

Midwest Junior Rowing Championships

Changes for 2021

- Removal of the 2021 Midwest Championships as a Youth National Qualifier
- Addition of U17 events and removal of lightweight events
- Removal of Coxswain Weigh Ins
- COVID Mitigation Protocols

Removal of the 2021 Midwest Championships as a Youth National Qualifier

The 2021 Youth National Regatta will be an open event and will not require qualifications to attend. The Midwest Championship will not have a qualification element. This is scheduled to be run this way for 2021 only. Information pertaining to the US Rowing Youth National Regatta can be obtained on that Regatta Central listing.

Note that the weather policy will prioritize those events that would have been on the National Qualifying list. U17 events will replace lightweight events.

Addition of U17 Events and Removal of Lightweight Events

Youth lightweight events have been eliminated from the Midwest Championships to align with the 2021 Youth National Regatta categories. U17 events have been added to the Midwest Championships.

Removal of Coxswain Weigh-ins

Weigh ins have been eliminated as part of the event COVID mitigation

COVID Mitigation Protocols

All athletes and coaches will be expected to read, sign off on and execute the COVID Mitigation Protocols designed by the Local Organizing Committee. The plan has been posted on Regatta Central in the News section. Copies of the Procedures will be distributed to all coaches in a confirmation email.

At this point in time, the COVID Mitigation Protocols do not allow for spectators at the venue. Coaches, athletes, officials, and pre-registered staff are the only persons allowed at the venue during the event. The local park personnel will patrol the venue during race days to ensure that all persons in the venue have been properly vetted and registered.

TEAM ELIGIBILITY

1) **DUES:** Organizations must have paid their annual dues of \$30.00 by May 14, 2021. Dues are to be paid through Regatta Central and will be required 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, 2021 to and including, June 10, 2021) 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

2) **REGISTRATION:** Register entries through Regatta Central <https://www.regattacentral.com/> . Every Coach will have a team roster code with Regatta Central for registration purposes. The registration deadline is at or before 11:59 pm May 7, 2021.

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/ 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 Jen Casey or Frannie Thompson at registration@CJRC.US . **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 10, 2021. 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 11, 2021 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 11, 2021 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 11, 2021, 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 on Tuesday, May 11, 2021. Lane draws will be available on www.HereNow.com by noon on Friday, May 14, 2021

9) **BOAT LINE-UP CHANGES:** 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 16, 2021 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. **ENTRY UPDATE: If you need accommodation above the 2 event limit per athlete, please contact the Regatta Director. We will accommodate requests as entries allow. The primary purpose is to allow smaller teams to be able fill in boats in the regatta. Races times will not be changed to accommodate hot seating.** However, all must abide by the 50 minute 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 1st and 2nd 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, 2021, to and including, June 10, 2021) is a team.
- **NOVICE** - a novice rower began rowing (sweeping or sculling) after May 2020.
- **VARSITY** - a varsity athlete is a junior competitor on a team.
 - 1st BOAT - varsity athletes comprise the 1st boat, only one entry allowed per team (including 2x). A second 2x entry in the 1st varsity 2x may be allowed only through petition and approval by MJRA board.
 - 2nd BOAT- the 2nd boat is made up of athletes not competing in the 1st boat. To enter a 2nd boat, the team must also be entering a 1st 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 1st eight may be split into a 1st and 2nd four. In races where there are only 1st and 2nd boat events unlimited entries are allowed in the second boat race. EXCEPTION for 2021 only: Teams may have two entries in the 2V4 races.

- 3rd BOAT – the 3rd boat is made up of the athletes not competing in the 1st or 2nd boat. To enter a 3rd boat, the team must also enter a 1st and 2nd boat in the same event. Coxswains are exempt. Unlike the 1st and 2nd boat events, there is no limit to the number 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 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) **U17 Entries:** A competitor may compete in this category until December 31 of the year of the athlete's 16th birthday.

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 for transport from the parking lots throughout the park to the venue.

3) **CREW TENTS:** Due to COVID Mitigation measures, trailer and tent sites will be assigned. Crews may put-up tents in assigned areas beginning at 11AM on Friday May 14, 2021 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 practice pattern map on Regatta Central. No launching crews after 6:30PM. All crews must sign the Practice logbook indicating their crew's departure for and return from practice. The logbook 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. Bow markers should be returned to Command Control following racing.

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 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	SYSTEM FOR ALL EVENTS
0-7	Final Only
8-14	2 heats with the 3 winners of each heat advancing plus a wildcard for fastest time to create a 7 boat final
15-21	2 heats with the 2 winners of each heat advancing plus a wildcard 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.

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

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. Final schedule will be posted on HereNow.
- 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 Events	Sunday Events
Boys Varsity 1x	Boys Novice 4+
Girls Varsity 1x	Girls Novice 4+
Boys U17 1x	Boys Varsity 4+
Girls U17 1x	Girls Varsity 4+
Boys 3rd Varsity 4+	Boys U17 4x
Girls 3rd Varsity 4+	Girls U17 4x
Boys 1st Novice 8+	Boys U17 8+
Girls 1st Novice 8+	Girls U17 8+
Boys 2nd Novice 8+	Boys Varsity2-
Girls 2nd Novice 8+	Girls Varsity 2-
Boys 2nd Varsity 4X	Boys Varsity 2x
Girls 2nd Varsity 4x	Girls Varsity 2x
Boys Novice 4x	Boys 3rd Varsity 8+
Girls Novice 4x	Girls 3rd Varsity 8+
Boys U17 2-	Boys Varsity 4-
Girls U17 2-	Girls Varsity 4-
Boys U17 2x	Boys 2nd Varsity 2x
Girls U17 2x	Girls 2nd Varsity 2x
Boys U17 4+	Boys Varsity 4x
Girls U17 4+	Girls Varsity 4x
Boys 2nd Varsity 8+	Boys 2 nd Varsity 4+
Girls 2nd Varsity 8+	Girls 2 nd Varsity 4+
Boys 1st Varsity 8+	
Girls 1st Varsity 8+	

SATURDAY: Please note that the times may shift slightly due to number of entries on both Saturday and Sunday.

For 2021 Only: Teams may have 2 entries in the 2V4 races

Inclement Weather Information:

The Chief Referee and Local Organizing Committee will work together to monitor the weather continuously during the regatta.

Should it be determined that schedule changes are necessary due to weather concerns, an email and text will be sent to the race contact information for each team entered in Regatta Central. An announcement will be made on site if the changes are on a race day.

Crews are responsible for staying updated on all announced schedule changes.

Please direct any questions about schedule changes to the Regatta Director, at the registration area.

Schedule changes will be made using the following priority system:

1. Delay racing either later the same day or to the next day if time is available.
2. Begin racing earlier than previously announced. Announcements will be made no later than 3 hours before racing or 9:00 PM the evening before in the case of morning racing.
3. Utilize a time-trial system for a round of the event.
4. Omit a round of the event. The composition of the next round will be determined on the basis of the results of those rounds that have been completed. If Finals must be omitted, medals will be awarded based on the results of the last completed round of the event.
5. Cancel some or all non-Youth National Regatta events. Cancellation priority will be:
 - a. Non-Youth National Regatta events that have completed at least one round of racing.
 - b. Non-Youth National Regatta events that have not completed at least one round of racing.
6. Cancel Youth National Regatta events that have completed at least one round of racing.
7. Cancel regatta.

Under no circumstances will races be rescheduled for a date later than May 16, 2021.

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 always under control, never waking the racing crews or getting so close to the racing boats that they may feel threatened. It is also particularly 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, to 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

3294 Ellick Road

Bethel, OH 45106

Directions to East Fork Lake Park. Races are held on Harsha Lake –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 40 minutes east of Cincinnati.