#### EVENT OVERVIEW

The Oklahoma City University Head of the Oklahoma regatta returns to the Oklahoma River October 9-10, 2010 as part of Oklahoma City's premier fall event, the Oklahoma Regatta Festival - a four day celebration of rowing,



kayaking, dragon boating and family fun on the Oklahoma River. This year's festival includes the blu VIP Party and Devon Boathouse grand opening, a national coaching clinic, OCU Head of the Oklahoma racing, OG+E NightSprints...and a family festival featuring live music, a children's area, food from some of Oklahoma City's best restaurants, a wine garden, and a front row seat for all the racing! The Oklahoma Regatta Festival and the OCU Head of the Oklahoma will be held in the Boathouse District on the Oklahoma River, adjacent to downtown Oklahoma City and the Bricktown entertainment district.

#### HEAD OF THE OKLAHOMA

Presented by Oklahoma City University, the Head of the Oklahoma has quickly become one of the top collegiate rowing regattas in the country. The 2010 OCU Head of the Oklahoma will attract an estimated 1,000 athletes from 40+ collegiate and community rowing clubs, with top crews including the OKC National High Performance Team. Teams will compete in the 2.5 mile Head of the Oklahoma head race on Saturday with racing beginning at 11am. The head race will also act as a qualifier for the 500m rowing and 200m kayaking OG+E NightSprints on Saturday evening.

#### **OG+E NIGHTSPRINTS**

In its fifth year, the OG+E NightSprints attract thousands of spectators to the Oklahoma River as worldclass rowers from across the nation sprint under giant stadium lights. Crews will qualify for night racing in select head races held earlier in the day.

#### **ROWING SCIENCE SEMINAR**

The Oklahoma City National High Performance Center and the Kossev Consortium will present a one-day Rowing Science seminar on Friday, October 8, 8am to 4pm, with an optional early morning on-the-water session. During the seminar, national and international sport science experts will discuss their research and the practical applications of science and technology to the art of rowing. The speakers will share best practices and explore how the sport of rowing can be enhanced through available performance technology. Topics, appropriate for coaches at all levels as well as masters and elite athletes, will include the physics of the stroke cycle, rowing biomechanics, nutrition and optimal performance, how to maximize use of readily accessible performance technology, and topics tailored for junior and collegiate coaches. Currently slated to speak are sports medicine specialist Katherine Ackerman, MD/MPH, world renowned biomechanical expert Valery Kleshnev, PhD; and University of Miami head coach Andrew Carter, a collegiate rowing coach with international experience in applied sports science. Registration for the seminar is \$75; the optional on-the-water session is \$25. Registration is now open and can be made online at <a href="https://www.headoftheoklahoma.org">www.headoftheoklahoma.org</a>.

## NEW FOR 2010

The Head of the Oklahoma returns to Regatta Park in the Boathouse District for 2010, and with the return come many changes to improve the regatta experience for athletes, coaches, and spectators, including

- Shoreline improvements providing "V" inlets
- River walk for "on the water" viewing
- Expanded staging areas, all with clear race course views
- Live streaming video of racing
- Additional lighting for night racing

#### EVENT CATEGORIES

• Collegiate - Varsity collegiate rowing programs; Also open to clubs. see special notice regarding NCAA Rule 13.11.1.2 below



- Open Open to all USRowing registered rowing clubs, individuals, and teams (no handicapping) except junior athletes, crews and scholastic programs. Includes all international teams that are not juniors.
- Youth Junior Crews, Scholastic and Club; Juniors may only row or cox in events with a Youth designation
- Lightweight Men Open to rowers who do not weigh more than 165 lbs.
- Lightweight Women Open to rowers who do not weigh more than 135 lbs
- Collegiate Freshman/Novice Open to rowers who have not competed in the past year as a collegiate athlete.
- Youth Novice limited to rowers who began rowing after January 1<sup>st</sup> 2010\*\*CHANGED
- Masters The Head of the Oklahoma will follow USRowing Rules of Rowing for Masters eligibility and handicapping guidelines; The Head of the Oklahoma will recognize all categories of masters racing. Masters head race events will be handicapped. NightSprints Masters 2x and Mixed 2x will be handicapped.

Non-collegiate rowers, scullers and coxswains are not allowed to enter competitions representing a college or university.

#### SPECIAL NOTICE REGARDING NCAA RULE 13.11.1.2

The Head of the Oklahoma encourages the participation of both college and high school athletes, and allows participation by both groups of athletes while not jeopardizing their ability to compete in future intercollegiate competition. The restrictions apply to high school students participating in both school AND club-based junior programs.

## **REGATTA/ REGISTRATION INFORMATION**

#### IMPORTANT NOTICE

The Head of the Oklahoma is a USRowing registered regatta. All participating organizations/ schools/clubs must be members of the USRowing Association; single scullers do not have to be individual members of USRowing. If your organization is not a member of USRowing, contact:

USRowing Membership Services 2 Wall Street, Princeton, NJ 08540 800-314-4769 members@usrowing.org

**PRACTICE:** The Oklahoma River head race course is open for practice from Noon to 5:00 pm on Friday, October 8; no boats may launch after 4:00 pm. The course must be clear for the Corporate Challenge NightSprints. The course will be open from 7:00 am to 10:00 am on Saturday, October 9 for practice; last launch will be at 9:00 am.

**BOAT STAGING:** Please keep all boats and oars in the designated staging areas and clear of marked pathways and docks. Most staging will occur between the new Devon Boathouse and I-35. Boat staging locations will be pre-assigned with assignments based upon the order that regatta entries are received and the space requirements for each participating team. A large number of A-frame racks will be available on a first-come, first-serve basis.



**REGISTRATION:** Registration will take place at the Regatta Registration tent in the Athlete Village on Friday, October 8, 1-6 pm, Saturday, October 9, 9 am – Noon and Sunday, October 10, 7-8 am.

**WEIGH-IN TIMES:** Saturday Race Weigh-ins will take place in the Devon Boathouse on Saturday, October 9, 9 am – Noon and Sunday Race Weigh-ins will take place in the Devon Boathouse on Sunday, October 10, 7-8 am. **\*\*CHANGED\*\*** 

**DRIVING DIRECTIONS:** Regatta Park is located at 725 S. Lincoln Boulevard in Oklahoma City, one–half mile south of the intersection of Lincoln and Reno. Please note that Lincoln Blvd was formerly Byers Ave; online mapping services may still show it as Byers. Lincoln Blvd is currently under construction but is easily negotiable by passenger vehicle. For the most current driving directions, please check online, <u>http://www.headoftheoklahoma.com/athletes.php</u>.

Trailer drivers will want to follow the driving directions below:

I-40 from the West: Proceed past the Lincoln Blvd exit and take I-35 south. Take the SE 15th Street Exit, travel west to Central. Turn right (north) onto Central. Travel north on Central; it becomes Lincoln Blvd. Proceed across the Lincoln Blvd. bridge. Turn Right into the new parking lot and follow the signs for Trailer parking

#### I-40 from the East:

Exit I–35 South. Take the SE 15th Street Exit, travel west to Central Turn right (north) onto Central. Travel north on Central; it becomes Lincoln Blvd. Proceed across the Lincoln Blvd. bridge Turn Right into the new parking lot and follow the signs for Trailer parking

You may contact the Chesapeake Boathouse at (405) 552–4040 if you need assistance with directions upon arrival in Oklahoma City.

**TRAILER PARKING:** Trailer parking will occur in designated areas adjacent to the new parking lot. Access to the trailer parking areas will be from 4<sup>th</sup> Street just east of Lincoln Boulevard.

**BUS/ATHLETE PARKING:** Free bus and athlete parking will be located in designated grass lots near the boat staging areas. Parking in these designated areas is limited to a first-come, first-serve basis. Once designated lots are full, athletes will be directed to public parking.

**CLUB TENTS**: Clubs and universities are permitted to erect tents in-designated areas along the race course. Please see the registration officials for information on the permitted tent locations.

**ENTRY FEES:** 8+, \$80.00; 4+, \$55.00; 4x, \$50.00; 2x/2-, \$40.00; 1x, \$30.00;

**REGISTRATION:** All regatta registration will take place on Regatta Central. Entries will open Sunday, August 15 and will close Thursday, September 30, at midnight (PST). Please see <u>www.regattacentral.com</u> or <u>www.headoftheoklahoma.com</u> for registration information. Packets will include heat sheets with corresponding bow numbers and race bibs, course maps, and additional event instructions and information.

**REFUNDS/ SCRATCH FEES:** Entry fees will be refunded for scratches registered on or before

Saturday October 2nd. Scratches after this date will forfeit their entry fees. A \$10 scratch fee will apply for scratches after this date and for no-shows on race day.



**RELEASE OF LIABILITY WAIVERS:** The Head of the Oklahoma is a USRowing event and requires a signed USRowing Release of Liability for each athlete. Waivers may be signed online which is the preferred method for submission; paper waivers may be mailed in advance or presented at Registration. All junior team coaches must carry and be able to provide a signed copy of the USRowing Release of Liability for each member of the team.

To sign an online waiver, the athlete may do it either through the USRowing web site or on Regatta Central. **USRowing**: goto <u>www.usrowing.org</u> and click on Join/Renew in the upper right hand corner. Full-Privilege members of USRowing click Sign Your Waiver Online. If the athlete is not a Full-Privilege member of USRowing, click Sign Waiver and Add My Name to my Organization's Roster. Complete the forms per their instructions.

Through **RegattaCentral.com**, log-in to <u>www.regattacentral.com</u>. On the home page, under My Roster, click on Instructions for USRowing Waiver Submission.

IMPORTANT: Waivers must be submitted by the athlete or their legal guardian. (Coaches are not permitted to submit a waiver on a rower's behalf)

**SEEDING:** The starting positions for the head race events will be seeded according to the results from the 2009 event. All other starting positions will be assigned according to a random draw conducted by Powerhouse Timing. The lane assignments for the NightSprint events will be based upon the finish times from the corresponding head race events. Head race events with a, b, and c sub categories will base advancement on the top collective times from all sub categories. For example: in an event with Open, Collegiate, and Lightweight subcategories, the top 12 times from all three advance to one NightSprint final.

**EXHIBITION EVENTS:** The Parent/Child NightSprints are direct registration with no corresponding head race event. To register email Elizabeth Laurent at <u>elaurent@okcbf.org</u>. In deference to NCAA regulations, collegiate rowers are excluded from participation in Parent/Child NightSprints.

**TIMING:** All event timing and results will be provided by Powerhouse Timing. Live results and video will be available online throughout the event.

**COACHES AND COXSWAIN MEETINGS:** Race officials and organizers will hold a meeting for coaches, coxswains and unaffiliated scullers at 9:00 am on Saturday, October 4, at the Awards Stage adjacent to the Chesapeake Boathouse. Individuals not competing on Saturday are required to attend the Sunday meeting at 6:30 am.

**AWARDS:** Awards will be distributed for the Head of the Oklahoma at designated times throughout the day on Saturday and Sunday as results become official. An awards schedule will be included in the athlete race packet. Special awards will be awarded during a special ceremony prior to the start of the OG+E NightSprints. Special awards include:

- Norick Cup First-place finisher of the Men's Collegiate Eight Head Race
- Ackerman Cup First-place finisher of the Women's Collegiate Eight Head Race

OG+E NightSprints: Gold Medals for the OG+E NightSprints will be distributed immediately

following each NightSprint event at the awards dock located near the OCU inlet.



**ATHLETE FOOD:** Food will be available from vendors adjacent to the Athlete Village.

**REFRESHMENTS:** Free water and PowerAde will be available in the Athlete Village.

FIRST AID: First aid will be available in the Athlete Village.

**APPAREL/VENDORS:** Oklahoma Regatta Festival apparel will be available along with full color commemorative programs. Quantities are limited. A vendor expo area near the Athlete Village will offer rowing merchandise and equipment vendors.

**COURSE INFORMATION:** Specific Oklahoma River course information can be found online at <u>www.headoftheoklahoma.com</u>.

**REGATTA UPDATES:** Please continue to check <u>www.headoftheoklahoma.com</u> for regatta updates, schedule updates, or racing information. Emails will also be sent to regatta registrants with updated information leading up to the event.

**RACING SHELL RENTALS:** Boat rentals are available on a limited basis from the Chesapeake Boathouse at the following rates per entry: Eight - \$160; Quad/Four - \$120; Pair/Double - \$80; Single - \$60

Please email Jim Andersen at <u>jandersen@riversportokc.org</u> for more information or to make a reservation.

**HOTEL INFORMATION:** Please visit <u>www.headoftheoklahoma.com</u> for a complete list of our hotel partners and the contact information to receive the special regatta rates.

## RACE COURSE/ REGATTA RULES

**TRAFFIC PATTERN:** Please see course map for specific traffic-related information. All rowing will be conducted in a counter-clockwise traffic pattern with racing occurring from west to east. Please use caution when passing through the bridges that cross the course.

**LAUNCHING:** All participants are expected to launch a minimum of 40 minutes in advance of the event in which they are entered. First call to the water is 55 minutes prior to the start of the race. Any changes to the launch times will be announced. Announcements will be made calling crews to the water. Events will not be held for late crews. Please ensure your crews are prompt on the dock and observe a 90 second dock time.

**CONTROL COMMISSION:** All crews are expected to check in at the Control Commission tent prior to launching. The crew will be given direction as to which dock to use for launching and will check for a properly affixed bow ball and heel ties on each shoe. Control Commission representatives will be located near boat launching areas.

**BOAT LIGHTING:** Regatta staff will provide lights for all boats entered in OG+E NightSprint events. Boats are prohibited from launching without the required lighting.

**RACE BIBS/BOW MARKERS:** Race bibs and bow numbers will be in your entry packet that should be picked up Friday afternoon or Saturday morning. All waivers must be turned in to receive the packet. All boats must have the bow number displayed during the race and the race bibs should be worn on the back of all bow seat rowers. <u>PLEASE PLACE THE BOW</u> Page 5 09.14.10

NUMBERS IN THE MARKED RECEPTACLE LOCATED AT THE RECOVERY DOCK AT THE CONCLUSION OF YOUR RACE.



**HOT SEATING:** Hot seating will be permitted only from the specially designated hot seat dock. The control commission must be informed in advance of a hot seating situation. No events will be delayed for late arriving crews. Late arriving crews may race the course for time if deemed safe by the starting official (however, they will not be eligible for a medal).

**STARTING:** The starter will arrange the crews so that crews cross the starting line at approximately 15 second intervals. <u>PLEASE HAVE YOUR CREWS LINE UP IN THE ORDER</u> <u>OF YOUR BOW NUMBER PRIOR TO THE START OF EACH RACE</u>. To consolidate space in the starting area and expedite the start process, crews will set up in two lines with the even numbers on the north and odd on the south.

**RIGHT OF WAY:** A crew is deemed to be overtaking another crew when it has moved within one length of open water of the crew ahead. On those portions of the course that are straight, a crew being overtaken shall move to the right to allow the overtaking crew to pass. Where the course turns, a crew being overtaken shall move to the outside turn and allow the overtaking crew to pass along the shorter path. Nevertheless, in cases where the overtaking crew's position clearly prevents safe passage or where there is insufficient room to yield, passing is not allowed, nor is the crew being overtaken required to yield. Use caution near all the bridges and be extra careful as you go through the railroad trestle bridge located just west of the Chesapeake boathouse.

#### PENALTIES

<u>Buoys</u>- Yellow buoys mark the boundaries of the course, dividing the race lanes from the warmup/traffic lanes. Red buoys alert of approaching hazards. A crew shall be penalized 10 seconds for each buoy the crew passed incorrectly. A crew passes a buoy incorrectly when any part of its hull passes on the wrong side of the buoy.

Start- A crew that missed the correct order of the start will be penalized 10 seconds.

<u>Yielding</u>- A crew that fails to yield to a crew having proper right of way shall be penalized 30 seconds. A crew that fails to yield to a crew being properly summoned to the starting area, or interferes with the staging of the start may be penalized 10 seconds by the Marshal or Starter.

<u>Bow Number</u>- A crew that crosses the starting line without its required bow number shall be penalized 60 seconds.

CONTACT INFORMATION

RACE DIRECTOR Jim Andersen 405-552-4040 415-309-9421 cell jandersen@riversportokc.org

EXECUTIVE DIRECTOR Mike Knopp 405-412-0766 mknopp@okcbf.org

Race schedule attached Page 6



Saturday October 09, 2010       1a     11:00 AM     Womens Open Ltvt 1x (Night Sprint Qualifier )       1b     11:00 AM     Womens Masters 1x AA-D (Night Sprint Qualifier )       1c     11:05 AM     Womens Masters 1x AA-D (Night Sprint Qualifier )       2     11:15 AM     Mens Youth 4x (Night Sprint Qualifier )       3     11:20 AM     Womens Youth Novice 4x       4     11:30 AM     Mens Open Ltvt 2x (Night Sprint Qualifier )       5b     11:45 AM     Mens Open Ltvt 2x (Night Sprint Qualifier )       6     11:50 AM     Mens Masters 2x (Night Sprint Qualifier )       7a     12:00 PM     Womens Youth Novice 1x "ADDED**       8     12:10 PM     Womens Youth Novice 1x "ADDED**       8     12:10 PM     Womens Collegiate 8+ (Night Sprint Qualifier / Top 12)       11     12:30 PM     Womens Collegiate 8+ (Night Sprint Qualifier / Top 12)       12     12:40 PM     Womens Youth 1x (Night Sprint Qualifier / Top 12)       13     12:45 PM     Womens Collegiate 4+ (Night Sprint Qualifier )       13a     12:45 PM     Womens Collegiate Novice/Frosh 4+       17     1:20 PM     Mens Collegiate Novice/Frosh 4+			
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5a     11:45 AM     Mens Open 2x ( Night Sprint Qualifier )       5b     11:50 AM     Mens Masters 2x ( Night Sprint Qualifier )       7a     12:00 PM     Womens Youth 1x ( Night Sprint Qualifier )       7b     12:00 PM     Womens Youth Novice 1x **ADDED**       8     12:10 PM     Womens Youth Novice Rec 1x       9     12:10 PM     Womens Youth Novice Rec 1x       10     12:30 PM     Womens Collegiate 8+ (Night Sprint Qualifier / Top 12)       11     12:30 PM     Womens Collegiate 8+ (Night Sprint Qualifier / Top 12)       12     12:45 PM     Womens Youth 8+ ( Night Sprint Qualifier )       13b     12:45 PM     Womens Youth 8+ ( Night Sprint Qualifier )       14     1:00 PM     Mens Collegiate Novice/Frosh 4+       17     1:20 PM     Mens Collegiate Novice/Frosh 8+       18     1:30 PM     Mens Qpen 1x ( Night Sprint Qualifier )       19a     2:30 PM     Mens Qpen 1x ( Night Sprint Qualifier )       19b     2:30 PM     Mens Masters 1x A-D ( Night Sprint Qualifier )       19c     2:35 PM     Mens Masters 1x (Night Sprint Qualifier )       19d     2:35 PM     Mens Masters 1x E-J ( Night	3	11:20 AM	Womens Youth Novice 4x
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6   11:50 AM   Mens Masters 2x ( Night Sprint Qualifier )     7a   12:00 PM   Womens Youth Novice 1x **ADDED**     8   12:10 PM   Womens Youth Novice Rec 1x     9   12:10 PM   Womens Youth Novice Rec 1x     10   12:30 PM   Womens Open 8+ ( Night Sprint Qualifier / Top 12)     11   12:30 PM   Womens Collegiate 8+ (Night Sprint Qualifier / Top 12)     12   12:40 PM   Womens Youth 8+ ( Night Sprint Qualifier )     13a   12:45 PM   Womens Youth 8+ ( Night Sprint Qualifier )     14   1:00 PM   Mens Collegiate 4+ ( Night Sprint Qualifier )     14   1:00 PM   Mens Collegiate Novice/Frosh 4+     16   1:10 PM   Womens Collegiate Novice/Frosh 4+     17   1:20 PM   Mens Open 1x ( Night Sprint Qualifier )     19a   2:30 PM   Mens Masters 1x AA-0 ( Night Sprint Qualifier )     19b   2:30 PM   Mens Masters 1x E-J ( Night Sprint Qualifier )     19c   2:35 PM   Mens Masters 1x E-J ( Night Sprint Qualifier )     19d   2:35 PM   Mens Masters 1x C-J ( Night Sprint Qualifier )     20   2:45 PM   Womens Youth Novice 4x    22   3:00 PM   Mens South Re	5a	11:45 AM	Mens Open 2x ( Night Sprint Qualifier )
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9   12:10 PM   Womens Youth Novice Rec 1x     10   12:30 PM   Womens Open 8+ (Night Sprint Qualifier / Top 12)     11   12:30 PM   Womens Collegiate 8+ (Night Sprint Qualifier / Top 12)     12   12:40 PM   Womens Masters 8+     13a   12:45 PM   Womens Youth 8+ (Night Sprint Qualifier )     14   1:00 PM   Mens Collegiate 4+ (Night Sprint Qualifier )     15   1:05 PM   Mens Collegiate Novice/Frosh 4+     16   1:10 PM   Womens Collegiate Novice/Frosh 8+     18   1:30 PM   Mens Collegiate Novice/Frosh 8+     19a   2:30 PM   Mens Open 1x (Night Sprint Qualifier )     19b   2:30 PM   Mens Open Ltwt 1x (Night Sprint Qualifier )     19c   2:35 PM   Mens Masters 1x E-J (Night Sprint Qualifier )     19d   2:35 PM   Mens Masters 1x E-J (Night Sprint Qualifier )     20   2:45 PM   Womens Youth Novice 4x     22   3:00 PM   Womens Open 2x (Night Sprint Qualifier )     24   3:20 PM   Womens Masters 2x (Night Sprint Qualifier )     25a   3:30 PM   Mens Youth Novice 4x     23   3:15 PM   Womens Masters 2x (Night Sprint Qualifier )	7b	12:00 PM	Womens Youth Novice 1x **ADDED**
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19c2:35 PMMens Masters 1x AA-D (Night Sprint Qualifier)19d2:35 PMMens Masters 1x E-J (Night Sprint Qualifier)202:45 PMWomens Youth 4x (Night Sprint Qualifier)212:50 PMMens Youth Novice 4x223:00 PMWomens Youth Novice 4+23a3:15 PMWomens Open 2x (Night Sprint Qualifier)243:20 PMWomens Open Ltwt 2x (Night Sprint Qualifier)25a3:30 PMMens Youth Novice 1x **ADDED**263:40 PMMens Youth Rec 1x273:40 PMMens Youth Novice Rec 1x28a4:00 PMMens Collegiate 8+ (Night Sprint Qualifier)29a4:10 PMMens Youth 8+ (Night Sprint Qualifier)29a4:10 PMMens Youth 8+ (Night Sprint Qualifier)304:20 PMWomens Collegiate 4+ (Night Sprint Qualifier)314:40 PMMens Collegiate Novice/Frosh 4+324:45 PMWomens Collegiate Novice/Frosh 8+334:50 PMWomens Collegiate Novice 8+	19a	2:30 PM	Mens Open 1x ( Night Sprint Qualifier )
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32 4:45 PM Womens Collegiate Novice/Frosh 8+   33 4:50 PM Womens Youth Novice 8+	30	4:20 PM	Womens Collegiate 4+ ( Night Sprint Qualifier )
33 4:50 PM Womens Youth Novice 8+	31	4:40 PM	
	32	4:45 PM	Womens Collegiate Novice/Frosh 8+
34 5:00 PM Mixed Masters 4x (Night Sprint Qualifier)	33	4:50 PM	Womens Youth Novice 8+
	34	5:00 PM	Mixed Masters 4x ( Night Sprint Qualifier )

35	5:05 PM	Mens Kayak 1x
36	5:10 PM	Womens Kayak 1x
		OG&E Night Sprints
0	7:30 PM	Parent/Child 2x 500m
1PF	7:35 PM	Womens O/Lt/Mast 1x 500m Petite Final
2GF	7:40 PM	Mens Youth 4x 500m Grand Final
5GF	7:45 PM	Mens Open / Ltwt 2x 500m Grand Final
6GF	7:50 PM	Mens Masters 2x 500m Grand Final
7GF	7:55 PM	Womens Youth 1x 500m Grand Final
11PF	8:00 PM	Womens Collegiate 8+ 500m Petite Final
11GF	8:05 PM	Womens Collegiate 8+ 500m Grand Final
13GF	8:10 PM	Womens Youth / Ltwt 8+ 500m Grand Final
14PF	8:15 PM	Mens Collegiate 4+ 500m Petite Final
14GF	8:20 PM	Mens Collegiate 4+ 500m Grand Final
35H	8:25 PM	Mens Kayak 1x 200m Heat
36H	8:30 PM	Womens Kayak 1x 200m Heat
19PF	8:35 PM	Mens Op/Lt/Mast 1x 500m Petite Final
20PF	8:40 PM	Womens Youth 4x 500m Petite Final
20GF	8:45 PM	Womens Youth 4x 500m Grand Final
23PF	8:50 PM	Womens Op/Lt 2x 500m Petite Final
23GF	8:55 PM	Womens Op/Lt 2x 500m Grand Final
24GF	9:00 PM	Womens Masters 2x 500m Grand Final
25PF	9:05 PM	Mens Youth 1x 500m Petite Final
25GF	9:10 PM	Mens Youth 1x 500m Grand Final
34GF	9:15 PM	Mixed Masters 4x 500m Grand Final
30PF	9:20 PM	Womens Collegiate 4+ 500m Petite Final
35GF	9:25 PM	Mens Kayak 200m Final
36GF	9:30 PM	Womens Kayak 200m Final
29GF	9:35 PM	Mens Youth / Ltwt 8+ 500m Grand Final
1GF	9:40 PM	Womens O/Lt/Mast 1x 500m Grand Final
19GF	9:45 PM	Mens Op/Lt/Mast 1x 500m Grand Final
30GF	9:50 PM	Womens Collegiate 4+ 500m Grand Final
28GF	9:55 PM	Mens Open / Collegiate 8+ 500m Grand Final
		Sunday October 10, 2010



Time	
Time	Event
3:10 AM	Mens Kayak 1x
3:15 AM	Womens Kayak 1x
3:30 AM	Mens Open 4x
3:35 AM	Mens Masters 4x
3:45 AM	Womens Collegiate 1x
3:50 AM	Womens Open Rec 1x
3:50 AM	Womens Open Novice Rec 1x
9:00 AM	Womens Open 2-
9:10 AM	Mens Youth 2x
):15 AM	Mens Youth Ltwt 2x
9:30 AM	Mens Open 4+
9:40 AM	Womens Youth 4+
9:45 AM	Womens Youth Ltwt 4+
	8:10 AM     8:15 AM     8:30 AM     8:35 AM     8:35 AM     8:45 AM     8:50 AM     8:50 AM     9:00 AM     9:10 AM     9:15 AM     9:30 AM     9:30 AM     9:30 AM     9:40 AM



64	9:55 AM	Mixed Open 8+
65	9:55 AM	Mixed Masters 8+
66	10:00 AM	Mixed Youth 8+
67	10:10 AM	Mixed Masters 2x
68	10:45 AM	Mens Youth 4+
69	10:45 AM	Mens Youth Ltwt 4+
70	10:55 AM	Womens Open 4+
71	11:05 AM	Womens Youth 2x
72	11:15 AM	Womens Youth Ltwt 2x
73	11:20 AM	Mens Open 2-
74	11:35 AM	Mens Collegiate 1x
75	11:40 AM	Mens Open Rec 1x
76	11:40 AM	Mens Open Novice Rec 1x
77	11:55 AM	Womens Open 4x
78	12:00 PM	Womens Masters 4x