



Midwest Junior Rowing Championships

www.midwestjuniorrowing.org, <http://www.facebook.com/MWJRA>

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Dear Coaches and Teams-

Welcome to the **Midwest Junior Rowing Championships!** The 2015 championship races will be held May 16th and 17th at East Fork State Park, Harsha Lake, in Bantam, Ohio. This event is a qualifying regatta for teams from the Midwest District, for the 2015 **USRowing 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 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 Robert Appleyard.

Please Note there are no Schedule Changes for 2015. The current schedule has been designed to allow athletes adequate rest when doubling up in a YNC qualifying race.

.For your planning purposes, this will be the last year that a club may submit up to two(2) entries in the 2x events. Next year, the limit will be one entry unless the addition of a second boat does not create a new heat.

The Saturday schedule reflects when the breaks and Repechages will take place.

Also, please be aware that the Saturday and Sunday schedules as shown reflect the number of entries per event that the MJRC experienced in 2014. More or fewer entries may affect the schedule to some degree, in number of heats, including seeding heats for qualifying events, number of petite finals, and the number of Finals Only events. If an event does not appear on Saturday's schedule it indicates that for 2014 there were seven or fewer entries for that event and that it is not a YNC qualifying event.

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 8, 2015. 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, 2015 to and including, June 14, 2015) 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. In the event a Midwest District crew is bumped from progressing to the final by an out-of-district crew, the LOC will attempt to provide a seven-boat final, with the bumped crew being placed in lane one.

ENTRY PROCEDURE

- 1) **PACKETS:** Registration packets are available at the Midwest Junior Rowing Association website, www.mjra.org.
- 2) **REGISTRATION:** Register entries through Regatta Central: 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 midnight May 8, 2014.
- 3) **WAIVERS:** Each participant must have a current waiver on file with USRowing. Rowers may obtain an USRowing 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 USRowing 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 Joan Bryan at bryanj@gojo.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 the above address, by Friday, May 8, 2014. If fees are sent by overnight mail, please indicate that recipient need not sign.

- 4) **ENTRY FEES:**

1x	\$40.00
2x	\$55.00
4x/4+	\$80.00
8+	\$100.00
- 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 12th at 11:59PM, 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 May 8, 2014 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 midnight May 8, 2014, 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 and lane draws at www.regattacentral.com by 3pm on **Wednesday, May 13th.**
- 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, 5-7-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, 2015, 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 on page 2), whether rowing or sculling. Coxswains are exempt. However, all must abide by the 50min 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, 2015, to and including, June 13, 2015) is a team.

NOVICE - a novice rower began rowing (sweeping or sculling) after Midwest Junior Rowing Championships in 2014.

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 with the exception that two entries per team in the boys and girls 2x are allowed. Note this is the FINAL year that two entries will be permitted for 2x events (unless the addition of a second entry does not create an additional heat.

2nd BOAT- the 2nd boat is made up of athletes not competing in the 1st boat. In order 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.

3rd BOAT – the 3rd boat is made up of the athletes not competing in the 1st or 2nd boat. In order 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 amount of entries per team.

- 4) **COXSWAINS:** 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 amount 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. **This maximum reflects a 2014 update to US Rowing requirements.**

Girls 130 lbs individual maximum

WEIGH-IN RULES

- All lightweight competitors must Weigh-In once **each day they row** at the weigh-in tent 7-10AM Saturday morning and 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.
- 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. Trailers will not be allowed to stay in the beach area. **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.
- 2) **PARKING:** There will be designated areas for team buses and vans. Cars must park in paved lots only, and not along the roadways. A shuttle bus will be available to transport spectators from the parking lots throughout the park.
- 3) **CREW TENTS:** Crews may put-up tents in designated areas **beginning at 11AM on Friday May 17, 2014.** Please refer to the beach area map. Any questions refer to the regatta director.
- 4) **PRACTICE FRIDAY:** Crews will be allowed to practice. The LOC will provide a safety launch on **Friday from 4:00 PM to 7:00 PM.** 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), 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 RACE DAY:** There will be no practice time available on race days.

- 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.).
- 10) **DIRECTIONS AND MAPS:** Are included at the end of this packet as well as at www.cjrc.us.

PROGRESSION MODEL

- 1) **PROGRESSION SYSTEM:** *For varsity fours and eights only, repechages will provide placements in a, and b level finals. Repechages will be added for any Youth National qualifying event that goes over 21 entries.*
- 2) **RESULTS:** All results will be posted online at www.row2k.com with a link from Regatta Central.
- 3) **AWARDS**
 - Medals awarded for FIRST, SECOND, AND THIRD place for all grand 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 **USRowing Youth National Championships**, three (3) invitations will be issued.
 - Any team that qualifies for an **USRowing 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.

NUMBER OF ENTRIES	SYSTEM FOR ALL EVENTS except V8's & V4's
0 – 7	Final Only
8 – 14	2 heats with top 3 finishers from each heat advancing to the finals.
15 – 21	3 heats with the top 2 finishers from each heat advancing to the finals.
22 – 28	4 heats with heat winners advancing to the finals along with the two fastest second place finishers.

SCHEDULE

All coaches should read this Championship entry packet very closely. The event order and event numbers are different from Saturday to Sunday.

- 1) **REGISTRATION CHECK-IN:** Hours of registration: Friday, 5-7PM; Saturday, 6:30 - 7:00 AM.
- 2) **COACHES & COXSWAINS MEETING:** Meeting promptly, 6:30 AM, Saturday, in the main tent at the pavilion. 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:** Saturday heats and reps are scheduled to ensure maximums rest for athletes between races and as a result may not perfectly align with the Sunday schedule. Please check BOTH schedules before registering your crews and the heat sheets once they are posted.
- 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.

Time	Event #	Varsity	Novice	Lightweight	Race Type
7:50AM	1A	GV8			H
7:58AM	1B	GV8			H
8:06AM	1C	GV8			H
8:14AM	2A	BV8			H
8:22AM	2B	BV8			H
8:30AM	6A	G2V4X			H
8:38AM	7A	GV4X			H
8:46AM	7B	GV4X			H
8:54 AM	9A		G1N8		H
9:04 AM	9B		G1N8		H
9:14 AM	14A		B1N4		H
9:24 AM	14B		B1N4		H
9:34 AM	15A		B2N4		H
9:44 AM	15B		B2N4		H
9:54 AM	12A	BV1X			H
10:02 AM	12B	BV1X			H
10:10 AM BREAK					
10:20 AM	37A	B2V4			H
10:28 AM	37B	B2V4			H
10:36AM	17A	GV1X			H
10:44AM	17B	GV1X			H
10:52AM	35A	G2V4			H
11:00AM	35A	G2V4			H
11:08AM	36A	G1V4			H
11:16AM	36A	G1V4			H
11:24AM	36A	G1V4			H
11:32AM	38A	B1V4			H
11:40AM	38A	B1V4			H
11:48AM	13A			G LWT V2x	H
11:56AM	13B			G LWT V2x	H
12:04PM	10A			GLWTV4	H
12:12PM	10B			GLWTV4	H
12:20PM	16A	G3V4			H
12:28PM	16B	G3V4			H
12:36PM	28A		B1N8		H
12:46 PM	28A		B1N8		H
12:56 PM	19A			B Ltwt 8	SH
1:04 AM	25A	B2-			SH
1:12 PM LUNCH BREAK					
2:00PM	20A		G1N4		H

2:10PM	20B		G1N4		H
2:20PM	20C		G1N4		H
2:30PM	21A	B1V2X			H
2:38PM	21B	B1V2X			H
2:46PM	1R1	G1V8			R
2:54PM	1R2	G1V8			R
3:02PM	2R1	B1V8			R
3:10PM	2R2	B1V8			R
3:18PM	26A	G1V2X			H
3:26PM	26A	G1V2X			H
3:34PM BREAK					
4:02PM	22A			GLWTV8	SH
4:10PM	33A			BLWTV4	H
4:18PM	33B			BLWTV4	H
4:26PM	31A			BLWT2X	H
4:34PM	31B			BLWT2X	H
4:42PM	30A	GV2-			H
4:50PM	30B	GV2-			H
4:58PM	32A		G2N4		H
5:08PM	32A		G2N4		H
5:18PM	36R1	G1V4			R
5:26PM	36R2	G1V4			R
5:34PM	38R1	B1V4			R
5:42PM	38R2	B1V4			R
5:50PM	39A	BV4X			H
5:58PM	39B	BV4X			H

Time	Event #	Varsity	Novice	Lightweight	Race Type
8:00 AM	1pf	G 1V 8			PF
8:08 AM	1gf	G 1V 8			GF
8:16 AM	2pf	B 1V 8			PF
8:24 AM	2gf	B 1V 8			GF
8:32 AM	3gf	B 2V 8			GF
8:40 AM	4gf	G 2V 8			GF
8:48 AM	5gf	G3V 8			GF
8:56 AM	6gf	G 2V4x			GF
9:04 AM	7pf	G 1V4X			PF
9:12 AM	7gf	G 1V4X			GF
9:18 AM	8gf		BN4x		GF
9:28 AM	9gf		G1N8		GF
9:38 AM	10pf			G Ltwt 4+	PF
9:46 AM	10gf			G Ltwt 4+	GF
9:54 AM	11pf		GN 4x		GF
10:04 AM	12pf	BV1x			PF
10:12 AM	12gf	BV1x			GF
10:18 AM	13gf			G Ltwt V2x	GF
10:26 AM	14gf		B1N 4+		GF
10:36 AM BREAK					
10:46 AM	15gf		B2N 4+		GF
10:56 AM	16gf	G 3V 4+			GF
11:04 AM	17pf	G V1x			PF
11:12 AM	17gf	G V1x			GF
11:20 AM	18gf	B2v2x			GF
11:28 AM	19pf			B Ltwt 8	PF
11:36 AM	19gf			B Ltwt 8	GF
11:44 AM	20gf		G1N 4+		GF
11:54 AM	21pf	B1V 2x			PF
12:02PM	21gf	B1V 2x			GF
12:10	22pf			G Ltwt 8	PF

PM					
12:18 PM	22gf			G Ltwt 8	GF
12:26 PM	23gf		G2N 8		GF
12:36 PM	24gf		B1N 8		GF
12:46 PM	25gf	B2-			GF
12:54 PM LUNCH					
1:42 PM	26pf	G1V 2x			PF
1:50 PM	26gf	G1V 2x			GF
1:58 PM	27gf	G 2V 2x			GF
2:06 PM	28gf		B2N 8		GF
2:16 PM	29gf	B 3V 4+			GF
2:24 PM	30gf	G V2-			GF
2:32 PM	31gf			B Ltwt 2x	GF
2:40PM	32gf		G 2N 4+		GF
2:50 PM	33pf			B Ltwt 4+	PF
2:58 PM	33gf			B Ltwt 4+	GF
3:06 PM	34gf	B 3V 8			GF
3:14 PM	35gf	G2V 4+			GF
3:22 PM	36pf	G1V 4+			PF
3:30 PM	36gf	G 1V 4+			GF
3:38 PM	37gf	B2V 4+			GF
3:46 PM	38pf	B 1V 4+			PF
3:54 PM	38gf	B 1V 4+			GF
4:02 PM	39pf	B V4x			PF
4:10 PM	39gf	B V4x			GF

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.

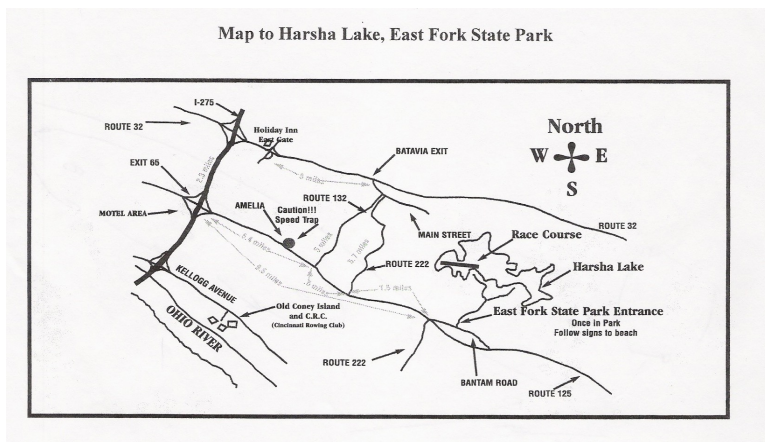
There is a procedure for expressing displeasure with the way a race has been conducted: a crew may protest the race to the official on the water. It is not appropriate to go beyond that, too badmouth the official or the other crew.

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.

VENUE MAPS AND TRAFFIC PATTERNS

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.



East Fork Practice
Day Map



East Fork Race Day
Map



Regatta Site Map