



Midwest Junior Rowing Championships

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

Dear Coaches and Teams-

Welcome to the **Midwest Junior Rowing Championships!** The 2016 championship races will be held May 21 and 22 at East Fork State Park, Harsha Lake, in Bantam, Ohio. This event is a qualifying regatta for teams from the Midwest District, for the 2016 **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 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 there are SIGNIFICANT Schedule Changes for 2016:

1) Order of Events

The order of events has changed significantly. Schedule changes were made to enable the use of HereNow results software. The schedule is still designed to allow adequate rest for athletes doubling up on YNC qualifying races. Heats and Finals are often on the same day. The schedule is included in this packet

2) Doubles Entries

As approved by MJRA last year, only one double may be entered in each 1st Varsity race per club.

3) Number of Boats in Final

Events with 7 or less entries will be finals only. Event with 8-21 entries will include a 'wild card' entry. Events with over 21 entries will run time trials with top 7 to finals.

4) Seeding

The 1st Varsity 8+ and 4+ Heats will be seeded. First Varsity open weight 8+ and 4+ will be seeded for heat placement based on prior racing results and coaches poll. MJRA board will have final say in the seeding for these events. MJRA will look to seed all US Rowing YNC events going forward.

Good luck,

MJRA Executive Committee

Cincinnati Junior Rowing Club

**Midwest Junior
Rowing Association
Executive Committee**

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TEAM ELIGIBILITY

- 1) **DUES:** Organizations must have paid their annual dues of \$30.00 by May 13, 2016. 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, 2016 to and including, June 14, 2016) 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 at the Midwest Junior Rowing Association website, www.mjra.org and on Regatta Central, www.regattacentral.com.
- 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 13, 2016.**
- 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 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 13, 2016. If fees are sent by overnight mail, please indicate that recipient need not sign.

- 4) **ENTRY FEES:**

1x	\$45.00
2x	\$60.00
4x/4+	\$85.00
8+	\$105.00
- 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 17 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 13, 2016 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 13, 2016, 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 18, 2016**.
- 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 2, 2016, 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, 2016, to and including, June 13, 2016) is a team.

NOVICE - a novice rower began rowing (sweeping or sculling) after Midwest Junior Rowing Championships in 2015.

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 doubles)**

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 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 2016 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. 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 20, 2016.** 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 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 included at the end of this packet as well as 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. 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 winner 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.

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.
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SCHEDULE

- 1) **REGISTRATION CHECK-IN:** Hours of registration: Friday, 5-7-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:** This year the Saturday and Sunday Schedule MUST align to accommodate HERENOW. 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 review **2 pages** of schedule. Notation: Lwt: lightweight, G: Girls, B: Boys, H#: Heat #)

Saturday Heats		Saturday Finals	
7:20	G 1st novice 4+ H1	2:32	G 1st novice 4+
7:28	G 1st novice 4+ H2		
7:32	G 1st novice 4+ H3		
7:40	B 1st novice 4+ H1	2:40	B 1st novice 4+
7:48	B 1st novice 4+ H2		
7:56	B 1st novice 4+ H3		
8:04	G 1st varsity double H1	2:48	G 1st varsity double (2X)
8:12	G 1st varsity double H2		
8:20	B 1st varsity double H1	2:56	B 1st varsity double (2X)
8:28	B 1st varsity double H2		
8:36	G 2nd varsity double H1	3:04	G 2nd varsity double (2X)
8:44	G 2nd varsity double H2		
8:52	B 2nd varsity double H1	3:12	B 2nd varsity double (2X)
9:00	B 2nd varsity double H2		
Break			
9:20	G lwt 4+ H1	3:20	G lwt 4+
9:28	G lwt 4+ H2		
9:36	B lwt 4+ H1	3:28	B lwt 4+
9:44	B lwt 4+ H2		
9:52	G 2nd novice 8 H1	3:36	G 2nd novice 8+
10:00	G 2nd novice 8 H2		
10:08	B 2nd novice 8 H1	3:44	B 2nd novice 8+
10:16	B 2nd novice 8 H2		
10:24	G novice quad H1	3:52	G novice quad (4X)
10:32	G novice quad H2		
10:40	B novice quad H1	4:00	B novice quad (4X)
10:48	B novice quad H2		
10:56	G 2nd varsity quad H1	4:08	G 2nd varsity quad (4X)
11:04	G 2nd varsity quad H2		
11:12	B 2nd varsity quad H1	4:16	B 2nd varsity quad (4X)
11:20	B 2nd varsity quad H2		
11:28	G lwt 2X H1	4:24	G lwt 2X
11:36	G lwt 2X H2		
11:44	B lwt 2X H1	4:32	B lwt 2X
11:52	B lwt 2X H2		
12:00	G 3rd varsity 8 H1	4:40	G 3rd varsity 8+
12:08	G 3rd varsity 8 H2		
12:16	B 3rd varsity 8 H1	4:48	B 3rd varsity 8+
12:24	B 3rd varsity 8 H2		
12:32	G 2nd varsity 8 H1	4:56	G 2nd varsity 8+
12:40	G 2nd varsity 8 H2		
12:48	B 2nd varsity 8 H1	5:00	B 2nd varsity 8+
12:56	B 2nd varsity 8 H2		

1:04	G 1st varsity 8 H1	5:08	G 1st varsity 8+
1:12	G 1st varsity 8 H2		
1:20	B 1st varsity 8 H1	5:16	B 1st varsity 8+
1:28	B 1st varsity 8 H2		
LUNCH		5:30 – 7:00 Practice	

SUNDAY:

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

Sunday Heats		Sunday Finals	
7:20	Time trials for:	1:36	G 1x
B 1x		1:44	B 1x
G 1x			
B 3rd varsity 4+			
G 3rd varsity 4+			
B 2nd novice 4+			
G 2nd novice 4+			
8:00	G 1st varsity 4+ H1	1:52	G 1st varsity 4+
8:08	G 1st varsity 4+ H2		
8:16	G 1st varsity 4+ H3		
8:24	B 1st varsity 4+ H1	2:00	B 1st varsity 4+
8:32	B 1st varsity 4+ H2		
8:40	B 1st varsity 4+ H3		
8:48	G 2nd varsity 4+ H1	2:08	G 2nd varsity 4+
8:56	G 2nd varsity 4+ H2		
9:04	B 2nd varsity 4+ H1	2:16	B 2nd varsity 4+
9:12	B 2nd varsity 4+ H2		
9:20	G 1st novice 8 H1	2:24	G 1st novice 8+
9:28	G 1st novice 8 H2		
9:36	G 1st novice 8 H3		
9:44	B 1st novice 8 H1	2:32	B 1st novice 8+
9:52	B 1st novice 8 H2		
BREAK			
10:16	G lwt 8 H1	2:40	G lwt 8+
10:24	G lwt 8 H2		
10:32	B lwt 8 H1	2:48	B lwt 8+
10:40	B lwt 8 H2		
10:48	G 2- H1	2:56	G 2-
10:56	G 2- H2		
11:04	B 2- H1	3:04	B 2-
11:12	B 2- H2		
11:20	G 1st varsity quad H1	3:12	G 1st varsity quad (4X)
11:28	G 1st varsity quad H2		
11:36	B 1st varsity quad H1	3:20	B 1st varsity quad (4X)
11:44	B 1st varsity quad H2		
11:52	G novice 2X H1	3:28	G 2nd novice 4+

12:00	G novice 2X H2	3:36	B 2nd novice 4+
12:08	B novice 2X H1	4:04	G 3rd varsity 4+
12:16	B novice 2X H2	4:12	B 3rd varsity 4+
12:24	LUNCH	4:20	G novice 2X
		4:28	B novice 2X

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.

