

2005 Midwest Championship Erg Sprint

Sunday, February 27, 2005

Race Parameters

- All races will be **2000 meters in length** (except coxswains).
- All races will be run on **Concept 2 Model C Ergometers** with video monitors.
- Ergs will be available for 15-minute **warm-ups**.
- Competitors may use the **resistance setting of their choice**, but the setting may not be changed during the course of the race.

The race organizers **reserve the right** to:

Change the tentative schedule of events.

Combine events that have less than 16 registered participants.

Limit the number of events of flights.

Warm-up

-Competitors are responsible for their own warm-ups. Several ergs will be available for warm-ups, please limit warm-up time to a maximum of 15 minutes.

Flights

-Flights will consist of **10 competitors**. Flights will be matched as closely as possible according to the **time submitted** on the registration packet.

-Prior to the race all competitors are **required to submit** their best time for 2000 meters so that the race organizers can seed competitors. Competitors may compete in more than one race if they qualify.

-A **fee of \$5** will be charged for all scratches on race day or for any who scratch after the entry window closes.

-All coaches and individual rowers **must check-in at the registration desk** at least one hour prior to their first competitor's event. **Registration desk opens at 7:30am Failure to register and/or be on deck at the allotted time will result in forfeiture.**

-**Protests** are welcome, however a **\$25 protest fee deposit** must be paid before the committee will meet to discuss the matter. (Successful protests will be refunded)

-**The entry fee is \$12 per rower.** This fee may be higher than many erg sprints you've attended due to the nature of our awards. Please copy and fill out the sheet on the next page and bring that and an attached cheque made out to "Denison University Crew Club" with you to the registration table on race day, along with the USRowing waivers for your competitors.

Midwest Championship Erg Sprint

Sunday February 27, 2005

Denison University Crew Club

Granville, OH 43023

Name of Organization_____

Coach/Contact_____

Address_____

Phone #_____

Email_____

*If you have any questions, please contact Mark Williams at willia_mm@denison.edu

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Weight Limits

Weight-class specifications

Weigh-in for ALL lightweight events will take place near the registration desk. All weigh-ins must be completed at least one hour before the scheduled event. *Weigh-in opens at 8:00am.*

If the competitor fails to make weight, be aware of the schedule for an alternate event. It is the coach's responsibility to find an event for which the athlete is qualified. Please be absolutely sure to check with your athletes and see that they can make weight prior to the official weigh-in. If they do not make weight but are within 2 pounds of weight, they may re-weigh once more, up until 45 minutes before their race. In the event that an athlete is overweight by more than 2 pounds, the event organizers will try to fit him or her into an openweight flight, if there is a vacant erg. Be aware however, that if there are no vacant ergs in the openweight flights, the event coordinators will not create a new flight for athletes who failed to make weight.

Weight limits:

Lightweight Men: 165 lbs or less Women: 135 lbs or less

Coxswain Men: 130 lbs or less Women: 120 lbs or less

If you have any questions please contact Mark Williams at (740) 587-8305 or willia_mm@denison.edu

POINTS SYSTEM - All events outside of the Coxswains race will count toward the team's point total. Junior and High School teams may only gain points in Junior events and Open or Collegiate teams may only gain points in those events, though Collegiate teams may not gain points from Masters events. A more detailed description will be available upon registration.

2005 MCES Tentative Schedule

Until the registration window closes, this schedule cannot be guaranteed, but it reflects the probable number of entries based on previous years.

Event 1 - 9:00 - Open Novice Ltwt Women

9:11 Flight 2

Event 2- 9:22- Open Novice Women

9:32 Flight 2

9:43 Flight 3

Event 3- 9:54- Mens Coxwains 1000 meter sprint

Event 4- 10:00- Womens Coxwains 1000 meter sprint

Event 5- 10:06- Open Ltwt Women

Event 6- 10:16- Open Women

Event 7- 10:26- Open Ltwt Novice Men

10:36 Flight 2

Event 8- 10:46- Open Novice Men

10:56 Flight 2

Event 9- 11:06- Open Ltwt men

Event 10- 11:16- Open Men

11:26 Flight 2

Event 11- 11:36- Masters Men

Event 12- 11:46- Masters Women

LUNCH BREAK- 11:56 until 1:00

Event 13- 1:00- Mens Junior Coxwains 1000 meter sprint

Event 14- 1:06- Womens Junior Coxwains 1000 meter sprint

Event 15- 1:12- Junior Novice Ltwt Men

1:22 Flight 2

1:32 Flight 3

Event 16- 1: 42 Junior Novice Open Men

1:52 Flight 2

Event 17- 2:02- Junior Ltwt Men

2:12 Flight 2

2:22 Flight 3

Event 18- 2:32- Junior Open Men

2:42 Flight 2

Event 19- 2:52- Junior Novice Ltwt Women

Event 20- 3:02- Junior Novice Open Women

3:13 Flight 2

Event 21- 3:24- Junior Ltwt Women

3:34 Flight 2

Event 22- 3:44- Junior Open Women

3:54 Flight 2

4:04 Flight 3

DIRECTIONS TO DENISON:

FROM THE NORTH - Take I-71 South to exit 169. Take OH 13 South for approximately 30 miles. Just south of Mt. Vernon, follow signs for OH 661. Take OH 661 until you see Denison's campus approaching on your right. The Athletic Center is to your left after you enter the campus.

FROM THE WEST - (Those of you in Dayton should take I-70 to I-670 east to I-270 north) Take I-270 to OH 161 East (If you are on I-270 north you must follow signs for 161 east which will split off from the regular freeway just north of I-670). Follow OH 161 for 20 miles until it becomes a freeway again at Granville. Take the second exit (the one with signs for Denison) and go left (North). Take a right at Broadway. After two blocks going east on Broadway take a left on OH

661. Take OH 661 north until the entrance to Denison's campus is on the left. Enter the campus and the Athletic Center will be on the left soon after you enter.

If you are approaching the campus from another direction please let me know and I can get you specific directions.

Midwest Championship Erg Sprint Points System

Points will be awarded in descending order from 6-1 to the top six finishers in each race that qualifies for either the collegiate or high school points championship. If there are six or fewer rowers in a race the last-place rower will be awarded no points. Several possible points distributions are as follows:

For races with six or more:
five:

1 st	6
2 nd	5
3 rd	4
4 th	3
5 th	2
6 th	1
7 th	0

For races with six rowers:

1 st	6
2 nd	5
3 rd	4
4 th	3
5 th	2
6 th	0

For races with

1 st	6
2 nd	5
3 rd	4
4 th	3
5 th	0

Points earned in the following events will count towards the High School championship:

Junior Novice Ltwt Men
Junior Novice Open Men
Junior Ltwt Men
Junior Open Men

Junior Novice Ltwt Women
Junior Novice Open Women
Junior Ltwt Women
Junior Open Women

Points earned in the following events will count towards the College championship:

Open Novice Ltwt Men
Open Novice Men
Open Ltwt Men
Open Men

Open Novice Ltwt Women
Open Novice Women
Open Ltwt Women
Open Women

In the event of a tie in an individual race, both rowers will receive points. Ex.

1 st	6
t-2 nd	5
t-2 nd	5
4 th	3
5 th	2
6 th	1
7 th	0

In the event of a tie in total points, the school with the most 1st place finishes will be declared the winner. In the event of a further tie in the number of 1st place finishes the winner will be determined by most 2nd place finishes and so on.