



# Midwest Junior Rowing Championships

[www.midwestjuniorrowing.org](http://www.midwestjuniorrowing.org), <http://www.facebook.com/MWJRA>

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Dear Coaches and Teams,

Welcome to the **Midwest Junior Rowing Championships!!** The 2019 championship races will be held May 18 and 19 at East Fork State Park, Harsha Lake, in Bantam, Ohio. This event is a qualifying regatta for teams from the Midwest District, for the **2019 US Rowing Youth National Championships**. All races are 2000 meters and events are offered in singles, pairs, doubles, quads, and coxed fours and eights for juniors in novice, lightweight, and varsity categories. The course is fully buoyed and has a starting platform. The course itself is declared a “no wake” zone during racing and will be patrolled by the State of Ohio Water Police and the East Fork Park Rangers. The Cincinnati Junior Rowing Club hosts this event.

All races are conducted under MJRA rules and US Rowing Rules of Racing. Exceptions to the rules are rare and only made by the executive committee of MJRA. Our Chief Referee will be Derek Blazo.

Please note that several significant schedule changes went into effect in 2016:

1) 2x Entries

Only one 2x may be entered in each 1<sup>st</sup> varsity race per club. A second 2x entry in the 1<sup>st</sup> varsity 2x may be allowed only through petition and approval by MJRA board.

2) Number of Boats in Final

Events with 7 or less entries will be finals only. Events with 8-21 entries will include a ‘wild card’ entry (fastest third place time from heats). Events with over 21 entries will run time trials with top 7 finals.

3) Seeding

ALL Varsity 8+ and 4+ heats will be seeded based on the rankings of the 1<sup>st</sup> varsity open weight 8+ and 4+, of both genders. Seeding for heat placement will be based on prior racing results and coaches’ poll. MJRA board will look to seed all US Rowing YNC events going forward.

Good Luck,

MJRA Executive Committee

Cincinnati Junior Rowing Club

## **TEAM ELIGIBILITY**

- 1) **DUES:** Organizations must have paid their annual dues of \$30.00 by May 17, 2019. Dues are to be paid through Regatta Central and will be required in order to make entries into the Championship races.
- 2) **TEAM DEFINITION:** A team is considered to represent the usual way the program 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, 2019 to and including, June 10, 2019) is a team.
- 3) **OUT-OF-DISTRICT TEAMS:** Due to scheduling constraints, a maximum of two out-of-district boats will be permitted to race in any one event. Out-of-district entries will be accepted on a first-come, first serve basis and at the discretion of the local organizing committee. Initial progression calculations will be entirely performance-based, regardless of a crew's home district.

## **ENTRY PROCEDURE**

- 1) **PACKETS:** Registration packets are available on Regatta Central, [www.regattacentral.com](http://www.regattacentral.com)
- 2) **REGISTRATION:** Register entries through Regatta Central: [www.regattacentral.com](http://www.regattacentral.com) at which time you must declare whether this event is your qualifying event for nationals. Every Coach will have a team roster code with Regatta Central for registration purposes. The registration deadline is at or before noon May 12, 2019.
- 3) **WAIVERS:** Each participant must have a current waiver on file with US Rowing. Rowers may obtain an US Rowing waiver electronically and be added to your team's roster on Regatta Central. Share your team roster code number with all athletes who will be included in your entries. Instruct your athletes to go to [www.regattacentral.com/athletes/](http://www.regattacentral.com/athletes/) where they can submit their waiver and obtain an US Rowing Membership Number. Submitting waivers in this manner is time saving for the coach and allows the registration coordinator access to all rowers' waivers in an accurate and easily accessible manner. This year, printed waivers will only be accepted on an exception basis. Please contact **Nancy Smith / Kim Smyth** at [cincinlsmith@gmail.com](mailto:cincinlsmith@gmail.com) / [kimsmyth9@gmail.com](mailto:kimsmyth9@gmail.com).  
FEES AND WAIVERS ARE NEEDED FOR A COMPLETE ENTRY AND THE ENTRY MUST BE COMPLETE FOR YOUR BOATS TO BE ENTERED INTO HEATS. FEES AND WAIVERS are due in the hands of the local organizing committee at or before noon, Monday, May 13, 2018. If fees are sent by overnight mail, please indicate that recipient need not sign.
- 4) **ENTRY FEES:**

1x	\$50.00
2x	\$65.00
4x/4+	\$90.00
8+	\$110.00
- 5) **ERRORS ON ENTRIES:** The coach of any entry that contains an error will be notified by e-mail. If the entry is not corrected by Tuesday May 14, 2019 at noon, the entry will be dropped and become subject to the Late Entry rule should the coach try subsequently to correct the error and reenter the crew.
- 6) **SCRATCH FEES:** Any team that scratches an entry after noon May 13, 2019 will forfeit their entry fee. Those scratching after the start of the Regatta will forfeit their entry fee and be assessed a **\$25.00 scratch fee** to be paid prior to competition by any other boat from that team in subsequent races.
- 7) **LATE ENTRIES:** Any entry made after the deadline of noon May 13, 2019, 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 a heat.** If entries are sent by overnight mail please indicate that the recipient need not sign.
- 8) **REVIEW OF ENTRIES AND LANE DRAWS:** Crews can review their entries at [www.regattacentral.com](http://www.regattacentral.com) on Tuesday, May 14, 2019. Lane draws will be available on [www.HereNow.com](http://www.HereNow.com) by noon on Friday, May 17, 2019.
- 9) **BOAT LINE-UP CHANGES:** Boat line-ups for Youth Nationals Qualifying events must be corrected at registration check-in. After this check-in, boat line-up changes can only be made for illness or injury. With any changes, remember that a rower can only participate in two events with the following exception: The MJRA Executive Committee will allow an individual to race three times only when that person is needed to fill out a boat. The coach will still need to

notify the LOC and executive committee prior to the given race. There will be NO mixed gender rowing allowed except for the coxswains.

- 10) **REGISTRATION CHECK-IN:** Hours of registration: Friday, 4:30-7-PM; Saturday, 6:30 - 7:00 AM.

*Note: The association receives 10% of the entry fees to help defray the cost of the annual meeting, the coaching clinic and other organizational expenditures. Aside from the 10% the Association does not give or receive money from the Local Organizing Committee. Any income derived from entry fees and concessions go to the Local Organizing Committee, and they are responsible for the providing of sanctioning fee, medals, plaques, and the expenses of the course and officials.*

## **ATHLETE ELIGIBILITY**

- 1) **AGE QUALIFICATION:** A rower or coxswain must be 19 years of age or younger as of May 19, 2019 and must be currently attending Grades 8-12.
- 2) **ENTRIES PER ROWER:** A rower may be entered in no more than two events (exception allowed—see No. 9 above), whether rowing or sculling. Coxswains are exempt. However, all must abide by the 50 min hot seat rules.
- 3) **CLASSIFICATIONS:** Exceptions to the rules are rare and only made by the Executive Committee of the Association. Please do not violate the rules. We do not allow composite teams – teams racing must fall under the definition of “team” below. Also, athletes that row in the first and second boat events **MUST** be your top tier athletes as described in the definitions of 1<sup>st</sup> and 2<sup>nd</sup> boats below.

**TEAM** - a team is considered to represent the usual way the program 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, 2019, to and including, June 10, 2019) is a team.

**NOVICE** - a novice rower began rowing (sweeping or sculling) after Midwest Junior Rowing Championships in 2018.

**VARSIITY** - a varsity athlete is a junior competitor on a team.

**1<sup>st</sup> BOAT** - varsity athletes comprise the 1<sup>st</sup> boat, **only one entry allowed per team (including 2x)**. A second 2x entry in the 1<sup>st</sup> varsity 2x may be allowed only through petition and approval by MJRA board.

**2<sup>nd</sup> BOAT**- the 2<sup>nd</sup> boat is made up of athletes not competing in the 1<sup>st</sup> boat. In order to enter a 2<sup>nd</sup> boat, the team must also be entering a 1<sup>st</sup> boat in the same event. Exceptions: 1-2 year old programs. Coxswains are exempt. Only one entry allowed per team. \*Rowers in the first eight may enter the second four so that a 1<sup>st</sup> eight may be split into a 1<sup>st</sup> and 2<sup>nd</sup> four. In races where there are only 1<sup>st</sup> and 2<sup>nd</sup> boat events unlimited entries are allowed in the second boat race.

**3<sup>rd</sup> BOAT** – the 3<sup>rd</sup> boat is made up of the athletes not competing in the 1<sup>st</sup> or 2<sup>nd</sup> boat. In order to enter a 3<sup>rd</sup> boat, the team must also enter a 1<sup>st</sup> and 2<sup>nd</sup> boat in the same event. Coxswains are exempt. Unlike the 1<sup>st</sup> and 2<sup>nd</sup> boat events, there is no limit to the amount of entries per team.

- 4) **COXSWAINS:** A coxswain may cox in any boat, regardless of male, female, novice or varsity status. There is no weight minimum for coxswains. Coxswains of lightweight crews **DO NOT** have to weigh-in. Unlike rowers, there is no limit to the number of events a coxswain may enter. ***\*Make certain your coxswains and crews have practiced the use of a starting platform.***
- 5) **LIGHTWEIGHTS:**  
Boys: 150 lbs. individual maximum.  
Girls: 130 lbs. individual maximum

### **WEIGH-IN RULES**

- All lightweight competitors must Weigh-In once **each day they row** at the weigh-in tent 6:30-10 AM Saturday morning and 7-10 AM Sunday morning.
- Priority on the scale goes to those entered in earlier races.
- Members of each crew must weigh-in together and be accompanied by a Team Official. See 2017 Rules of Rowing for re-weigh procedures. The entire crew must re-weigh together.
- Crew members are to step on the scales in the order in which they row in the boat, bow to stern.

- Clerk of the Scales or Registrar will communicate only with a Team Official.
- No one will be allowed to check his weight on the official scale during the official weigh-in times.

## EQUIPMENT LOGISTICS

- 1) **BOAT STORAGE:** Please provide your own stands for your boats. Once your equipment is unloaded all crews must move their trailers to the trailer storage lot up at the park office, if there is no room in the beach area. Security will be provided overnight Friday and Saturday. All equipment must be removed from the regatta site Sunday evening.
- 2) **PARKING:** There will be designated areas for team buses and vans. Cars must park in paved lots only, and not along the roadways or in the grass. A shuttle bus will be available to transport spectators from the parking lots throughout the park to the venue.
- 3) **CREW TENTS:** Crews may put-up tents in designated areas **beginning at 11AM on Friday May 17, 2019**. Please refer to the beach area map. Any questions refer to the regatta director.
- 4) **PRACTICE FRIDAY:** Crews will be allowed to practice on **Friday from 1:00 PM to 7:00 PM**. There will be one safety boat on the water whose instruction must be followed. All crews must follow the following traffic pattern: lanes 3 and 4 are dead lanes, crews heading towards the start **must** row outside the course on the north side (farthest from the beach), and crews heading from the start to the finish should be in lanes 7, 6 and 5 only (closest to the beach). Please do not bring a launch. Please refer to the enclosed practice pattern map. **No launching crews after 6:30PM.**

*All crews must sign the Practice log book indicating their crew's departure for and return from practice. The log book will be in the bow marker tent.*

- 5) **PRACTICE ON SATURDAY:** Crews will be allowed to practice on Saturday from 5:30 PM to 7:00PM. In the case of delay in the racing schedule, practice will start once the last race of the day is completed and rowers are off the water and will last at least one hour or until lack of light makes practice dangerous, as determined by the regatta committee. There will be one safety on the water whose instruction must be followed. All crews must follow rules stated for Friday's practice.
- 6) **WEIGHING BOATS:** Boats will NOT be weighed at this event.
- 7) **QUICK RELEASE:** Check your equipment for race readiness, including the proper tying of heels of shoes (3 inches) and secure bow balls.
- 8) **BOW NUMBERS:** Bow numbers will be provided by the LOC.
- 9) **STARTING PLATFORM:** All crews must be able to get aligned on the starting platform. Please make sure your coxswains and crews know how to back onto the platform 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.). Crews are responsible for being locked on to the starting platform at 2 minutes prior to the official published race time. The starter will start the race at any time deemed safe after the 2 minute mark, and as close to it as possible, if alignment is achieved, crews are safely pointed, and the course is clear
- 10) **DIRECTIONS AND MAPS:** Are located on Regatta Central.

## PROGRESSION MODEL

- 1) **PROGRESSION SYSTEM:** *For open weight 8+ and 4+ events, the MJRA will provide seeding of top 6 crews for heat placement. (Please see first page of packet for any further information on seeding). Other progressions are as follows:*

NUMBER OF ENTRIES	SYSTE FOR ALL EVENTS
0-7	Final Only
8-14	2 heats with the 3 winners of each heat advancing as well as a wild card for fastest time creating a 7 boat final

15-21	2 heats with the 2 winners of each heat advancing as well as a wild card for the fastest time creating a 7 boat final
22 +	Time trials with top 7 finishers advancing to finals

2) **RESULTS:** All results will be posted online at [www.HereNow.com](http://www.HereNow.com).

### 3) **AWARDS**

- Medals awarded for **FIRST, SECOND, AND THIRD** place for all final events.
- **AWARD PLAQUES** will be given to the winning MJRA team for each event.
- All Points Trophies are awarded according to the Barnes Scoring System. Separate trophies will be awarded for a sweep and a sculling program.

### 4) **USROWING YOUTH NATIONAL CHAMPIONSHIPS**

- For each event that corresponds to an event at the **US Rowing Youth National Championships**, three (3) invitations will be issued.
- Any team that qualifies for an **US Rowing Youth National Championship** event can substitute up to only 50% of its rowers in the boat that goes to Nationals.
- Lightweight doubles will have distinct events if there are more 4 or more boats entered in those races.

## **SCHEDULE**

- 1) **REGISTRATION CHECK-IN:** Hours of registration: Friday, 4:30-7-PM; Saturday, 6:30 - 7:00 AM.
- 2) **COACHES & COXSWAINS MEETING:** Due to the fullness of the schedule, in lieu of a meeting all teams will be sent instructions, instructions will be provided at check in, and a Coaches & Coxswains information sheet will be posted on Regatta Central. Each team is expected to familiarize themselves with these instructions. Make certain your coxswains and crews have practiced the use of a starting platform.
- 3) **HOT SEATING:** You may hot seat crews in events 50 minutes apart. Hot seating equipment or rowers is not permitted in events that are less than 50 minutes apart on the race schedule.
- 4) **ORDER OF EVENTS:** Check the schedule carefully.
- 5) **RACING THE FINALS:** Any crew that enters an event is expected to race through the completion of the events progression. All crews who are in the A and B final are expected to race those finals. Failure to compete in an event in which the crew has entered will result in a 1 year suspension from that particular event at MJRC's.

**SATURDAY:**

**Please note that the times may shift slightly due to number of entries on both Saturday and Sunday.**  
 (Please review **3 pages** of schedule. Notation: Lwt: lightweight, G: Girls, B: Boys, H#: Heat #)

<b>Saturday Heats</b>		
Girls 1st Novice 4+	7:20	H1
	7:28	H2
	7:32	H3
Boys 1st Novice 4+	7:40	H1
	7:48	H2
	7:56	H3
Girls 2nd Varsity 2x. (Double)	8:04	H1
	8:12	H2
Girls 1st Varsity 2x. (Double)	8:20	H1
	8:28	H2
Boys 2nd Varsity 2x. (Double)	8:36	H1
	8:44	H2
Boys 1st Varsity 2x. (Double)	8:52	H1
	9:00	H2
Break		
Girls Lwt Varsity 4+	9:20	H1
	9:28	H2
Boys Lwt Varsity 4+	9:36	H1
	9:44	H2
Girls Lwt Varsity 2x. (Lwt. Double)	9:52	H1
	10:00	H2
Boys Lwt Varsity 2x. (Lwt. Double)	10:08	H1
	10:16	H2
Girls Novice 4x (Novice Quad)	10:24	H1
	10:32	H2
Boys Novice 4x. (Novice Quad)	10:40	H1
	10:48	H2
Girls 2nd Novice 8+	10:56	H1
	11:04	H2
Boys 2nd Novice 8+	11:12	H1
	11:20	H2
Girls 3rd Varsity 8+	11:28	H1
	11:36	H2
Boys 3rd Varsity 8+	11:44	H1
	11:52	H2
Girls 2nd Varsity 8+	12:00	H1
	12:08	H2
Boys 2nd Varsity 8+	12:16	H1

<b>Saturday Finals</b>		
Girls 1st Novice 4+	2:32	Final
Boys 1st Novice 4+	2:40	Final
Girls 2nd Varsity 2x. (Double)	2:48	Final
Girls 1st Varsity 2x. (Double)	2:56	Final
Boys 2nd Varsity 2x. (Double)	3:04	Final
Boys 1st Varsity 2x. (Double)	3:12	Final
Girls Lwt Varsity 4+	3:20	Final
Boys Lwt Varsity 4+	3:28	Final
Girls Lwt Varsity 2x. (Lwt. Double)	3:36	Final
Boys Lwt Varsity 2x. (Lwt. Double)	3:44	Final
Girls Novice 4x (Novice Quad)	3:52	Final
Boys Novice 4x. (Novice Quad)	4:00	Final
Girls 2nd Novice 8+	4:08	Final
Boys 2nd Novice 8+	4:16	Final
Girls 3rd Varsity 8+	4:24	Final
Boys 3rd Varsity 8+	4:32	Final
Girls 2nd Varsity 8+	4:40	Final
Boys 2nd Varsity 8+	4:48	Final

	12:24	H2			
Girls 1st Varsity 8+	12:32	H1	Girls 1st Varsity 8+	4:56	Final
	12:40	H2			
Boys 1st Varsity 8+	12:48	H1	Boys 1st Varsity 8+	5:00	Final
	12:56	H2			
LUNCH					

## SUNDAY:

(Notation: Lwt: lightweight, G: Girls, B: Boys, H#: Heat #)

Sunday Heats			Sunday Finals		
Time Trials For:	7:20				
G Varsity 1x		TT	G Varsity 1x	2:26	Final
B Varsity 1x		TT	B Varsity 1x	2:24	Final
Girls 1st Varsity 4+	7:40	H1	Girls 1st Varsity 4+	2:32	Final
	7:48	H2			
	7:56	H3			
Boys 1st Varsity 4+	8:04	H1	Boys 1st Varsity 4+	2:40	Final
	8:12	H2			
	8:20	H3			
Girls 2nd Varsity 4+	8:28	H1	Girls 2nd Varsity 4+	2:48	Final
	8:36	H2			
Boys 2nd Varsity 4+	8:44	H1	Boys 2nd Varsity 4+	2:56	Final
	8:52	H2			
Girls 1st Novice 8+	9:00	H1	Girls 1st Novice 8+	3:04	Final
	9:08	H2			
	9:16	H3			
Boys 1st Novice 8+	9:24	H1	Boys 1st Novice 8+	3:12	Final
	9:32	H2			
Girls Lwt Varsity 8+	9:40	H1	Girls Lwt Varsity 8+	3:20	Final
	9:48	H2			
Boys Lwt Varsity 8+	9:56	H1	Boys Lwt Varsity 8+	3:28	Final
	10:04	H2			
Break					
Girls Varsity 2-	10:24	H1	Girls Varsity 2-	3:36	Final
	10:32	H2			
Boys Varsity 2-	10:40	H1	Boys Varsity 2-	3:44	Final
	10:48	H2			
Girls 1st Varsity 4x. (Quad)	10:56	H1	Girls 1st Varsity 4x. (Quad)	3:52	Final
	11:04	H2			
Girls 2nd Varsity 4x (Quad)	11:12	H1	Girls 2nd Varsity 4x (Quad)	4:00	Final
	11:20	H2			
Time Trial For:					
Girls 2nd Novice 4+	11:28	TT	Girls 2nd Novice 4+	4:08	Final
Girls Novice 2X	11:36	H1	Girls Novice 2X	4:16	Final
	11:44	H2			

Time Trial For:					
Boys 3rd Varsity 4+	11:52	TT	Boys 3rd Varsity 4+	4:24	Final
Boys 1st Varsity 4x. (Quad)	12:00	H1	Boys 1st Varsity 4x. (Quad)	4:32	Final
	12:08	H2			
Boys 2nd Varsity 4X (Quad)	12:16	H1	Boys 2nd Varsity 4X (Quad)	4:40	Final
	12:24	H2			
Time Trial For:					
Girls 3rd Varsity 4+	12:32	TT	Girls 3rd Varsity 4+	4:48	Final
Boys Novice 2X	12:40	H1	Boys Novice 2X	4:56	Final
	12:48	H2			
Time Trial For:					
Boys 2nd Novice 4+	12:56	TT	Boys 2nd Novice 4+	5:04	Final

## MJRA Sportsmanship Guidelines

There are endless opportunities for us as coaches to teach values and morals to the future generations. What we teach them on the water through endless hours and thousands of strokes will stay with them longer than any single win. When many of us as coaches feel the pressure to win or base their self-value on the results of teenagers in boats then it is time to get a better perspective on life. Remember we are educators first and coaches second and one should never miss an opportunity to teach. When the pictures fade and the medals dull in color and get put away in drawers, it will be what you stood for as a coach and a mentor that will be remembered and respected by your athletes not their win- loss record.

Two of the distinctive aspects of the sport of rowing are its "pure" or "amateur" status and the fact that athletes generally come to our sport much later than to others, and thus are less encumbered with parental investment. We are often the first models our athletes have for how to approach rowing; a healthy balance of passion and good humor; a value placed on honest effort, honestly evaluated; a high regard for all who row—regardless of for whom; an appreciation for the fairness of our competitions.

### Conduct of Athletes

Competitors should treat each other with respect. It is important that kids learn to compete vigorously and fairly. It is inappropriate for them to badmouth their rivals.

On the water we should not indulge in gamesmanship. Deliberate false starts, snickering at a crew that is having trouble getting aligned, yelling at the other crew or playing music through the coxswain's amplification system are not acceptable behaviors.

After the races, if shirt bets have been agreed upon, the losing crew should find the winning crew and give up their shirts. If no shirt bet has been made, it is still a good idea for the losing crew to go over and shake hands with the winners. Athletes should be encouraged to spend a few moments talking with each other. Winning crews should be respectful of their opponents.

### Conduct in the Launch

Our races have at least one launch that follows the race. It will contain the starter/race official, who in many cases during the season will be the coach of the home program. That launch needs to be under control at all times, never waking the racing crews or getting so close to the racing boats that they may feel threatened.

It is also very important for sportsmanship reasons and so that the crews can hear any direction that the race official may need to give to them that there be no noise from the launches that follow the race. Frequently there is a second or a third launch containing assistant coaches and spectators. These other launches must be behind the Official's launch. Spectators may not use their privileged position in launches to cheer for the crews. The launch driver should make sure that all people on board understand that shouting from a launch is a serious lapse of sportsmanship. No coach should shout at his/her crew or at any opponent.

Launches should always make sure when returning from the finish line that they come to a dead stop when passing other crews. If they must pass through the starting zone, they must make sure that they do not wake crews racing or lining up to race.



There is a procedure for expressing displeasure with the way a race has been conducted: a crew may protest the race to the official on the water. It is not appropriate to go beyond that, too badmouth the official or the other crew.

Spectators should be reminded that sportsmanship requires that they cheer for their own crew but do not jeer an opponent. Although our races are often held in public places, we should all try to follow host/guest etiquette.

## **DIRECTIONS TO VENUE**

Directions to Harsha Lake, East Fork State Park –using Rt. 125

- I-275 East/South to Beechmont Ave. – Rt 125 (Exit #65)
- Follow Beechmont Ave- Rt. 125 East- for 9.5 miles. You will pass through Withamsville, Amelia, and Mt. Holly. The road name will change names- Stay on Rt 125 East
- Note: As you pass through Amelia watch for the 25 Mph Zone, it is closely patrolled, even at 6AM!
- The Park turnoff is about 2 miles past the United Dairy Farmers on the left.
- At Bantam Road there is a light. Turn left onto Bantam Rd. Drive .2 miles to the East Fork State Park entrance. Turn left into the park and follow the signs for the Beach.
- Drive about .9 mile, passing a cemetery and church on the left. Turn left where the Park signs indicate the Beach and continue for .6 miles to the lake. You will go down a small hill and the lake will be in front of you. The park is roughly 40mins each of Cincinnati.

