

CINCINNATI HIGH SCHOOL INVITATIONAL  
Saturday, April 12, 2008  
Harsha Lake, East Fork State Park, 2000 meters

Order of events with provisional starting times:

- #1 8:00 Boys Varsity 8
- #2 8:20 Girls Varsity 4
- #3 8:40 Boys 2V 4
- #4 9:00 Girls 2V 8
- #5 9:20 Boys Novice 8
- #6 9:40 Girls Novice 4
  
- #7 10:10 Boys Varsity 4
- #8 10:30 Girls Varsity 8
- #9 10:50 Boys 2V 8
- #10 11:10 Girls 2V 4
- #11 11:30 Boys Novice 4
- #12 11:50 Girls Novice 8

If there are more than 12 entries in 2V or Novice events, head races will be scheduled; head races will determine the afternoon finalists. There is an alternative schedule, based on previous year's entries on page five of this packet.

Lunch Break - No one allowed on the water at this time!

Afternoon Finals: To allow adequate rest for athletes doubling in 8's and 4's, the afternoon schedule remains fixed with these times.

- #1 1:00 Boys Varsity 8
- #2 1:10 Girls Varsity 4
- #3 1:20 Boys 2V 4
- #4 1:30 Girls 2V 8
- #5 1:40 Boys Novice 8
- #6 1:50 Girls Novice 4
  
- #7 3:00 Boys Varsity 4
- #8 3:10 Girls Varsity 8
- #9 3:20 Boys 2V 8
- #10 3:30 Girls 2V 4
- #11 3:40 Boys Novice 4
- #12 3:50 Girls Novice 8

Questions:

Stephanie Harty – Regatta Director – [sbharty@hotmail.com](mailto:sbharty@hotmail.com) - 513-871-5791

Anne Jaroszewicz – Registration Coordinator – [suburbanne@yahoo.com](mailto:suburbanne@yahoo.com) - 513- 984-3369

## 2008 CINCINNATI HIGH SCHOOL INVITATIONAL

1. This regatta will be run with the standard USRowing rules of racing. Since this regatta is one of the first races of the season and the first race experience for many novices, the focus of the race is to introduce rowers to safe and fair racing.
2. The course is 2000 meters with a starting platform. In fact, this is the course for the Midwest Junior Rowing Championships, May 17-18, 2008, and again for the USRowing Youth National Championships, June 13-14-15, 2008.
3. The course is declared a no-wake zone and will be controlled by State of Ohio water police and the East Fork State Park Rangers. Likewise, Park Rangers provide overnight security for the boats and oars. You need to provide your own stands and storage of rigged boats. Immediately after off-loading boats, please move your trailer to the first parking area up the hill designated for trailer parking. Heavy spring rains may result in muddy fields and trailers getting stuck in this field. There is no trailer traffic in this area until the conclusion of racing for safety reasons.
4. The order of events follows the sequence on the entry form. There are heats in the morning and finals in the afternoon. Please check carefully the alternative schedule to ensure that you can make all necessary accommodations for the double use of boats and oars and athletes. If necessary (and it has been necessary in previous years) we will use head races to determine finalists in both the novice and second varsity events. All head races for qualifying for finals will be held in the morning and possibly early afternoon. In order for crews to hot seat, the scheduled starting times of the races need to be separated by a minimum of 50 minutes.
5. Please practice with your coxswain and crews the techniques of using a starting platform, including the pointing of their bows – i.e., having two sculls with bow's oar or three scull with two's. Also, they need to practice backing into a stationary starting float, at the same time, immediately ready to point the bow. Coxswains (strokes of bow-coxed boats) must also know that they are to have their hands in the air while they are adjusting their point at the start.
6. All rowers must be eligible as high school athletes.

**Varsity** = any rower eligible as high school athlete.

**Second Varsity** = any rower not in the first boat of the varsity program. In order to make a second varsity entry; a team must first enter the varsity event, except by arrangement for beginning programs approved by the LOC.

**Novice** = any rower who began rowing after May 21, 2007.

7. ENTRIES: Packets are available at [www.cjrc.net](http://www.cjrc.net) or [www.regattacentral.com](http://www.regattacentral.com).
8. REGISTRATION: Register entries through REGATTA CENTRAL: [www.regattacentral.com](http://www.regattacentral.com). You may pay by credit card or if paying by check, the check must be received by Saturday, April 5, 2008 at the address listed below.

9. **WAIVERS:** Each participant must submit a waiver. For athletes with a current waiver on file with USRowing you can indicate this as you register through Regatta Central. For rowers who do not have a waiver on file with USRowing, waivers are available on line through Regatta Central. You may also download and print the USRowing waiver and complete with appropriate signatures, and mail waivers with the registration information to the address below by APRIL 5, 2008.
10. **ALL ENTRIES MUST HAVE THE APPROPRIATE FEES INCLUDED (OR CREDIT CARD ON FILE WITH REGATA CENTRAL), REGISTRATION MATERIALS, AND WAIVERS COMPLETED BY SATURDAY, APRIL 5, 2008.**  
**REGISTRATION MATERIALS MUST BE COMPLETED BEFORE BOATS WILL BE ENTERED INTO HEATS.**  
Late entries, where they can be accommodated are charged an additional \$10 per boat.  
**REFUNDS WILL BE PROVIDED FOR A WITHDRAWAL BY MONDAY, APRIL 7<sup>TH</sup>.**
11. **Regatta Fees:** \$2.00 per athlete for USRowing Sanctioning Fee  
Boat Fees: Eights - \$ 60.00 & Fours - \$40.00
12. **HARSHA LAKE COURSE PRACTICE AND RACE PATTERNS:** Please refer to the enclosed maps including the Friday practice pattern, Saturday race pattern and beach area venue. Friday night all boats must be off the water by 8:00 p.m., teams will be subject to penalties or disqualified from racing for not cooperating.
13. Registration check-in is on Friday afternoon, from 5:00 -7:00 p.m. and again Saturday morning from 6:30 -7:30 a.m. in the main tent/pavilion below the facilities building.
14. Coaches and coxswains meet at 6:30 a.m. Saturday in the large open tent adjacent to main tent/pavilion.
15. Crews are responsible for supplying their own bow markers. Bow markers for head races will be provided by CJRC.
16. Directions to East Fork State Park and maps of the regatta and race venue are available at [www.cjrc.net](http://www.cjrc.net).
17. Results will be available at [www.regattacentral.com](http://www.regattacentral.com), [www.row2k.com](http://www.row2k.com), and [www.powerhousetiming.com](http://www.powerhousetiming.com)
18. After you have registered on-line with Regatta Central please enclose a copy of your entry form, paper waivers if not completed on-line, and check made out to CJRC, (if you did not pay online with a credit card), then mail to:  
**Anne Jaroszewicz**  
**CJRC Registration Coordinator**  
**7900 Finley Lane**  
**Cincinnati, Ohio 45242**

# CINCINNATI HIGH SCHOOL INVITATIONAL

APRIL 12, 2008  
HARSHA LAKE, EAST FORK STATE PARK  
2000 METER COURSE

REGISTRATION FORMAT FOR PLANNING  
ACTUAL REGISTRATION IS AT [WWW.REGATTACENTRAL.COM](http://WWW.REGATTACENTRAL.COM)

Name of Crew: \_\_\_\_\_

Name of Contact: \_\_\_\_\_ E-Mail \_\_\_\_\_

Address: \_\_\_\_\_

Day Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_

Place of overnight accommodations: \_\_\_\_\_

#1 Boys Varsity 8 \_\_\_\_\_ @ \$60.00 \_\_\_\_\_

#2 Girls Varsity 4 \_\_\_\_\_ @ \$40.00 \_\_\_\_\_

#3 Boys 2V 4 \_\_\_\_\_ @ \$40.00 \_\_\_\_\_

#4 Girls 2V 8 \_\_\_\_\_ @ \$60.00 \_\_\_\_\_

#5 Boys Novice 8 \_\_\_\_\_ @ \$60.00 \_\_\_\_\_

#6 Girls Novice 4 \_\_\_\_\_ @ \$40.00 \_\_\_\_\_

#7 Boys Varsity 4 \_\_\_\_\_ @ \$40.00 \_\_\_\_\_

#8 Girls Varsity 8 \_\_\_\_\_ @ \$60.00 \_\_\_\_\_

#9 Boys 2V 8 \_\_\_\_\_ @ \$60.00 \_\_\_\_\_

#10 Girls 2V 4 \_\_\_\_\_ @ \$40.00 \_\_\_\_\_

#11 Boys Novice 4 \_\_\_\_\_ @ \$40.00 \_\_\_\_\_

#12 Girls Novice 8 \_\_\_\_\_ @ \$60.00 \_\_\_\_\_

BOAT FEE SUBTOTAL \_\_\_\_\_

NUMBER OF ATHLETES \_\_\_\_\_ @ \$2.00 each \_\_\_\_\_  
USRowing sanctioning fee

TOTAL COST OF ENTRY \_\_\_\_\_

After you have registered on-line with Regatta Central please enclose a copy of your entry form, paper waivers if not completed on-line, and check made out to CJRC, (if you did not pay online with a credit card), then mail to:

Anne Jaroszewicz  
CJRC Registration Coordinator  
7900 Finley Lane  
Cincinnati, Ohio 45242

## ALTERNATIVE SCHEDULE 2008\*

#1	7:50	Boys Varsity 8	heats
#2	8:20	Girls Varsity 4	heats
#3	9:20	Boys 2V 4	head
#4	9:40	Girls 2V 8	head
#5	10:00	Boys Novice 8	head
#6	10:20	Girls Novice 4	head
#7	11:00	Boys Varsity 4	heats
#8	11:30	Girls Varsity 8	heats
#9	11:50	Boys 2V 8	head
#10	12:10	Girls 2V 4	head
#11	12:30	Boys Novice 4	head
#12	12:50	Girls Novice 8	head

### LUNCH BREAK

#1	2:00	Boys Varsity 8	final
#2	2:10	Girls Varsity4	final
#3	2:20	Boys 2V 4	final
	2:30		petite final
#4	2:40	Girls 2V 8	final
	2:50		petite final
#5	3:00	Boys Novice 8	final
	3:10		petite final
#6	3:20	Girls Novice 4	final
	3:30		petite final
#7	4:10	Boys Varsity 4	final
#8	4:20	Girls Varsity 8	final
#9	4:30	Boys 2V 8	final
	4:40		petite final
#10	4:50	Girls 2V 4	final
	5:00		petite final
#11	5:10	Boys Novice 4	final
	5:20		petite final
#12	5:30	Girls Novice 8	final
			petite final

\*Only in events originally scheduled, as headraces will there be petite finals to insure a sprint race experience for all participants.