

2009

# White Rock Sprint Championships



White Rock Boathouse, Inc.

Jesuit Prep Crew

# Rules and Regulations

## **Registration**

Online registration, at [RegattaCentral.com](http://RegattaCentral.com), closes at midnight, APRIL 28, 2009. After registration closes, no scratches or substitutions may be made online; any changes made online have no effect. Entries are accepted after the deadline only at the discretion of the Registrar, and only to fill empty lanes; no heats will be added to accommodate late entries. Late entries are accepted only if accompanied by prescribed entry fees, which are **DOUBLE** the regular fees. Late entries must be submitted via e-mail to [jphough@jesuitcp.org](mailto:jphough@jesuitcp.org).

Every entry must include each crew member's USRowing Membership ID; free (non-privilege) membership IDs can be obtained from USRowing.org. Competitors who ignore this recommendation risk being unable to get from the finish of one race to the start of their next one. Under no circumstances are races delayed to wait for tardy boats. The number of entries in each event is limited to 21. Entries are accepted in order of submission, and in cases of oversubscription RegattaCentral will maintain a waiting list.

## **Site**

White Rock Boathouse and Jesuit Crew's 1st annual sprint rowing event, the White Rock Sprint Championships, will be held on Saturday, May 2, 2009. The 2000-metersprint races on White Rock Lake and will begin at the Bathhouse Cultural Center and finish just off of Teepee Hill on the south west end of the lake. White Rock Boathouse is located at 2810 White Rock Road, Dallas, TX 75214. Trailer parking will be assigned on a first come first serve basis starting Friday night.

## **Boat Preparation**

Protective bow balls are required on ALL shells for safety purposes. Crews are expected to provide their own bow balls. Boats without bow balls WILL NOT be allowed on the water under ANY circumstances.

All shoes must have heel tie downs that do not allow the heel to raise more than three inches above the foot board to which it is anchored.

Port hole covers must be used where intended by the boat manufacturer. Boats lacking port hole covers WILL NOT be allowed on the water.

Crews are expected to provide their own bow markers (1-8).

Ample parking is available for trailers and tow vehicles in the River West Festival parking lot. Trailers will be allowed into the River West lot on Friday for staging and boat rigging in designated areas. Security will be provided overnight.

## **Boat Staging on Race Day**

Crews should follow the directions of the dock master. Dock time will be limited to two minutes.

## **Facilities**

Water and restrooms will be provided at the regatta site in the park.

## **Food**

Race day food will be available from White Rock Sprint Championship food vendors located at the park.

## **Awards Description**

Medals will be given for first, second, and third place crews in each classification.

## **Coaches/Coxswains Meeting**

The coaches/coxswains meeting will be held at 6:45 AM, Saturday, May 2, 2009 at the Filter Building. All coaches, coxswains, bows, and single rowers are required to attend. This meeting will include course regulations, conditions, changes in schedules or procedures, and updated scratches. The first race begins at 7:45 AM sharp. Races are scheduled 15 minutes apart with a mid morning break and a lunch break. Adjustments may be made by the officials or regatta committee as necessary. The final schedule of events will be published Friday, May 1<sup>st</sup>.

### **Scratches**

No entry fees will be refunded for scratches made after the entry deadline.

### **Liability Waivers**

Every competitor must have signed a USRowing Release of Liability Waiver. Waivers can be signed online at USRowing.com, and are due by the registration deadline. Any competitor whose online waiver is not signed before registration closes may be required to sign a paper waiver at the regatta site. Under absolutely no circumstances will entries with missing waivers be issued their race packets or be allowed to race.

### **Regatta Check-in**

All crews are required to check-in at the registration desk when they arrive. At that time, they can clear any problems with their entries, such as missing waivers. Entries with registration problems will not be allowed to race. On the regatta weekend, the registration desk will be open from 5:00 PM to 7:00 PM on Friday and throughout the race day on Saturday beginning at 6:30 AM.

### **Substitutions**

An entry in a non-single Junior or Open event may substitute its entire crew. An entry in a Masters event may substitute up to half of its rowers, and also its coxswain. No single-scul (1x) entries may make a substitution. A completed Substitution form must be submitted at the registration desk at least two hours before the event. Complete information is required for every replacement competitor, including full name, USRowing Membership ID number, year of birth (for Masters events), and proof of a signed liability waiver. No substitution may be made in an entry that has already raced in the first heat of its event, unless a member of the crew has experienced a serious illness or accident during the time between the heat and the final.

### **On-time arrival**

Regatta officials can prohibit boats that are late to the starting line from racing. The Dockmaster can prohibit a boat from leaving the dock if in his or her judgment it cannot reach the starting line on time,.

### **Novice Rower Classification**

A junior rower is considered a novice in if they started rowing after June 1, 2008 or started competing in junior competition after June 1, 2008. All other rowers are considered novices in their first calendar year of competition. Crews entered in Novice events shall include only novice rowers.

### **Second Novice Events**

Rowers who compete in First Novice events may not row in Second Novice events. In order for a team to submit a Second Novice entry, they must also have an entry in the corresponding First Novice event.

### **Novice Coxswains**

A novice entry's cox is not required to be a novice.

### **JV Competition**

Rowers who compete in Open or Varsity events may not row in corresponding JV events. For example, rowers from a varsity eight may not also row in a JV eight. In order for a team or club to enter a JV event, that team or club must also have an entry in the corresponding Open or Varsity event. The guidelines for JV sculling events and Junior events are identical.

### **Mixed Crews**

Each mixed crew shall include men and women rowers. Doubles require a crew of one man and one woman, quads/fours crews may have either one man or two, and eights crews may have two, three, or four men.

### **Men and Women Rowers in Boats**

In accordance with USRA rules, all rowers in men's events must be men, and all rowers in women's events must be women. A female rower cannot substitute for a man in any men's event, nor can a male rower substitute for any woman in a women's event. Coxswains are exempt from this rule. Any entry violating this rule will be disqualified.

### **Lightweight Rowers**

Lightweight men must weigh no more than 155 pounds, and lightweight women no more than 130 pounds. Weigh-ins will take place from 6:00am to 9:00am each day. Each crew must finish its weigh-in between 6:30 AM and 9 AM. Lightweight rowers will be issued wristbands when they make weight, and must wear these wristbands for all lightweight events. Any rower who appears without a wristband will be disqualified.

### **Coxswain's Weight**

Coxswains in men's events must weigh at least 120 lbs and in women's events 110 lbs. Coxswains found to be under weight will be required to carry weight to bring them up to the minimum.

### **Open Events**

Open events may be raced by club, collegiate, or other competitors, all of whom shall be eligible for medals, and for trophy points where appropriate. No person entering in Open events may cross enter into JV events within the same discipline, such as from Open 8+ or 4+ events into JV 8+ or 4+ sweep. Women who are in high school may not compete in open events unless no NCAA varsity crews are entered in the same event.

### **Juniors**

A Junior is a competitor who is and has been continuously enrolled in secondary school as a full time student seeking a diploma. A competitor ceases to be a junior after December 31 of the year of his or her 18th birthday, or of the year in which he or she completes the 12th grade of secondary school, having been a full time student, whichever is later.

### **Masters Events**

Masters' age categories are defined in USRowing's Rules of Rowing. Entries in Masters events must list every rower's **year of birth** in order to compete. Entries listing only ages will not be allowed to compete.

### **Recreational Single Categories**

A recreational single is any boat at least 17 inches wide at the waterline and at most 22 feet long (e.g. Maas Aeros). There will be no exceptions to this recreational ruling.

### **Crew Representation**

No competitor may represent two different organizations in the Regatta. Any crew composed of competitors from different organizations will be categorized as a composite crew.

### **Dispute Resolution**

All questions of eligibility, qualification, and interpretation of the rules shall be referred to the Regatta Committee, whose decisions shall be final.

### **Duplicate entries**

The Regatta Committee is not responsible for detection of duplicate entries. Please coordinate with your club, as entry fees for duplicate entries will not be refunded.

### **Safety Equipment**

Every competing boat shall be properly equipped with a bow ball. Every competing boat shall also be equipped with quick-release shoes and heel ties whose length is three inches or less.

### **Hot-Seating of Boats**

Boats that are to change crews immediately upon arrival at the docks after a race (and go back out to race without being removed from the water) are considered *hot-seat* boats. The Dockmaster must be notified of every hot-seat boat before the boat goes out for its first race. Provided the event numbers of the boat's races differ by at least 4, the coxswain or bowman will be given a hat to be worn upon returning to the docks so that they can be easily recognized and given priority on the dock (no such priority, and no hat, will be given for any boat whose races' event numbers differ by less than 4). Outgoing hot-seating crews must all be waiting at the docks when the hot seat boat arrives. In all cases, crews should follow the instructions of the dock personnel. During the regatta the docks are very crowded; all crews should be practiced at quick launching and boat removal before arriving at the regatta site. Crews may be assessed a false start for excessive dock-time.

### **Schedule Changes**

The event schedule is subject to change depending upon the number of entries received. Events may be cancelled or combined if there are fewer than three entries at the entry deadline. Any crew entered in a canceled event will be contacted and offered the option to switch to another event or receive a refund of the registration fee.

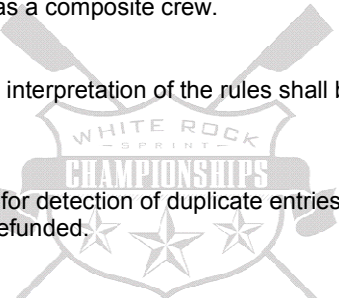
### **Progression System**

Entries Heats Advancing in each Heat

1-7 0 (Finals only)

8-14 2 3

15-21 3 2



The last place finisher in a heat never advances, even if this means a final with empty lanes. When scratches occur after the final lane draw (when it's too late to redraw the lanes), a scratch in one heat does not affect the number of boats advancing in any other heat.

### **USRA Rules**

Except as noted above, this regatta follows the Rules of Rowing of the USRA.

### **Sportsmanship**

The Regatta Committee reserves the right to rule on any situation not specifically covered by these guidelines and to penalize or disqualify any competitor or crew that appears to violate the spirit or letter of the rules of competition or sportsmanship, on the water or off.

## Maps of the Venue

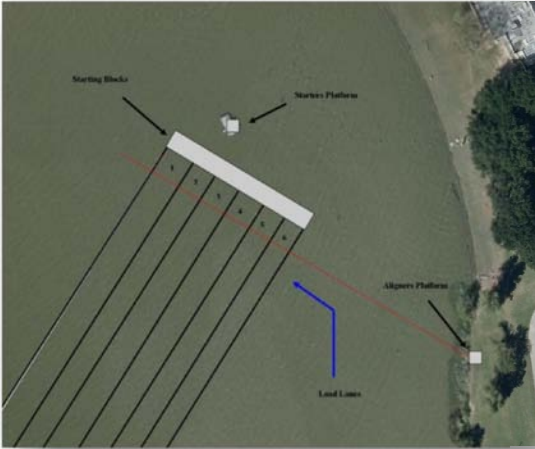
### The Race Course

- Crews will launch and head up the east shore of the lake keeping the red buoys to your port side
- Crews will pool south of the Starting line prior to being marshaled onto the race course.
- Crews are to stay south of the course. Crews found north of the course will be assessed a warning.
- It is very important to already be in bow order 1 through 6.
- Masters will have a floating start at the 1,000 meter line.





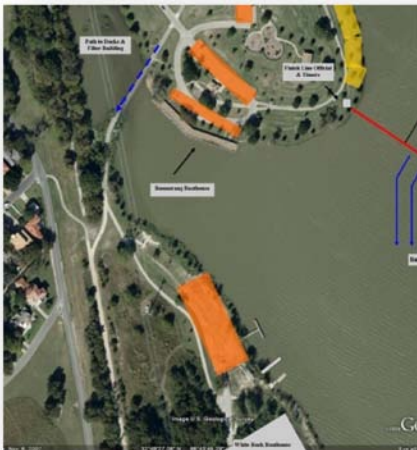
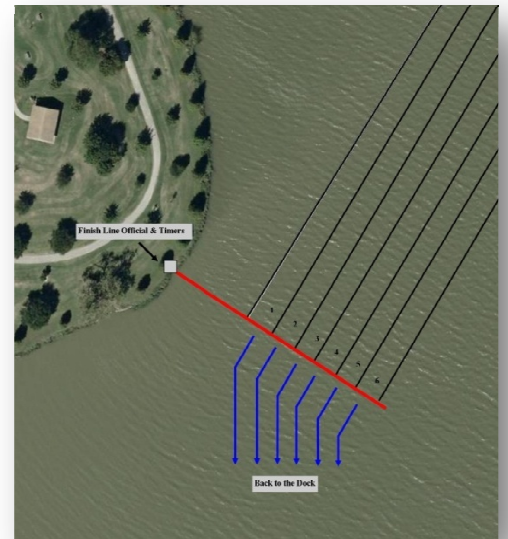
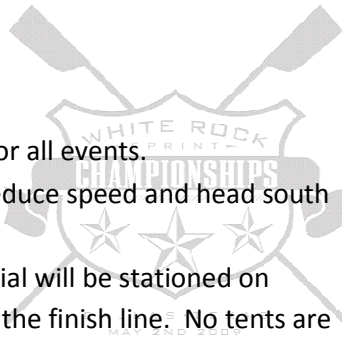
### The 2,000 Meter Start



- Lane 1 is closest to shore
- The starting blocks will be loaded from Lane 1 to Lane 6
- Crews will need to load in order bow 1 to bow 6
- The Aligners Platform will be land based
- Sterns will be held and adjusted from the starting blocks via hand-held radios
  - The starting official and assistant will be stationed behind Lane 3 and Lane 4 on an elevated stationary platform with PA system. (Even though the diagram shows it in Lane 1 and Lane 2)

### The Finish Line

- There will be one finish line for all events.
- After finishing all races will reduce speed and head south back to the docks.
- Finish line timers and an official will be stationed on platforms and in a tent off of the finish line. No tents are allowed within 15 feet in all directions of this tent.



### Spectator Overview

- All orange zones are parking. Parking closest to the docks is reserved as secondary parking.
- Yellow zones are locations for team tents and spectator viewing.

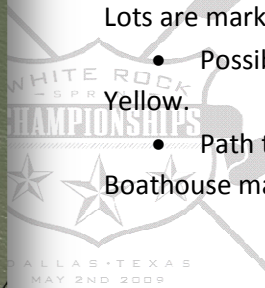
## The Docks & Boat Staging

- The west dock will be for receiving and the east dock will be for launching.
- Visitor boat staging will be west of the dock area and assigned on Friday night on a first come first serve basis.
- Orange marks secondary visitor parking area.

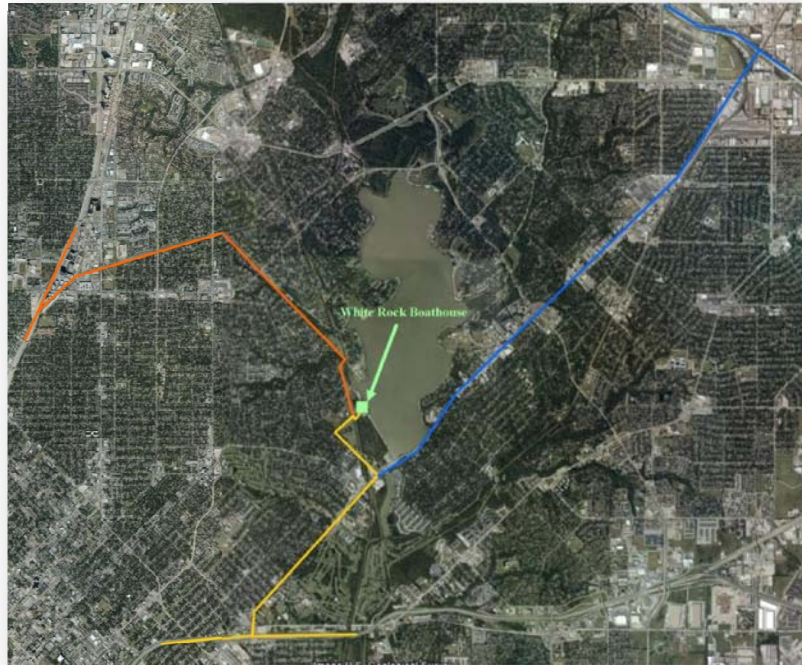


## Spectator Parking

- Will be parked by the Boomerang Boathouse and the finish line.
- All parking is first come first serve. Parking Lots are marked in Orange.
- Possible tent locations are marked in Yellow.
- Path to the docks and White Rock Boathouse marked with blue arrow



## Directions to White Rock Boathouse



### From I-30 (Yellow Line) –

Take the Grand E Exit. Head north on Grand. Take a left on Winsted just before the spillway on White Rock Lake. Take a right on W Lawther and then a right on White Rock Road as the road makes a sharp left. Follow White Rock Road under the bridge. Our boathouse is the second building on your right.

### From I-635 (Blue Line) –

Take the Garland Rd Exit. Head south on Garland. Take a right on Winsted just after the spillway on White Rock Lake. Take a right on W Lawther and then a right on White Rock Road as the road makes a sharp left. Follow White Rock Road under the bridge. Our boathouse is the second building on your right.

### From US 75 (Orange Line) –

Take the E Mockingbird exit heading East. Then take Williamson south to W. Lawther. Take W. Lawther south (i.e. turn right onto W. Lawther). Pass through 2 stop signs. Continue on W. Lawther. When the road veers to the right you will notice a bridge on your left. Keep right there. Continue through a 3rd stop sign. When the road turns to the right (and becomes White Rock Road) TURN LEFT. You will head down a slight slope, under a disused railway track and then up a slight gradient until you reach the boathouse at the end of the drive on the right.