Since 1978 the fourth weekend in April, when the dogwood trees are in full bloom, ORRA has sponsored the annual Dogwood Regatta. Over the 30 year history of the event there have been many changes to the schedule and format. The Dogwood Regatta has events for youth and master athletes. The schedule on Saturday has been adjusted to allow a majority of the youth to make it back home for their spring formals. ORRA hopes you enjoy a great weekend of rowing.

REGATTA DATE: Saturday and Sunday, April 24-25, 2010.

LOCATION: Melton Hill Lake, 697 Melton Lake Drive, Oak Ridge, Tennessee

DOGWOOD REGATTA CONTACT INFORMATION

Regatta Director: Allen Eubanks, Telephone (865) 482-6538, Email coach@orra.org Snail mail: Allen Eubanks, 697 Melton Lake Drive, Oak Ridge, Tennessee 37830 Overnight: Allen Eubanks, 136 Orchard Lane, Oak Ridge, Tennessee 37830

HOW TO ENTER

On-Line Entry Window: **March 15** to **April 16, 2010**Entries should be made on http://www.regattacentral.com

REGATTA FEES:

- \$1000 cap for entries
- Event Fees: 8+: \$80
 4+/4x: \$60
 2x/2-: \$45
 1x: \$25
- ORRA will be collecting a \$1.50 per person venue fee above the entry fee.
- A temporary structure fee of \$30.00 will be collected by ORRA prior to team tents being placed. This
 fee is above the Team Cap Teams will receive a permit that must displayed while structure is on-site.
 The permit allows up to a 20x20 structure. ALL TENTS MUST BE FREE STANDING. NO STAKES
 ALLOWED!
- Late entry subject to \$10 per boat late fee, and accepted only if it does not cause an additional heat or race. Scratch deadline noon, Tuesday, April 20. Scratches after this date will forfeit their entry fee for that event.
- USRowing organizational membership is required and must be taken care of prior to arriving on site to participate. Membership can be done on-line at http://www.usrowing.org.
- Waivers must be completed on-line at http://www.regattacentral.com as no 'hard-copy' waivers will be utilized. Waivers MUST be completed by **Tuesday**, **April 20**.

CHECK-IN

Teams may sign-in at the ORRA Boathouse on Friday April 23 from 6:00 PM to 8:00 PM for Saturday events and on Saturday, April 25 from 6:00 PM to 8:00 PM for Sunday events.

HANDICAPPED NEEDS

Please advise the Regatta Organizing Committee of any special needs regarding services for handicap assistance at least 7 days prior to the regatta. 865-482-6538

ORRA DOGWOOD SOCIAL

On Sunday, we would like to invite you to join ORRA for lunch/early dinner on the venue so that we can have some time to meet and socialize with our neighbors in the rowing community. The lunch will cost \$ 12.00, drinks will be provided (beer for the adults). Food will be served starting at 12:00N until one hour after the last race. Please RSVP when you register on Regatta Central.

VOLUNTEERS

If you would like to get involved and volunteer you can sign-up http://www.orra.org/volunteer.html.

REGATTA RULES

- The Oak Ridge Dogwood Regatta will be conducted in accordance with the USRowing "Rules
 of Rowing". Please familiarize yourself with these rules before attending the coaches and
 coxswains meeting.
- All teams and their guests are prohibited from using official regatta channel(s). Teams
 violating the use of restricted channel(s) shall be subject to disqualification. In the event that
 racing crews "accidentally" use a regatta channel they will receive one warning.
- All competing boats shall carry a bow number of their assigned race lane for identification, said numbers containing numerals at least seven (7) inches high and four (4) inches wide on a background of a contrasting color, such as black numerals on a white background. It will be the crews responsibility to supply bow numbers. Crews will not be allowed on the water without a bow number.

COACH AND COX MEETING

Due to the format of the dogwood regatta there will be two C&C meetings. Meetings will be held on the south side of ORRA Boathouse on Melton Hill Lake. At least one representative from each crew must attend to cover event specific details. All crews will be responsible for the information delivered at the meeting, regardless of attendance. This will be the last opportunity to discuss entry and schedule issues, no entry changes will be considered after the close of this meeting.

- Crews racing on Saturday will meet Friday, at 8:00 PM
- Crews racing on Sunday will meet Sunday, at 7:30 AM
- There is not a weigh-in for coxswains at this event.

PROTESTS

Intent to file protest must be indicated on the water immediately following the finish of a race. The protest must be made to an USRowing official before the crew leaves the area between the finish tower and the embayment. After a crew returns to the launch docks, all right to protest is waived. The regatta will consider protest from each coach or coaching representative (only one coach/coaching representative per protest is allowed) per USRA rules at a fee of \$25.00. The protest must be filed with the Regatta Director and the fee paid within 60 minutes from the start of the race in question. The Regatta Jury will consider appeals from crews who have been assessed a penalty.

TENNESSEE STATE CHAMPIONSHIPS - The highest placing Tennessee crews* in the Men's and Women's youth events will be awarded a Tennessee State Championship Medal for that event. A minimum of two Tennessee crews must be the event to receive medal and points.

GOOD NEIGHBOR

ORRA shares this portion of the venue with the Oak Ridge Community and two local restaurants.

- No parking in the neighborhoods that border the course.
- The eastern half of the parking lot directly in front of the China Palace Restaurant must be reserved for restaurant quests only. Do not park trailers or cars in this area.
- The Flat Water Grill has asked that spectators stay off grass and from under structures unless you are eating a meal there. Spectators that are not eating interfere with daily customers.
- The entrance to the Palisades Neighborhood, located near the starting line, is a no parking zone. Signs have been posted and citations will be given for parking here.
- The green way that runs along the entire venue is shared by local citizens and event participants alike. Please keep equipment a minimum of 3 feet from the trail. Groups walking along or stretching on the green way need to allow easy passage by walkers and bikers.

ENTRIES RULES

- A team is considered the usual way the program practices/competes as of January 1 of the same year. A school team/club represents a single organization, with distinct location, colors, and coaches for the entire competitive season is a team. All crews representing the school/club must wear similar uniforms. Each team shall be responsible for the conduct, physical fitness, including the ability to swim, of its competitors.
- Athletes in each event are required to be of the same gender as well as in the same uniform.
 Uniforms must be worn from the time the crew goes through the Control Commission until the return to Recovery Dock.
- Each event must have a minimum of two entries to constitute a race.
- Each rower shall be limited to two events. Coxswains are exempted from this limitation. No consideration shall be given to scheduling conflicts of rowers and coxswains competing in multiple events. The coach and competitor shall decide which event shall be their priority.

Youth Events (Y)

- The youth events are intended for competitors who in the current calendar year do not attain the age of 19, or who are and have been continuously enrolled in secondary school as a full time student seeking a diploma. A competitor thus ceases to be a Junior after December 31 of the year of his/her 18th birthday, or of the year in which he/ she completes the 12th grade of secondary school, having been a full time student, whichever is later. All questions of eligibility, qualifications, or interpretations of the rules shall be referred to the Chief Referee, whose decision shall be final.
- <u>Varsity Events (1V):</u> Teams may enter up to two "A" level boats in the varsity, and novice events. Additional entries will be placed in the corresponding 2V events.
- <u>2V Events (2V)</u>: The boats entered in 2V must have an entry in the equivalent 1V or Novice event before entering in the corresponding 2V event.
- Novice (N): A Novice event shall be defined as any student-athlete who is in their first year of competition. A rower who has previously competed only as a coxswain can compete as a Novice rower. A coxswain who has previously competed only as a rower can compete as a Novice coxswain.
- Lightweight Events (LT): There will be NO lightweight events

Master Events (M)

- Master is a competitor who has attained or will attain the age of 21 during the current calendar year. A competitor's age is determined as of December 31 of the current calendar year, rounded down to the nearest whole number. A competitor thus becomes a Master on January 1 of the year of his or her 21st birthday. The age category of a Masters crew shall be determined by the average age of the rowers in the crew, rounded down to the nearest whole number. A Masters crew shall be comprised exclusively of Masters rowers, excluding the coxswain. A Masters crew may compete in a lower (younger) age category but not in a higher category. A Master competitor's eligibility to compete in Masters events is not affected by his or her classification by skill. Each competitor shall be responsible for his own health and fitness. Every Masters rower must be in a position to prove his age by presentation of an official document if requested.
- Master rowers are not limited in the number of entries in sweep and sculling events.
- No consideration shall be given to scheduling conflicts of rowers and coxswains competing in multiple events. The coach and competitor shall decide which event shall be their priority.
- Masters events shall be held in the following crew age categories:

0	MASTER:	AA. 21 to 26 years	A. 27 to 35 years
0	SENIOR-MASTER :	B. 36 to 42 years	C. 43 to 49 years
0	GRAND-MASTER	D. 50 to 54 years	E. 55 to 59 years
0	<u>VETERAN</u>	F. 60 to 64 years	G. 65 to 69 years
0	SENIOR-VETERAN	H. 70 to 74 years	<i>I.</i> 75 to 79 years
_	CDAND-VETERAN	I 90 and over	

- GRAND-VETERAN J. 80 and over
- The masters events will use the first 750m of the course as the warm-up area. Please do not go past the bridge. Only Lanes 4, 5, 6 are to be used for warm-up. Master events are final only. Please, notice the schedule and the 2000m events that might be on the course
- <u>Mixed Events (MX)</u>: Mixed crew events are which half of the crew excluding the coxswain shall be women and half shall be men. The coxswain may be of either gender.

PRACTICE TIMES

Crew will be able to practice on the course Friday starting at 12:00 PM. and Saturday 15 minutes after the final race of the day, TENTATIVELY available after 5:00 p.m. No coach launches will be permitted on the water. Crews may follow the event regatta traffic pattern to practice south of the course at the crew's own risk during the regatta.

LANE SELECTION

Random lane selection will be done using Regatta Master software. This regatta management software collects the data from Regatta Central and automatically seeds crews. Please note that we will be downloading and drawing the lanes draw on Wednesday evening, **April 23**, **2008**. It will be posted on the web at www.regattacentral.com or www.orra.org that evening and copies of the schedule will be available to coaches by email or on site upon signing-in. This will not be the final heat sheet and will be subject to changes. The final heat sheet will be distributed at the C&C meeting.

AWARDS

Medals may be picked up at the boathouse and results will be posted on the bulletin board outside the boathouse. Medals for first, second, and third place will be awarded. There will be no Dogwood overall team point trophies awarded this year.

CONCESSIONS & MERCHANDISE

Food and beverages will be available for purchase at the regatta site. The unauthorized sale of merchandise, food or drink in not permitted.

COURSE SET-UP & TRAFFIC PATTERN

- Open and Junior events will be 2000m from stake boats, PLEASE MAKE SURE YOUR COXSWAINS KNOW
 HOW TO BACK INTO A STARTING DOCK.
- Master events will be 1000m from a floating start.
- Rowing will be northwest to southeast downstream from the start to the UT-Battelle Finish Tower. The
 distance markers are placed on the eastern shore and will count toward the finish (0000 | 500 | 1000 | 1500 |
 2000).
- The course will include six (6) buoyed lanes with lane markers hung from the starting bridge. The lanes will be numbered from left to right (0 | 1 | 2 | 3 | 4 | 5 | 6). Lane six will be closest to the finish tower on the west side of course. Lane "0" is the travel lane toward the start that is on the east side of the course. This lane may be used if a 7th lane is needed. Use caution when approaching the choke point located at 500m.
- A "Starter's Tower" will also be utilized to aid in the teams viewing of the starter's flag. Each lane is equipped with an individual loud speaker.

LAUNCHING:

- There will be three calls to launch prior to each event as scheduled. Launch officials at the launch docks will
 make every effort to launch boats on time. It is your responsibility to report to the starting line on time,
 regardless if you hear the race calls or not. Coaches and coxswains should be ready to launch 45 minutes
 prior to the scheduled time of their event.
- The SOUTHERN two launch docks will be used for launching crews.
- The **NORTHERN** two docks will be used for recovery.
- The two docks located closest to the boathouse are for emergency use and referees only.
- Approaches to and from the launching docks must be kept clear.
- Crews should spend as little time on the docks as is required.
- HOT SEATING must be arranged with the dock master before the scheduled race. The regatta will proceed
 on time and will not be held for hot seating crews. Events will not be delayed to permit re-rigging of shells.
- A coxswain must check-in with the dock master before launching for every race.
- Proceed off the launching docks toward the southern end of the embayment and then proceed out keeping your starboard side closest to the shore. The traffic pattern is RIGHT HAND RULE.

TRAFFIC PATTERN

- Exit the embayment turning right toward the finish line tower. Follow the starboard shore 250m beyond the
 tower. DO NOT YIELD OR STOP ON FINISH LINE. Once clear of the finish area boat may turn toward far
 shore. There will be yellow buoys to mark the finish area. Maintain single file past the racecourse.
- Boats must yields when events on the course approach (150m).
- Traffic rules will be posted at the launch docks. All coaches, coxswains, captains, and scullers must read and familiarize themselves with the traffic rules before leaving the dock.

WARMING UP:

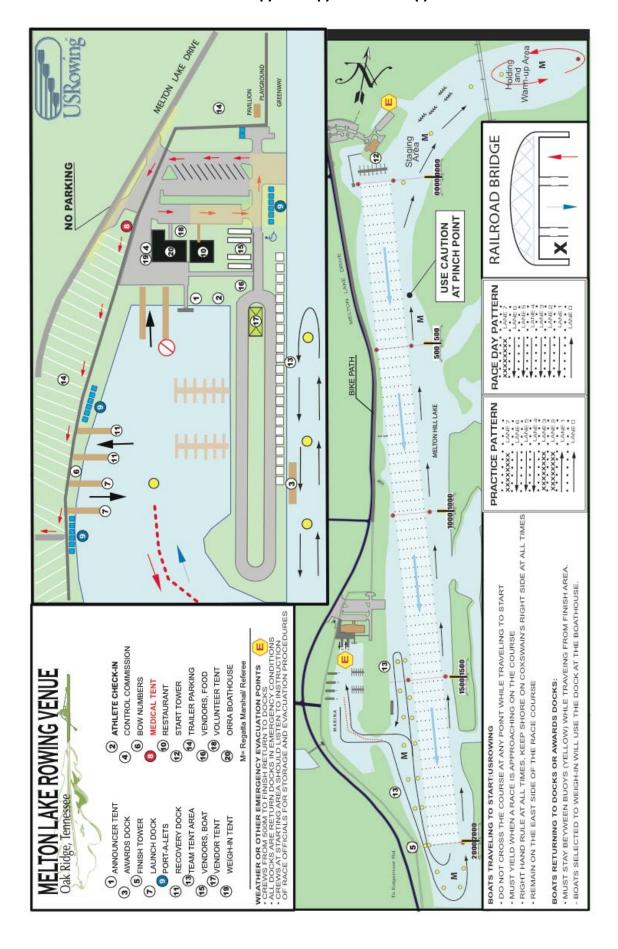
- Crews can warm up with caution as they travel up the eastern shore toward the start.
- Avoid doing practice starts until you pass the starting line.
- Competitors may proceed up stream past the railroad bridge for practice.
- The warm up area in the starting is 500m north of the bridge. Twin orange buoys will mark the warm-up limit. Stay with in site and audible distance of the start marshals Check in with the start Marshal north of the bridge upon your arrival to the warm-up area. Travel in a counter clockwise direction.
- Staging crews will happen south of the bridge along the west shore. The Staging Marshal will call the race to line up in lane order to enter the course. Check in with marshal upon arrival.

WARMING DOWN:

- Crews should exit the finish area as soon as possible after the Regatta Official has polled the crews after the conclusion of the event.
- A warm down area will be provided beyond the course for 250m. Crews should not travel around the next river bend while warming down.

RECOVERY:

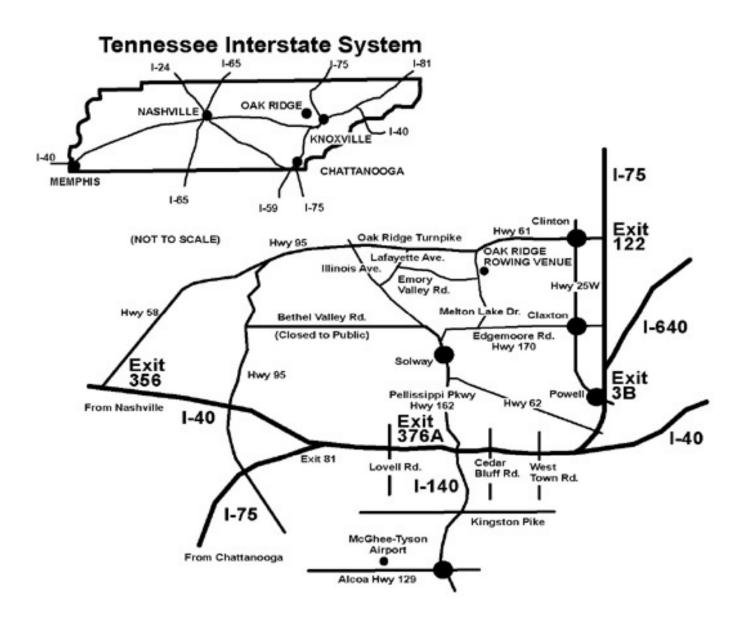
- Crews will exit the finish area between the course and the finish line tower.
- Crews are to stay off the course while exiting the course.
- Crews are not allowed to stop on the finish line while leaving the course.



SCHEDULE OF EVENTS (Times for all final events are tentative and subject to change.)

Saturday			Sur	Sunday		
		(AM HEATS AS NEEDED)			NO HEATS	
_1	1:00 PM	WOMENS YOUTH 1V 8+	31	8:30 AM	WNS MASTERS 8+	
2	1:08 PM	WOMENS YOUTH 2V 8+	32	8:40 AM	MNS MASTERS 4+	
3	1:16 PM	WOMENS YOUTH NOVICE 8+	33	8:50 AM	WNS MASTERS 4X	
4	1:24 PM	WOMENS OPEN 8+	34	9:00 AM	MNS MASTERS LTWT 1X	
5	1:32 PM	MENS YOUTH 1V 4+	35	9:10 AM	MNS MASTER 1X	
6	1:40 PM	MENS YOUTH 2V 4+	36	9:20 AM	MNS SENIOR-MASTER 1X	
7	1:48 PM	MENS YOUTH NOVICE 4+	37	9:30 AM	MNS GRAND-MASTER 1X	
8	1:56 PM	MENS OPEN 4+	38	9:40 AM	MNS VETERAN 1X	
	2:04 PM		39	9:50 AM	MNS SENIOR VETERAN 1X	
9	2:12 PM	WOMENS YOUTH 1X	40	10:00 AM	MNS GRAND-VETERAN 1X	
10	2:20 PM	WOMENS OPEN 1X	41	10:10 AM	MNS MASTERS 8+	
11	2:28 PM	WOMENS YOUTH 2X	42	10:20 AM	WNS MASTERS 4+	
12	2:36 PM	MENS OPEN 2-	43	10:30 AM	MNS MASTERS 4X	
13	2:44 PM	MENS YOUTH 1X	44	10:40 AM	WNS MASTER 2X	
14	2:52 PM	MENS OPEN 1X	45	10:50 AM	WNS SENIOR-MASTER 2X	
15	3:00 PM	MENS YOUTH 2X	46	11:00 AM	WNS GRAND-MASTER 2X	
16	3:08 PM	WOMENS OPEN 2-	47	11:10 AM	WNS VETERAN 2X	
	3:16 PM		48	11:20 AM	WNS SENIOR-VETERAN 2X	
17	3:24 PM	MENS OPEN 4X		11:30 AM	LUNCH	
18	3:32 PM	WOMENS YOUTH 1V 4+	49	1:00 PM	MX MASTERS 2X	
19	3:40 PM	WOMENS YOUTH 2V 4+	50	1:10 PM	MX MASTERS 4+	
20	3:48 PM	WOMENS YOUTH NOVICE 4+	51	1:20 PM	WNS MASTERS LTWT 1X	
21	3:56 PM	WOMENS OPEN 4+	52	1:30 PM	WNS MASTER 1X	
22	4:04 PM	MENS YOUTH 1V 8+	53	1:40 PM	WNS SENIOR MASTER 1X	
23	4:12 PM	MENS YOUTH 2V 8+	54	1:50 PM	WNS GRAND-MASTER 1X	
24	4:20 PM	MENS YOUTH NOVICE 8+	55	2:00 PM	WNS VETERAN 1X	
25	4:28 PM	MENS OPEN 8+	56	2:10 PM	WNS SENIOR VETERAN 1X	
26	4:36 PM	WOMENS OPEN 4X	57	2:20 PM	WNS GRAND-VETERAN 1X	
			58	2:30 PM	MNS MASTER 2X	
			59	2:40 PM	MNS SENIOR-MASTER 2X	
			60	2:50 PM	MNS GRAND-MASTER 2X	
			61	3:00 PM	MNS VETERAN 2X	
			62	3:10 PM	MNS SENIOR-VETERAN 2X	
			63	3:20 PM	MX MASTERS 4X	
			64	3:30 PM	MX MASTERS 8+	

DIRECTIONS Directions to the Oak Ridge Rowing Venue



DRIVING DIRECTIONS

Driving Distance - Major Cities

240 miles Atlanta, GA Nashville, TN 184 miles Birmingham, AL 264 miles Philadelphia, PA 553 miles Chattanooga, TN 98 miles St. Louis, MO 491 miles Chicago, IL 658 miles Toronto, ON 737 miles Cincinnati, OH 253 miles Washington, DC 500 miles Indianapolis, IN 363 miles

Oak Ridge, Tennessee- The city of Oak Ridge lies in the ridge-valley topography of Eastern Tennessee. The City is ~15 minutes off I-40 and I-75.

FROM THE KNOXVILLE'S McGHEE TYSON AIRPORT

Leaving McGhee Tyson Airport North on Highway 129 to Interstate 140 (to Oak Ridge) travel 11 miles to merge into Pellissippi Parkway (TN-162N): (see Pellissippi Parkway below.)

FROM THE NORTH on I-75 (LEXINGTON, KY)

Interstate 75 SOUTH to Exit 122 to Oak Ridge via the Clinton Highway 61. (see Exit 122 - Highway 61 below.)

FROM THE SOUTH on I-75 (CHATTANOOGA, TN)

Interstate 75 NORTH (to Knoxville) Exit 84 onto I-40 EAST. (see From the West I-40 EAST)

FROM THE NORTH on I-81 (BRISTOL, TN)

Interstate 81 SOUTH to Interstate 40 WEST. Follow below directions From the East (40 WEST).

FROM THE EAST on I-40 (ASHVILLE, NC)

Interstate 40 WEST. Exit 393 (I-640) around Knoxville. From Interstate I-640, take the exit 3B to Clinton (25W). (see Exit 3B - Clinton Highway - US25W below.)

FROM THE WEST on I-40 (NASHVILLE, TN)

Interstate 40, take Exit 376 (Maryville/Oak Ridge) to Oak Ridge via the Pellissippi Parkway (TN-162N). EXIT 376A (see Pellissippi Parkway below.)

Exit 376A - TN-162 "Pellissippi Parkway"

On a long exit ramp which in 0.8 miles will merge into Pellissippi Parkway (TN-162N). Once on Pellissippi (TN-162,N), continue 6 miles on TN-162 merges into TN-62 "Oak Ridge Highway". Continue on TN-62 west .4 miles through Solway (small town) and over the Clinch River bridge to Edgemoor Road (TN-170). Exit sign on your right. (see Hwy 170-"Edgemoor Drive" below)

Exit 3B - US-25W "Clinton Highway"

Once on Clinton Highway 25W continue for 12 miles through Powell (medium town) to light in Claxton (small town). Turn left on to Edgemoor Road (TN-170) (see Hwy 170-"Edgemoor Drive" below)

Hwy 170-"Edgemoor Drive"

Traveling from Clinton Highway - 3.0 miles you will pass the TVA Bullrun Steam Plant then cross the Edgemoor Bridge to first light. Turn right at light onto Melton Lake Dr. (see below) Traveling from Pellissippi Parkway - 2.3 miles to first light. Exit on the "Melton Lake Drive" ramp to the right onto Melton Lake Dr. (see "Melton Lake Drive" below)

Exit 122 - Highway 61

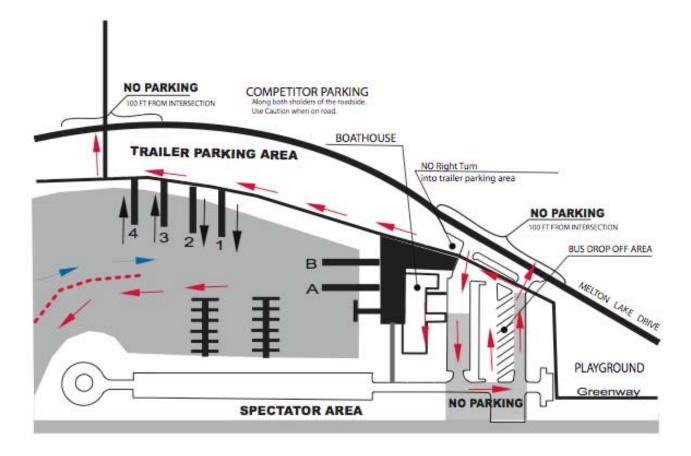
Follow Highway 61 through Clinton to Oak Ridge. Within 20 minutes, you will pass a blue Oak Ridge welcome sign on your right. Continue 0.3 miles after WELCOME sign to first light after sign. Turn left at light onto Melton Lake Dr. (see "Melton Lake Drive" below)

"Melton Lake Drive"

Traveling from Edgemoor- The Oak Ridge Rowing Association Boathouse is 2.2 miles on your right. Traveling from Oak Ridge Turnpike- The Oak Ridge Rowing Association is 1.2 miles ahead on the left.

PARKING

- Spectators will asked to park along the shoulders of Melton Lake Drive. As the regatta
 continues to grow in size parking for teams and spectators become limited. Please follow the
 posted signs to the appropriate parking areas. Volunteers will be on hand to assist you. There
 is not a charged to enter Melton Lake Park. The park is tentatively scheduled to open at 6:00
 a.m. each morning.
- The parking area is reserved for referees; event volunteers, and regatta officials, spectators may not park in this area.
- The grass areas will be reserved for cartop vehicles with boats and trucks with shell trailers, set up in marked area and tow vehicles are not permitted to park in trailer parking area. Each trailer will have 18-20 feet between trailers. Rigging can take place on any of the grass areas of the park. Crews will need to bring shell storage equipment if needed.
- The parking lot may not be used for rigging or boat storage unless directed by LOC.
- The walking trail that runs through the venue must be left clear. This road MUST be kept clear for emergency vehicles.
- Buses will be allowed to drop off athletes in parking lot in front of boathouse. Buses will be
 required to drop in the designated area. Busses may remain in parking lot no longer than 15
 minutes before moving to an off site parking area. A parking volunteer will give each Bus
 Driver a packet and map to Bus Staging Area (BSA). Crews needing bus will need to go to
 the Volunteer tent and have the Bus Called forward once the crew is ready to depart the
 venue. The Bus will have 15 minutes once on the venue to load and depart. Drivers will
 receive additional information in the packet.
- The eastern half of the parking lot directly in front of the China Palace Restaurant must be reserved for restaurant quests only. Do not park trailers or cars in this area.



SCRATCH & LATE ENTRY FORM

COMPLETED FORMS MUST BE SUBMITTED AT THE REGISTRATION DESK AT LEAST TWO HOURS BEFORE THE EVENT. A SEPARATE FORM MUST BE FILLED OUT FOR EACH SCRATCHED OR LATE ENTRY.

Organization Name:							
Contact Name:	Cell P	Cell Phone:					
Coach Name:	Cell P	hone:					
Email:							
Signed:							
Date submitted:	Time submit	Time submitted:					
SCRATCH							
Scratches received after the registration de	adline will not have their e	ntry fee refunded.					
Event Name:							
Event #:	-4- \-						
Boat Designation (A boat, B boat, Reason?	etc.):						
Reason?							
LATE ENTRY							
	0 /0V PEE. 4V POE						
8+ \$90; 4+/4X \$55; Mastercard/Visa #:	2-12A \$33, IA \$33						
	CVV Code:						
Exp. Date: CVV Code: Boat Designation (A boat, B boat, etc.):							
Event Name:	510./•						
Event #:							
Athletes Name		Age as of 12/31					
1.							
2.							
3.							
4:							
5.							
6.							
7.							
8.							
Cox:							
OFFICIAL USE ONLY							
Heat:	Lane:						
Accepted By:	Time:						
Start Notified:	Finish Notified	Finish Notified:					
Dock Master Notified:	Data Base Upd	Data Base Updated:					