

**2007 Intercollegiate Rowing Association
National Collegiate Championships Package**

**This is the only entry package. It contains the only forms
you will need.**

Entry Deadline is Friday, May 18, 2007

**There are no preliminary entry forms.
Complete this Packet and enter your boats on-line at
www.RegattaCentral.com**

**Hard Copy Printouts of this form will be available on
Sunday, May 13, 2007 at the ECAC National Invitational
Championships in Whitney Point, NY, the EARC Sprints
in Worcester, MA, and at the EAWRC Sprints in
Camden County, NJ**

**Or you may download these forms from
www.row2k.com, www.ecac.org**

Institutional Entry and Certification Form

INTERCOLLEGIATE ROWING ASSOCIATION 2007 Regatta

Boating entries must be made at www.regattacentral.com . Checks for payment must be accompanied by this form. This form **MUST BE SIGNED BY THE DIRECTOR OF ATHLETICS OR DESIGNATED ADMINISTRATOR AND RETURNED TO THE ECAC BY THE ENTRY DEADLINE**

ENTRY AND ENTRY FEE DEADLINE:

Friday, May 18, 2007

_____ (College/University) will enter the following events in the 105th IRA Regatta on May 31, June 1, 2, 2007 on the Cooper River, Cherry Hill, NJ.

- () \$ 100.00 Men's Varsity Pair-oared w/o cox
- () \$ 150.00 Men's Freshman 4-oared w/cox
- () \$ 150.00 Men's "OPEN" 4-oared w/cox
- () \$ 150.00 Men's Varsity 4-oared w/cox
- () \$ 150.00 Men's Varsity 4-oared w/o cox
- () \$ 175.00 Steward's Cup - Men Freshman/Novice Eights
- () \$ 175.00 Kennedy Challenge Bowl - Men's Second Varsity Eights
- () \$ 300.00 Women's Lightweight National Collegiate Championship - Varsity Eights
- () \$ 300.00 Men's Lightweight National Collegiate Championship - Varsity Eights
- () \$ 300.00 Varsity Challenge Cup - Men's National Collegiate Championship Eights
- () \$ 300.00 Francis Shields Bowl – Men's Master's Alumni Eights
- (X) \$ 50.00 **ONE TIME ENTRY SURCHARGE**

\$_____ TOTAL ENTRY FEE, or \$225.00 Minimum Entry Fee, whichever is greater, is payable with your final Entry Form. ENTRY FEES MUST BE RECEIVED AT THE ECAC OFFICE BY MAY 18, 2007.

In consideration of the acceptance of our entries for the 105th National Intercollegiate Rowing Association Regatta at Cherry Hill, New Jersey on May 31, June 1, 2, 2007, we hereby waive any and all claims to damages that we might have against the Intercollegiate Rowing Association, The Eastern College Athletic Conference, Cooper River Rowing Association, Camden County Parks and Recreation Department, and all participating or affiliated sponsors, representatives or agents, as a result of any and all injuries incurred by the members of our crews in connection with participation in the Regatta.

RETURN ALL COMPLETED FORMS TO: Nick Wetherby, ECAC Rowing Intern
ECAC, P.O. Box 3
Centerville, MA 02632
FAX: (508) 771-9481 or email: nwetherby@ecac.org

DATE SIGNATURE OF DIRECTOR OF ATHLETICS OR DESIGNATED ADMINISTRATOR

INTERCOLLEGIATE ROWING ASSOCIATION
National Championship Regatta – May 31, June 1, 2, 2007
Cooper River, Camden, NJ

REGATTA INFORMATION FORM

Please complete this form and return with your ENTRY DECLARATION by May 18, 2007, to:

Nick Wetherby, ECAC Intern
Intercollegiate Rowing Association
P.O. Box 3
Centerville, MA 02632
FAX: (508) 771-9481 or email: nwetherby@ecac.org

Any last minute changes to this questionnaire should be telephoned to 508/771-5060, ext. 242 and FAXED to (508) 771-9481, ATTN: IRA.

School Name: _____

Head Coach: _____

Coach/School Mailing Address: _____

Coaches Phone: Office: _____ Cell: _____

School Contact Phone: _____ FAX: _____

Status of Crew Program: Men: Varsity _____ Club _____ Women: Varsity _____ Club _____

Senior Administrator Responsible for Rowing Program:

Name _____ Title (AD, Other) _____

Office Tel. No. _____ FAX: _____

Date/Time of Arrival at Cherry Hill: _____

Name/Location of Hotel Motel at Cherry Hill: _____

TEAM PROFILE

Total Number in Group: _____; Coaches _____; Managers _____; Others: _____

Competitors/Spares _____; Males _____; Females _____

INTERCOLLEGIATE ROWING ASSOCIATION
National Championship Regatta -- May 31, June 1, 2, 2007
Cooper River, Camden, NJ

SMALL BOATS INFORMATION FORM

Please complete this form and return with your ENTRY DECLARATION by May 18, 2007, to:

Nick Wetherby, ECAC Intern
Intercollegiate Rowing Association
P.O. Box 3
Centerville, MA 02632
FAX: (508) 771-9481 or email: nwetherby@ecac.org

Any last minute changes to this questionnaire should be telephoned to 508/771-5060, X242 and FAXED to (508) 771-9481, ATTN: IRA.

School Name: _____

Head Coach: _____

Coach Email Address: _____

Coach Cell phone Number: _____

*Please provide the information listed below for all entries in EACH of the following races: Varsity four with coxswain, Varsity four without coxswain, Varsity pair, and Freshman four. **Copy this form as needed.***

Entered Event, please circle one: V4+ V4- V2- F4+

If you have entered more than one small boat event, what priority is this crew?

Circle one: 1 2 3 4

If you have multiple entries in this event, what priority is this crew: 1 2

Crew Composition (example-two men from my V8, 2 from the JV, and my Varsity Cox. Or – this is our four that was 2nd at the ECAC Regatta):

2007 Race results members of this particular crew had in previous championship regattas (ECAC, Sprints, Dad Vails, etc.) or of its members had in other crews.

2007 IRA REGATTA

Rowing Equipment Compliance Form

To: **Coaches - 2007 IRA Regatta**

IMPORTANT: Part A must be signed by all participating coaches: Part B if applicable.

Date:

A. My boat is in compliance with US Rowing 2007 Rules of Rowing 3-109 as follows:

Footgear Release: Where the feet of the competitor are held in place by footgear affixed to the structure of the boat, the design of such footgear shall provide for the quick release of the competitor's feet in case of emergency, without the use of hands. Any pull strings shall not allow the heel to raise more than 3 inches (7.5 cm) above the footboard to which it is anchored.

Heavyweight: _____

Lightweight: _____

Institution: _____

Coach: _____

Signature

Date: _____

Print/Type Name

B. My boat is in compliance with US Rowing 2007 Rules of Rowing 3-110 as follows:

Boat Construction for Coxswains: A boat in which the body of the coxswain is enclosed or partially enclosed within the hull of the boat shall conform to the following requirements:

a. The opening of the boat through which the coxswain enters and exits shall be at least 2.30 feet (70 cm) long when measured along the longitudinal axis of the boat. For a length of at least 1.64 feet (50 cm), the opening shall be as wide as the inner hull of the boat itself.

b. The inner surface within which the coxswain's body rests shall be smooth and free of any obstacles, devices, or other structures that would hinder quick exit.

Heavyweight: _____

Lightweight: _____

Institution: _____

Coach: _____

Signature

Date: _____

Print/Type Name

DUE DATE: Friday, May 18, 2007

RETURN WITH ENTRY FORM

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Intercollegiate Rowing Association
105th Annual National IRA Regatta
Regatta Invitation and Entry

To: Athletic Directors and Rowing Coaches
Selected NCAA/ECAC Colleges

From: Clayton W. Chapman, Regatta Director,
Bob Appleyard, Chief Referee
Gary R. Caldwell, ECAC Director of Rowing

Re: 2007 IRA REGATTA INVITATION

The Board of Stewards of the Intercollegiate Rowing Association (IRA) invites your institution to compete in the 105th Annual National IRA Regatta on the Cooper River, Cherry Hill, NJ on Thursday, Friday and Saturday May 31, June 1, 2, 2007.

This mailing provides all the essential information and material you'll need to gain entry into this year's Regatta. We urge you to review the entire packet carefully, and complete the appropriate forms in accordance with the specified deadline dates.

We urge you also to review the policies that are applicable to this Regatta, as outlined in the attached material. In particular, please note that the IRA Regatta, by long-standing tradition that dates back to 1895, is an invitational regatta. **As such, the IRA Board of Stewards has always reserved the right to accept or reject an entry in accordance with its Regatta policy.** Please also note that, in view of the prominence and popularity of the IRA Regatta, the Stewards have imposed a limit on the number of entries that will be accepted in any one event. An IRA Regatta Selection Committee has been assigned to work with the Regatta Director to implement these policies.

As always, we look forward to receipt of your acceptance of this invitation and to greeting you and your crews at this year's IRA Regatta in early June on the Cooper River.

cc: IRA Board of Stewards

April 27, 2007

To: Athletics Directors and Rowing Coaches
Selected NCAA/ECAC Colleges Sponsoring Men's and Women's Rowing

Re: 2007 IRA REGATTA INVITATION

The Intercollegiate Rowing Association invites your institution to compete in the following events in the 105th Annual National Intercollegiate Rowing Association Regatta on the Cooper River Course, Cherry Hill, New Jersey on Thursday, Friday and Saturday, May 31, June 1 and 2, 2007.

*Men's Freshman/Novice 4-oared w/cox Men's Varsity 4-oared w/cox
Men's Varsity Pair-oared w/o cox Men's Varsity 4-oared w/o cox
**Men's "OPEN" 4-oared w/cox
***Steward's Cup - Men's Freshman/Novice 8-oared
****Kennedy Challenge Bowl - Men's Second Varsity 8-oared
Women's Lightweight Varsity 8-oared, National Collegiate Championship
Men's Lightweight Varsity 8-oared, National Collegiate Championship
Varsity Challenge Cup - Men's Varsity 8-oared, National Collegiate Championship
Francis Shields Bowl - Men's Alumni Masters 8-oared

Men's Freshman/Novice 4-oared With Coxswain Event* One novice upperclass rower (oarsman or coxswain) is permitted to compete as a member of the men's freshman/novice 4-oared with coxswain crew.

The Men's "OPEN" 4-Oared With Coxswain** event is limited to a crew whose lineup includes at least one freshman/upperclass novice oarsman and at least one upper class oarsman and is limited to schools that enter **both** a Heavyweight Varsity Eight, **and** a Heavyweight Freshman Eight.

Steward's Cup: Men's Freshmen/Novice 8-oared Event***: A maximum of two novice upper-class rowers (oarsman and/or coxswain) are permitted to compete as members of the first freshmen/novice eight. (Note: A "novice" is a competitor who has never had any rowing experience in a prior year.)

The Kennedy Challenge Bowl**** event is open to Men's Second Varsity Eights only.
(Note: The Kennedy Challenge Bowl is no longer open to varsity crews, as in previous years.)

:
FINAL ENTRY DECLARATION and ENTRY FEE STATEMENT must be submitted **by mail or fax** to this office not later than **Friday, May 18, 2007**. (Fax: 508/771-9481)

Entry Fees for the 2007 Regatta are due with your Final Entry Declaration. 2007 entry fees are \$300 for the Varsity Challenge Cup, \$175 for the Kennedy Challenge Bowl, \$175 for the Men's Freshman/Novice-8, \$300 for the Women's Lightweight Varsity-8, \$300 for the Men's Lightweight Varsity-8, \$300 for the Master's alumni-8 event, \$150 for the Men's Varsity 4-Oared events, \$150 for the Men's OPEN-4 event, \$150 for the Men's Freshman-4 and \$100 for the Men's Varsity Pair-Oared event. **Minimum Entry Fee: \$225.00. This minimum entry fee includes a \$50.00 surcharge for 2007, as voted by the IRA Board of Stewards.** (NOTE: Make checks payable to the Intercollegiate Rowing Association.). Entry fees may be submitted by check accompanying your Certification and entry form submitted to the ECAC.

2007 IRA REGATTA INVITATION

Page Two

April 27, 2007

Additional Entry Material: The following attached forms must be submitted directly to the ECAC by mail or fax with your Entry Declaration by May 18, 2007:

1. Institutional Entry and Certification Form
2. Regatta Information Form
3. Small Boat Information Form
4. Rowing Equipment Compliance Form

Your **FINAL BOATING LINE-UPS** must be submitted at www.regattacentral.com. The Entry Window at that web site will re-open after the list of entries is accepted so that you may list your boatings directly on the web site. Final boatings are to be posted at RegattaCentral no later than 12:00 PM on Wednesday, May 30, 2007.

Important: **WAIVER OF LIABILITY FORMS:** It is required that all competitors read, and complete the ECAC Rower Education Survey located at www.RegattaCentral.com. Coaches should log on to their account at the site and enter the names of all student-athletes participating in the championships on their roster. Please include the students' email address on the roster form. Once that is completed check on the tab marked "ECAC Athlete Compliance" located just under "Add Athlete" section and then check off those athletes who need to take the survey. Upon completion of the survey the athletes will be able to sign an on line waiver. This replaces the old paper waiver you were asked to bring on site. If athletes have already competed in other ECAC Championships this spring they do not need to repeat this process. One waiver is good for the entire season. Please complete surveys as soon as possible, but no later than May 18, 2007

IN REGARD TO YOUR ENTRY, THE FOLLOWING POLICY SHALL PREVAIL:

(1) **Acceptance of Entry:** The IRA Regatta is an invitational Regatta by tradition, and as such, the IRA Board of Stewards reserves the right to accept or reject an entry, in accordance with these Regatta policies. No entry will be rejected, however, unless such action has been reviewed and approved by the IRA Regatta Selection Committee, which consists of the head coaches of the five schools (Columbia, Cornell, Navy, Pennsylvania, Syracuse) of the IRA Board of Stewards, the head coach at Oregon State University, the head coach at the University of Michigan, and the Regatta Director.

(2) **Entry Limitation:** The **maximum number** of entries in any one event shall be **18**, except for the following: The **men's heavyweight varsity eight, men's heavyweight second varsity eight, men's heavyweight freshman/novice eight and men's varsity four-with-coxswain events** shall be limited to a maximum of **24** entries, each;. The **men's lightweight varsity eights** will be restricted to **12** entries. The IRA Regatta Selection Committee shall determine which crews will be accepted into an event that is over-subscribed.

(3) **Double-Entry:** No double entries by any one school in **any** one event shall be permitted where the number of entries would exceed 18 without prior approval from the Regatta Director.

(4) **For the men's events, ECAC Rules of Eligibility shall be enforced, with the following exceptions:**

A. **Freshman rowers** shall be eligible to compete only in men's freshmen or freshmen/novice events or in the men's Open-4 event. Freshman shall NOT be eligible to compete in the men's Varsity or Second Varsity eights, or the men's Varsity Pairs or 4-oared events.

2007 IRA REGATTA INVITATION

Page Three

April 27, 2007

B. Participation by a student in rowing competition **at the collegiate club level** during the freshman year or subsequently during any upperclass year, at any collegiate institution, shall be counted the same as a season of competition at the intercollegiate freshman/varsity level.

C. Standard waivers that are permitted under existing NCAA Regulations are applicable, and may be processed through the ECAC or any other NCAA affiliated conference office. **Notice of any such waiver** that is granted to a rower in the 2007 IRA Regatta, however, **must be reported to the Regatta Director in writing** no later than the deadline date for 2007 Regatta entries, May 18, 2007.

D. A "novice" is a competitor who has never had any rowing experience in a prior year.

E. Upper-class transfer students are permitted to compete in sub-varsity competition. (The IRA Stewards, therefore, have ruled that upper-class transfer students may compete in the men's Second Varsity Eight, and they may compete in the men's Open and Varsity Fours, or men's Varsity Pair events.)

(5) For the Lightweight Women's Championship Event, NCAA Rules of Eligibility shall be enforced.

(6) Individual rowers and coxswains are restricted to participation in **only one event**.

(7) An institution may enter its Second Varsity-8 without also entering the Varsity-8 event provided the Second Varsity crew lines up with the same oarsmen/oarswomen who rowed in the 2007 EARC Sprints, ECAC National Invitational Rowing Championships, PAC-10 Championships, WIRA Regatta, Dad Vail Regatta, Mid-West Rowing Championships, or the SIRA Regatta. However, such second varsity crew may be allowed a maximum of two (2) substitutes, provided the substitutes are selected from the competing institution's third varsity crew, and not from the first Varsity crew. **The eligibility of the Second-Varsity crew, pursuant to these special conditions, must be certified in writing to the Regatta Director** by the coach of the crew, **and** by the institution's athletic director or his representative, **no later than the 2007 Deadline Date for entries, May 18, 2007.**

(8) For Men's Lightweight National Championship Varsity 8 Event: Varsity oarsmen competing in the IRA Championship Regatta are restricted to an individual weight limit of 160 pounds. The average crew weight is set at 155 pounds.

(9) For Women's Lightweight National Championship Varsity 8 Event: Varsity oarswomen competing in the IRA Championship Regatta are restricted to an individual weight limit of 130 pounds.

(10) Coxswains Weights: Coxswains of all men's heavyweight and lightweight crews participating in the 2007 IRA Regatta are required to weigh a minimum of 125 pounds. Coxswains of all women's lightweight crews participating in the Regatta are required to weigh a minimum of 110 pounds. Those coxswains, whose body weight, while wearing racing shirt, shorts and socks is less than 125/110 pounds, will be required to carry external weight in order to achieve the minimum standard during the course of their race.

(11) Shell Weight - Men's Heavyweight Varsity 8 Event: The weight of the shells utilized in the men's heavyweight varsity 8 event in the Regatta shall be at least 205 pounds. This weight shall include only those items permanently affixed to the shell, including seats, rudders, skegs, fins, loudspeakers and riggers. **These shells will be weighed-in by Wednesday, May 30, prior to being placed on the water to ensure adherence to the minimum weight standard.**

2007 IRA REGATTA INVITATION

Page Four

April 27, 2007

(12) **Substitutions** are permitted only by approval of the Regatta Director. Substitutions for illness or injury shall be judged in accordance with USRowing Rules of Racing. Substitutions for academically related or other reasons shall be judged in accordance with the same principles as for injury/illness. .

The IRA is conducted under modified USRowing Regulations. It is anticipated that all events will involve heats, repechages, third level finals (when appropriate), petite finals, and championship final races.

ROWING EQUIPMENT COMPLIANCE FORM: This form (**attached**) must be signed by each institution's head coach, heavyweight and lightweight, ensuring compliance, and **returned by mail or fax with your Final Entry Form, no later than Friday, May 18, 2007.**

IMPORTANT: **All reservations for rooms and arrangements for meals** must be made directly with the individual hotel or motel management by each participating college. We have contacted a number of hotels in the Cherry Hill-Camden, NJ area and have secured special room rates for all Regatta participants. If you expect to attend this year's Regatta, you are advised to confirm your accommodations.

It is essential that **all rowers dress at their sleeping quarters**, as there are no facilities at the Regatta site.

Crews may need to provide their own boat rack for storage of shells and oars during the Regatta. Shells and oars may be kept at the Regatta site near the launching docks. Security will be provided. It is vitally important that you make arrangements well in advance for the transportation of your equipment and personnel to and from Camden.

Requests for hotel reservations for alumni, official representatives, etc., should be directed to the hotel or motel of your choice in Camden. You are urged not to delay in making these reservations.

We look forward to the receipt of your acceptance of this invitation to compete in the 2007 IRA. **Please be reminded of the May 18, 2007 deadline date for submitting your Entry Form and additional entry material.**

Eastern College Athletic Conference (ECAC) and Intercollegiate Rowing Association (IRA) Institutional and Student/Athlete Rules of Eligibility are listed below. Final registration form is not complete unless the **INSTITUTIONAL CERTIFICATION FORM** provided with the final entry packet is returned. That form **must be signed** by the Senior Athletic Department or Club Sports Administrator at the institution for the entry to be accepted.

I. AMATEURISM, RECRUITING, AWARDS AND BENEFITS

Institutions planning to compete at the 2007 IRA Regatta agree to abide by NCAA operating bylaws regarding amateurism (Article 12), recruiting (Article 13), and awards and benefits (Article 16). All NCAA regulations and interpretations related thereto shall apply. Specific exceptions and waivers may be processed in accordance with NCAA precedent through the ECAC Rowing Office. *(These rules previously applied, and are printed here for emphasis and clarification).*

2007 IRA REGATTA INVITATION

Page Five

April 27, 2007

II. STUDENT/ATHLETE ELIGIBILITY

The ECAC applies NCAA eligibility rules (Article 14), including interpretations related thereto. Specific exceptions and waivers may be processed in accordance with NCAA precedent through the ECAC Rowing Office. *(These rules previously applied, and are printed here for emphasis and clarification).*

Clayton W. Chapman
Regatta Director

cc: IRA Board of Stewards
Cooper River Rowing Association Officers
irainvit

April 27, 2007

To: All Participating Institutions, 2007 IRA Regatta
From: Clayton Chapman, Regatta Director
Re: **Final On Site Registration and Instructional Material.**

FINAL ENTRY DECLARATION AND ENTRY FEE STATEMENT (enclosed) must be submitted to this office not later than **Friday, May 18, 2007**. (Fax: (508-771-9481) **Please note the change in criteria for entering the Open Four event, and the increase in the minimum entry fee for 2007.** You will be notified if any of the events you have declared for are oversubscribed and your entry is **not** accepted. **Your Final Entry Declaration will therefore be accepted unless you hear otherwise from the ECAC by Friday, May 25, 2007 at 5:00 PM.**

FINAL ENTRY FORMS are not a part of this package and will be available upon the acceptance of entries at www.regattacentral.com. These forms must be completed online at www.regattacentral.com and **MUST be submitted** to the Regatta Director online not later than **Wednesday, May 30, 2007** at 12:00 PM

2007 REGATTA INSTRUCTIONS (enclosed) and TRAFFIC PATTERNS: Please make copies of the enclosed instructions and distribute them to your coxswains prior to your arrival at Cherry Hill. Course maps and traffic patterns will be made available and distributed to you on site at the time of your registration.

There will be a Referee's Meeting to which all coaches and coxswains are required to attend. At this meeting, we will review all Regatta procedures and applicable racing rules. **The meeting will be held on Wednesday, May 30, at 7:30 PM**, at a site to be arranged. **Written Special Instructions to Coxswains are included in this packet and will also be handed out on your arrival at Cherry Hill.**

WAIVER FORMS: Please be reminded that the Rowing Release and Waiver of Liability form **must be completed** at www.RegattaCentral.com by **May 18, 2007**.

SEEDINGS, DRAW FOR HEATS and LANE ASSIGNMENTS: Again this year, there will be a **draw for heats and lane assignments** for the competition in all the events. Prior to the draw, the **IRA Regatta Selection Committee will seed** the top 12 entries in the Men's Heavyweight Varsity and Freshmen/Novice Eight Events, the top 9-12 entries in the Men's Heavyweight 2nd Varsity Eight event, and the entire field in the Men's and Women's Lightweight Varsity Eight events. The seeded entries for the heavyweight eight events will be assigned to specific heats, and to preferred lanes within their heat. The seeded entries in the lightweight eight events will be assigned to specific heats, but lanes within these heats will be assigned by open draw. Heat and lane assignments for all other events will be by open draw. **The draw for all events** will take place at **11:30 AM on Tuesday, May 29**, at the Regatta site.

I look forward to your participation in this year's **105th IRA National Collegiate Championship Regatta.**

Clayton W. Chapman
Regatta Director

INTERCOLLEGIATE ROWING ASSOCIATION

P.O. Box 3, Centerville, MA 02632

April 27, 2007

To: Coaches, Coxswains and Officials - 2007 IRA Regatta

Subject: **Weigh-In Procedure for Coxswains**

1. Coxswains of **ALL MEN'S CREWS**, including the Master's Alumni Eights, participating in the 2007 IRA Regatta are required to weigh a minimum of 125 pounds. Coxswains for **ALL WOMEN'S CREWS** are required to weigh a minimum of 110 pounds. Those coxswains, whose body weight, while wearing racing shirt, shorts and socks, is less than the required standard, will be required to carry external weight in order to achieve the minimum standard during the course of their race.
2. **Initial weigh-in for coxswains of the men's crews** will take place beginning at 10:00 AM, Wednesday, May 30 at the Regatta staging area. (**NOTE:** Initial weigh-in for coxswains of the women's lightweight eights will take place on Thursday afternoon May 31, men's lightweight eights, and the Master's Alumni eights will take place on Friday afternoon, June 1). **Subsequent weigh-in for the men's events will NOT be required for races on Thursday or Friday. However, coxswains of all men's crews that qualify for the Championship Finals only on Saturday WILL BE REQUIRED to weigh in before they launch their shell. Coxswains for all women's crews will weigh in for Saturday's competition.** Said subsequent weigh-in will take place at the same location within 60 minutes prior to the scheduled launch time for a coxswain's crew.
3. The IRA will provide external weight, in the form of sand bags for all coxswains whose body weight is less than the minimum standard. It is suggested and encouraged however, that all coxswains, who know that they will require external weight, provide their own form of weight. This applies especially to those who will require external weight in excess of 10 pounds. **ALL WEIGHTS**, whether provided by IRA or not, must be marked for specific individuals at the time of the coxswains weigh-in.
4. Regatta officials will accept responsibility for storing external weight until race time.

ON RACE DAY it will be the coxswains' responsibility to report to the Dispatcher prior to their crew's scheduled launch time and obtain their individual weights, **which shall be carried at the coxswain's seat, as close to the torso of the coxswain as possible, during the course of the race.** Immediately upon returning to the launching site after the race, the same coxswains will surrender their weights to the dispatcher. Coxswains are also advised that they must display their weight to the Referee, if so requested.

Clayton W. Chapman
Regatta Director

Men's Lightweight Varsity 8 Weigh-In Instructions

April 27, 2007

To: Men's Lightweight Varsity Coaches and Officials
2007 IRA Regatta

Subject: **Weigh-In Procedure for Men's Lightweight Varsity Eight Crews**

Will be sent under separate cover

Clayton W. Chapman
Regatta Director

cwc/cs

iraltwin

Women's Lightweight Varsity 8 Weigh-In Instructions

April 27, 2007

To: Women's Lightweight Varsity Crew Coaches
IRA National Collegiate Championships
May 31, June 1, 2, 2007, Cooper River, Cherry Hill, NJ

From: Clayton W. Chapman, IRA Regatta Director

Re: **Weigh-in Procedure for Women's Lightweight Varsity Eight Crews**

The following procedures will apply to this year's IRA Regatta:

1. **Weigh-ins** will take place on Thursday, May 31, 2007 in the staging area, beginning at 3:00 PM in order of heat and lane number. The Lightweight scale will be available from 10:00 AM on Thursday for practice weigh ins.
2. Each athlete must bring a photo ID.
3. Athletes will weigh-in wearing racing attire.
4. The entire crew must weigh-in at the same time from bow to stroke.
5. **Coxswains will weigh-in with their crew.**
6. **Athletes must be within 2 lbs. of the required 130.0 lbs. maximum weight on the first try (132.0 lbs. max.) or they will be ineligible to compete in the Regatta.**
7. Athletes who exceed 130 lbs. on the first try, but who weigh 132 lbs. or less, can weigh-in a second or third time within one hour of the first attempt for each weigh-in. Failure to meet the 130.0 lbs. maximum **by the third try** will make that athlete ineligible to compete in the Regatta. No re-weigh is necessary for those athletes who are at 130.0 or below on the first try.
8. The entire crew will receive certification at the same time.

April 27, 2007

To: IRA Coaches
Re: **2007 IRA Regatta Special Instructions**
From: Clayton W. Chapman, Regatta Director

Please distribute the enclosed **Special Instructions** to your coxswains for review prior to the first day's racing.

THERE WILL BE A REFEREE'S MEETING, TO WHICH ALL COACHES AND COXSWAINS ARE REQUIRED TO ATTEND, TO REVIEW ALL REGATTA PROCEDURES AND APPLICABLE RACING RULES. THE MEETING WILL BE HELD ON WEDNESDAY, MAY 30, 2007 AT 7:30 PM AT A SITE YET TO BE DETERMINED.

Please make note of the following:

1. **The Starter will not use a red flag** to signal the start. Crews will start on the audio command "Go". (See page 5, At the Start #5.)
2. **"Count-Down and Starting Commands"**: The IRA will use the following count-down and starting commands for all races: "5-4-3-2-1, Attention, Go". The pause between "Attention" and "Go" may be an indeterminate one. (See page 5, At the Start #5.)
3. **"Crews must avoid any movement in their boat (including the "squaring" of oar blades) between the commands of "Attention" and "Go."** Such movement may result in the charging of a warning. (See page 5, At the Start #6.)

Please also be advised of the following from **2007 USROWING RULES**.

1. **Footgear Release:** Where the feet of the competitor are held in place by footgear affixed to the structure of the boat, the design of such footgear shall provide for the quick release of the competitor's feet in case of emergency, without the use of hands. Any pull strings shall not allow the heel to raise more than 3 inches (7.5 cm) above the footboard to which it is anchored. (Rule 3-109)
2. **Boat Construction for Coxswains:** A boat in which the body of the coxswain is enclosed or partially enclosed within the hull of the boat shall conform to the following requirements: (Rule 3-110)
 - a) The opening of the boat through which the coxswain enters and exits shall be at least 2.30 feet (70 cm) long when measured along the longitudinal axis of the boat. For a length of at least 1.64 feet (50 cm), the opening shall be as wide as the inner hull of the boat itself.
 - b) The inner surface within which the coxswain's body rests shall be smooth and free of any obstacles, devices, or other structures that would hinder quick exit.

All boats shall be equipped with a quick-release as per USRowing Rules. Those not so equipped will not be allowed to row.

We will continue to utilize an “Ombudsman” to facilitate the handling of any protests. See page 5, VI-8

Any questions should be directed to the STARTER OR REFEREE prior to your race.

Note: This IRA Regatta will be conducted in accordance with the Rules of Rowing of USRowing except as modified in these Special IRA Regatta Instructions.

VIOLATION OF RULES

1. **Propriety** - Urinating from shells at anytime while on the Cooper River is forbidden. Any crew who engages in this practice will be subject to disqualification.
2. **Safety** - A crew that violates any of the safety rules described below may be assessed a “**WARNING**” by the Starter or the Referee. Such a warning shall be applicable to the next race in which the crew competes.

II. Procedures Prior to Race Day:

Tuesday, May 29 through Wednesday, May 30:

1. **Bow Balls:** **Mandatory** on the bow of each racing shell unless equivalent provision for visibility and protection against puncture injury is included in the shell’s basic construction.
2. There are two launching docks. **OUT-GOING** traffic must use the right-hand dock (right as you face the river from the staging area), and **IN-COMING** traffic must use the other.

NOTE CHANGES TO THE TRAFFIC PATTERNS FROM PREVIOUS YEARS!!!

4. Always maintain a **COUNTER-CLOCKWISE** traffic pattern during **PRACTICE HOURS** when on the water. The race course is the **PRIMARY AREA** available for practice.
5. After launching, turn right toward the race course, staying adjacent to the shoreline from which you launched.
Head to the right of the "run-off "area below the finish line, then move along the shore, **inside** the race course. **Be alert to crews to your left, who are proceeding down the race course towards the finish line, rowing in the outside lanes (4, 5, 6).** Give them room to cross the finish line to your left. . Then, proceed single file toward the starting line **USING LANE 0 ONLY**. Use extreme caution and maintain **COUNTER-CLOCKWISE** traffic pattern at all times.
6. Upon reaching the starting line, move **COUNTER-CLOCKWISE** (to your left) into lanes 4-5-6. Crews must then proceed back toward the finish line **USING LANES 4-5-6 ONLY**.
7. **LANES 1, 2 & 3 SHOULD NEVER BE USED FOR PRACTICE IN EITHER DIRECTION.**

8. **KEEP CLEAR OF ANCHOR LINES** in the area of the start (fore and aft of stake boats in each lane.) **DO NOT ROW between the stake boats and the shore line.**
 1. **WARM-UP AREA:** The race course is the primary area available for practice. However, an additional “warm-up” area, located above and beyond the starting line (see map on site) will be available to crews for pre-race practice starts, and for short pieces at racing cadence. **During practice hours**, crews may enter this area, **on the paddle**, exercising extreme caution because of the flow of traffic in and out of this area. **Crews must keep to the right, on the paddle, when passing under the bridge and for the next 100 meters thru the first right turn, maintaining a COUNTER-CLOCKWISE traffic pattern.** The line of buoys which describes the centerline of this area should always be kept to the crew’s port side. When reaching the straightaway after the first right turn, crews may take practice starts and short pieces at racing cadence, in either direction, **but cautiously, and always keeping to the right.** Crews leaving the straightaway area should again keep to the right, **on the paddle**, until after passing under the bridge, and then turn right toward the starting line area. Crews will then proceed back to the finish line, **using lanes 4, 5, or 6** only. **Practice starts ALONGSIDE THE COURSE in EITHER direction within 150 meters of the starting line ARE PROHIBITED.**

Wednesday, May 30:

1. **Spare Oars/Parts/Equipment:** Following your last workout, **identify and tag** your “spare” oars and any other spare parts/equipment that may be required for use by your crews on race day. Keep these spare oars and parts in your possession, but readily accessible in the event any are needed by your crews because of breakage on race day.
2. **All coxswains of men's crews will weigh-in** to establish that they will carry the minimum required 125 pounds while competing in the Regatta. **Initial weigh-in will occur at the dispatch area**, beginning at 10:00 AM. (**Note:** Initial weigh-in for coxswains for the Men’s and women’s lightweight eights will take place on Friday, June 3, at the time of their crew’s weigh-in.
3. **Weigh-in: Men's Heavyweight Varsity 8 Shells:** The weight of all eight-oared shells utilized in the Men’s Heavyweight Varsity Eight event shall be at least 205 pounds. This weight shall include only those items permanently affixed to the shell, including seats, rudders, skegs, fins, loudspeakers and riggers. **These shells will all be weighed-in no later than Wednesday, May 30, PRIOR TO BEING PLACED ON THE WATER**, to ensure adherence to the minimum weight standard.

III. Race Day Procedures (May 31, June 1, 2):

NOTE: The race course will be closed daily for practice one hour before the start of the first race until one-half hour after the finish of the last race.

Prior to the Race:

1. **Check all equipment and shells before launching on each race day. If on the way to the starting line your shell has breakage OF ANY KIND, REPORT SAID BREAKAGE TO THE REFEREE, ASSISTANT REFEREE OR STARTER AND FOLLOW HIS/HER DIRECTIONS. DO NOT RETURN TO THE LAUNCHING AREA FOR REPAIRS UNLESS SO INSTRUCTED.** A “Repair Launch” will be dispatched to the starting line area. Repairs will be made on the water whenever possible, utilizing the Oars/Parts/Equipment previously **TAGGED** for

your crews for this purpose.

2. **BOW BALLS:** **Mandatory** on the bow of each racing shell unless equivalent provision for visibility and protection against puncture injury is included in the shells basic construction.
3. **Bottom Tape:** Bottom tape is **banned** from use in this Regatta.
4. **ALL COXSWAINS will report to the dispatcher** within 45 minutes prior to their scheduled launch time. Those coxswains who are required to augment their body weight to reach the minimum weight standard will obtain their external weights, which are to be carried in the shell at the coxswain's seat, as close as possible to the coxswain's torso. At the same time, all coxswains will also pick up their lane markers, and secure them to the bow of their shells. (NOTE: On Saturday, coxswains of men's crews who qualify for the Championship Finals, and coxswains of all women's crews, will be required to weigh in again to re-certify that they satisfy the minimum required body weight.)
5. Check your launching time schedule and confirm your lane assignment with the Dispatcher. **See that your crew is prepared to launch its shell when called by the DISPATCHER.** The Dispatcher is the Referee's official representative at the staging area, and **his instructions concerning launching are to be strictly followed.** Launching shells at any time other than that listed on the schedule shall be only at the direction of the Dispatcher. Coxswains are responsible for getting their crews on the water on time.

NOTE: RACE DAY TRAFFIC PATTERN - COUNTER CLOCKWISE

6. After shoving off, turn right towards the race course, and stay adjacent to the shore from which you launched, moving up along the shore toward the finish line awards dock. Be careful to follow the contour of the shore and stay well below, and inside, the "run off" area beyond the finish line. Keep the finish line well to your left, to provide plenty of room for crews racing on the course to cross the finish line in their lane. Once past the finish line proceed up lane "0", inside the race course, in a single file progression toward the starting line. All crews must row continuously up to and through the finish area, at light pressure. At no time shall a crew come to a stop anywhere within the vicinity of the finish line area.
7. Use **EXTREME CAUTION when you reach areas where the shoreline juts out close to the line of buoys marking the inside of lane 0.** (NOTE: Lane 0 may be used in proceeding toward the start, but crews should proceed with caution, rowing on the paddle or at low cadence.)
8. **At no time while the crews are on the water will urinating from the shells be permitted. Crews violating this directive will be subject to exclusion from the Regatta.**
9. When reaching the starting line all crews must identify themselves. **Your crew must be on the starting line, at your designated station, pointed and ready to race, two (2) minutes prior to the scheduled start of your race. Don't be late.** A crew will be charged with a false start if it is not **in position two (2) minutes** before its scheduled race time.
10. **WARM-UP AREA:** After reporting to the STARTER, crews should proceed immediately, on the paddle, to the "warm-up" area, (see map on site), exercising caution because of the flow of traffic in and out of this area. **Crews must keep to the right, on the paddle, when passing under the bridge and for the next 100 meters thru the first right turn, maintaining a COUNTER-**

CLOCKWISE traffic pattern. The line of buoys which describes the centerline of this area should always be kept to the crew's port side. When reaching the straightaway area after the first right turn, crews may take practice starts and short pieces at racing cadence, cautiously. Crews leaving the straightaway area should, again, keep to the right, on the paddle, until passing under the bridge to return to the starting line area. Crews should wait for clearance from the STARTER before moving on to the race course and into your lane. **PRACTICE STARTS ALONGSIDE THE COURSE, in either direction, in the area of the starting line are prohibited.**

11. **Practice starts from the area of the stake boats ONTO THE COURSE** will be permitted, but only **after** the preceding race has left the starting zone (one-hundred fifty meters of the starting line). A crew may row at racing cadence down the course **in its lane only**, but must remain within voice distance (one-hundred fifty meters) of the starting line. A crew following this procedure should turn in its own lane and, and **paddle** back to the start, in its own lane, turning and positioning itself in front of its designated station. **Crews should use extreme caution when turning**, and should be alert at all times to other crews on the course. NOTE: This privilege to permit racing starts on the course may be suspended or canceled at any time, but only by the Regatta Director, with appropriate notification to all competitors prior to their scheduled launch time.
12. At approximately ten (10) minutes prior to the start of each race, the Starter will announce the next event and the name and the lane assignment of each competitor. The Starter will also announce the five (5) and two (2) minute marks prior to each race.

At the Start:

1. **Stake boats and bows-on-line start will be used for all races.** The starting stations are numbered 1 through 6. (Lane 1 is on your port [left] side as you proceed toward the finish line.)
2. When all crews are in position, the **Aligner will bring the crews even**. When the crews are even (aligned), the Aligner will raise a **WHITE** flag.
3. The Aligner's white flag will be held aloft throughout the starting procedure. If the crews lose alignment at any time, the Aligner will lower the white flag, regain alignment, and then raise the flag again.
4. When the starter is satisfied that alignment is complete (Aligner's white flag aloft) and that the crews are ready to race, he will **poll the crews**, starting with lane one: naming the crew in lane one, asking if it is "Ready?", then proceeding likewise to lane two - "Ready?", etc. As each crew is polled, the coxswain will acknowledge in the affirmative with a hand wave. **A crew which is NOT ready will signify so by the BOW-PERSON'S raised hand.**
5. When all the crews have been polled, the count-down start will begin. **The Starter will give the following "count-down" and starting commands, "5-4-3-2-1, Attention, Go". The pause between "Attention" and "Go" may be an indeterminate one. Coxswains hands will not be recognized once the count-down procedure has begun. The Starter will NOT use a red flag to signal the start. Crews will start on the audio command "Go".**
6. Between the words "Attention" and "Go" crews must avoid any movement in their boat (including the squaring of oar blades). Any such movement may result in the charging of a warning.
7. **IF A CREW FAILS TO LEAVE THE STARTING LINE** after the starting commands have been

given, the Starter **shall** stop the race. If the crew's failure to start is not justified, the Starter may assess the crew with a warning. A warning, in combination with a false start or a second warning in the same race will result in a crew's exclusion from the Regatta.

8. The Referee may stop the race if any one of the following situations occurs:

- a. **False Start:** A crew may be assessed a false start for any action deemed to be unsportsmanlike in nature and/or which gives said crew an unfair advantage over other competitors. A crew which makes or causes two (2) false starts shall be excluded from the Regatta.
- b. **Collision** between crews within the first 150 meters of the race. Collisions with fixed markers or structures already on course and known to participating crews will not be cause for stopping the race at any time. Collisions between crews beyond 150 meters are subject to the laws of boat racing, with discretionary authority given to the Referee as to whether or not the race is to be stopped and/or restarted.
- c. When, during the first 150 meters of the race, the coxswain or any member of the crew puts up his hand as a signal **for broken or damaged equipment, or an oarsman is thrown out of the boat, jumps his slide, experiences an over-the-head crab, or equipment is damaged as a result of a crab.** A partial crab is not grounds for recalling a race. **REMINDER:** The first 150 meters of the course are lined with green buoys.

If the Referee, upon observing any of the above incidents (a), (b), or (c) determines that the race should not continue, he will stop all crews by sounding an **AIR HORN** and waving a **RED** flag. The referee will then inspect the affected crew or crews and determine when the race shall be rescheduled and whether or not any penalties are warranted.

9. Any attempt by a crew to stop a race for unauthorized reasons may be cause for disqualification of the offending crew.
10. **Exclusion/Disqualification:** A crew which makes or causes two (2) false starts and/or warnings in the same race shall be excluded from the Regatta. A crew may be excluded from the Regatta for causing a collision with another crew, or by causing interference with another crew. A crew may be excluded for unsportsmanlike conduct, including urination from a shell while on the water, but only by action of the IRA Race Committee.

During the Race:

1. **Course Markers - Lanes:** Each of the six racing lanes will be lined on either side by floating buoys. The first 150 meters and the final 250 meters of the course are lined with green buoys. The remainder of the course is lined with red buoys. The buoys stop at the finish line. Markers on the shore on both sides of the course, indicate 500, 1000 and 1500 meters gone. In addition, a single green buoy is located on either side of each lane to signal each 500 meter mark. Targets marking all lanes are placed beyond the finish line.
2. **US Rowing Rules** will be followed during the progress of the race.
3. **Signaling Devices:** The use of any sound device (such as air horn) which is similar to that being utilized by the Regatta officials for recalling the crews, is prohibited for use by any participating crew in this Regatta.

4. **Dead Heat Instructions:** In the event of a dead heat for 1st place in any of the Grand Final races, a re-row will take place between the dead heat crews as soon as feasible, but not earlier than one (1) hour after the completion of the event in which the dead heat occurred.

After Each Race:

1. Coxswains who carried external weight may be required to display their weight to the Referee.

After the Trial Heats, Repechage Heats, Third Level and Petite Final:

2. The crews participating should, after a short breather, proceed immediately to the launching area. Do not remain around the finish line area, and particularly do not obstruct the line of sight of Judges and Timers at the finish line.
3. All crews are reminded to approach the launching docks in single file and be alert to other crews which are proceeding from the dispatch area to compete in their event. **Crews departing the float area have priority.** The Dispatcher will assist in this regard.
4. Upon returning to the launching site, coxswains who carried external weight must report to the Dispatcher, and return their weights and bow markers.

After the Grand Finals:

5. Crews finishing 4 through 6 in each Grand Final should follow procedures outlined in 2, 3 and 4 above.
6. **Crews finishing second and third** should pass in review in front of the spectator area at the finish line, stop at the awards float and receive their silver and bronze medals without getting out of their shell. These crews should then proceed to the launch area.
7. **The winning crew** in each event will then proceed to the awards float located adjacent to the finish line. The Cup or Trophy for the event and the individual gold medals will be awarded to the champion crew and its coach on the float.

Protests

8. Protests should be registered on the water in accordance with US Rowing rules. In order to address protests as soon as possible an informal “pre-hearing” will be given to them by a specially designated “**ombudsman**” official as soon as crews have returned to the boathouse staging area. This “ombudsman” will act only as a moderator and will attempt to resolve the protests in a way that is mutually agreeable to the protesting crew, any other crews involved and the official most directly involved. If no mutually agreeable resolution can be arranged within a short period of time, or if it seems necessary to consult additional witnesses, the matter will then be formally referred to the Race Committee (as indicated below) which will be convened when the day’s race schedule has been completed.

The formal referral to the Race Committee must be submitted to the Regatta Director by the head coach in writing within one (1) hour after the crew returns to the launching area citing the specific US Rowing or IRA rule(s) applicable and be accompanied by a \$25.00 fee. Disposition of the protest will follow US Rowing Rules including return of the fee if the protest is upheld. Decisions of the Race Committee shall be final and binding, and not subject to appeal to any outside agency.

IRA RACE COMMITTEE

The Chief Referee, Associate Referee, Chief Judge, Chief Starter, and Regatta Director shall serve as the Race Committee for the duration of this Regatta.

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There will be a Referee's meeting, to which all Coaches and Coxswains are required to attend, to review all Regatta procedures and applicable racing rules. The meeting will be held on Wednesday, May 30, 2007 at 7:30 PM at a site to be arranged.

Make sure your crews know the rules, and that your equipment is in good condition. If you have any further questions, ask the Referee before the start of the race, preferably at the boathouse, where you will find the Referee, until about 45 minutes before the start of each day's racing program.

Good Luck and Good Racing.

Bob Appleyard, Chief Referee
Clayton W. Chapman, Regatta Director