

2011 Central District Youth Rowing Championships

Second version changes are in red

**Central District
Youth Rowing
Association
Executive
Committee**

Jim Andersen, OKC
Neil Bergenroth, Tulsa
Jennifer DeHaas, Austin
Will Forteith, St Marks
Jenn Jewett, KCRC
Tim McAllister, Ursaline
Ted Swinford, Texas

Welcome to the 6th annual Central Youth Rowing Championships! The 2011 championship races will be held May 7th and 8th on the beautifully restored Oklahoma River in Oklahoma City, OK. The Oklahoma City Boathouse Foundation will be our host again this year. All races are 2000 meters on a fully buoyed course.

All races are conducted under CDYRA rules and US Rowing Rules of Racing. **Exceptions to the rules are rare and are only made by the executive committee.** Chief referee will be Jim Hotop.

CDYRC is open to all junior athletes from the following states: Arkansas, Colorado, Louisiana, Kansas, Missouri, Nebraska, New Mexico, Oklahoma, and Texas. Individual athletes are not required to be members of US Rowing but all teams must have an organizational membership in US Rowing in order to compete.

REGATTA DIRECTOR: Please refer questions to Regatta Director, Jim Andersen, jandersen@okcbf.org 405-552-4040 x213 office, 415-309-9421 cell and Mike Knopp, Executive Director 405-552-4040 x4306

NEW for 2011: JV events for 4x and 2x, Points trophies for Boys, Girls and Team Championships

PROGRAMS ELIGIBLE: All Central District High School and Junior programs.

ENTRIES: Packets are available online at www.RegattaCentral.com and www.cyrckc.org . Packets will be emailed to all Central District programs.

**REGISTER entries through Regatta Central at www.regattacentral.com.
DEADLINE is at or before midnight (PST) May 2, 2011.**

Each participant must submit a waiver. All athletes must either complete the 2011 online registration on US Rowing or regattacentral.com or submit a paper copy to regatta registration. **FEES AND WAIVERS are due in the hands of the local organizing committee BY Monday, May 2.** If fees/waivers are sent by overnight mail, please indicate that recipient need not sign. **Mail to:**

OKC Boathouse Foundation,
Central District Youth Rowing Championships
725 S Lincoln Blvd
Oklahoma City, OK 73129

Entry must be complete for your boats to be entered into heats.

ENTRY FEES: \$25 per 1x, \$45 per 2x, 2-, \$60 per 4x, 4+, \$90 per 8+.

ERRORS ON ENTRIES: The coach of any entry that contains an error will be notified by phone or email and given 24 hours to correct the error. If the time limit passes without resolution satisfactory to the regatta committee, the crew's entry from that particular event will be dropped and will become subject to the Late Entry rule should the coach try subsequently to correct the error and reenter the crew.

LATE ENTRIES: Any entry made after the deadline of midnight May 2, 2011, will be accepted at the discretion of the Regatta Committee based on the availability of a lane and only with a \$25 per boat late fee. **A Late Entry will not be accepted if it creates an additional heat. No late entries will be accepted after noon, Wednesday, May 4th.**

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SCRATCH FEES: Any team that scratches an entry after May 2, 2011, will forfeit its entry fee. Those scratching after the start of the Regatta will forfeit their entry fee and be assessed a **\$25 Scratch Fee** to be paid prior to competition by any other boat from that team in subsequent races.

HOT SEATING: Hot seating equipment or rowers is not permitted in events that are less than 40 minutes apart on the race schedule. Hot seating is done at each crews risk and race starts will not be held.

AP TESTS: Be aware that the German language, US History and European History Exams are being held on Friday May 6th. Please plan accordingly.

REGISTRATION: Hours of registration: Friday 4:30-7:00 PM.

COACHES, COXES and BOWS: Meeting promptly, **7:30 pm, Friday** Outside the Chesapeake Boathouse on the awards stage *Make certain your coxswains and crews have practiced the use of a starting pod.*

ATHLETE WEIGH-IN RULES:

- The maximum weight of junior rowers in lightweight events will be 160 pounds for Lightweight Men and 130 pounds for Lightweight Women. These 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. Crews will be weighed in the order that they sit in the boat (bow to stern) and in race attire only (Racing unisuits and/or racing shirts and rowing shorts). Each junior rower shall have only one initial opportunity to weigh in. A competitor within one pound or less of the weight standard is allowed one re-weigh within the official weigh-in time window without the whole crew re-weighing. **A competitor whose initial weight is greater than one pound above the weight standard will be ineligible to compete in the event.**
- No one will be allowed to check his weight on the official scale during the official weigh-in times, but a second scale will be available all day.

COXSWAIN WEIGH-IN RULES:

- The minimum weight of coxswains will be 120 pounds for boys and 110 pounds for girls. These 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 coxswain is racing. Coxswains shall wear race attire only (Racing unisuits and/or racing shirts and rowing shorts) while being weighed in.
- Coxswains who are more than five pounds beneath the minimum weight are encouraged to bring weight to weigh-ins. Sand, bags and duct tape will be supplied for underweight coxswains.
- Any crew having a coxswain who lacks a wristband after expiration of the weigh-in time window described above shall be excluded.
- No one will be allowed to check his weight on the official scale during the official weigh-in times, but a second scale will be available all day.

CLASSIFICATIONS:

- **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.
- **TEAM** – 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 to and including June 9, 2011) is a team.
- **NOVICE** – A novice rower is in his/her first year of competition and did not race in the spring 2010 season. Crews entered in Novice events shall include only novice rowers.
- **VARSITY** – a varsity athlete is a junior competitor.

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- **JUNIOR VARSITY** – No rower who competes in a Varsity sculling event may also compete in any JV sculling event. For example, a rower competing in a Varsity quad may not also compete in a JV double, and a rower from a Varsity double may not compete in a JV quad. In order for a team to enter a JV event, that team must also have an entry in the corresponding Varsity event of the same boat class and gender.
- **JUNIOR B** – a competitor born in 1995 or later (16 and younger).
- **COXSWAINS**- May cox in any boat, regardless of male, female, novice or varsity status. Unlike rowers, there is no limit to the amount of events a coxswain may enter. However, the 40-minutes between events hot seat rule applies. **Make certain your coxswains and crews have practiced the use of a starting pods.*
- **“B” and “C” entries** – are allowed in all events except Varsity 4x (now that we have the JV 4x event). Coaches must “seed” their own crews so that the “A” boat will be faster than a “B” boat.

SEEDING: The Youth Invitational events will be seeded based on results from previous regattas. Coaches will have one day to review and give feedback to the regatta director.

SAFETY CHECK: Check your equipment for race readiness, including the proper tying of heels of shoes (3 inches). Bow balls are required.

WEIGHING BOATS: Boats will NOT be weighed. A scale will be provided for those wishing to weigh boats.

BOW NUMBERS: Teams must provide their own bow numbers 1-7.

BOAT STORAGE: Oklahoma City Boathouse Foundation will provide some shell racks and space will be limited to around the Chesapeake Boathouse. Trailers will not be allowed to stay in the park. Once your equipment is unloaded all crews must move their trailers to the trailer storage lot. Security will be provided overnight Friday and Saturday. All equipment must be removed from the regatta site Sunday evening.

CREW TENTS: May be placed only in the clearly marked areas along the racecourse.

PARKING: Will be limited to the designated lots east of Regatta Park. There will be no parking in Regatta Park.

PRACTICING FRIDAY: Crews will be allowed to practice at their own risk Friday. Please refer to enclosed practice pattern map. Crews MUST be off the water by 7:30pm.

STARTING PODS All crews must be able to get aligned on the starting pods. Please make sure your coxswains and crews know how to back on to the pods and maintain a point while locked on. Crews will be expected to know how to “scull” to keep their point (2 sculling with bow’s oar, etc.). We will be using the “Starting Light and Sound System” on each pod. A demonstration will be held at the Coaches Meeting.

RESULTS: All results will be posted online at www.cyrcokc.org, they will also be tweeted out on “CentralYouthRow”, and on our Facebook page <http://www.facebook.com/CDYRC> and will be posted outside under the bridge.

AWARDS: Medals awarded for FIRST, SECOND, AND THIRD place for all events.

All medals will be available for pick up at the awards stage after each final event has been made official. Coaches can pick them up or the crew can be presented their medals for a photo opportunity on the awards stage.

An official awards ceremony at the conclusion of racing on Sunday will be held to present the new Points trophies to the Overall, Men’s and Women’s Team Winners.

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Team Points: Overall, Boys and Girls Team points will be awarded for each event based on the following system: No Points will be given to a second or "B" team entry and those points will be skipped.

Events	V8+	V4+	V2x,2-	V 1x	Nov 2x	
		Lwt8	JV4x	JV,Lt 2x		
		V4x	Lwt4+	Nov 4x	Nov 4+	
			Nov 8+	Nov 4+	Jr B 1x	
1st	30	24	18	12	9	
2nd	80%	24	19	14	10	7
3rd	60%	18	14	11	7	5
4th	45%	13	11	8	5	4
5th	30%	9	7	5	3	2
6th	15%	5	4	3	2	1

If there are less than 6 boats in an event we will drop the points according to this system:

Entries	Heats	<u>6</u>	<u>5</u>	<u>4</u>	<u>3</u>	<u>2</u>
<u>1st</u>	100%	100%	100%	100%	100%	100%
<u>2nd</u>	80%	80%	80%	60%	40%	20%
<u>3rd</u>	60%	40%	40%	30%	20%	
<u>4th</u>	45%	20%	10%	5%		
<u>5th</u>	30%	10%	5%			
<u>6th</u>	15%	5%				

USROWING YOUTH NATIONAL CHAMPIONSHIPS:

For each event that corresponds to an event at the US Rowing Youth National Championships, two (2) invitations will be issued. Any team that qualifies for a US Rowing 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 US Rowing's event manager that the bid will be declined. For more information go to www.usrowing.org.

PROGRESSION SYSTEM: For varsity eights only, repechages will provide placements in a, b, and c level finals.

Number of entries	System
0 - 6	final only
7 - 12	2 heats, with top 3 finishers from each heat advancing to the finals
13 - 18	3 heats, with top 2 finishers from each heat advancing to the finals
19 - 24	4 heats, with heat winners advancing to the finals, along with the two fastest second place finishers

Order of event finals. Please note that not all events may need heats. The regatta committee will work to accommodate equipment and athlete conflicts that the heat schedule may cause. However, it is each coach's responsibility to ensure that athletes and equipment are not entered in events too close together. The 40 minute rule applies for hot seating.

HOTEL INFORMATION AND DIRECTIONS:

Please see www.cyrcoke.org for hotel information and directions to the race course.

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Saturday Central Youth Schedule

Race	Event #	Time	Event
1	1a	9:00 AM	Mens Varsity 2x Heat 1
2	1b	9:10 AM	Mens Varsity 2x Heat 2
3	2a	9:20 AM	Mens JV 2x Heat 1
4	2b	9:30 AM	Mens JV 2x Heat 2
5	3a	9:40 AM	Womens Varsity 1x Heat 1
6	3b	9:50 AM	Womens Varsity 1x Heat 2
7	3c	10:00 AM	Womens Varsity 1x Heat 3
8	4a	10:10 AM	Mens Light 4+ Heat 1
9	4b	10:20 AM	Mens Light 4+ Heat 2
10	5a	10:30 AM	Womens Varsity 2- Heat 1
11	5b	10:40 AM	Womens Varsity 2- Heat 2
12	6a	10:50 AM	Mens Novice 4x Heat 1
13	6b	11:00 AM	Mens Novice 4x Heat 2
14	6c	11:10 AM	Mens Novice 4x Heat 3
15	7a	11:20 AM	Womens Novice 8+ Heat 1
16	7b	11:30 AM	Womens Novice 8+ Heat 2
17	8a	11:40 AM	Mens Junior B 1x Heat 1
18	8b	11:50 AM	Mens Junior B 1x Heat 2
19	8c	12:00 PM	Mens Junior B 1x Heat 3
20	9a	12:10 PM	Womens Light 2x Heat 1
21	9b	12:20 PM	Womens Light 2x Heat 2
22	10a	12:30 PM	Mens Varsity 4x Heat 1
23	10b	12:40 PM	Mens Varsity 4x Heat 2
24	11a	12:50 PM	Mens JV 4x Heat 1
25	11b	1:00 PM	Mens JV 4x Heat 2
26	13a	1:10 PM	Mens Novice 4+ Heat 1
27	13b	1:20 PM	Mens Novice 4+ Heat 2
28	14a	1:30 PM	Womens Novice 2x Heat 1
29	14b	1:40 PM	Womens Novice 2x Heat 2
30	14c	1:50 PM	Womens Novice 2x Heat 3
31	15a	2:00 PM	Womens Varsity 4+ Heat 1
32	15b	2:10 PM	Womens Varsity 4+ Heat 2

Break

33	1 Final	3:00 PM	Mens Varsity 2x Final
34	2 Final	3:10 PM	Mens JV 2x Final
35	3 Final	3:20 PM	Womens Varsity 1x Final
36	4 Final	3:30 PM	Mens Light 4+ Final
37	5 Final	3:40 PM	Womens Varsity 2-
38	6 Final	3:50 PM	Mens Novice 4x Final
39	7 Final	3:00 PM	Womens Novice 8+ Final
40	8 Final	4:10 PM	Mens Junior B 1x Final
41	9 Final	4:20 PM	Womens Light 2x Final
42	10 Final	4:30 PM	Mens Varsity 4x Final
43	11 Final	4:40 PM	Mens JV 4x Final
44	12 Final	4:50 PM	Womens Light 8+ Final
45	13 Final	5:00 PM	Mens Novice 4+ Final
46	14 Final	5:10 PM	Womens Novice 2x Final
47	15 Final	5:20 PM	Womens Varsity 4+ Final
48	16 Final	5:30 PM	Mens Varsity 8+ Final

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			Break
			Break
49	17a	6:00 PM	Womens Varsity 2x Heat 1
50	17b	6:10 PM	Womens Varsity 2x Heat 2
51	18a	6:20 PM	Womens JV 2x Heat 1
52	18b	6:30 PM	Womens JV 2x Heat 2
53	19a	6:40 PM	Mens Varsity 1x Heat 1
54	19b	6:50 PM	Mens Varsity 1x Heat 2
55	19c	7:00 PM	Mens Varsity 1x Heat 3
56	21a	7:10 PM	Mens Varsity 2- Heat 1
57	21b	7:20 PM	Mens Varsity 2- Heat 2
58	22a	7:30 PM	Womens Novice 4x Heat 1
59	22b	7:40 PM	Womens Novice 4x Heat 2
60	22c	7:50 PM	Womens Novice 4x Heat 3
61	23a	8:00 PM	Mens Novice 8+ Heat 1
62	23b	8:10 PM	Mens Novice 8+ Heat 2

Sunday Central Youth Schedule

	Event #	Time	Event
1	24a	8:00 AM	Womens Junior B 1x Heat 1
2	24b	8:10 AM	Womens Junior B 1x Heat 2
3	25a	8:20 AM	Mens Light 2x Heat 1
4	25b	8:30 AM	Mens Light 2x Heat 2
5	26a	8:40 AM	Womens Varsity 4x Heat 1
6	26b	8:50 AM	Womens Varsity 4x Heat 2
7	27a	9:00 AM	Womens JV 4x Heat 1
8	27b	9:10 AM	Womens JV 4x Heat 2
9	29a	9:20 AM	Womens Novice 4+ Heat 1
10	29b	9:30 AM	Womens Novice 4+ Heat 2
11	30a	9:40 AM	Mens Novice 2x Heat 1
12	30b	9:50 AM	Mens Novice 2x Heat 2
13	30c	10:00 AM	Mens Novice 2x Heat 3
14	31a	10:10 AM	Mens Varsity 4+ Heat 1
15	31b	10:20 AM	Mens Varsity 4+ Heat 2
			Break
16	17 Final	11:30 AM	Womens Varsity 2x Final
17	18 Final	11:40 AM	Womens JV 2x Final
18	19 Final	11:50 AM	Mens Varsity 1x Final
19	20 Final	12:00 PM	Womens Light 4+ Final
20	21 Final	12:10 PM	Mens Varsity 2- Final
21	22 Final	12:20 PM	Womens Novice 4x Final
22	23 Final	12:30 PM	Mens Novice 8+ Final
23	24 Final	12:40 PM	Womens Junior B 1x Final
24	25 Final	12:50 PM	Mens Light 2x Final
25	26 Final	1:00 PM	Womens Varsity 4x Final
26	27 Final	1:10 PM	Womens JV 4x Final
27	28 Final	1:20 PM	Mens Light 8+ Final
28	29 Final	1:30 PM	Womens Novice 4+ Final
29	30 Final	1:40 PM	Mens Novice 2x Final
30	31 Final	1:50 PM	Mens Varsity 4+ Final
31	32 Final	2:00 PM	Womens Varsity 8+ Final