

SIRA REGATTA 2010

www.siraregatta.com

This document should provide all necessary information for entering the 2010 Southern Intercollegiate Rowing Association Championship Regatta.

Please read the document in its entirety to ensure that your entries will be accurate and accepted without the need for further information. Entries are not complete without ALL of the following:

1. On-time entry at Regatta Central www.regattacentral.com
2. Payment of entry fees
3. Submission of athlete eligibility form. Note that this is now required of varsity programs regardless of their NCAA certification process.
4. Athlete waivers
5. Institutional membership in USRowing, required at Oak Ridge for insurance reasons

Thank you and I look forward to receiving your entries and seeing you in Oak Ridge. The following table of contents should help you find the answers to specific questions you may have.

Bob Jaugstetter, Registrar/Secretary, SIRA

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SIRA REGATTA 2010

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GENERAL REGATTA INFORMATION

The 43rd Annual **Southern Intercollegiate Rowing Association (SIRA) Championship Regatta** will be held in Oak Ridge, Tennessee on **Saturday and Sunday April 17-18, 2010**. The Oak Ridge Rowing Association is the local organizing committee.

Members of SIRA are: University of Alabama, University of Central Florida, University of Charleston, Clemson University, Duke University, Embry Riddle Aeronautical University, University of Florida, Florida Institute of Technology, Georgia Institute of Technology, University of Georgia, Jacksonville University, University of Louisville, Marietta College, Murray State University, University of North Carolina, Northwestern State University (LA), Nova Southeastern University, Purdue University, Rollins College, University of Tennessee-Chattanooga, University of Tennessee-Knoxville, University of Texas, Tulane University, University of Tulsa, Vanderbilt University, University of Virginia, and Washington University.

Clubs, varsity programs, or both may be affiliated; any questions as to which programs are affiliated may be resolved by referring to the Members link at www.siraregatta.com.

Please note the racing format: This year, SIRA heats and semifinals will be raced on Saturday with finals on Sunday. Included this year are heats, semifinals or repechages, with C and Petite Finals (in some events), and Grand Finals.

Please note the following important points:

- 1. The tradition of awarding your shirt to the winner of your event is expected to be honored at the SIRA regatta. The only exception is a varsity program prohibited to do so by its athletic department compliance officer. Coaches and captains are expected to ensure that their teams honor this tradition.**
2. Due to insurance requirements at Oak Ridge, all entries must be from programs affiliated with USRowing.
3. Each organization must complete and submit, with appropriate university signatures, the SIRA Eligibility Certification, available on the website www.siraregatta.com.
4. The entry deadline is the scratch deadline. All scratches not made online by the deadline must be emailed from the coach's email address to both

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< jbuckalew1@suddenlink.net > and < row2lan@tulane.edu >. Scratches after the deadline and before 10:00am Eastern time on Friday April 16 will be assessed a scratch fee of \$50 per scratch and no refund of entry fee. Any scratches after Friday at 10:00am, or any no-shows, will be assessed a \$250 scratch penalty. Any team assessed a scratch fee will not be permitted to participate in the regatta until the fee is paid.

6. Non-member, **non-southern** crews must follow the policy for entering as described in the Program Eligibility and Entry Rules sections. Non-member **southern** crews as defined in that section may enter events in the manner of SIRA members, providing deadlines are observed.

7. Late entries **may** be accepted with a penalty fee of \$50 per entry, plus the entry fee. Late entries will not be accepted for the 2010 regatta without extraordinary circumstances and a majority vote of the SIRA Board of Directors. This applies to ALL entries, and does not fall under the member cap limitations.

8. Regatta heats will be drawn in accordance with SIRA Progression Formula Guidelines.

9. A minimum of three entries is required to run an event. SIRA will attempt to place crews from cancelled events in another appropriate event if possible.

RACING RULES

The regatta will operate under the US Rowing Rules of Racing except as altered by SIRA rules and regulations.

WAIVERS

Each participant must submit a completed waiver. Waivers may accompany entry fees, be confirmed by Regatta Central, or presented **PRIOR TO LAUNCHING ANY CREWS** when registering at the regatta site. Participants under age 18 need a parent's or guardian's signature. Waivers are available on the Regatta Central website.

REGATTA MEETING

Each program must have a representative at the regatta meeting on Friday, April 16 at 6pm. This is not a "coaches and coxswains" meeting. The meeting will not be at the boathouse this year, but at the end of the spit of land at the marina outlet.

NOTE: The meeting will have a roll call and cover **ONLY** specific safety instructions and schedule changes. The meetings **WILL NOT** go over the rules of racing, starting procedures, and boat handling advice. Crews are expected to know the rules and how to handle their equipment to attend a championship regatta.

WEIGH-INS

Weigh-ins for coxswains and lightweight events will be conducted at the boathouse. There will be separate scales for coxswains and lightweights.

2010 WEIGH-IN PROCEDURES FOR COXSWAINS

To decrease the congestion and time in line for coxswain weigh-ins, SIRA is initiating a new policy on the procedure.

Coxswains will be responsible for their own weight. There will be a small supply of plastic bags and sand available at weigh-in, but each coxswain, especially if he/she is well below the limit, should bring weights to the scales to be as close as possible to the correct weight.

Those who do not make weight will be allowed to adjust what they are carrying, but NOT while on line. The adjustment can be made at a station nearby and then the cox will return to the end of the line.

Coxswain minimum weights in racing attire: 120 pounds for coxswains of men's crews; 110 pounds for coxswains of women's crews.

Weigh-ins will begin at 5:00 Friday afternoon until 7:00pm, and resume at 5:30 am on Saturday, concluding at noon. All lightweights are required to weigh in once for the weekend in racing attire. Coxswains and lightweight crews entered in an event with a final only may weigh in Sunday morning between 6:00am and 9:00am.

Weight limitations are: Women 130 pounds max, no average; Men 160 pounds max, 155 pound boat average. **Crews must weigh in with all members present.**

MEDALS

First, second, and third place medals will be awarded in all SIRA events with four or more entries, first and second for an event with only three entries.

SAFETY AND TRAFFIC PATTERN

NO coaching launches are allowed on the lake on Friday, April 16.

All shells will be inspected for safety according to the USRowing Rules of Rowing, including approved foot release systems and coxswain openings in bow coxed shells. Traffic patterns will be posted at the ORRA boathouse. All coaches, coxswains, captains, etc must read and be familiar with these rules **prior to launching for PRACTICE OR RACING.**

Each team is required to check in at registration before launching any crew for practice. Late arriving crews must check in before racing.

Briefly stated, the traffic rules are as follows:

1. Be careful.
2. Observe the Right Hand Rule: keep your boat to your starboard side of the lake.
3. Course practice is only permitted in lanes 1, 2, 5 and 6.
4. All crews must read the ORRA Boathouse map of the traffic pattern, and particularly note the pattern for entering and exiting the racecourse. Note that the patterns may be different on practice days and race days.
5. Lanes 3 and 4 are safety buffer lanes. They are never to be used in either direction except while racing.
6. During racing, teams are to report to the start line in order of lane assignment.
7. Each boat is to supply its own bow marker with the appropriate corresponding racing lane number on it.
8. Crews must be off the water one hour before the start of the first race. No practice rows are allowed during racing. No crews may launch after Saturday's racing until the last race has been completed.

PARKING: Trailer parking between the ORRA boathouse and the launch docks is restricted to SIRA members. **Information on parking and vehicle use on the main road is available on the ORRA site at www.orra.org. All crews should read the parking information thereon, especially since there have been changes implemented since previous regattas. Please pay particular attention to the information on buses.**

CONCESSIONS:

Food concessions will be available during the regatta. Any persons, teams, organizations, or businesses wishing to set up a concession for the sale of apparel or any other items must have the prior approval of the Regatta Director and SIRA President and must pay a vendor fee in advance of any sales.

TEAM TENTS:

Team tents may be erected **only** at designated sites along the race course or in the boat storage areas out of the way of boat traffic on its way to or from the docks. Prior to tent setup, check with ORRA LOC regarding approved anchoring system.

PROGRAM ELIGIBILITY / ENTRY RULES

1. Entries must be made online at Regatta Central (www.regattacentral.com). Entry deadline is April 11, 2009. Entries must be **COMPLETED** before midnight Pacific time. This is also the deadline for scratches with refunds.
2. Due to insurance requirements at Oak Ridge, all entries must be from institutional members of USRowing.
3. Only one entry per event is allowed from each program. Doubling of rowers is not permitted. A coxswain that also rows is limited to a total of one event as a cox and one as a rower. Coxswains that do not also row may cox two boats, providing this action does not cause any delay in the regatta.
4. An organization must enter and race a Varsity boat of the same size, weight, and gender classification of crew in order to enter a Junior Varsity boat.
5. There will be A and B flights for Frosh/Novice eights only. A program must race an A crew to enter a B crew.
6. For non-member, non-southern schools: No entries will be accepted for any weight/gender event category unless a Varsity Eight is entered and races in that category, except that the requirement is a Varsity Eight or Four in the case of the Lightweight Women events which have been traditionally undersubscribed. If the Varsity 8 (or Lightweight Varsity Women's 4) scratches or no-shows, no other boats from that team in that weight/gender category may row. Specifically,

TO ENTER THESE EVENTS

Women's F/N Ltwt 4, F/N Ltwt 8
Women's F/N 4, V 4, F/N 8, JV 8
Men's F/N Ltwt 4, Ltwt 4, F/N Ltwt 8
Men's F/N 4, V 4, F/N 8, JV 8

THIS ENTRY IS REQUIRED

Women's Varsity Ltwt 8 or 4
Women's Varsity 8
Men's Varsity Ltwt 8
Men's Varsity 8

“Southern” crews as currently defined by SIRA are colleges in the states of Virginia, North and South Carolina, Georgia, Florida, Alabama, Mississippi, Tennessee, Kentucky, West Virginia, Arkansas, Louisiana, Texas, and Oklahoma.

7. The SIRA Executive Committee will have final discretion regarding entries.

This is an attempt to summarize the main guiding rules of the SIRA and may not include all previous rulings. Except as noted above, all rules will reflect previous SIRA procedures. Special rulings may be invoked by the SIRA Executive Committee.

Appeals for exceptions must be entered in writing to the SIRA Eligibility Committee prior to the entry deadline. Documentation is required for any request to be considered.

ATHLETE ELIGIBILITY / ENTRY RULES

Eligibility of rowers and coxswains to participate in the SIRA Regatta shall be dependent upon the conference rules of the competing institution, and **ALL OF THE FOLLOWING:**

I. All participants must be full time undergraduate students at the institution they represent. To be considered a full time undergraduate student, each must currently be taking courses totaling at least 12 credit hours on the semester basis or its full time equivalent, and must be making normal progress toward his/her first degree. Exceptions to the 12 credit hour rule must be certified by the Academic Office of the involved institution. A student athlete who has received a Baccalaureate or equivalent degree, and who is enrolled in the his or her first year of graduate or professional school, of the institution attended as an undergraduate, or who is enrolled and seeking a second Baccalaureate or equivalent degree at the same institution, may participate in SIRA, provided the student athlete has athletic eligibility remaining, and such participation occurs within the time period set forth in number 2 below.

2. A SIRA competitor has four years of eligibility, which must be completed during the first 10 semesters or 15 quarters in which after the student is enrolled in a collegiate institution in at least a minimum fulltime program of studies as determined by the regulations of that institution. Competing for an institution in any one event within the academic year is enough to constitute one year of eligibility.

3. Freshman/Novice Classification: To row as a freshman, a competitor must be in his/her first year of attendance at the collegiate level and must be considered an academic freshman by his/her institution. To row as a novice, a competitor must not have participated in the sport of rowing prior to the current academic year. A novice need not be a freshman.

4. A transfer student who has participated in a collegiate rowing program in the academic year current to or preceding his/her attendance at the new institution may NOT row in a Varsity Eight event (heavy, light, men or women) in his/her first year at the institution unless the student transfers to the certifying institution from another four year collegiate institution and the following conditions are met:

a) The student has not transferred previously from one four year institution to another;

b) The student is in good academic standing and meets the satisfactory progress requirements;

c) The student's previous institution certifies in writing that it has no objection to the student being granted an exception to the transfer residence requirement.

8. A student athlete who is enrolled in a graduate or professional school of the college or university which he/she previously attended as an undergraduate student may participate in intercollegiate athletics, provided he/she has eligibility remaining and is within five calendar years of initial fulltime collegiate enrollment for Division I and within the first ten fulltime semesters of collegiate enrollment for Divisions II and III. A student athlete who has eligibility remaining and is within the specified five year or ten semester period also may participate while enrolled in a graduate or professional school at a Division I or II college or university

other than the institution at which he/she completed an undergraduate degree, provided he/she meets the criteria of the onetime transfer exception to the general transfer residence requirement. That exception is as follows:

-- The student athlete must be seeking to participate in a sport other than Division I football, basketball and men's ice hockey, except that a student athlete who seeks to participate in Division IAA football may use this exception only if transferring from a Division IA program.

-- The student athlete may not have transferred previously from another four year institution unless he/she transferred previously and received an exception to the transfer residence requirement because his/her institution either discontinued the sport or did not sponsor the sport in which the student athlete is a participant.

-- The student must have been in good academic standing and eligible to compete had he/she decided to remain at the previous institution. The student athlete's previous institution must certify in writing that it has no objection to the student athlete being granted an exception to the transfer residence requirement.

NOTE: This exception does not apply to a student athlete who attends a Division III institution for graduate school, unless the student athlete is attending the same institution at which he/she was an undergraduate.

NOTE: If the student athlete transfers to the certifying institution from a Division III member institution and meets the above mentioned conditions, he or she may be eligible to compete but may not receive athletically related financial aid during that year.

Appeals for exceptions to these rules must be entered in writing to the SIRA Eligibility Committee prior to the entry deadline. Documentation is required for any request to be considered.

Violations of regulations may be cause for crew or team disqualification. Unusually serious violations may be grounds for even more sanctions.

ENTRIES AND PAYMENTS

The schedule and fees are available at the Regatta Central site. After you have familiarized yourself with the regatta rules, please make your entries at www.regattacentral.com and make your payment there by credit card, or send a check made out to "SIRA" to Jim Buckalew at the address below.

Waivers (available at Regatta Central) and the Athlete Eligibility Form (available at www.siraregatta.com) also should be mailed to Jim Buckalew.

Business ID number for SIRA, Inc.: 352225442
Make checks payable to SIRA.

CONTACTS:

SIRA Regatta Questions

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SIRA Eligibility Questions

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SIRA PROGRESSION FORMULA

3-6 entries	final only
7 entries	2 semifinals; 5 boat final
8-12 entries	2 semifinals; 3 qualify for final
13-14 entries	3 heats, 1 to final; 3 repechages, 1 to final
15-18 entries	3 heats; 4 to semifinals
19-24 entries	4 heats; 3 to semifinals
25-30 entries	5 heats; 3 to semifinals

The Men's and Women's Open Varsity Eights will be the only events seeded, unless the Lightweight Varsity Eight event has enough entries for heats at which point it will also be seeded. At least two crews per heat (i.e., 6 total if 3 heats, 8 total if four heats, etc.) will be seeded after an Executive Committee representative gathers relevant information from coaches of participating crews. Every reasonable attempt will be made to publish seeding results prior to the final draw for lanes.