



2022 Michigan Club Invitational Regatta

Saturday, July 16, 2022

Hosted by



SAFESPORT COMPLIANCE:

This is a reminder that as of January 1, 2022, USRowing requires all individuals 18 years of age and older athletes and all coaches and support staff to complete SafeSport training and be in good standing by the lineup entry deadline.

18 years old and older athletes can access the training by logging in to their personal profile on [US Rowing Membership Portal](#). They log in with their member number and password, click the SafeSport button in the menu bar on the left hand side, and from the Catalog tab select the course for "Adult Athlete". The thumbnail is green with a woman boxing. The course should take no more than half an hour to complete.

If the enrolled course shows the NGB1 Core course, that course does also meet the requirements, but takes longer and is geared towards coaches and staff. Athletes do not have to complete that course.

If you are a coach or support staff of the team, you can access training using the same method as listed above. However, for coaches and staff the NGB1 Core course is required. This course takes an estimated ninety minutes to complete. If you have already taken the 90 min Core training in previous years, you are likely due for a 30 minute Refresher Course; Refresher 1, Refresher 2, or Refresher 3. Please note, Adult Athlete Training or Core NGB1/Refreshers are the only courses required and accepted by USRowing; any other course listed in the catalog is provided by the U.S. Center for SafeSport for your benefit.

For additional instructions, please reference this [Safe Sport Overview April 26, 2022](#).

We greatly appreciate the time and effort that you and your staff are putting into this important training.

For additional resources please refer to [US Rowing's Safe Sport webpage](#) and [US Rowing Safe Sport FAQ](#). If you have any questions, please email members@usrowing.org.

IMPORTANT: USRowing is asking all coaches and support staff who will need access to the team restricted areas, such as the launch and recovery docks & trailer areas etc., to also register for this event on RegattaCentral. When logging in, you will come across a registration page that is labeled "SafeSport", where you will input coach and support staff names, and then SafeSport compliance will be checked. **All coaches and support staff must be on this list prior to the start of the event, and must be compliant with the SafeSport requirements.**

We greatly appreciate the time and effort that you and your staff are putting into this important training.



Administrative Information

REGISTRATION: Registration and payment is available online through **Regatta Central**. MCI is fully subscribed every year. Register early to secure the races you want. Payment is required at time of registration to prevent hoarding of available slots.

WAIVERS: Waivers are available online through **US Rowing**. Detailed instructions are provided on the Regatta Central MCI webpage.

COVID-19 POLICY: All athletes and coaches must have a current vaccination for COVID-19 at the time of the event.

EXTREME HEAT POLICY: The event will be held even in high temperatures, unless the Chief Referee and the Regatta Director determine it is unsafe to do so.

DEADLINES: Registration opens at 9:00 a.m. on Friday, June 24, 2022. Registration closes at 11:59 p.m. on Friday, July 8, 2022.

REFUNDS: No refunds for scratches made after 11:59 p.m. on Friday, July 8, 2022. No refunds for events cancelled due to weather.

CONTACT: The Regatta Director, Bob Florka, may be reached by email at mci@a2crew.org or by cell phone at (248) 703-1630. The Regatta Director serves as Dock Master on the day of the event. The Chief Referee, Blake Ebright, is stationed at the Finish Line.

FIRST AID: A registered nurse or paramedic is on duty at the First Aid Tent, located near the ramp to the dock. Coaches are responsible for determining whether an athlete is fit to row and should not ask the first aid attendant to make any such determination.

COACHES AND COXSWAINS MEETING: The Coaches and Coxswains Meeting will be held at the oar racks at 7:00 a.m. Written and video materials are available on the Regatta Central webpage.

Racing Information

THE COURSE: The course is a straight 1,000 meters. Two buoy lines mark the three lanes. Lane #1 is closest to the shore, and lane #3 is closest to the center of the river. The first 100 meters of the buoy line are red cans. The last approximately 150 meters of the buoy line are also red cans. White cans appear every 20 meters and there are red cans at the 250, 500 and 750 meter marks. The 500 meter mark is abeam the launching and recovering dock.



CAUTION: Boats in lane #1 should keep the buoy line close to starboard, or they risk running into the islands about 750 meters down the course.

CAUTION: Boats in lane #3 should keep the buoy line close to port, or they risk running into boat traffic outside of the race course.

EVENTS AND FLIGHTS: There are 38 events. There are no heats. Many events have more than one flight. The times from all flights in an event determine the finish placement.

BOAT HANDLING:

1. Calls

- a. 1st call for a race will be 30' before the start, and 2nd call at 20' before the start.
- b. Do not come before you are called.
- c. No calls for flights – only for events. So do the math based on 5' centers for singles, and 4' centers for all other boats.
- d. If you are early, you may be asked to put your boat in slings until boats ahead of you have gone to the dock.

2. The Chute

- a. Come to the Chute bow first.
- b. Be sure you have a bow ball and shoes are tied down to allow no more than 3" of heel lift. We do not have bow balls to give you.
- c. We will attach a bow number for you and retrieve it on your return.
- d. Watch the Dock Master for directions.
- e. Proceed down the ramp on the left side.

3. Dock

- a. Boats launch on the north end of the dock – to the left as you face the river – and recover on the south end. The dock is at the middle of the course.
- b. Be quick on the dock – one minute.
- c. On return to the dock tell the Dock Master if the boat is being hot seated. If hot seating, recover your boat on the outside of the dock so it can be held and re-launched.
- d. Watch the Dock Master for directions.

4. Traffic Pattern

- a. Do not round the bend unless the safety marshal gives the go ahead.
- b. Boats will be held at the bend until the flight has passed.
- c. Once you get the go ahead proceed quickly.
- d. Traffic in the staging area is clockwise.
- e. Listen for directions from the staging area marshal to proceed to the stake boats.
- f. Know your bow number, your flight, and who your competition is.
- g. Go the stake boats bow number 1 first, bow 2 second, bow 3 third.

5. Loading the Start

- a. Proceed into the stake boats, one at a time, as soon as directed.
- b. **Coaches, review with your coxswains** how to load into stake boats:



- i. **Approach at a 90° angle to the course, a little more than one-half of your boat length in front of the stake boats.**
 - ii. **Stop your boat so the middle of the boat is directly in front of the stake boat.**
 - iii. **Spin in place to starboard 90°.**
 - iv. **Back in. Shouldn't take more than one or two backing strokes.**
 - v. **DO NOT attempt to make a wide turn to align your boat with the course a full boat length or more in front of the stake boats.**
 - c. **Coaches, review with your coxswains** how to scull or "SPIKE" a shell to keep it aligned with the course:
 - i. If the wind is coming from the staging area you will be pushed to port.
 - ii. To keep your point, 2 seat pushes its oar handle forward to 3 seat, who reaches behind for the handle and sculls the blade close to the shell in short strokes to push the boat to starboard.
 - iii. If the shell is drifting to starboard, bow seat pushes its oar handle towards 2 seat who reaches behind and sculls the blade close to the shell in short strokes to push the boat to port.
 - iv. **Review these maneuvers with bow, 2 and 3 seat before you get to the river.**
 - d. **We have 3' 30" to load and align three boats. That gives each boat 1' to load.**
6. The Course
 - a. **Marker buoys are round balls in yellow or red and are off the course.** Do not steer towards them or you risk running into the shore or other traffic. Use only the buoy lines for guidance.
 - b. **Immediately upon passing the finish line, check it down hard.** Do not pass under the railroad trestle.
 - i. Lanes 1 and 2 can usually safely spin to starboard 90° to leave the course. Lane 3 may have to spin 270° to port.
7. River Safety
 - a. Watch out for paddlers. Do not yell at them. Do not expect them to behave predictably or with awareness of your intentions. Be prepared to take quick action to avoid a collision. Report any collision immediately to the nearest safety marshal and the Dock Master on your return to dock.



Trailers, Directions and Parking

REGATTA SITE: The regatta site is Bandemer Park. Access to the park is gained by turning east onto Lake Shore Drive from North Main just south of the entrance to M-14. We are located in the Ann Arbor Community Boathouse in the northwest corner of the boatyard. The address is 1325 Lake Shore Drive, Ann Arbor 48104.

PARTICIPANT PARKING: There is no parking at the regatta site except for those needing handicap parking. No participants – athletes, coaches, or spectators – are allowed to park at the regatta site. Go directly to one of the parking areas designated on the parking map.

EQUIPMENT and BOAT DROP-OFF: Equipment and boats may be dropped off at the park in a designated area. Advise parking attendants of your intentions and comply with instructions.

TOW VEHICLE PARKING: Tow vehicles may be parked at Bandemer Park in a specially designated area. Tow vehicles will be provided with a tow vehicle placard when they first drop off trailers. Display this placard on your return to the park to gain access to the tow vehicle parking area.

HANDICAP PARKING: Handicap parking is available at the regatta site. Please inform the parking attendants of your need and you will be directed to the appropriate area. There are two wheel chair accessible restrooms.

TRAILERS: We have limited parking for trailers - all trailers must be pre-approved. Please plan to share trailers, where possible. For permission to park a trailer, please email mci@a2crew.org.

DIRECTIONS to the REGATTA SITE (no participant parking except handicap):

From Points North: Southbound US-23 to US23/M14 West. Exit 'Downtown Ann Arbor', which will merge onto southbound Main St. -- Lake Shore Dr. is 1/4mi. on the left.

From Points East: From westbound I-94 take US23 North to US23/M14 West. From westbound M14, exit Downtown Ann Arbor as above.

From Points South: Take US23 North to US23/M14 West. From westbound M14 exit Downtown Ann Arbor as above.

From Points West: From eastbound I-94, exit Jackson Rd., which will merge into inbound Jackson Rd. This will become Huron at the third stoplight. Continue in an easterly direction towards downtown. Turn left onto Main St. (7th light). Continue on Main heading north. Look for Lake Shore Drive 1/4mi past train trestle on the right.

From eastbound I-96: take US 23 south and follow as from North (above).



Detailed Parking Instructions

Trailer Parking: alongside the Boathouse. Turn onto Lake Shore Drive from N. Main St. and follow directions from the Parking Marshals. Tow vehicles will be parked in the farthest lot behind the AARC Boathouse. PLEASE NOTE- trailer parking is limited, so please let us know if you plan to bring a trailer: mci@a2crew.org.

Equipment and Singles/Doubles Drop Off: small parking area just before trailer parking. Unload, turn around and park in the areas described below. Allow yourself enough time to park, unload, leave the Boathouse area, park again, and walk back to the Boathouse. Please unload quickly, and please do not drive into the trailer parking area.

Referee and Handicapped Parking: small parking area just before trailer parking. Turn onto Lakeshore Drive from N. Main St. and follow directions from the Parking Marshals.

Athlete and Spectator Parking: at local businesses listed below, who have generously made their lots available to us. Please honor their generosity by driving safely, leaving no trash, and doing no damage. Park only in designated areas. **DO NOT go to the regatta site unless dropping off a boat.**

Parking lots will be staffed by Parking Marshals, who will be wearing safety vests. The lots will be filled in the order listed below. When a parking area is full, regatta parking signs will be removed and the area will no longer be available for regatta parking. **Please do not go to Lake Shore Drive or the Boathouse unless you are hauling a trailer, dropping off a single or double, are handicapped, or are a referee.**

1. *Bandemer Parking* lots to the north of the AARC boathouse/launch area.

Driving Directions:

**From N. Main St. in downtown Ann Arbor, head north to M-14 east (and see directions at next step).

**Heading east on M-14: Stay in the right lane and exit immediately at the Barton Drive exit. Turn right at the stop sign onto Barton Drive and take the first left into the parking lot. The larger lot will be across the small bridge, but there is also parking before that bridge.

**Heading west on M-14, take Exit 4. Turn left on Barton Drive and the park entrance will be on your right.

Walking Directions: Follow the paved path south to the Boathouse area.

2. *SmithGroupJJR* (201 Depot St.). Please do not park under the building.

Walking Directions: Take the sidewalk on Depot to N. Main St, turn right (north), walk until you reach Lake Shore Dr., then turn right. About 15 minutes. **Alternatively**, use the new pedestrian underpass which can be reached at the far eastern end of the parking lot. This will take you to the path along the river.

3. *Peter Allen Leasing* (944 N. Main St.). Please park behind the buildings

Walking Directions: Take the sidewalk on N. Main St, turn right (north), walk until you reach Lake Shore Dr., then turn right. About 15 minutes.

4. *Cushing-Malloy* (1350 N. Main St.)

Walking Directions: Take the sidewalk on N. Main St, turn left (south), walk until you reach Lake Shore Dr., then turn left. About 10 minutes.

5. *New Center* (1100 N. Main St.)

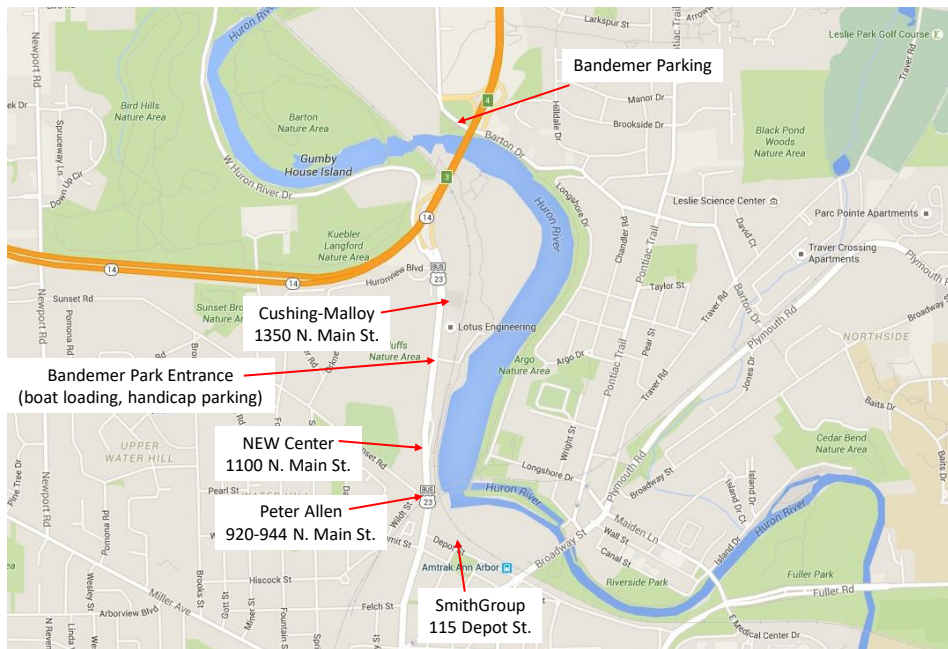


Walking Directions: Take the sidewalk on N. Main St, turn left (south), walk until you reach Lake Shore Dr., then turn left. About 10 minutes.

Note that parking is NOT available at Lotus Engineering (1254 N. Main St.). Parking at areas not listed above is at your own risk of being ticketed and/or towed.

Please do not park anywhere on the west side of N. Main St., as crossing Main St. is hazardous.

Please also note that the train tracks should only be crossed at Lake Shore Drive, both for safety, and because it's illegal to cross elsewhere—the Ann Arbor police have given trespassing tickets to people on the tracks.



Venue and Course

Located on Argo Pond, the 1000 meter sprint race will take place on a beautiful stretch of the Huron River. Boats will launch and recover from a single 160' long dock located at the mid-point of the buoyed, three lane course. Spectators may view the course from the dock area to the finish line.

