

Cooper River, Camden County, NJ June 26, 2010

Hosted by Cooper Rowing Club Sponsored by Cooper Rowing Foundation

Regatta Committee:

Eileen Normoyle, Regatta Director Kelly Brown, Regatta Committee Chair Dennis Smith, Chief Referee

Dana Anders	Joyce Mitchell	
Julie Close	Bob Murray	
John Glace	Jamie Stack	
Jane Knapp	Joe Sullivan	

May 2010

Dear Athlete or Coach:

Cooper Rowing Club is proud to host the 3rd annual **Catch the Cooper – Master's Regatta**, which will be held **Saturday**, **June 26**, **2010** on the Cooper River in Camden County, NJ.

The regatta is open to Masters rowers. The course will be the same as for the USRowing Masters National Championships which will be held in August.

If you need more detailed information, please contact:

Eileen Normoyle normoyles@comcast.net
Kelly Brown kellybrown@kbcservices.com



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Regatta Information

Date: Saturday, June 26, 2010

Location: Cooper River, Camden County, NJ
Events: Masters sculling and sweep (1000 m)
Registration: Regatta Central www.regattacentral.org

Start time: 9:00 am

Coach/Coxn 8:00 am at Finish Line

meeting: 8:00 am at Finish Line

Age handicaps Standard USRowing age handicaps will apply

Registration

Entry deadline is June 20, 2010.

This is a **USRowing Registered Regatta**.

Registration is online at **Regatta Central** <u>www.regattacentral.com</u>.

Contact Eileen Normoyle at crcmembers@gmail.com with any registration problems.

Registration will be available on race day if there are open lanes, will open at 7:00 am and remain open throughout the day. Entry fees must be paid with cash or check on race day.

Waivers

Submit USRowing "2010 Release of Liability" through Regatta Central with your registration.

Entry Fees

Submit entry fees through **Regatta Central** <u>www.regattacentral.com</u> as part of registration.

Eights \$100.00 Fours/quads \$75.00 Doubles/pairs \$55.00 Singles \$30.00

www.cooperrowingclub.org



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Order of Finals

An official schedule will be released at the close of registration.

Event #	Event
1	Women's Masters 8+
2	Men's Masters 1x
3	Men's Masters Rec 1x
4	Women's Masters Novice 4x
5	Women's Masters 1x
6	Men's Masters 2x
6	Women's Masters Rec 1x
7	Women's Masters 4+
8	Men's Masters 8+
9	Women's Masters 2x
10	Men's Masters 4x
11	Men's Masters 4+
12	Mixed Masters 4x
13	Men's Masters 2-
14	Mixed Masters 2x
15	Women's Masters 4x
16	Mixed Masters 8+ Community Challenge

If an event does not have two or more entries, the event will be dropped and you will be notified. If the event is dropped you will be notified before the event and can choose to roll the entry into another category.

Awards

Danzeisen Cup Men's Masters single CRC Cup Women's Masters single

Medals to the winner of each event



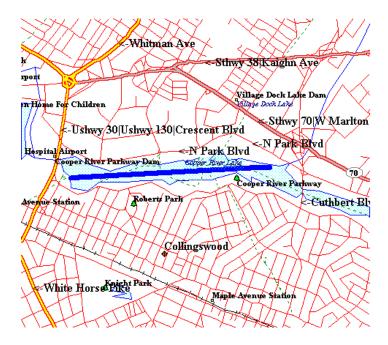
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Venue Information

The race course

Cooper River Park's Olympic-distance 2000-meter straightaway has drawn praise from international rowing experts who say its sheltered, narrow course provides ideal rowing conditions. Cooper River Park has hosted numerous major rowing events, including the Olympic trials and the Intercollegiate Rowing Association championships, and will host the 2010 USRowing Masters National Championships.





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Accommodations



'Offering studio suites with either a queen or two full beds at a discounted rate of \$89 per night without parking or \$114 per night including parking of one car. Please ask for the 'Catch the Cooper' rate when calling to make your reservation.'

www.windsorhotel.com



Holiday Inn Philadelphia - Therry Hill
2175 Markon Pike, Therry Hill, NJ 08002 direct: 856.873.5005 f ax: 856.873.5020

Discounted rate of \$114.00. Free Parking - Free High-speed Wireless - Directly across from The Market Place at Garden State Park with several restaurants and shopping. In Making reservations please call 1-800-Holiday ask for the Holiday Inn Cherry Hill and the group rooms to ask for is Catch the Cooper Masters Regatta.

Holiday Inn is changing! So are we!



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Rules and Regulations

Complete rules of **USRowing** are available in PDF form on their website **www.usrowing.org**.

Entry rules

- 1. There will be no refunds unless the event is cancelled in advance. Coaches will be notified of event scratches no less than two days before the regatta.
- 2. All entries must be accompanied by proper entry fee.

Regatta rules

- 1. All crews must check in at the registration desk when they arrive. The registration desk will be open at 7:00 am and throughout the race day on Sunday.
- 2. Rowers in Novice events must have less than one year of rowing experience.
- 3. \$50.00 cash shall accompany all protest.
- 4. Coaches & coxswains meeting will take place at 7:00 AM at the finish line.
- 5. Each crew MUST provide their own bow number for their assigned lane.
- 6. There must be two crews entered or the event will be canceled.
- 7. All questions of eligibility, qualification, and interpretation of the rules will be referred to the Regatta Committee, whose decisions will be final. The USRowing Rule Book is the ultimate source for all rulings.
- 8. The dock master must be notified of all hot-seat boats before the boat goes out for its first race.
- 9. The event schedule is subject to change depending on the number of entries received.
- 10. Awards will be awarded to all first place finishers.
- 11. All athletes and coaches are reminded that sportsmanlike conduct is expected from all parties involved.
- 12. Each boat must be equipped with a bow ball and foot release straps.
- 13. Entries will be separated into age categories depending on the number of entries and their age. Masters age categories will follow the USRowing categories and handicaps.



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Directions

From the West:

Pennsylvania Turnpike east to the Valley Forge exit. At Valley Forge take I-76 (Schuylkill Expressway) east to Philadelphia. Stay to the left after passing the Girard Avenue Exit. Exit at I-676 (Vine Street Expressway). Follow signs for Ben Franklin Bridge. Go straight ahead after the tollbooth to Admiral Wilson Blvd/Route 30. Do not bear right onto I-676.

Go about one mile and then take the right branch at top of overpass onto Route 130 South. Immediately get in the right lane, and take the jug handle for North Park Drive. Follow North Park Drive about 1.5 miles and trailer only parking is to the right, just before you come to Cuthbert.

From North or South:

Exit New Jersey Turnpike at Exit 4. Go right onto NJ Route 73, North. Exit from Route 73 onto NJ Route 38, West. Exit from NJ Route 38 at Cuthbert Blvd. Go south on Cuthbert Blvd. (Collingswood, Oaklyn).

Pass first traffic light on Cuthbert Blvd. Turn right at the next road onto South Park Drive. Follow South Park Drive to Route 130 and turn right onto Route 130. Take the next right onto North Park Drive. Follow North Park Drive about 1.5 miles and trailer only parking is to the right, just before you come to Cuthbert.

-Or-

From Route 38 South, take Route 130 South. Take the jug handle for North Park Drive. Follow North Park Drive about 1.5 miles and trailer only parking is to the right, just before you come to Cuthbert.

From South:

From I-95 north follow signs to Walt Whitman Bridge (past Philadelphia International Airport and the Philadelphia Naval Base). On bridge stay in right lane and take first right as you come off the bridge. Follow signs to NJ Route 130 north. Stay on Route 130 through one circle (Collingswood Circle). After going under an RR bridge watch for Cooper River on the right (it looks like a lake, not like a river). Take first right after passing the river (the first traffic light). This is North Park Drive. Continue for 2,000 meters. Trailer parking is at the end of the course on the right. **Trailer parking is to the right.**

From North:

From I-95 south follow signs to Betsy Ross Bridge (just past Bridge Street Exit). When you come off the bridge follow signs to NJ Route 130 south. Stay on Route 130 for a few miles to a major intersection. Pass through the intersection still staying on Route 130. At the next traffic light you want to turn left but you must exit from the right (it's a jug handle). This is North Park Drive. Continue for 2,000 meters. **Trailer parking is at the end of the course on the right.**



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Parking and Equipment Storage

The trailer parking area is on the south side of North Park Drive near Cuthbert Blvd. Only trailers are to be parked here. There is a large parking lot at about the 1,000-meter mark on the course. Curbside parking is permitted in legal areas.

Spectators

Please take a moment to read the Camden County Park Commission-Cooper River Park Rules which are on the CRC website at www.cooperrowingclub.org

- Do not drive on the ball fields.
- You may set up your tents before 8:30 AM Saturday. If you choose to set your tents up after these specified times you will have to carry your supplies from the parking areas.
- You may cook for your teams, but you can't sell food or drink to the public. Please use care when using a grill. Properly dispose of coals and waste after you are finished.
- Please leave your area as you found it. It is your responsibility to properly dispose of trash. If you need extra garbage bags come to the finish line and we will provide them for you.
- No tent shall be within 100 feet of the finish line. You cannot set up tents on the ball fields. No
 vehicles are permitted next to your tent you will be towed by the park police.