

2005 Charm City Sprints

The 2005 Charm City Sprints will be held on Saturday, June 25, 2005. The course will be a 1000-meter sprint race on the home waters of the Baltimore Rowing Club located at Middle Branch Park. We have events for Novice, Open, Masters and Juniors. The starting point will be at "Glass Beach" on the west side of the lagoon with the finish line just prior to the Hanover Street Bridge. Historically, conditions have seen temperatures in the 70's with a light breeze (5- 10 mph) out of the south/southwest.

The short-list:

Electronic Registration: The preferred method.

Snail-mail Registration: Acceptable, but discouraged. See details below.

Waivers: Mail to the boathouse, or bring to the regatta..

Entry Deadline: June 18th on Regatta Central or postmarked.

Late-Entry Window: June 18th through June 23rd and ONLY if lanes are available in a heat. Snail-mail entries during this period must be preceded by a heads-up email, or will be given lowest priority when seeding heats.

Juniors: Enter in any non-master's event. Indicate in club name that it is a Junior crew (e.g.: Runamuck Rowing Club Juniors, Mobtown Jnrs., Bigtown Prep Boys, etc.) to aid in heat formation.

Late Fee: \$10 late fee assessed after June 18th.

Scratches: No refunds after June 18th.

Heats: Will be formed after June 18th.

Bow numbers: Bring your own.

Race day submittal: At the discretion of the regatta committee, and only if lanes are available in a heat. Late fees apply.

Race Schedule: Tentative schedule is included in this packet. Subject to compression or expansion depending on heat formation.

Contact Info: Rob Mulligan, ccs@baltimorerowing.org, 443-540-4639

The Details

Entries:

Electronic registration! www.regattacentral.com

The preferred method for submitting entries and paying the entry fee is through Regatta Central (www.regattacentral.com). Waivers should be mailed to the BRC boathouse or can be simply brought to the regatta and submitted at check-in. We use the standard waiver available from the USRowing website. Entries should be submitted before 12:00

AM **June 18, 2005** to provide ample time for organization of entries into heats. Following that date, entries will still be accepted (with a \$10 surcharge) until 12:00AM June 24th, and under the condition that there are spaces for entries in a heat. However, registering though the late entry window is highly discouraged.

For our internet challenged friends and die-hard snail mail users: don't worry, we will still accept your entry (but we prefer the electronic registration method). Entry forms are located at the end of this document. Check or money order (made payable to *Baltimore Rowing Club*) for entries should be included with the entry form otherwise we not will consider your entry (i.e.: no IOUs). Additionally, the entries must be postmarked by June 18th to not be assessed by the late fee. Snail mail entries arriving during the late entry period must be preceded to by a "heads-up" email to the regatta director to facilitate heat formation. If we do not receive that email, the entries will be placed at the bottom of the pile and given last priority.

We recognize that there may be a need to make changes after the entry date and the committee will make every effort to accommodate those changes. However, if a new entry creates another heat, entry will be at the discretion of the committee.

PLEASE NOTE: Entries must be sent in time to be **RECEIVED by June 18, 2004.** Entries received after that date will only be accepted if a new heat does not have to be added.

- **Important:** Every participant must sign a waiver of liability for insurance purposes. Mail these to BRC or bring these to the regatta on race day.

Entry Deadline June 18, 2005

www.regattacentral.com

Or, send completed entries and waivers via snail-mail to:
Baltimore Rowing Club
Attn: Rob Mulligan
3301 Waterview Avenue
Baltimore, MD 21230

Contact Information:

If there are any questions, please contact Rob Mulligan at the following:

(443) 540-4639 – cell

Or, you may contact him by e-mail at the following address: ccs@baltimorerowing.org

Online information and updates will be available immediately through regatta central, and on the **www.baltimorerowing.org** website starting June 1, 2005.

Entries and Entry Fees:

Juniors Races. Juniors can enter in any non-master's event. Their club name should designate them as a Junior crew. If there are 2 or more Junior entries in an event, it will be timed as a separate race and medals will be awarded separately to the victorious Junior crew.

Masters Races. Include age and category information to aid in heat formation and handicapping adjustments.

This is a USRowing registered regatta. It is now a requirement that all organizations rowing in a registered regatta (with the exception of singles) must be a member of USRowing.

Please submit entry fees before **June 18, 2005**. Checks can be made payable to **Baltimore Rowing Club**, if not using Regatta Central. The fee schedule is as follows, with a \$10 late fee assessed after the aforementioned date:

Boat	Fee (\$)
8+	60
4+	40
2x	25
1x	15

Scratches:

All scratches must be phoned or faxed in by June 18, 2005 by 6:00 p.m. EST. The call in number to scratch a boat is (443) 540-4639. We recognize that certain conditions may require a scratch on the day of the race and we will address those during the coaches meeting. Any boat scratched after the June 18 deadline will forfeit their entry fee.

Awards and Trophies:

Individual Race Awards – All heats are run as finals with medals awarded to the first-place finisher in each heat. Medals will be awarded based on the number of crews in an event. A minimum of two boats must be present for a race to be held in a particular event. Juniors can enter in any non-master's event. Their club name should designate them as a Junior crew. If there are 2 or more Junior boats in an event, it will be timed as a separate race and medals will be awarded separately to the victorious Junior crew.

Order of Events:

Please note this event listing does not contain heats or finals. The tentative race schedule is based on 2004 events and contains only **projected** heats and finals order. There are no separate lightweight events. All efforts will be made to stay as close to the schedule as possible. Then again, we all know what regattas are like but at least we can do our best. With multiple referees and ten-minute centers and hopefully some nice weather and improved docks we should be able to keep things relatively on schedule.

#	Event Name	Time
----	Coaches and Cox's Meeting	8:30
1	Novice/Rec Singles	9:30
2	Novice Men's Fours	9:40
3	Masters Men's Singles (A-B)	9:50
4	Masters Women's Singles (A-B)	10:00
5	Masters Women's Singles (C-F)	10:10
6	Masters Men's Singles (C-E)	10:20
7	Masters Men's Singles (F-G)	10:30
8	Novice Women's Fours	10:40
9	Open Men's Singles	10:50
10	Open Women's Doubles	11:10
11	Open Women's Singles	11:20
12	Masters Women's Fours	11:30
13	Masters Men's Doubles (A-C)	11:40
14	Masters Women's Doubles (A-C)	11:50
15	Masters Women's Doubles (D-F)	12:00
16	Masters Men's Doubles (D-F)	12:10
17	Open Men's Eights	12:20
18	Open Women's Eights	12:30
	- - - Lunch Break - - -	
19	Mixed Fours	13:30
20	Open/Masters Men's Quads	13:40
21	Open Women's Fours	13:50
22	Masters Men's Eights	14:00
23	Open Men's Doubles	14:10
24	Open/Masters Women's Quads	14:20
25	Masters Men's Fours	14:30
26	Masters Women's Eights	14:40
27	Open Men's Fours	14:50
28	Mixed Doubles	15:15
29	Mixed Eights	15:30

Rules Governing Entries (specific to this regatta):

We will follow the USRowing Rules of Rowing. Please read these rules carefully before filling out your entries.

1. **Hot seating.** While we will do our best to accommodate the “hot seating” that will invariably occur at any regatta, we will not be rearranging races to allow for the reuse of either athletes or equipment. Teams repeat athletes at their own risk and must be aware of the complications that might result for both the crew and the overall regatta. A minimum of 40 minutes is required between races that involve using the same equipment or coxswain/athlete.
2. There is no minimum number of events that a coxswain may enter. However, please consult #1 above with regard to hot seating.
3. Coxswains of any of the boats (men’s or women’s) can be of either sex.
4. Crews will be on their honor that coxswains meet minimum weight requirements. Minimum cox weight for men’s crew: 120 lbs. Minimum cox weight for women’s crews: 110 lbs.
5. Masters singles and double races will be held in categories A through E if there are at least 2 entries per category. Otherwise, age categories will be grouped, and age handicapping will apply. (See USRA Rules of Rowing.)
6. Masters fours and eights age handicapping will apply for each year boat average exceeds 30. Minimum age for rower: 27.
7. All launching shells must have bow balls and foot-release devices. These will be checked prior to launching. No shell will be permitted to launch without a bow ball. Cracked, split or dry-rotted bow balls are unacceptable.
8. No electronic communications to shore are allowed in racing shells. This includes cell phones, walkie-talkies, radios, and cox-boxes equipped with a voice-transmitter.

Registration:

All crews are required to register at the registration table upon arrival. Please be ready to fill out any roster substitutions or make any other changes as necessary. Regatta officials will be available to answer questions. The regatta entry packet will contain the following information:

- **Bow Numbers:** Crews will provide their own bow numbers.
- **Coxswain Course Maps:** each packet will contain laminated course maps for your coxswains to keep with them on the water so that they are able to reference traffic patterns and the various particulars of the course. It also includes an event schedule on the back.
- **Event Schedule and Lane Assignments:** We will provide you with copies of the event schedule and lane assignment sheets so you can mark the scratches/additions and other information. Once the coaches meeting has concluded and we have reviewed the scratches we will print up new sheets, which will be available at registration and will be posted at the boathouse for reference.

Coaches and Coxswain Meeting:

The coaches and coxswain meeting will be conducted one hour before the start of the regatta. The coaches and coxswain meeting is currently scheduled for 8:30 a.m. on the day of the regatta. Please be aware that all coxswains are expected to attend along with coaches. The format for the coaches and coxswain meeting will be as follows:

- Welcome and Introduction of Referees (Regatta Director)
- Discussion of weather conditions (Regatta Director)
- Review of Dock Procedure (Chief Referee)
- Traffic Patterns (Chief Referee, Regatta Director)
- Race Rules (including start commands, warning signals, etc.) (Chief Referee)
- Review of entries and race schedule (scratches and additions) (Regatta Director /Coaches)
- Questions (Staff)

The first boat will be launched ½ hour before the respective race is scheduled to begin.

Parking:

As with last year, the parking area will be situated on the east side of the Baltimore Rowing Club. Parking attendants will direct vehicles where to park. If a club or school is scheduled to bring a bus, please let Rob Mulligan know in advance. We are reserving two of the three paved lots for tow vehicles, busses, referees and other specific individuals. Please stress to your parents and athletes (if they are car pooling) that the paved areas are designated for handicapped parking as well as select individuals who are here to help run the regatta. **No parking is allowed along Waterview Avenue.** If you park there you can expect to get a ticket or get towed. As long as the weather remains dry prior to the regatta, we will be parking vehicles on the lawn overlooking the basin.

Spectator Viewing:

The best view for launching and recovery of shells is the dock area and the long fishing pier that extends out approximately 100 meters east of the launch area. The last 500 meters of the race can be viewed along the shoreline roughly parallel to the course north of the boathouse but before the bridge. The Hanover St. Bridge offers an excellent view of the race from two vantage points. The first would be on the south side of the bridge. This offers a view of the race and allows you to watch the boats travel under the bridge arches. The north side of the bridge allows spectators to view shells coming out of the arches for cool-down as well as shells returning to the dock. Please be aware that the bridge does have heavy traffic and crossing should be done with great caution. The sidewalks on the bridge are rather wide and if you can handle the noise of an occasional tractor-trailer going by you should be okay. Please see the diagram below for details. The final area is north of the bridge near Harbor Hospital. This area is a public boat launching area. Please do not park in this area as it has overflow parking for the hospital and for

regular area boaters. Spectators may watch the finish of the race from the boat launching area.

Concessions:

There will be a concession stand at the regatta but we would also advise teams to make sure that athletes bring water bottles and food as well.

Restroom Facilities:

Portable bathrooms for athletes and spectators to use will be situated in the trailer area. Access to the Baltimore Water Resource Center is limited to Baltimore Parks & Recreation staff.

Handicapped Access to Races:

The upper area of the Baltimore Water Resource Center does have an open deck on top. The deck area will be used by the regatta committee to facilitate the event. We can also open this area up to those who use wheelchairs so that they might have a vantage point to see the races. If you know of a situation where this might apply, please try to contact Rob Mulligan as soon as possible so we can make arrangements.

Directions to the Baltimore Rowing Club:

The Baltimore Rowing Club is at 3301 Waterview Ave, Baltimore, MD 21230.

- **Coming from Baltimore City:** Take Light St south from the Inner Harbor, turn right on any cross street (Cross, West, Ostend) two blocks to Hanover St, follow Hanover St south over the Veterans Memorial Bridge (Hanover St. Bridge), first right after the bridge is Waterview Ave, we're the only building on the right.
- **Coming from South of Baltimore:** From I-95 North, take the Hanover St (Route 2 South) exit (first exit after the I-395 Downtown exit) onto Hanover St. Follow Hanover St south over the Veterans Memorial Bridge, first right after the bridge is Waterview Ave, we're the only building on the right.
- **Coming from North of Baltimore:** From I-95 South, take the right hand lane through the tunnel. Take the Fort McHenry exit (first exit after the tunnel) and follow McComas St to the intersection with Hanover St. Turn left onto Hanover St, follow Hanover St south over the Veterans Memorial Bridge, first right after the bridge is Waterview Ave, we're the only building on the right.

Forms:

All athletes must sign a waiver and that waiver should be brought to the regatta, or mailed in to the address for BRC indicated in this packet. For the electronic copy of this form please visit the USRowing.org website to obtain a downloadable copy of the most recent USRowing waiver. Please make a photocopy of the roster for each entry and use the waiver to make copies for all rowers.

2005 Charm City Sprints Mail-in Entry Form

Organization: _____

Address: _____

City/State/Zip: _____

Contact Name: _____

Phone: _____

Fax: _____

E-mail: _____

Event	# Entries (Masters include Age; Juniors denote "Juniors")	Fee	Event	# Entries (Masters include Age; Juniors denote "Juniors")	Fee
1. Novice/Rec singles			16. Masters Men's Doubles (D-F)		
2. Novice Men's Fours			17. Open Men's Eights		
3. Masters Men's Singles (A-B)			18. Open Women's Eights		
4. Masters Women's Singles (A-B)			19. Mixed Fours		
5. Masters Women's Singles (C-F)			20. Open/Masters Men's Quads		
6. Masters Men's Singles (C-E)			21. Open Women's Fours		
7. Masters Men's Singles (F-G)			22. Masters Men's Eights		
8. Novice Women's Fours			23. Open Men's Doubles		
9. Open Men's Singles			24. Open/Masters Women's Quads		
10. Open Women's Doubles			25. Masters Men's Fours		
11. Open Women's Singles			26. Masters Women's Eights		
12. Masters Women's Fours			27. Open Men's Fours		
13. Masters Men's Doubles (A-C)			28. Mixed Doubles		
14. Masters Women's Doubles (A-C)			29. Mixed Eights		
15. Masters Women's Doubles (D-F)					

Total Entry Fee (\$) _____

Boat	Fee (\$)
8+	60
4+	40
2x	25
1x	15

Please make checks payable to: **Baltimore Rowing Club**

Send completed entries to:

Baltimore Rowing Club

Attn: Rob Mulligan, CCS Regatta Manager

3301 Waterview Avenue

Baltimore, MD 21230

2005 Charm City Sprints Roster

School/Organization: _____

Address: _____

City/State/Zip: _____

Contact Name: _____

Phone: _____

Fax: _____

E-mail: _____

Waivers attached: ____yes ____no

EVENT: _____

Seat	Name	Age (Masters/Juniors)
Bow		
2		
3		
4		
5		
6		
7		
Stroke		
Cox		