

2010 NEW YORK STATE  
SCHOLASTIC ROWING CHAMPIONSHIPS  
**DIRECTIONS FOR ENTRY**

1) **Read the rules which follow:**

- i. Rowers will now be allowed to race in two events (however, it can only be in 1-Sculling & 1-Sweep event). Please make sure that you understand the implications of this opportunity before you do it. More is written below concerning the matter.
- ii. Coaches MUST identify the crew as “scholastic” (or) “club” as they enter them on RegattaCentral. There will be an opportunity to do so with each entry. The identification will last throughout the regatta, once done.
- iii. All Events will begin with a Time Trial Saturday morning. The Saturday morning portion of the regatta is, in fact, a qualifying regatta for “Champs”.

**b. Alpha Lists**

- i. One form should include the names of everyone who will row in a scholastic boat, and will require the signature of a school official.
- ii. The other form should include the names of everyone rowing in a club boat and does require the signature of a club official.

**c. Weigh-ins**

- i. Where applicable, the athletes have the option to weigh-in [with the entire boat – coach/team Rep. must attend], the day before or the morning of the race. Athletes only have to weigh-in **once** for the whole regatta.
- ii. Athletes will be given a second chance to make weight only if they are within 2 pounds of the required weight.
- iii. There will be no averaging.
- iv. There will be no coxswain weigh-ins.

**d. Definitions of classes**

- i. **Scholastic** = all competitors in the boat are from the same school.
- ii. **Freshman**  $\leq$  9<sup>th</sup> grade – Open to all teams to enter.
- iii. **Junior**  $\leq$  11<sup>th</sup> grade – Open to all teams to enter.
- iv. **Senior**  $\leq$  12<sup>th</sup> grade – Open to all teams to enter.
- v. **Novice** any high school-aged athlete who began rowing after the last day of the 2008 school year. Open to all teams to enter.
- vi. **Second**  $\leq$  12<sup>th</sup> grade with the requirement that the team must have at least one entry in the senior/junior/or lightweight event. Open to all teams to enter. **[Please note the SRAA rule for qualifying a 2<sup>nd</sup> Eight]**
- vii. **Lightweight**  $\leq$  12<sup>th</sup> grade from the same school and no boy over 155lb or no girl over 130lb. **[Please note: Scholastic Nationals has a maximum weight requirement for boys, of 150lbs. Do not overlook this if you intend to qualify for “Schoolboys”].** Open to all teams to enter.

**e. Entry Deadlines**

- i. All entries are due April 29<sup>th</sup> (Thursday) on [www.regattacentral.com](http://www.regattacentral.com) .
- ii. Waivers are required for this regatta as per USRA rules.

2) Fill out the Alpha list with the names of every competitor (alphabetically)

3) Write a check to **NYS High School Rowing Championships** (or pay online by credit card at Regatta Central).

4) Mail the complete packet (alpha list & check) to the following address:

Saratoga Rowing Association  
P.O. Box 750  
Saratoga Springs, NY 12866

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SCHOLASTIC ROWING CHAMPIONSHIPS  
LINE UP SHEET

Organization Name		
Contact Information	Name	
	Phone	
	E-Mail	

Event Name		
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	Expected Line-up	Year		Spares	Year
EX	Example, Joe	10		Example, Jane	11
C					
8					
7					
6					
5					
4					
3					
2					
1					

- 1) All competitors are listed on alpha sheets \_\_\_\_\_
- 2) All competitors have waivers (including spares) \_\_\_\_\_
- 3) All Money has been included \_\_\_\_\_
  - a. (\$111 per 8+, \$86 per 4+/4X, \$36 per 2X, \$16 per 1X)
  - b. (\$50 for the NYSSRA membership - mandatory)
  - c. (\$55 for the site "Maintenance Fee" - mandatory)
- 4) All scholastic alpha sheets have been signed by a school official \_\_\_\_\_

Please draw all checks to the order of:  
NYS High School Rowing Championships

Please mail all entries to the following address:  
Saratoga Rowing Association  
P.O. Box 750  
Saratoga Springs, NY 12866





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## CONTINGENCY PLANS

1. In the event of unrowable water on either Saturday/Sunday:
  - a. As all events will begin at the “qualifying regatta” Saturday morning, every boat will be ranked by noon Saturday (weather permitting). The schedule is set for the actual Championships (Semi’s and Finals). Semi’s will be stocked from the Time Trial’s in a manner which creates an even spread of speed.
  - b. Saturday can/will be extended (until 7:30) if there is a possibility the water will become rowable, and the light holds.
  - c. If Finals (Sunday) need to be cancelled, the fastest qualifying times in the Time Trials will be awarded the medals. The times rowed in the Time Trials will be the time of record until the Finals create the end results.
  
2. In the event of unrowable water on Sunday.
  - a. We will row as many Finals as possible with changes in the race order only if absolutely necessary.
    1. The highest priority is that every kid gets a chance to race (heat or final).
    2. The second priority is that the SRAA/Cincinnati qualifying finals are run.
    3. The third priority is that the order of racing (above) is followed.
  - b. The day can/will be extended if there is a possibility the water will become rowable.
  - c. If finals need to be cancelled, the fastest qualifying times in the Time Trials will be awarded the medals.

## PRACTICE SCHEDULE

1. The racecourse and docks will be in assembly on Friday afternoon. Crews will be allowed on the water, but there is no guarantee that everything will be in place.
2. Because the race course may still be in the process of being assembled, the people who are setting up the course and towing the docks have the priority on the water and cannot be asked to watch crews while doing their job.
3. Crews **MUST** follow the “Practice Schedule Map” (on the Cox’ page to download) – Failure to do so could result in exclusion from the regatta. Follow instructions please.
4. To be sure that your crews are allowed to practice, crews should make arrangements to bring launches and engines. Please contact the LOC if you plan to bring a launch.
5. There will be no practice in the mornings before the racing.
6. On Saturday evening, the course will be open for coach-accompanied practice ½ hour after the completion of the final race until dusk. Time TBA that weekend.
7. Once again...CREWS MAY ONLY PRACTICE IF THERE ARE SAFETY LAUNCHES ON THE WATER!! Coaches, please be prepared to volunteer to be a safety launch driver.

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**ROWING TWICE DO'S/DON'TS**

1. You can row exactly one sweep, and one sculling event. No more.
2. Please note: If the athlete/boat is good enough, they will row 6 1500's over the weekend. The events are spaced apart to allow this. However, Coaches please make smart choices concerning which athletes are allowed to do this. Use discretion please!!
3. If a coach/athlete decides halfway through the weekend that they are not inclined to finish out both events and scratches one, they must also scratch out of the other event as well. It is not fair to take a spot in the Semi's and/or Finals at the expense of another crew, and then scratch from it.
4. Scholastic Nationals DOES NOT allow rowing in more than one event. The USRA Youth Nationals in Cincinnati does (but does not recommend it – as it entails a possible 8 2k's in 3 days). In addition, you may only change 50% of your lineup from States to Nationals.
5. A list of all athletes double-rowing (and their events) will be provided to Registration before rowing begins Saturday morning. Exact lineups are required for this event as it qualifies for both National Championships. Coaches should identify their priority ahead of time in the case they should qualify for both events.
6. The Pair is a unique event. Any athlete is welcome to rerow into it, regardless of their priority event. The athlete will still be bound to just 2 events for the weekend though. The schedule will NOT be changed or delayed to accommodate any rerowing.
7. The attempt is to stimulate more rowing opportunities, and further small-boat rowing in our State. We have not created these opportunities to provide unscrupulous individuals another way to try and beat the system. We will not live in fear of the 3% of the population that is looking to exploit gray areas. Please enter and manage your athletes appropriately.