

The 2003 Michigan High School and Junior Rowing Championship Regatta
May 24, 2003, Stony Creek Metropark
1500-Meter Fully Buoyed 6 Lane Course
REGATTA INFORMATION

Race registration:

Race registration will be handled on line via www.regattacentral.com. Registration and entry forms for all events must be inputted on line by Friday, May 16, 2003 for guaranteed entry. If less than 3 entries for an event are received, the event may be canceled. If we have 3 or more teams wanting a specific race we will entertain adding this specific race.

Entry fees, waivers, eligibility list, and Regatta Centrals signed and checked list of all crewmembers are DUE by May 19, 2003. Fees are:

Singles \$10.00, Doubles \$15.00, Fours \$20.00, Eights \$30.00.

Canadian funds add 60%.

Send Eligibility Lists, Original Waivers, computer generated team list by May 19, 2003 with Payment to:

Friends of Detroit Rowing
c/o: Connie Boris
28 McKinley Place
Grosse Pointe Farms, MI 48236

Park Entry and Parking:

There is a toll of \$3.00 per vehicle at the park entrance. Buses are free. Launch site security will begin at 4:00 pm Friday.

For Specific Race Information, Contact:

E-mail Dr. Richard Bell at
BellR@macomb.edu or (248) 559-5824

Format:

All races will be held on the 6 lane fully buoyed 1500 meter Stony Creek Lake Regatta Course. Morning heats will be held in events where more than 7 entries are received. Same numbered events may be run concurrently (Example 1a and 1b).

High School Category- all crewmembers must be from the same school. SENIOR- any eligible high school student can race as a senior. JUNIOR- eligible freshmen, sophomore, junior, or novice senior in high school. NOVICE- eligible 1st year rower in high school. Youth Category YOUTH- 1st boat and 19 years or younger on race day. YOUTH JUNIOR- 2nd boat, but a 1st boat must be entered. YOUTH NOVICE- 1st year of rowing and 19 years or younger on race day.

Schedule of Events:

Check In will be held at the registration area beginning at 7:00 am.

Weigh-in will be held at the registration area. All lightweights must weigh in at least one hour prior to launching and no later than 12:00 noon. Lightweight events are defined as 155 lbs. maximum for boys and as 130 lbs. maximum for girls.

Coxswain/Coaches Meeting will be held at the launch site at 7:30 am. Heats if necessary will begin at 8:30 am. Finals will follow heats with a 30-minute delay.

Any or all changes must be reviewed and approved by race committee. Boats can be added if lanes are available.

Lightweight, 1x and 2x races will be open to H.S. and Youth.

Awards:

Medals will be awarded and pictures may be taken after each race for first, second and third place finishers in all events and categories with more than three crews. Plaques will be awarded to first place finishers for the eights. Two medals will be given in events with three crews.

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Schedule and Fee Form

School/Club: _____

Contact Person: _____

Address: _____
Street City State Zip

Phone: _____
Daytime Evening Fax Email

Event #	Event	# of Boats	By 4/7		Total
1a	Girls H.S. Junior 4+		\$20.00		
1b	Girls Youth Junior 4+		\$20.00		
2a	Boys H.S. Junior 4+		\$20.00		
2b	Boys Youth Junior 4+		\$20.00		
3	Girls H.S./Youth Lightweight 8+		\$30.00		
4	Girls 1x		\$10.00		
5	Boys H.S./Youth 155 4+		\$20.00		
6a	Boys H.S. Senior 8+		\$30.00		
6b	Boys Youth 8+		\$30.00		
7a	Girls H.S. Senior 4+		\$20.00		
7b	Girls Youth 4+		\$20.00		
8	Boys H.S./Youth 2x		\$15.00		
9	Boys H.S./Youth 155 8+		\$30.00		
10	Girls H.S./Youth Lightweight 4+		\$20.00		
11	Boys 1x		\$10.00		
12a	Girls H.S. Senior 8+		\$30.00		
12b	Girls Youth 8+		\$30.00		
13	Girls H.S./Youth 2x		\$15.00		
14a	Boys H.S. Senior 4+		\$20.00		
14b	Boys Youth 4+		\$20.00		
15a	Girls H.S. Junior 8+		\$30.00		
15b	Girls Youth Junior 8+		\$30.00		
16a	Boys H.S. Junior 8+		\$30.00		
16b	Boys Youth Junior 8+		\$30.00		
* 17	Girls H.S./Youth Novice 8+		\$30.00		
18	Boys H.S./Youth Novice 8+		\$30.00		
			Total Crew Fee:		

* Starting time delay between races 16b and 17 to allow for boating of novice crew races.

Checks Payable to: Friends of Detroit Rowing c/o Connie Boris, 28 McKinley Place, Grosse Pointe Farms, MI 48236

Day Phone (313) 874-2660

The Michigan High School and Junior Rowing Championship Regatta wants to be as fair as possible to all who compete. By the same token, this regatta relies to a large extent on the integrity of coaches and competitors to follow the rules of the regatta and to adhere to the principles of good sportsmanship in general. Violations may cause disqualification from this year's regatta and/or suspension from subsequent regattas. I have read all entry material and agree to abide by all rules and regulations of the regatta. Racing will be held in accordance with the U.S. Rowing rules and regulations.

Barnes Scoring System

Team of first place crew receives:	1X	10 Points
	2X, 2-	15 Points
	4+	20 Points
	8+	30 Points

If more than six boats raced in heats in an event, points shall be awarded as if six boats raced in the final, regardless of the number of crews that actually race in the final

Percentage of First Place Points

Number of Boats in Event	2 nd	3 rd	4 th	5 th	6 th
2	20%	-	-	-	-
3	40%	20%	-	-	-
4	60%	30%	5%	-	-
5	80%	40%	10%	5%	-
6 or more	80%	40%	20%	10%	5%

The points for the second (or subsequent) crew from the same high school with higher finish order in a final are not awarded, but count as the place order (thus blocking the awarding of those points to any team) in awarding points to other high schools.

1X	2 nd	3 rd	4 th	5 th	6 th	4+	2 nd	3 rd	4 th	5 th	6 th
-10			--			-20					
2	-	-	-	-	-	2	4	-	-	-	-
3	4	2	-	-	-	3	8	4	-	-	-
4	6	3	0.5	-	-	4	12	6	1	-	-
5	8	4	1	0.5	-	5	16	8	2	1	-
6 or >	8	4	2	1	0.5	6 or >	16	8	4	2	1

2X, 2-	2 nd	3 rd	4 th	5 th	6 th	8+	2 nd	3 rd	4 th	5 th	6 th
-15						-30					
2	3	-	-	-	-	2	6	-	-	-	-
3	6	3	-	-	-	3	12	6	-	-	-
4	9	4.5	0.75	-	-	4	18	9	1.5	-	-
5	12	6	1.5	0.75	-	5	24	12	3	1.5	-
6 or >	12	6	3	1.5	0.75	6 or >	24	12	6	3	1.5

Dear Coach,

This letter is intended to re-cap prior year's regatta and to try to give a little insight as to what may make this year's event even better. By way of background, I served as the "starter" last three events and have been asked to serve as an organizer/official, again, this year. My prior experience includes three years of high school rowing at the Detroit Boat Club, four years at Rutgers University, and four years as the Freshman Heavyweight Coach at Rutgers University. I hope some of my suggestions prove helpful.

The 1999 event was marked by a stiff quartering head wind and choppy water late in the day. These conditions made for difficult aligning and starting and caused a bit of confusion for the crews. While the majority of the crews handled the situation with poise, there are a few areas that can be improved by all. The major problems seemed to be:

- (1) crews late to the start;
- (2) inability to back into the stake boat;
- (3) once locked onto the stake boat, an inability to point the shell and keep it pointed.

I think there are several ways to address the delay getting to the start; most have to do with "hot-seating." Because of the number of athletes involved, travel and equipment restrictions, "hot-seating" is necessary. However, there may be ways to minimize the ill effects. On our end, the regatta committee will be certain to scrutinize the schedule of events in an effort to maximize the time interval between events in which the same equipment and athletes are likely to be used. Secondly, have the crew ready and waiting for the shell at the landing area to make the switch as quickly as possible. Thirdly, consider the race schedule in deciding which events to enter and your line-ups in an effort to provide as large a time interval as possible between each race for each athlete. Fourth, require your coxswains to have a wristwatch set to "official regatta time" and make them aware of their race times. Finally, prepare your crews to warm-up in less time than they would normally have to do so. These are very small issues individually, however, when compounded, can cause considerable delay in the racing.

I have one suggestion to address points (2) and (3) listed above—PRACTICE. As a former coach, I am well aware of the frenzy you experience as race season approaches and you're trying to remember to teach your crews all they'll need to know. Often times, we forget that a novice crew may not know, how to lock into a stake boat, nor how to stay pointed once they have accomplished the feat. If each coach could take a few minutes at the end of a couple of work-outs to explain the process and have the kids practice backing into a spot and "sculling the boat around" to keep one's point, in the event we are faced with imperfect weather conditions on race day, they will have only a minimal effect.

I hope this letter proves helpful as you prepare for your race seasons. If you happen to have any suggestions as to what might be done to make this event even better, we are more than willing to consider them. Good luck and I look forward to seeing your crews at the starting line.

Yours in Rowing,

Aaron J. Pruss

The 2003 Michigan High School and Junior Rowing Championship

ACCOMMODATIONS NEAR STONY CREEK RACE SITE

1. Econo Lodge, 7500 Miller Drive, Warren, MI 48092
(586) 978-7500 [fax: (586) 978-2704]
2. Hampton Inn, 1461 Opdyke, Auburn Hills, MI
(248) 370-0044
3. Knights Inn, 7887 17 Mile Road, Sterling Heights, MI
(586) 268-0600
4. Four Points Sheraton, 3000 Van Dyke Ave., Warren, MI 48093
(586) 573-7600 [fax: (586) 573-7356]
5. Baymont Inn, 45311 Park Drive, Utica, MI
(586) 731-4700
6. Best Western Sterling Inn, 34911 Van Dyke, Sterling Heights, MI
(586) 979-1400
7. Comfort Inn, 11401 Hall Road, Utica, MI
(586) 739-7111
8. Best Western/Concorde Inn, 1919 Starr-Batt, Rochester Hills, MI
(800) 299-1210
9. Courtyard by Marriott, 46000 Utica Park Blvd., Utica, MI
(586) 997-6100
10. Extended Stayamerica, 33400 Van Dyke, Sterling Heights, MI
(586) 983-3773