



97th Annual West Side Invitational

Sunday, July 11, 2010

The Officers and Board of Directors of the West Side Rowing Club would be pleased to have you attend 97th Annual West Side Invitational Regatta in Buffalo, NY.

The 2010 West Side Invitational will run North to South over 1,500 meters of the historic Black Rock Canal. Races will begin just to the south of Ferry Street Lift Bridge and finish at the West Side Rowing Club.

The West Side Rowing Club will also be hosting two other events leading up to the regatta on Sunday. **On Friday July 9**, the 3rd Annual West Side College Night will take place. College Coaches from across the country will be on hand to meet athletes and answer your questions. There will also be presentation outlining recruitment rules and regulations that all high school athletes should be aware of. This event is open to all athletes.

Saturday July 10th will be the 2nd Annual West Side Rowing Club Alumni Reunion. Any and all West Side Alumni and friends are invited to join us for an afternoon of food, beverages and laughs while we reminisce about how fast we used to be! The reunion will go from Noon – 6pm. A \$25 per person donation would be appreciated.

Regatta Rules:

Regatta Format:

- All events that require heats will be run as 1,500 meter time trials. Crews will begin rowing above the Ferry Street Lift Bridge and their time will begin when they cross the starting line.
- The top 4 crews from each heat will advance to the finals.
- All finals will be 4 boat races. The start of each final will be a floating start. All coxswains must listen and respond to the starting official to ensure a fair start. Failure to comply with the starting official will result in disqualification.

Course:

- The West Side Invitational Regatta is rowed over 1,500 meters of the Black Rock Canal. Crews will begin racing at the Ferry Street Lift Bridge and race south to the West Side Rowing Club.
- There will be a slight head current on the course, as crews will be racing from north to south along the Canal. Wind speed and direction will be determined on the day of the race.

Launch Site:

- All crews will launch from the docks located at the West Side Rowing Club. Crews will be called to the water no more than 45 minutes prior to the start of the event.
- All crews must launch with bows pointed towards the Canal.
- There will be a 60-second limit for all crews on the dock. The dock master will have the authority to impose penalties for excessive time on the dock.
- When you leave the dock for the **heats**, crews must stay to the east side (City side) of the Canal as they make their way to the start. Crews that interfere with racing boats on their way to the start will be assessed a penalty. No crew on their way to the start should proceed through the Ferry Street Lift Bridge until the Marshall on the water clears them to do so.
- When crews leave the dock for the **finals**, each crew must cross to the west side (river side) of the canal and make their way to the start. All crews must proceed to the start single file. Crews that interfere with racing boats on their way to the start will be

assessed a penalty. No crew on their way to the start should proceed through the Ferry Street Lift Bridge until the Marshall on the water clears them to do so.

Starting Area:

- All crews must be in the marshalling area at least 10 minutes prior to the start of the event.
- Boats will be started in order of their bow numbers at approximately 15-second intervals for the heats.
- Boats arriving late to the start may lose their starting position or be excluded from the event at the discretion of the Starting Line Official.

Passing on the Race Course (Time Trial Heats only):

- A crew is deemed to be overtaking another crew when it has moved to 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 and allow the overtaking crew to pass. – 2007 Rules of Rowing, Article VII.b
- Any violation of the passing rules will result in a 30 second penalty.

Buoys on the Race Course:

- A detailed course map is available on Regatta Central. To view the map click on the “Venue” tab on the left hand side of the screen during registration.

Finish Area:

- All races will conclude in front of the West Side Rowing Club. There will be an official on land that will use an air horn to signal the finish of the race. The horn will sound once for each crew crossing the line.
- Once crews have crossed the finish line, they must keep rowing until they reach the red buoy beyond the Fontana Boathouse. Once crews have reached that point, an on the water official will direct them back to the docks at the Fontana Boathouse.
- All crews must stay between the wall and the red buoys when returning to the docks. Crews that enter the race course and interfere with racing boats will be given a 30-second penalty.

Return Dock:

- All crews will be returning to the Fontana Boathouse docks.
- There is a 60-second time limit on the dock.
- It is suggested that all coaches have the athletes shoes stored near the return dock and additional athletes to help clear the oars from the return dock area as crews come in.

Lightweights:

- Lightweight Men: Max of 155 lbs.
- Lightweight Women: Max of 135 lbs.
- Flyweight Men: Max of 145 lbs.
- Flyweight Women: Max of 125 lbs.

Definition of Categories:

- **All events are Senior unless limited by age group.**
- **Junior A:** Less than 19 years of age on January 1, 2010.
- **Junior B:** Less than 16 years of age on January 1, 2010.
- **Lightweight:** Any athlete that is at or below 155 pounds for men's events and 135 pounds for women's events.
- **Flyweight:** Any athlete that is at or below 145 pounds for men's events and 125 pounds for women's events.

Hot Seating:

- Hot seating boats or rowers requires a minimum of 45 minutes separation, but is always done so at your own risk. We will not wait for your crew!
- All hot seating will take place at the Fontana Boathouse docks.

Entry Information:

- All entries must be completed on Regatta Central (www.regattacentral.com).
- No more than 2 entries per club per event.
- 2 Boats constitute a race and must be from 2 different rowing clubs.
- Mailed entries will be accepted if they arrive prior to the on-line due date.
- Payment can be made on Regatta Central or on the day of the event. If paying on the day of the event, please make checks payable to "West Side Rowing Club".

- Entry Fee's:
 - o Eights: \$70.00
 - o Fours: \$55.00
 - o Pairs and Doubles: \$35.00
 - o Singles: \$25.00

Day of Event Registration:

- Registration packets will be available in the upstairs Board room of the West Side Rowing club on the day of the event.
- Each packet will contain bow numbers as well as back numbers and safety pins for each entry that requires a heat.
- Course maps and additional race information will also be included in the regatta packets.
- All entry fees must be paid in full before a program will receive their entry packet.

Event Parking:

- The main lot of the West Side Rowing Club will be reserved for trailer parking only.
- Trailer parking will be available after 5pm on Saturday July 12th. There will be on site, over night security for this event.
- Please contact Matt Logue (mplogue@wsrc.org) if you will be bringing a trailer or traveling by bus to this event.
- There will be a shuttle bus transporting coaches and athletes from Front Park and LaSalle Park to Cotter's Point beginning at 6AM and concluding after the last race.
- Additional parking information is available on the "Venue" tab of Regatta Central.
- All rowing shells must be on the property **no later than 10am** due to an event going on at a neighboring facility.

Contingency Plan:

- In the event of unrowable water on race day:
 - o We will run as many of the heats as possible with changes to the race order only if necessary. Should it become clear that we cannot get all of the heats in we may change the order of events to make sure the higher events are run.
 - o Race day can/will be extended until 6pm if there is a possibility the water will become rowable.

- If FINALS need to be cancelled, the fastest qualifying times in the heats will be awarded the tankard/points. The last level of racing will be used to determine placements.
- If the Regatta Committee decides that all of the heats or finals cannot be raced, and subsequently need to change the “order of racing”, the following will be the order: Senior (8+, 4+), Lightweight (8+, 4+), Junior A (8+), Junior B (8+), Junior A (4+), Junior B (4+), 140/120 lb. 4+, 2x, 1x.

Awards:

- Traditional West Side Invitational Tankards will be awarded to first place crews.
- The O'Sullivan Trophy will be awarded to the Club that achieves the most points during the regatta.
-

Order of Events:

- The Coaches and Coxswain Meeting will begin at 8am.
- Order of heats will be determined once all entries are submitted.
- The first heat will begin at 9am.
- The first Final will begin 20 minutes after the last heat ends.
- The event order for the finals will be:
 - #1 Women’s Junior Lightweight 8+
 - #2 Women’s 2x
 - #3 Men’s 4+
 - #4 Women’s Lightweight 4+
 - #5 Women’s Junior A 8+
 - #6 Men’s Junior A 4+
 - #7 Men’s 2-
 - #8 Men’s Lightweight 4+
 - #9 Women’s 1x
 - #10 Women’s Junior B 8+
 - #11 Men’s Junior B 4+
 - #12 Women’s 4+
 - #13 Men’s Junior Lightweight 8+
 - #14 Men’s 1x
 - #15 Women’s Lightweight 8+
 - #16 Men’s Lightweight 8+
 - #17 Men’s 2x
 - #18 Women’s Flyweight 4+

- #19 Women's 2-
- #20 Men's Junior A 8+
- #21 Women's Junior A 4+
- #22 Men's Flyweight 4+
- #23 Men's Junior B 8+
- #24 Women's Junior B 4+
- #25 Women's 8+
- #26 Men's 8+

Hotels:

Hyatt Regency
 2 Fountain Plaza
 Buffalo, NY 14202
 716-856-1234

Holiday Inn
 620 Delaware Ave.
 Buffalo, NY 14201
 716-886-2121

Best Western Inn – Inn on the Avenue
 510 Delaware Ave.
 Buffalo, NY 14201
 716-886-8333

Adams Mark Hotel
 120 Church St.
 Buffalo, NY 14202
 716-845-5100

Comfort Suites – Downtown
 601 Main St.
 Buffalo, NY 14203
 716-854-5500

Other Events in Buffalo this weekend:

- The Taste of Buffalo - <http://www.tasteofbuffalo.com/>