

HAMMER INDOOR ROWING ERGATTA

SUNDAY- FEBRUARY 17, 2008

HOSTED BY:

CASE CREW

CASE WESTERN RESERVE UNIVERSITY
VEALE CENTER ON INDOOR TRACK
2128 Adelbert Road
Cleveland, Ohio 44106

DISTANCE: All races are 2000 meters except for all 6 x 500m team relays, 500 meter dashes, and coxwains races. Relays and dashes will be 500 meters long, while coxwains will row 1000 meters.

RACE FEES: All events except relays and 500 meter dashes are \$20 per competitor. Relays are \$5 per teammate which equals \$30 per relay team. 500 meter dashes are \$5 per competitor. Payments must be received before the event begins. No refunds will be given for scratches. Payments can be made online at RegattaCentral or a check can be sent to:

Case Crew
10900 Euclid Avenue
Cleveland, OH 44106

WAIVERS: All entrants must sign a US Rowing waiver for the event prior to participating. All rowers under the age of 18 must also have a parental signature. Waivers should be submitted with the event payment.

EVENTS: Women and men are classified by experience & weight. Master's events are classified by age. Team Races classified by gender.

WEIGHT DIVISIONS: Lightweight entrants must weigh-in the day of the event by the scorers table prior to his/her event. The following define lightweight rowers:

Lightweight Men: 165 lbs. or less

Lightweight Women: 135 lbs. or less

Men's Coxswains: 130 lbs. or less and primarily act as coxswain.

Women's Coxswains: 120 lbs. or less and primarily act as coxswain.

AGE DIVISION/HANDICAPPING:

Junior/Scholastic: Open to high school students and rowers aged 17 and under.

Masters: Age 30-39

Senior: 40-49

Veterans: Age 50+

Only the veterans category will be handicapped. Handicapping will be done as follows:

Age 91-99: 7 seconds per year over 90, plus

Age 81-90: 6 seconds per year over 80, plus

Age 71-80: 5 seconds per year over 70, plus

Age 61-70: 4 seconds per year over 60, plus

Age 51-60: 3 seconds per year over 50

Age 50 0 seconds

RACE DAY PROCEDURES

Rowers may choose any ergometer in their race. The ergs must be set to the proper

distance. The race judge will call out, "Ready all, Row." Rowers are to begin racing on the call. All rowers must have a coxswain next to them to write down their rower's time on a provided note card. **Each race time must be**

verified/collected by the race judge before the monitor is reset. Failure to get a time verified is an automatic disqualification. It is the responsibility of the rower to be warmed up before his/her race.

PRIZES: A commemorative medal will be rewarded for 1st, 2nd, & 3rd places of each single member event. Only 1st place winners of all relays will receive a 1st place medal.

This annual event began as a competition between colleges John Carroll University and Case Western Reserve. As a result, a trophy is given each year to the winner of these two schools. It has since expanded to become a competition for the whole Cleveland area and any who wish to join.

CONSESSIONS: Some food will be up for sale at this event. There will be bagels, fruit, power bars, and Gatorade. Water fountains can be found throughout the building as well.

TIME: Competitors are able to enter Veale building at 9:30 am, which is when registration will begin. The first event starts promptly at 10:30 am. Please arrive at least one hour before your event.

EVENT LIST: Schedule times are subject to change in order to keep the event moving effectively. Please arrive at least one hour before your scheduled event.

Competitors may enter the building at 9:30 am.

Event # Time Event Name

1 10:30 am Junior/Scholastic Open Women

2 10:30 am Junior/Scholastic Ltwt Women

3 10:45 am Junior/Scholastic Novice Women

4 10:45 am Junior/Scholastic Ltwt Novice Women

5 11:00 am Junior/Scholastic Open Men

6 11:00 am Junior/Scholastic Ltwt Men

7 11:00 am Junior/Scholastic Novice Men

8 11:00 am Junior/Scholastic Ltwt Novice Men

9 11:00 am Junior/Scholastic Mens Coxswains- 1000m

10 11:00 am Junior/Scholastic Novice Mens Coxswains- 1000m

11 11:00 am Junior/Scholastic Women Coxswains- 1000m

12 11:00 am Junior/Scholastic Novice Women Coxswains- 1000m

13 11:00 am Collegiate Men's Coxswains- 1000m

14 11:00 am Collegiate Women's Coxswains- 1000m

15 11:15 am Men's Scholastic 6x500m Relay

16 11:15 am Women's Scholastic 6x500m Relay

17 11:30 am Collegiate Open Men

18 11:30 am Collegiate Ltwt Men

19 11:45 am Collegiate Novice Men

20 11:45 am Collegiate Ltwt Novice Men

21 12:00 pm Collegiate Open Women

22 12:00 pm Collegiate Ltwt Women

23 12:15 pm Collegiate Novice Women

24 12:15 pm Collegiate Ltwt Novice Women

25 12:30 pm Masters Men
26 12:30 pm Master Women
27 12:30 pm Seniors Men
28 12:30 pm Veterans Men
29 12:30 pm Masters/Seniors/ Veterans Light Weight Race Men
30 12:30 pm Seniors Women
31 12:30 pm Veterans Women
32 12:30 pm Master/Seniors/Veterans Light Weight Race Women

33 12:45 pm Collegiate/Open Mixed 6x500m Relay

34 1:00 pm Mens 500m Dash
35 1:00 pm Womens 500m Dash

This schedule is subject to change on race day in order to complete the event as quick as possible.

PARKING:

Parking is available in the Veale Parking Garage (located at the intersection of Adelbert Rd and Circle Dr) and University Hospitals Parking Garage (Across from Adelbert Gym). Regular fees apply. Additionally, there is metered parking on Circle Drive.

CONTACT AND REGISTRATION: Please register online at RegattaCentral.com. The deadline to register is Friday- February 15, 2008. Payments can be made online at RegattaCentral or a check can be sent to:

Case Crew
10900 Euclid Avenue
Cleveland, OH 44106

Any other questions or comments please email Keelan at Keelan.quinn@case.edu.

DIRECTIONS TO RACE SITE

From the east via Interstate 90, Exit at Martin Luther King Jr. Boulevard. Proceed south for about a mile to the East 105th traffic light; cross East 105th Street and bear right through the traffic circle, continuing along Martin Luther King Jr. Boulevard to Euclid Avenue. Turn left onto Euclid. Turn right up Adelbert Road at the third traffic light.

From the east via the Ohio Turnpike (Interstate 80), Take the Ohio Turnpike to the interchange for I-480 west (exit 187). Proceed west on I-480, which merges with I-271 north. Stay north on I-271 then exit at Cedar Road (sharp right turn off exit ramp). Follow Cedar Road westbound toward Cleveland. (Case is about 20-25 minutes from this point.) Where Cedar starts down a steep hill, look for a sign identifying Case Western Reserve University on your right at the corner of Murray Hill Road. Continue down Cedar Road under the bridge and veer to the right at the next light on Martin Luther King Jr. Boulevard. Turn left onto Euclid. Turn right up Adelbert Road at the third traffic light.

From the west via the Ohio Turnpike (Interstate 80), exit at Exit 142 and follow Interstate 90 east. Shortly after passing the downtown exits, exit at Martin Luther King Jr. Boulevard. Proceed south for about a mile to the East 105th Street traffic light; cross East 105th and bear right through the traffic circle, continuing along Martin Luther King Jr. Boulevard to Euclid Avenue. Turn left onto Euclid. Turn right up Adelbert Road at the third traffic light.

From the south via Interstate 71 or Interstate 77, proceed north until I-71 (or I-77) merges with Interstate 90. Take I-90 east then exit at Martin Luther King Jr. Boulevard. Proceed south for about a mile to the East 105th Street traffic light; cross East 105th and bear right through the traffic circle, continuing along Martin Luther King Jr. Boulevard to Euclid Avenue. Turn left onto Euclid. Turn right up Adelbert Road at the third traffic light.

Alternate route through downtown Cleveland: Any of the above directions can be altered if desired by taking route 90 into downtown Cleveland and exiting on

Chester Avenue. Head east on Chester to Euclid (just past East 105th Street). Turn left onto Euclid. Turn right up Adelbert Road at the third traffic light.

Or you can go to mapquest.com for a map to help find your way.

Case Western Reserve University
2128 Adelbert Road
Cleveland, Ohio 44106