



Long Island Junior Rowing Championships 2009

Date: Sunday, May 3rd, 2009

Location: Centre Island Beach, Centre Island, NY

Race Distance: 1500m with heats and finals

Events: Sculling Categories

1x – JV, Varsity
2x – Novice, Ltwt, JV, Varsity
4x – Novice, JV, Varsity

Sweep Categories

4+ - Novice, JV, Lightweight, Varsity
8+ - Novice, JV, Lightweight, Varsity

Registration: Go to www.regattacentral.com

Entry cap: open to the first 350 entries

Entry Deadline: April 24, 2009

Waivers: This will be an USRowing Registered Regatta so please use the USRowing [Release of Liability](#).

*All clubs or participants are required to be members of USRowing in order to participate.

Waiver Deadline: April 28, 2009

Mail to: Troy Smith
26 Todd Court
Huntington Station, NY 11746

Entry Fees: Submit entry fees through **RegattaCentral** as part of registration or mail your check to the above address.

Eights	\$85
Fours / Quads	\$55
Doubles	\$30
Singles	\$20

Fees Deadline: April 28, 2009

Awards: Medals will be awarded as followed: 1st place awarded in races with 2 or more boats; 1st and 2nd place awarded to races with 3 or more boats; 1st, 2nd, and 3rd place medals awarded to races with 4 or more boats.

Vendors:

If you wish to display a vendor's tent please follow the Vendor Instructions.

Contact

[Troy Smith](#)
516-810-1490
Sagamore Rowing Association

Schedule of Events

- Complete Schedule available at close of registration.
- Coaches and Coxswains Meeting at 7:00 am
- Start time: 9:00 a.m.
- Tentative order of events:

1. Men's Junior Varsity 1x	18. Women's Varsity 2x
2. Women's Novice 2x	19. Men's Novice 4+
3. Men's Varsity 4+	20. Women's Junior Varsity 4x
4. Men's Lightweight 2x	21. Women's Junior 8+
5. Women's Novice 8+	22. Men's Varsity 1x
6. Women's Novice 4x	23. Women's Novice 4+
7. Women's Varsity 4+	24. Men's Junior Varsity 8+
8. Women's Lightweight 2x	25. Men's Junior Varsity 4x
9. Men's Novice 8+	26. Women's Junior Varsity 1x
10. Men's Novice 4x	27. Men' Lightweight 4+
11. Men's Junior Varsity 4+	28. Women's Varsity 8+
12. Women's Lightweight 8+	29. Men's Novice 2x
13. Men's Varsity 2x	30. Women's Varsity 4x
14. Women's Varsity 1x	31. Women's Lightweight 4+
15. Women's Junior Varsity 4+	32. Men's Varsity 8+
16. Men's Lightweight 8+	33. Men's Junior Varsity 2x
17. Men's Varsity 4x	34. Women' Junior Varsity 2x

Race Progression:

- 2 - 7 entries will be raced as a straight final
- 8 - 12 entries will be split into 2 heats with 3 boats from each heat advancing to finals
- 13 – 18 entries will split into 3 heats with 2 boats from each heat advancing to finals
- 19 or more entries will be run as a time trial with top 6 boats advancing to finals

Venue Description:

Centre Island Beach has provided an adequate location for the Long Island Championships for over seven years. The 1500 m course is fully visible from the beach. There is ample space for trailers, tents, and viewing. The beach provides quick launches and landings. Restrooms are close by the viewing area.

Please Note:

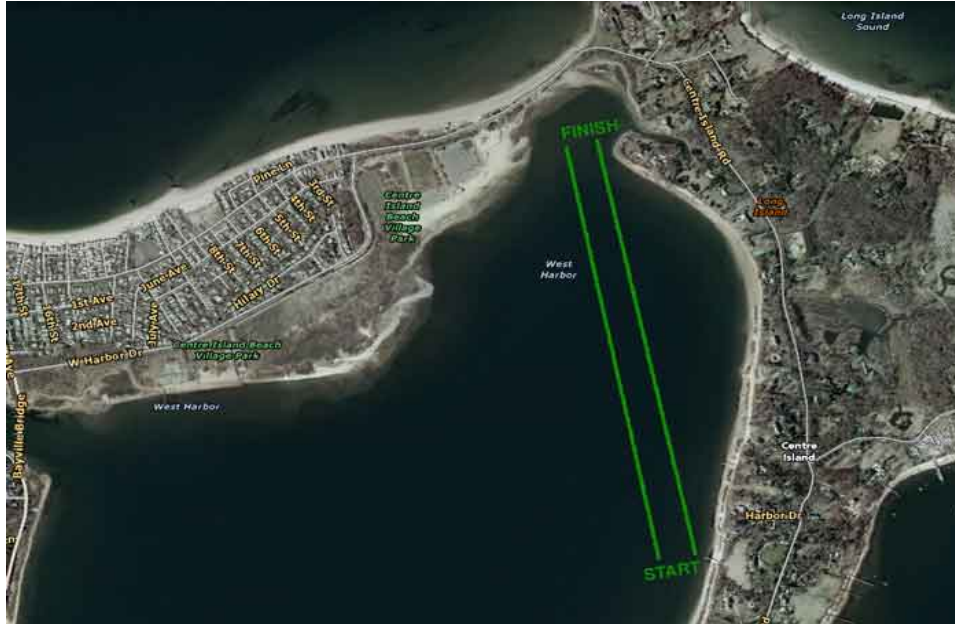
- There is a small chance the regatta will be moved to the other side of the Harbor due to wind conditions. However if the regatta is moved we will follow the procedures described in **Plan B Procedures**.
- There are no docks for this regatta. Please bring appropriate foot wear (sandals or old shoes) for wet docking. The beach has some shells and other possible debris.
- There is a 7 foot tide. At low tide watch your depth around the south edges of the beach so as to not loose your skag. Low tide will also create a much narrower gate at the finish line which is about the span of 7 lanes.

Course Description:

The Long Island Championships Regatta is conducted on open water. Buoys will mark the boundaries on the west and east side of the course, the starting line, and the finish. The course will not have delineated lanes. Several telephone poles located along Bayville Avenue just behind the finish line and are visible from

the start. Approximately four of these poles span the distances from lane 1 to lane 6. It is suggested you aim your point using the poles to maintain a straight course toward the finish line. It is advisable to note the color and location of the markers at the finish line on race day. Crews that attempt to cross outside of the finish line markers will not be able to cross the finish line. Additional Maps will be present at the coaches meeting.

1- 1500 meter course



Starting Procedure

Crews should be within the starting area (not on the race course) at least 7 minutes before the scheduled start of their race. The starting official will not wait for crews to start a race. It is best for crews to locate the starting official and then position their boats just behind the starting line about 100 meters or less. When the starting official is ready to align your race you will be called to the line by the name and heat of your event. If you can't hear or see the starting official you are too far away.

Crews should be mindful of wind in the starting area. Do not allow your crew to drift onto the course or to drift many hundreds of meters away from the start while waiting to be called to the line. Be actively positioning your crew until the race gets under way.

We will use a floating start. The start command will be "We have alignment! Attention! Go!" If we are experiencing rough conditions the crews will be informed of a "Countdown Start". Crews will hear "All crews are present for this race. This is a countdown start in five, four, three, two, one! Attention! Go!" Once all crews in the heat or final have been brought to the Starting Line the starting official will allow at most 3 minutes to align the boats as evenly as possible. After initial alignment crews may be asked to hold for a moment until the timer is ready for the next race. Please maintain points and distance between one another.

Rules

1. No refunds for entries after April 24th.
2. Late entries will be accepted after April 24th in events that have an open lane. Regular fees apply. Contact Troy Smith if you need to submit a late entry.
3. Total entries for regatta will be limited to 350. You may submit an entry past 350 and be accommodated if the event has an open lane.
4. Lightweights must all be under 155 for men and under 130 for girls. Weigh-ins will be open at 8:00 am. Weigh-ins will close by 11:00. Crews must weigh-in at least one hour before their race.

5. Crews must avoid each other on the course. Any crew that is purposefully or mindlessly endangering another crew will be automatically disqualified. Please be safe.
6. Race officials will have discretion to re-start or re-run a race. However, do not assume that if you bump another crew or stop rowing that your race will be re-started. Do not assume if a crew bumps you they will be disqualified.
7. We will not address protest on or off the water. In most cases the race officials take on the race will stand. Written protest will be accepted along with a \$50 dollar non-refundable fee.
8. Any crew using offensive language toward another crew or official will be disqualified.
9. Novice means any rower that has not participated in any regatta more than one year prior to this regatta.
10. Junior events will consist of rowers in junior year or lower or second boats of the same varsity event. Seniors can row in junior events as a second boat only.

Driving Instructions

Special Note: There is a low bridge in Oyster Bay with a clearance of 10 ft. 1 in. If you follow the quickest route to Centre Island you may be directed to go under this bridge. If you have a trailer or bus with more than 10 ft 1 in vertical height please use the alternative directions listed below. It does pay to measure your trailer height for safety and convenience.

Directions to Centre Island Beach: From I-495 the Long Island Expressway (L.I.E.)

- 24 minutes from Expressway
- At exit 41N of the Expressway - Take 106 / 107 north for 1/2 mile and stay to the right for Route 106. Continue for 6 miles on 106.
- Turn left onto Lexington Avenue. (There is a Hess gas station on your left at this corner.) Go for 1/2 mile to the end.
- Turn left onto West Main Street. Go through two traffic lights and the road curves to the right.
- After the railroad underpass (Height 10' 1") the street name will change to West Shore Road. Continue for 2 miles to the Bayville Drawbridge.
- Cross the bridge and make the first right. Go for 1 mile to the end.
- Turn right onto Bayville Ave. Go a short ways.
- Finally turn right into the Centre Island Beach Park.

Alternate Directions that Avoid the Low Railroad Underpass: From I-495

- 35 minutes from the expressway
- At exit 41N of the Expressway - Take 106 / 107 north for 1/2 mile and stay to the right for Route 106. Continue on 106 for 3.5 miles.
- Turn left at RT-25A W (Northern Blvd). Go 2.2 miles.
- Turn right at Wolver Hollow Rd. Go .6 miles.
- Turn left at Piping Rock Rd. Go to the end 3 miles. The road comes to a fork at the end.
- Bear left at the fork onto Birch Hill Rd. Go a short ways and cross the railroad tracks.
- Immediately turn right onto Buckram Rd. (Forest Ave/ Buckram). Go 1 mile.
- Turn left onto Bayville Rd. Go 2.2 miles. You will see the Long Island Sound as you curve right.
- Continue onto Bayville Ave. (Same road you are on). Go 2.5 miles.
- Turn right into Centre Island Beach Park

Parking at Centre Island

All Trailers and Buses will use the West half of the lot. Buses park to the North and Trailers park to the South. Cars will use the East half of the lot. Avoid parking next to curbs or blocking traffic flow. Feel free to park next to the curb to unload your tents. After unloading please leave the curbsides open for emergency vehicles.

2 Centre Island Beach Village Park



Plan B Procedures

The regatta will be held off Centre Island Beach. Plan to follow directions to Centre Island Beach. In the event the harbor is too windy to row at Centre Island Beach, we will make a decision to move the regatta to Beekman Beach. You may contact Troy Smith at 516-810-1490 to confirm locations, but please only one representative from each team. Contact your coach or representative before you call the regatta chairman. Thank You.

Beekman Beach (Only if Change is made to venue.)

Space in Beekman Beach's parking lot will be specifically provided for each team's trailer and one hospitality vehicle/trailer. Cars should not attempt to park here. With considerably less space this lot will be strictly limited to the amount of cars we can park here. We ask that knowing this, anyone who can volunteer to park in the lots East of Beekman Beach please do so. We also ask that cars do not try to "squeeze in" by parking in an exit lane in the parking lot. Cars should not park on the road or on the shells leading into the lot. Cars should not park in front of the boathouse or in front of the Water Front Center. Once the east lots are full cars will have to park in town or at the train station and walk to the Beach.

We should know a couple days before the regatta if there is a good chance the winds will not be cooperative. If we believe it necessary to move the location, you will be contacted with specific instructions a day or two ahead of time. Rest assured that the second location is just as adequate to hold the regatta. We just don't have as much room for parking.

If for some reason a decision is made to move the regatta the day of the regatta and there are considerable numbers of entries, we may run heats as individual races as we have done in the past. In this case medals will be given in each race.

IF NEEDED, directions to Beekman Beach: ***Only go to Beekman Beach if you are told to do so!***

- * Long Island Expressway to exit 41 north - Route 106.
- * Bear to the right onto 106 North to Oyster Bay.
- * At the bottom of a long hill at the first light will be Lexington Avenue.
- * Make a left at the Hess Gas Station onto Lexington Avenue.
- * At end of Lexington Ave by the school, make left onto West Main Street.
- * At first light make a right on Larrabee Avenue.
- * Cross over Railroad tracks and make the first left on West End Avenue.
- * Beekman Beach is at the end of West End Avenue.

If Needed, directions from Centre Island Beach to Beekman Beach:

Go back onto West Shore Road which you followed around the harbor. After going under the rail bridge follow the curve in the road to the left back onto West Main. At the second light turn left onto Larrabee Ave. Cross over Railroad tracks and make the first left on West End Avenue.