on any course shorter than 1,000 meters.

## ***Contacts & Links***

### **Three Rivers Rowing Association**

Phone: 412.231.8772

www.ThreeRiversRowing.org

e-mail: [scholasticsprints@hotmail.com](mailto:scholasticsprints@hotmail.com)



**2008 Scholastic Sprints Entry Form**

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

Contact Person: \_\_\_\_\_

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

\_\_\_\_\_

Telephone: \_\_\_\_\_ Email: \_\_\_\_\_

Event #	Event Name	# of Entries	Total Cost
1	Womens Ltwt 4+		
2	Mens Ltwt 4+		
3	Womens Jr Novice 8+		
4	Mens Jr. Novice 8+		
5	Womens Varsity 4+		
6	Mens Varsity 4+		
7	Womens Varsity 1x		
8	Mens Varsity 1x		
9	Womens Jr 4+		
10	Mens Jr. 4+		
11	Womens Ltwt 8+		
12	Mens Ltwt 8+		
13	Womens Jr. Novice 4+		
14	Mens Jr. Novice 4+		
15	Womens JV 8+		
16	Mens JV 8+		
17	Womens Varsity 2x		
18	Mens Varsity 2x		
19	Womens 1 <sup>st</sup> 8+		
20	Mens 1 <sup>st</sup> 8+		
	\$5 per/Athlete Donation to Glimmer of Hope		

Total : \_\_\_\_\_

**Entry Forms and Payment via mail must be received by Friday, April 17, 2009**

TRRA—300 Waterfront Drive—Pittsburgh, PA 15222

**THREE RIVERS ROWING ASSOCIATION**

**CONSENT AND RELEASE FROM LIABILITY FORM**

Activity, as used herein, shall include any organized, supervised or authorized rowing, paddling or conditioning activities, on or off the water, in which a member or guest of Three Rivers Rowing Association (TRRA) or an affiliated group may engage.

INSTRUCTIONS

1. Persons age 18 and over, complete PART A only.
2. Persons under age 18 must complete PART A and have parent or guardian sign PART B.

PART A — CONSENT AND RELEASE FROM LIABILITY

By participating in the Activities, as defined above, I agree to abide by and be bound by the statements and representations below from the outset to the conclusion of my participation. I further agree to notify in writing an officer or director of TRRA of any change in my condition which might affect my ability to participate safely.

1. I currently have no known physical or mental condition that would impair my capability for full participation as intended and expected of me. I am a competent swimmer.
2. I understand and appreciate that participation in the Activities, despite all reasonable precautions implemented for my safety as a participant, carries a risk of serious injury, including death. I also understand and appreciate that controlling that risk is a responsibility that as a participant I must share.
3. By my continued participation, I voluntarily and knowingly assume the risk of injury resulting from my participation.
4. I hereby release, discharge and forever waive any causes of actions, suits, claims and demands whatsoever, in law or in equity, which I may have or which my heirs, executor or administrator may hereafter may have against TRRA, USRowing, USA Canoe and Kayak, their employees, officers, directors, governors or advisors, any affiliated group or any individual or entity holding legal title to any property or premises upon which Activities are conducted, or any USRowing or USA Canoe and Kayak sanctioned event, excluding however, any such causes of actions, suits, claims or demands resulting from intentional misconduct or gross negligence. I understand that this will preclude me from suing in the event I am accidentally injured while participating in an Activity.
5. I give consent for the TRRA to provide, at my expense, medical/athletic training attentions, transportation, housing, meals, and emergency medical services as warranted. If I choose to obtain these attentions and services from others, I accept full responsibility for such actions and their consequences.
6. I agree to abide by the general rules of conduct prescribed for participation in this Activity.
7. I agree to assume financial responsibility for any health or other personal loss incurred while participating in Activities that are not covered by my insurance and other insurance coverage that may be provided to all participants in these Activities.
8. I hereby give permission to the TRRA to photograph me while engaged in Activities and to use such photographs in TRRA promotional and fund raising materials, including without limitation on the TRRA web site, and in membership packages, brochures, magazine, video, television, newspapers and newsletters. The photograph may or may not contain a caption identifying any individuals.

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Name	<i>(Please Print)</i>	Signature	Date
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PART B — PARENT/GUARDIAN CONSENT (If participant is under age 18)

I have been given the opportunity to review, and to explain to my son/daughter, the aforementioned stipulated conditions and their ramifications, and I consent to his/her participation in this Activity under the above-stipulated conditions.

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Name	<i>(Please Print)</i>	Signature	Date
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TRRA/TRRA Legal Release PI-1368187 v2