

Ann Arbor Rowing Club



Michigan Club Invitational Regatta

**Argo Pond
July 26, 2008**



Invitees:

Open to all clubs and individuals from the State of Michigan. Affiliation to a rowing club is not required.

Participating organizations must be active members of USRowing and must compete under their official USRowing membership name. The only exception to this rule is for single entries. These single scullers must be full-privilege individual members of USRowing and must race as “Unaffiliated.”

Event Categories:

- 1) High School/Junior: a competitor who in the current calendar year does not attain the age of 19, or who is and has been continuously enrolled in secondary school as a full time student seeking a diploma. A competitor thus ceases to be a Junior after December 31 of the year of his or her 18th birthday, or of the year in which he or she completes the 12th grade of secondary school, having been a full time student, whichever is later.
- 2) Open: Open to all age categories
- 3) Masters: individual who has attained the age of 21, during the current calendar year. A competitor's age is determined as of December 31 of the current calendar year. The age of a crew is determined by the average of the crew rounded down to the highest contained integer. The Coxswain's age shall not be counted. Each member of the crew with the exception of the coxswain must be within the masters' age limitations. An athlete in the “AA” Category (ages 21-26) may only average an “A” boat (ages 27-35)
*******Masters registration forms that are missing date of birth will default to 21 years, the youngest possible masters age.*******
- 5) Mixed: At least 1 & no more than half of the rowers in the shell may be male.
- 6) Novice: Learned to row in the calendar year 2008; Individuals who took a rowing class in a previous year but who did not race at more than one regatta or row regularly for more than 2 months in that year may also be considered novices.
- 7) Recreational: Rowers in these events should be novice rowers or rowers who row for fun and occasionally race, but have no intention of competing at Masters Nationals or other highly competitive regattas. Typically, these rowers practice no more than two times a week.



Distance: All events are 1000 meters.

Minimum Entries for Race to be run:

If an event has at least two entries, even if they are from the same club, the event will be run.

Waivers: This regatta is registered with USRowing and accepts the **once-a-year** USRowing waiver. A Waiver must be on file for all athletes. If you have not yet signed the waiver for 2008, please do so on-line at www.usrowing.com

Online Submission: Contact the person who submits your entries (e.g. coach, rowing partner, etc) and request their Regatta Central '**Roster Code**'. (this unique code enables the system to automatically link your waiver submission with the entries made by your coach or rowing partner)

1. Go to <https://www.regattacentral.com/athletes/> and follow the instructions
2. You'll be provided a USRowing Membership ID. Provide this number to any additional coaches or rowing partners who submit entries which include you as they'll need to include it in their Regatta Central roster.

Note: Have your coach contact us at support@regattacentral.com if they need assistance obtaining their Roster Code.

Paper Submission: Online waivers save regattas significant amounts of time and therefore most regattas prefer online submission. Online waivers also save athletes time since the waiver can be submitted just once a year, covering the athletes for all USRowing-registered regattas. However, insurance rules stipulate that regattas must also accept a paper waiver if one is submitted in lieu of online waivers. If you prefer to submit a paper waiver, make a copy of the form on Page 8 of this packet, sign and send directly to the regatta at the following address:

Waiver Compliance; Ann Arbor Rowing Club 1325 Longshore Drive, Ann Arbor, MI 48109

Heats:

Due to the size of the Huron River only three shells may compete at a time. Accordingly, any event that has four or more will be run in heats. If heats are necessary in a particular event, no entrant will row alone.



Trophies & Medals:

Tom Kraft Cup - Awarded annually to a Michigan Club with the highest overall score. The team points champion of the Michigan Club Invitational will have their name added to the Tom Kraft Cup;

Point System:

	<u>1st Place</u>	<u>2nd Place</u>	<u>3rd Place</u>	<u>4th Place</u>
8+ & 4+ Events	6 pts	5 pts	4 pts	3 pts
2x & 1x Events	4 pts	3 pts	2 pts	1 pt

Medals - Medals will be awarded for First, Second and Third Place in each event. If an event has only three entries, only first and second place medals will be awarded; if an event has only two entries, only first will be awarded.

Medals will be distributed as soon as times are verified. Teams that participate in cup races will also compete for medals.

Cup Races:

HyperfitUSA Cup - Mixed Masters 8+

RowKraft Cup - Women's Open 8+

Sithe Global Power Cup - Men's Masters 4+

Dominick DiVarti Cup – Men's Open 4+

Michigan Sports & Fitness Cup - Women's masters 4+

Daniel Garrison Memorial Cup - Men's HS 1x

Marion Garrison Memorial Cup - Women's HS 1x

Running Goddesses Cup - Women's Masters 8+

Entry Deadline:

All entries must be submitted through Regatta Central's online regatta registration by midnight, Monday, July 21, 2008. Waivers will also be collected online using USRowing waivers. Questions regarding registration should go to the MCI Coordinator, Marcia Leonard: leonard.marcia@gmail.com



Entry Fees:

Single	\$20	Four	\$36
Double	\$24	Eight	\$48

Information:

Contact Marcia Leonard by email, leonard.marcia@gmail.com

Coaches and Coxswain Meeting:

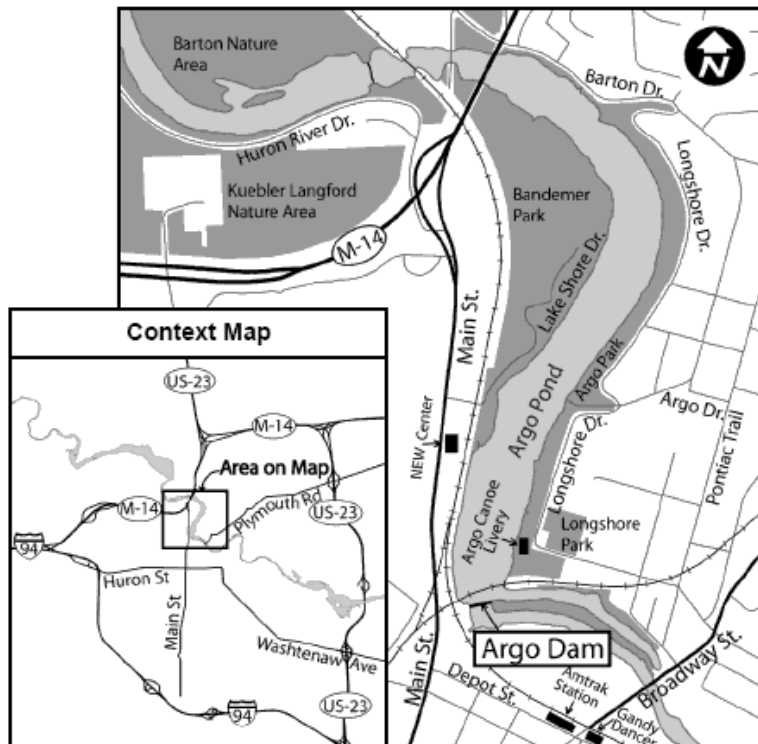
Will be held at 7:20am, July 26th. Location of this meeting will be near the dock.

Final Schedule and Heat Assignments:

The schedule and heat assignments will be finalized on the evening of Thursday July 24, 2008.

Race Site & Parking:

There are two large parking areas around the boathouse and dock. However, no vehicles other than trailers and the vehicle pulling the trailers will be allowed to park in this area. This includes cars transporting singles or doubles. An area will be set up to drop off small boats but cars cannot stay in the area. Please bring slings for your boats. Walking directions from off-site parking areas will be added to this site on July 21.



Race Schedule: Race times will depend on the number of heats per event. Heats of the same event will be run consecutively. Estimated time between races/heats will be 5 to 8 minutes. Events will start at 8:15am.

Saturday, Jul 26

1	Mens Masters 1x A-C	8:15 AM
2	Mens Masters 1x D-F	
3	Womens Masters 2x	
4	Womens Masters 8+	
5	Mens Masters 4+	
6	Mens HS 1x	
7	Womens HS 2x	
8	Womens HS 4+	
9	Mens HS 8+	
10	Mixed Masters Novice/Rec 8+	
11	Mens Open 1x	
12	Womens Open 1x	
13	Mixed Masters 8+	
14	Womens Rec 1x	
15	Mens Rec 1x	
16	Womens Open 4+	
17	Mens Open 4+	
18	Mixed Open 2x	
19	Mens Novice/Rec 4+	
20	Mens HS 4+	
21	Womens HS 8+	
22	Mens Masters 2x	
23	Mixed Open 4+	
24	Womens Open 4x	
25	Womens HS 1x	
26	Mens HS 2x	
27	Mens Masters 8+	
28	Mens Open 2x	
29	Womens Masters 4+	
30	Mens Masters Novice/Rec 8+	
31	Womens Masters Novice 8+	
32	Mixed HS 8+	
33	Mens Open 4x	
34	Womens Open 2x	
35	Womens Open 8+	
36	Mens Open 8+	

30 minute lunch/break after Event 18.



Accommodations:

The following accommodations are available at group rate prices and set for arrival on Friday, July 25th and a departure of Saturday, July 26th. Reservations are guaranteed 30 days prior to the MCI. Best Western will accept reservations up until arrival at the discounted rate, on a space available basis after the release date.



Best Western Executive Plaza
2900 Jackson Road
Ann Arbor, Mi 48103
Phone: 734-665-4444 Fax: 734-665-1776
Doubles \$79.99
Kings \$69.99

USRowing Referees:

The MCI regatta is registered with USRowing and is therefore officially and nationally recognized as a safe and fair event, meeting the highest standards for American regattas. Many thanks to our referees for their help during our annual MCI regatta:

Rhaea Miller, Head Referee
Greg Soleau
Beverly Wall
Steve Frushour

Release of Liability



IN CONSIDERATION of being given the opportunity to participate in any USRowing activity, including scheduled, supervised club activities, and registered regattas, during the policy term 12/31/07 – 12/31/08, I, for myself, my personal representatives, assigns, heirs, and next of kin.

1. ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.

2. FULLY UNDERSTAND that: (a.) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Releasee named below; (c.) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of USRowing and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.

4. HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, the Regatta, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place, (each considered one of the Releasees herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasee or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim, to the fullest extent permitted by law.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Participant: _____

USRowing # _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date: _____

Participant's Signature: _____

Organization: _____

PARENTAL CONSENT

(if participant is under the age of 18).

AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasee, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation

expenses, attorney fees, loss liability, damage, or cost any may incur as the result of any such claim, to the fullest extent permitted by law.

Printed Name of Parent/Guardian: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date: _____

Parent/Guardian Signature (only if participant is under the age of 18): _____

This is THE USRowing Release of Liability, which should be copied for your use.