

2010 Central District Youth Rowing Championships

Central District
Youth Rowing
Association Executive
Committee

Welcome to the 5th Central Youth Rowing Championships! The 2010 championship races will be held May 8th and 9th on the beautifully restored Oklahoma River in Oklahoma City, OK. The Oklahoma City Boathouse Foundation will be our host again this year. All races are 2000 meters on a fully buoyed course.

All races are conducted under CDYRA rules and USRowing Rules of Racing. **Exceptions to the rules are rare and are only made by the executive committee.** Chief referee will be Jim Hotop.

CDYRC is open to all junior athletes from the following states: Arkansas, Colorado, Louisiana, Kansas, Missouri, Nebraska, New Mexico, Oklahoma, and Texas. Individual athletes are not required to be members of USRowing but all teams must have an organizational membership in USRowing in order to compete.

REGATTA DIRECTOR: Please refer questions to Regatta Director, Jim Andersen. jandersen@okcbf.org 405-552-4040 office, 415-309-9421 cell and Mike Knopp, Executive Director 405-232-5900 x11

PROGRAMS ELIGIBLE: All Central District High School and Junior programs.

ENTRIES: Packets are available online at RegattaCentral and www.chesapeakeboathouse.org. Packets will be emailed to all Central District programs.

**REGISTER entries through Regatta Central at www.regattacentral.com.
DEADLINE is at or before midnight May 3, 2008.**

Each participant must submit a waiver. Athletes, who are USRowing members with a current waiver on file, can mark this area as you register through **Regatta Central at www.regattacentral.com**. For Non-USRowing members with no waiver on file – print and sign and mail waiver available on **Regatta Central at www.regattacentral.com**. **FEES AND WAIVERS are due in the hands of the local organizing committee BY Monday, May 3.** If fees/waivers are sent by overnight mail, please indicate that recipient need not sign. **Mail to:**

OKC Boathouse Foundation,
Central District Youth Rowing Championships
725 S Lincoln Blvd
Oklahoma City, OK 73129

Entry must be complete for your boats to be entered into heats.

ENTRY FEES: \$20 per 1x, \$40 per 2x, 2-, \$50 per 4x, 4+, \$80 per 8+.

ERRORS ON ENTRIES: The coach of any entry that contains an error will be notified by phone or email and given 24 hours to correct the error. If the time limit passes without resolution satisfactory to the regatta committee, the crew's entry from that particular event will be dropped and will become subject to the Late Entry rule should the coach try subsequently to correct the error and reenter the crew.

LATE ENTRIES: Any entry made after the deadline of midnight May 3, 2010, will be accepted at the discretion of the Regatta Committee based on the availability of a lane and only with a \$25 per boat late

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fee. **A Late Entry will not be accepted if it creates an additional heat. No late entries will be accepted after noon, Wednesday, May 5th.**

SCRATCH FEES: Any team that scratches an entry after May 3, 2010, will forfeit its entry fee. Those scratching after the start of the Regatta will forfeit their entry fee and be assessed a **\$25 Scratch Fee** to be paid prior to competition by any other boat from that team in subsequent races.

HOT SEATING: Hot seating equipment or rowers is not permitted in events that are less than 40 minutes apart on the race schedule. Hot seating is done at each crews risk and race starts will not be held.

AP TESTS: Be aware that the US History and European History Exams are being held on Friday May 7th. Please plan accordingly.

REGISTRATION: Hours of registration: Friday 4:30-7:00 PM.

COACHES & COXES: Meeting promptly, 7:00 pm, Friday Outside the Chesapeake Boathouse on the awards stage *Make certain your coxswains and crews have practiced the use of a starting pod.*

ATHLETE WEIGH-IN RULES:

- The maximum weight of junior rowers in lightweight events will be 155 pounds for Lightweight Men and 130 pounds for Lightweight Women. These shall be determined once each day no less than one hour and no more than two hours before the scheduled time of the first race in which the weight is relevant. Crews will be weighed in the order that they sit in the boat (bow to stern) and in race attire only (Racing unisuits and/or racing shirts and rowing shorts). Each junior rower shall have only one initial opportunity to weigh in. A competitor within one pound or less of the weight standard is allowed one re-weigh within the official weigh-in time window without the whole crew re-weighing. **A competitor whose initial weight is greater than one pound above the weight standard will be ineligible to compete in the event.**
- No one will be allowed to check his weight on the official scale during the official weigh-in times, but a second scale will be available all day.

COXSWAIN WEIGH-IN RULES:

- The minimum weight of coxswains will be 120 pounds for boys and 110 pounds for girls. These shall be determined once each day no less than one hour and no more than two hours before the scheduled time of the first race in which the coxswain is racing. Coxswains shall wear race attire only (Racing unisuits and/or racing shirts and rowing shorts) while being weighed in.
- Coxswains who are more than five pounds beneath the minimum weight are encouraged to bring weight to weigh-ins. The officials will supply sand, bags and duct tape for underweight coxswains.
- Any crew having a coxswain who lacks a wristband after expiration of the weigh-in time window described above shall be excluded.
- No one will be allowed to check his weight on the official scale during the official weigh-in times, but a second scale will be available all day.

CLASSIFICATIONS:

- **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.
- **TEAM** – a team is considered to represent the usual way the program practices and competes; a club or varsity program that represents a single organization (being a single high school OR club program), with distinct location, colors, and coaches for the entire competitive season (starting March 1 to and including June 9, 2010) is a team.

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- **NOVICE** – a novice rower must have started their rowing career after last year's Regional Championship (May 2009).
- **VARSITY** – a varsity athlete is a junior competitor on a team.
- **JUNIOR B** – a competitor born in 1994 or later (16 and younger).
- **COXSWAINS**- May cox in any boat, regardless of male, female, novice or varsity status. Unlike rowers, there is no limit to the amount of events a coxswain may enter. However, the 40-minutes between events hot seat rule applies. **Make certain your coxswains and crews have practiced the use of a starting pods.*

SAFETY CHECK: Check your equipment for race readiness, including the proper tying of heels of shoes (3 inches). Bow balls are required.

WEIGHING BOATS: Boats will NOT be weighed. A scale will be provided for those wishing to weigh boats.

BOW NUMBERS: Teams must provide their own bow numbers 1-7.

BOAT STORAGE: Oklahoma City Boathouse Foundation will provide some shell racks and space will be limited to around the Chesapeake Boathouse. Trailers will not be allowed to stay in the park. Once your equipment is unloaded all crews must move their trailers to the trailer storage lot. Security will be provided overnight Friday and Saturday. All equipment must be removed from the regatta site Sunday evening.

CREW TENTS: May be placed only in the clearly marked areas.

PARKING: Will be limited to the designated lots east of Regatta Park. There will be no parking in Regatta Park

PRACTICING FRIDAY: Crews will be allowed to practice at their own risk Friday. Please refer to enclosed practice pattern map. Crews MUST be off the water by 7:30pm.

STARTING PODS All crews must be able to get aligned on the starting pods. Please make sure your coxswains and crews know how to back on to the pods and maintain a point while locked on. Crews will be expected to know how to "scull" to keep their point (2 sculling with bow's oar, etc.)

RESULTS: All results will be posted online at www.powerhousetiming.com and will be posted outside the Events room.

AWARDS: Medals awarded for FIRST, SECOND, AND THIRD place for all events.

All medals will be available for pick up at the awards stage after each final event has been made official. Coaches can pick them up or the crew can be presented their medals for a photo opportunity on the awards stage.

An official awards ceremony for all crews qualifying for USRowing Youth National Championships will be held at the conclusion of racing on Sunday.

USROWING YOUTH NATIONAL CHAMPIONSHIPS:

For each event that corresponds to an event at the USRowing Youth National Championships, two (2) invitations will be issued. Any team that qualifies for a USRowing Youth National Championship event can substitute up to only 50% of its rowers in the boat. The Youth National Championships has a "Roll Down" bid policy that applies at a qualifying regatta with less than three bids. If a qualifying crew(s) chooses to decline a bid(s) for the Youth National Championships, the subsequent place finisher(s) would receive the bid(s). In no case does a roll down bid extend past the third-place finisher. Crews are asked to register for the Youth National Championship within three days of qualifying for the event or to notify USRowing's event manager that the bid will be declined. For more information go to www.usrowing.org.

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PROGRESSION SYSTEM: *For varsity eights only, repechages will provide placements in a, b, and c level finals.*

Number of entries	System
0 - 6	final only
7 - 12	2 heats, with top 3 finishers from each heat advancing to the finals
13 - 18	3 heats, with top 2 finishers from each heat advancing to the finals
19 - 24	4 heats, with heat winners advancing to the finals, along with the two fastest second place finishers

Order of event finals. Please note that not all events may need heats. The regatta committee will work to accommodate equipment and athlete conflicts that the heat schedule may cause. However, it is each coach's responsibility to ensure that athletes and equipment are not entered in events too close together. The 40 minute rule applies for hot seating.

The regatta schedule of events will be posted shortly.

HOTEL INFORMATION AND DIRECTIONS:

Please see www.cyrckc.org for hotel information and directions to the race course.