

Central Regional Championships May 9, 2009

Colorado, Nebraska, Missouri, Kansas, Oklahoma, Arkansas, New Mexico, Texas, Louisiana

1. Registration

Online registration, at RegattaCentral.com, closes at midnight, May 1, 2009. After registration closes, no scratches or substitutions may be made online; any changes made online have no effect. **Any online entry whose fees are not paid in full when registration closes is incomplete, and must be resubmitted as a late entry.** Any entrant whose circumstances require alternative payment arrangements must contact the Registrar before the registration deadline. Such arrangements are accepted at the discretion of the Registrar.

Entries are accepted after the deadline only at the discretion of the Registrar, and only to fill empty lanes; no heats will be added to accommodate late entries. Late entries are accepted only if accompanied by prescribed entry fees, which are **DOUBLE** the regular fees. Late entries must be submitted on the late-entry form <<http://austinrowing.org/request.php?308>>, which may be mailed to:

Austin Rowing Club
Registrar
P.O. Box 1741
Austin, TX 78767-1741

Alternatively, late-entry forms may be scanned and emailed to the registrar as PDFs, faxed to (512) 472-0700, or handed in at the regatta site at least two hours before their events.

Competitors should be registered under their full names. Nicknames should be avoided, and competitors entered in multiple events should be registered using the same name in all of them.

Competitors should avoid being entered in events whose event numbers differ by less than 4. Competitors who ignore this recommendation risk being unable to get from the finish of one race to the start of their next one. Under no circumstances are races delayed to wait for tardy boats.

Athletes may participate in a maximum of 3 events. Coxswains may enter an unlimited number of races.

2. Duplicate entries

The Regatta Committee is not responsible for detection of duplicate entries. Please coordinate with your club, as entry fees for duplicate entries will not be refunded.

3. Schedule Changes

The event schedule is subject to change depending upon the number of entries received.

4. Scratches

No entry fees will be refunded for scratches made after the entry deadline. Please inform the registrar <info@austinrowing.org> of scratches before race day, and the dockmaster of any race-day scratches.

5. Substitutions

An entry in a non-1x event may substitute up to one half of its rowers, and also its coxswain. No substitutions are allowed in 1x entries. A completed Substitution form must be submitted at the registration desk at least two hours before the event. Complete information is required for every replacement competitor, including full name, and proof of a signed liability waiver.

No substitution may be made in an entry that has already raced in the first heat of its event, unless a member of the crew has experienced a serious illness or accident during the time between the heat and the final.

6. Liability Waivers

Every competitor must have signed a USRowing Release of Liability Waiver. Waivers can be signed on-line at USRowing.com, and are due by the registration deadline. Any competitor whose online waiver is not signed before registration closes may be required to sign a paper waiver at the regatta site. Under absolutely no circumstances will entries with missing waivers be allowed to race.

7. US Rowing Membership

Every participating organization must be an organizational member of USRowing. Please see the US Rowing web site <<http://www.usrowing.org/organizations/>> for further information about becoming an organizational member.

8. Crew Representation

A team is considered to represent the usual way the program practices and competes. A club or varsity program that represents a single Organization (being a single high school OR club program), with distinct location, colors, and coaches for the entire competitive season (starting March 1, 2009) is a team. No competitor may represent two different organizations in the Regatta.

9. Juniors

A Junior is a competitor who is and has been continuously enrolled in secondary school as a full time student seeking a diploma. A competitor 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.

10. Novice Rower Classification

A novice rower is in his/her first year of competition and did not race in the spring 2008 season. Crews entered in Novice events shall include only novice rowers.

11. Novice Coxswains

A novice entry's cox is not required to be a novice.

12. 16 and Under Events

The 16 and under single race is restricted to athletes born in 1993 or later.

13. Men and Women Rowers in Boats

In accordance with USRA rules, all rowers in men's events must be men, and all rowers in women's events must be women. A female rower cannot substitute for a man in any men's event, nor can a male rower substitute for any woman in a women's event. Coxswains are exempt from this rule. Any entry violating this rule will be disqualified.

14. Lightweight Rowers

Lightweight men must each weigh no more than 155 pounds, and lightweight women must each weigh no more than 130 pounds. The weight of rowers in lightweight events shall be determined once each day **no less than one hour and no more than two hours** before the scheduled time of the first race in which the weight is relevant. Lightweight rowers will be issued wristbands when they make weight, and must wear these wristbands for all lightweight events. Any crew having a rower who lacks a wristband after expiration of the weigh-in time window described above shall be excluded.

A rower who fails to make weight may weigh in again **once** during the same weigh-in window.

A rower who fails to make weight during the allotted window may not compete in any lightweight event on that day.

15. Coxswain's Weight

Men's youth events minimum weight is 120 pounds and women's youth events minimum weight 110 pounds. The weight of coxswains shall be determined once each **day no less than one hour and no more than two hours** before the scheduled time of the first race in which the weight is relevant. Coxswains who are more than five pounds beneath the minimum weight are encouraged to bring weight to weigh-ins. The LOC will supply sand weights of small weight increments to correct any difference in weight. Any crew having a coxswain who lacks a wristband after expiration of the weigh-in time window described above shall be excluded.

16. US Rowing Youth National Championships

For each event that corresponds to an event at the USRowing Youth National Championships, two (2) invitations will be issued.

Any team that qualifies for a USRowing Youth National Championship event can substitute up to only 50% of its rowers in the boat.

The Youth National Championships has a "Roll Down" bid policy that applies at a qualifying regatta with less than three bids. If a qualifying crew(s) chooses to decline a bid(s) for the Youth National Championships, the subsequent place finisher(s) would receive the bid(s). In no case does a roll down bid extend past the third-place finisher.

Crews are asked to register for the Youth National Championship within three days of qualifying for the event or to notify USRowing's event manager that the bid will be declined.

Petitioning: The Youth Advisory Committee has tried to make qualifying as easy and inclusive as possible. USRowing will accept petitions; recognition of a petition does not guarantee a bid to attend the Youth National Championships. The Youth Committee strongly recommends submitting your petition within three days of your qualifying regatta. Petitions must be submitted by May 20, at noon EDT.

Petitions can be found at www.usrowing.org and sent to the USRowing's Events Manager, Elizabeth Webb, at elizabeth@usrowing.org. Petitions will be reviewed and voted on by the Youth Advisory Petition Committee. Crews will be notified on their petition status by end of day May 27th, 2009.

Petitions will be accepted for the following reasons. Please do not submit petitions that do not meet these requirements, as they will not be considered.

- i. In the event a registered qualifying regatta does not offer the event.
- ii. Misadventure that precluded a crew to compete in a qualifying event.
- iii. The petitioning crew must provide the petition committee substantiation of sufficient boat speed in the petitioned category. The petitioning crew is within the following seconds of the winning boat. (8+/4+/4x within four (4) seconds, 2x/1x within six (6) seconds)

17. Boat Weigh-in

All boats shall comply with the following minimum weights:

Category	Weight (lbs)	Weight (kgs)
1x	30.86	14
2x	59.53	27
2-	59.53	27
4x	114.64	52

4+	112.44	51
8+	211.64	96

The minimum weight of the boat shall include only the fittings considered permanently affixed which are essential to its use; in particular - riggers, stretchers, speakers, shoes, slides and seats. The minimum weight shall not include oars, bow numbers or electronic devices such as cox-boxes or speedcoaches.

The weighing scales shall be available when the course opens for practice on the day before racing begins. Practice weighing may occur on race day at the discretion of Control Commission when it does not interfere with regular race procedures.

Boat Weighing Procedure:

Following each event final of a Youth National Championship qualifying event the Chief Referee or Control Commission Referee shall randomly or systematically select which boats will be weighed. The selection process used by the Referee shall be the same for all event finals. Systematic selection is defined as always selecting a defined set of boats (example: all finishers, top three finishers, 1st place only, 1st and 3rd place only, etc.). As the selected crews exit the water at the end of their event final they will be escorted with their boat directly to the scales for boat weighing.

At the official weighing the wetted surface of the hull is accepted; however, any standing water and all fittings not considered permanently affixed (tools, clothes, sponges) must be removed before weighing.

The boat shall be officially weighed and the weight recorded and noted by both Control Commission and the crew representative. No later reweighing shall be permitted or considered valid.

The penalty for having raced in an underweight boat shall be exclusion.

18. Regatta Check-in

All crews are required to check-in at the registration desk when they arrive. At that time, they can clear any problems with their entries, such as missing waivers. Wristbands will be issued for competitors who have submitted waivers. Entries with registration problems will not be allowed to race. On the regatta weekend, the registration desk will be open from 3:00 PM to 6:00 PM on Friday and throughout the race day on Saturday.

19. Coach/Bow Meetings

The coach/bow meetings will be held Saturday at 6:30 AM at the race course (ARC boathouse).

20. Friday Practice

The course will be open on Friday, May 8 from 2-7 PM. Crews are responsible for familiarizing themselves with the traffic pattern. Violations of the traffic pattern may result in penalties.

21. Safety Equipment

Every competing boat shall be properly equipped with a bow ball. Every competing boat shall also be equipped with quick-release shoes, and with heel ties whose length is three inches or less.

22. Bow numbers

Bow numbers are required, but are not provided by the regatta committee. Crews are expected

to bring their own.

23. Hot-Seating of Boats

Boats that are to change crews immediately upon returning to the dock are considered hotseating. Every crew of a hotseating boat must inform the dockmaster tent before departing from the dock.

24. On-time arrival

Regatta officials can prohibit boats that are late to the starting line from racing. The Dockmaster can prohibit a boat from leaving the dock if in his or her judgment it cannot reach the starting line on time.

25. Race safety

All competitors should understand how to back boats into a starting dock, and should be able to “scull” their boat to achieve alignment without pulling forward and away from the stake boat holders.

26. Protests and Dispute Resolution

All protests must follow USRA rules. Please consult the USRA Rules of Rowing for the details on protesting. All protests involving the conduct of a race shall be lodged by the crew at the finish line while it is still on the water. For all protests, a crew representative must submit a written protest statement along with \$25, which will be returned only if the protest is upheld.

The regatta officials will be consulted on all protest decisions. All questions of eligibility, qualification, and interpretation of the rules shall be referred to the Regatta Committee, whose decisions shall be final.

27. Penalties

Violations of the course lanes (which are marked by buoys), violations of the traffic pattern, late arrivals at the starting blocks, false starts, late departures from the dock, excessive time on the docks, and other violations may result in time penalties or exclusion, as deemed appropriate by regatta officials. To dispute an official ruling, please see Dispute Resolution, listed above.

28. USRA Rules

Except as noted above, this regatta follows the Rules of Rowing of the USRA, 2009 edition.

29. Sportsmanship

The Regatta Committee reserves the right to rule on any situation not specifically covered by these guidelines and to penalize or disqualify any competitor or crew that appears to violate the spirit or letter of the rules of competition or sportsmanship, on the water or off.

30. Medals

The ceremony at which medals will be awarded will take place 15 minutes after the last event of the day.