

# Head of the CUYAHOGA

## 2011 Head of the Cuyahoga Regatta Rules Saturday, September 17, 2011

**REGISTRATION:** Online registration, Credit Card payment, and online waivers will be available thru Regatta Central at [www.regattacentral.com](http://www.regattacentral.com). Waivers and payment, which are not submitted online, must be submitted at the Check-In Tent before a race packet will be issued. To be complete entries must include payment, a completed entry form for each event, and a waiver signed by each competitor (parent/guardian must sign for competitor under 18 years old). Checks should be made payable to "Cleveland Rowing Foundation." The **deadline for registration** is **Saturday, September 10, 2011 at 11:59PM**. The **late entry deadline** is **Tuesday, September 13, 2011 at 11:59PM**. A late fee of \$10.00 per boat applies. The HOTC will give refunds for scratches communicated to the registrar prior to 11:59PM on September 10, 2011. No other refunds will be made.

Technical questions regarding use of Regatta Central should be directed to:  
[support@regattacentral.com](mailto:support@regattacentral.com) (no regatta-related questions please.)

### FEES:

Eights: \$75.00

Doubles/Pairs: \$45.00

Fours/Quads: \$60.00

Singles: \$35.00

**ELIGIBILITY:** This is a US Rowing event so while all rowing clubs and scullers are invited to participate, rowing clubs must be organizational members of US Rowing and unaffiliated rowers must have an individual membership to US Rowing.

**ATHLETE ROSTER FROM COACHES:** The US Coast Guard requires us to provide a full list of all participating athletes. While Regatta Central will be the primary source of this information, coaches may be asked for additional information or data on late add-ons. All participants including substitutes must include their birthdates on their registration to be valid. Your cooperation is greatly appreciated in this matter.

**CHECK-IN:** All coaches or other parties responsible for each school or club must check-in to confirm registration and receive race packets. Teams not affiliated with the Cleveland Rowing Foundation (CRF) must check-in on Friday, September 16 from 5:00 to 7:00 PM, or on race day from 5:45 AM to 10:00 AM. All crews from CRF member organizations must register during the Friday check-in hours.

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**RIVERGATE PARK:** The Cleveland Rowing Foundation has moved to its new home, Rivergate Park. The size of our new property allows us to host both athletes and spectators in one location. Spectators will be able to see the finish line from the spectator viewing area as well as seeing the launch and recovery docks. Athletes will have a designated location for team tents. No camping will be permitted at Rivergate Park. CRF is committed to being environmentally responsible, and is actively encouraging rowers to use only reusable plastic bottles for water. Trash bins will be located throughout the property. Please help us keep our area clean and support our efforts to be environmentally friendly. All coxswains and rowers must wear appropriate footwear to and from the docks. There are several gravel areas that crews will be crossing so be prepared! A map with information regarding the layout of Athlete & Spectator Village will be printed in the program and will be available online prior to the regatta.

**BOAT AND TRAILER STORAGE:** security-patrolled, overnight shell storage will be available at Rivergate Park. Trailers must arrive between 3:00-8:00 PM on Friday, September 16, 2011 or between 6:00-7:00AM on Saturday September 17, 2011. Trailers arriving after 7AM on Saturday may not be able to park at Rivergate Park in order to ensure the safety of rowers and spectators. Although there will be room in the trailer parking lot for boat and equipment trailers, tow trucks will need to be parked at an alternative location. Scullers car topping their shells will be able to park at Rivergate Park in designated areas on a first come first serve basis. Once the sculler parking area is full scullers will still be permitted to unload their shell at Rivergate but will then need to move their car to another parking area. ***All teams will be assigned a specific area for their trailers and boats in order to accommodate all crews.***

**PARKING & DIRECTIONS:** Parking for trailers and handicap parking will be located at Rivergate Park. There will also be parking at Rivergate Park for scullers who are car topping their shells. Scullers should enter through the back entrance. Due to limited space athletes and spectators will NOT be able to park at Rivergate Park. There will be designated lots or street parking available surrounding Rivergate Park. The Directions and Parking tab on Regatta Central gives more detailed information on parking & directions.

**ADDRESS:** The Head of the Cuyahoga will be hosted by the Cleveland Rowing Foundation and will take place on the Cuyahoga River in Cleveland, Ohio. The Cleveland Rowing Foundation is located at Rivergate Park, 1785 Merwin Ave, Cleveland, Ohio 44113.

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**COACHES, COXSWAINS, & SCULLERS MEETING:** A meeting for coaches, coxswains, and scullers is required by our US Coast Guard permit, and will be held at Rivergate Park at 6:45 a.m. on Saturday, September 17, 2011. Due to the challenging nature of the course, attendance at this meeting by all coxswains and scullers is MANDATORY and wristbands will be distributed to all attendees. The Dock Masters will not permit coxswains or scullers who did not attend the meeting to launch. Be aware that the Race Course has changed significantly from last year. Please be sure you are familiar with the launching and racing pattern.

**BOW AND BIB NUMBERS:** Bow and bib numbers will be distributed in the race packet at check-in. Bow numbers must be returned at the conclusion of racing to the Dock Master. All shells must have bow clips to race. Bib numbers must be worn visibly on the back of each single sculler or bow rower. Bib numbers must also be worn on the back of all coxswains of stern coxed boats.

**SAFETY:** In accordance with US Rowing standards all entries must comply with the following safety regulations:

- A) All shells must be equipped with a supple or plastic ball, of white or fluorescent color, firmly attached and mounted on its bow. The bowball shall be at least 4 cm in diameter.
- B) Each set of shoes within the shell must be equipped with quick release footgear.
- C) A boat in which the body of the coxswain is enclosed or partially enclosed within the hull of the boat shall conform to the following requirements:
  - i. The opening through which the coxswain enters and exits shall be at least 2.30 feet long when measured along the longitudinal axis of the boat. For a length of at least 1.64 feet, the opening shall be as wide as the inner hull of the boat itself.
  - ii. The inner surface within which the coxswain's body rests shall be smooth and free of any obstacles, devices, or other structures that would hinder quick exit.

**WEIGH-IN:** Lightweight crews are expected to comply with current US Rowing Association weight limits. Lightweight rowers must weigh-in from 7:00-11:00AM on Saturday at the First Aid Tent, and wristbands will be distributed to all lightweights. Lightweight rowers should weigh in at least one hour before their first race and will only be required to weigh in once for the entire day. Coxswains will not be required to weigh in.

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**CLASSES:** All competitors must be eligible for the event division in which they are competing. Any crew containing an ineligible competitor will be violating the rules and will be disqualified from the Regatta. In accordance with NCAA rules no event within the Head of the Cuyahoga Regatta may have collegiate competitors rowing against high school competitors (including high school coxswains).

**Junior:** A junior is a competitor who in the current calendar year does not attain the age of 19, or who is currently, and has been continuously, enrolled in secondary school as a full time student seeking a diploma. Juniors **CANNOT** enter Open Events.

**Novice:** A competitor who is eligible to row as a freshman/novice at their own institution or has not participated in the sport of rowing prior to September 1, 2010.

**Open:** Any rower who does not fall under the Junior Category.

**Master:** A competitor who has attained or will attain the age of 21 during the current calendar year. Categories will be as follows: (AA) 21 to 26 years, (A) 27 to 35 years, (B) 36 to 42 years, (C) 43 to 49 years, (D) 50 to 54 years, (E) 55 to 59 years, (F) 60 to 64 years, (G) 65 to 69 years, (H) 70 to 74 years, (I) 75 to 79 years, (J) 80 and over. The category of a Masters Crew shall be determined by the average age of the rowers in the crew, rounded down to the nearest whole number.

**Lightweight:** In accordance with US Rowing Rules of Rowing:

(A). Men:

1. A men's lightweight crew, including a single scull (1x), shall have no rower who weighs more than 160 lbs.

(B). Women:

1. A women's lightweight crew, including a single scull (1x), shall have no rower who weighs more than 130 lbs.

**Recreational:** The Recreational category is for **Masters Rowers** who practice on average **two days per week**. This category includes such crews as those rowing as a corporate crew, in a summer rowing league, as novices (in first year of rowing), or other occasional rowers. What distinguishes a recreational rower is the limited frequency with which he or she rows. A crew may **NOT** enter a Masters event and also a Recreational event. Recreational Rowers can be or will attain the age of 21 and over during the current calendar year.

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**Composite Boats:** Composite crews include competitors from more than one club and/or unaffiliated competitors and must register as a composite crew. Such crews will be ineligible to receive points used to determine the team points award. Once a crew has been entered as a composite crew, it shall remain so, regardless of subsequent substitutions.

**Mixed Boats:** Must contain an equal number of men and women excluding the coxswain. The coxswain may be of either sex.

A female rower shall not compete in events for men and a male rower shall not compete in events for women.

**HANDICAPPING:** Masters races will be handicapped. Competitors/crews entered in masters races who do not have their ages listed on their entry forms will **NOT** have their handicaps calculated (actual elapsed time will be used). Handicaps will be applied for all masters boats using the standard US Rowing handicaps for a 1,000 meter course and will be multiplied by 2.75 to factor for the length of the course. Refer to [http://www.usrowing.org/Libraries/Events/2011RORnodirectory\\_1.sflb.ashx](http://www.usrowing.org/Libraries/Events/2011RORnodirectory_1.sflb.ashx) for more information.

**EVENTS:** Please see the Events List and Schedule, attached. Although every effort will be made to keep to the published events schedule, the race times are subject to change. Two (2) entries are required to run an event.

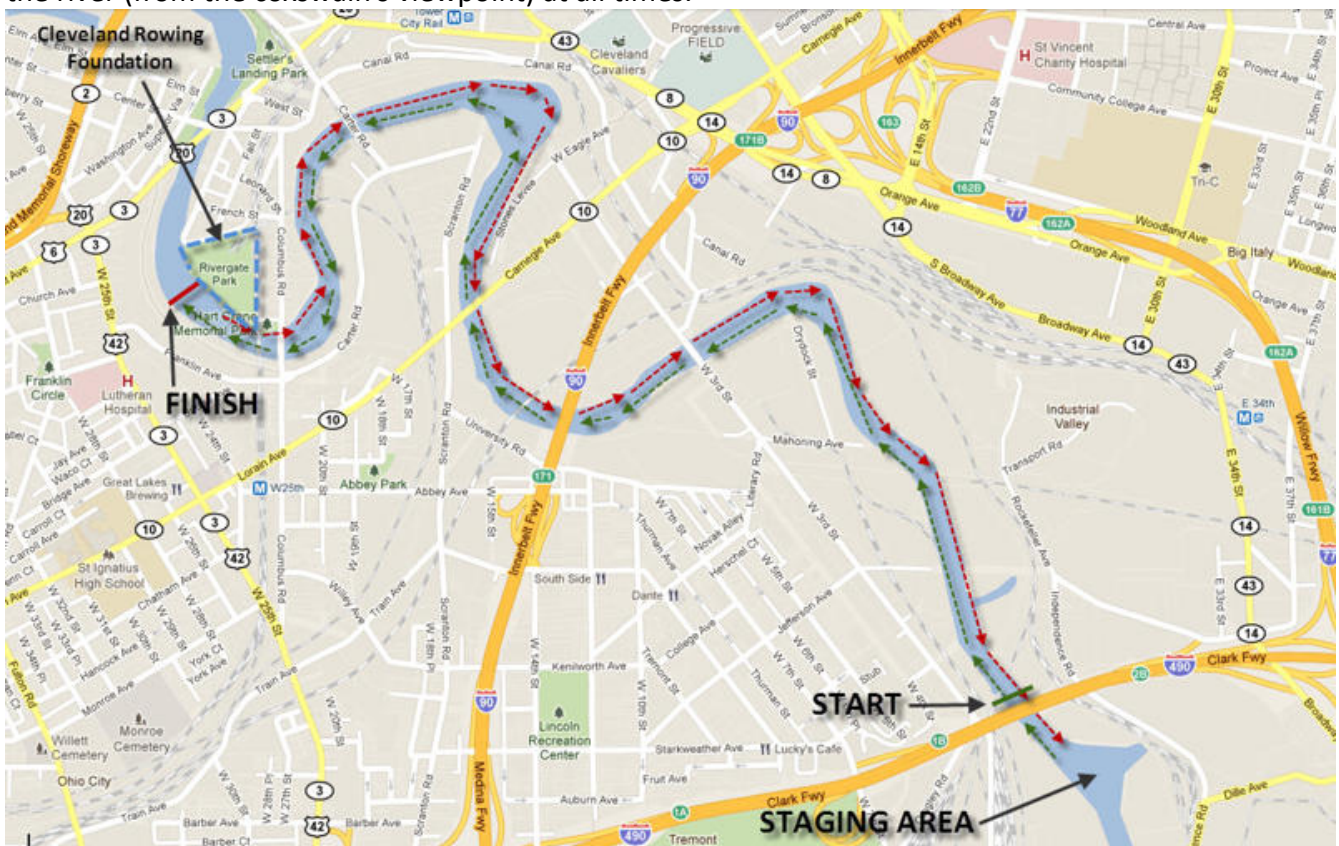
**EVENT TIMES:** Entries **MUST** row only at the time the event they are entered in is scheduled and raced. No boats will be permitted to race at any other time in the schedule (e.g., a men's junior 4+ will not be permitted to race when the women's masters 2x's are racing or at any other time except when men's junior 4+'s are racing).

**HOTSEATING:** Races will not be delayed to permit hotseating. All crews are on notice of the scheduled launch and start times, and enter at their own risk. The Dock Master retains the final authority regarding the launch and retrieval order of shells.

**INCLEMENT WEATHER POLICY:** The Head Referee and the regatta committee will work together to monitor the weather during the event. If schedule changes or event cancellations are necessary due to weather concerns this will be communicated through announcements over the sound system and by posting an announcement on the results board. Teams are responsible for staying updated on announced schedule changes.

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**COURSE/COURSE MAP:** All competitors are responsible for being familiar with the course. We have a new Race Course this year. Crews will launch from the CRF docks and row to the marshalling area at the Mital Turning Basin. They will turn at the Basin & race back towards the boathouse. The start line is just below the I-490 Bridge. The finish line will be located on the Rivergate Property so that spectators will be able to view the finish. The course is approximately 5,000 meters, involves several challenging turns & goes under 7 bridges. Please note that boats must row on the **LEFT** side of the river (from the coxswain's viewpoint) at all times.



**LAUNCHING & RECOVERY:** There will be separate docks for launching & recovery to make the process more efficient. When facing the river from land the launch docks will be on the **LEFT** & the recovery docks will be located to the **RIGHT**. The CRF Boathouse dock is different than most traditional docks due to the bulkheads lining the river. At the recovery dock the boats will be walked from the dock onto a sloping ramp up to the bulkhead. At the launch docks a different system will be used. Crews place their boat upside down on wooden tees above the dock, parallel to the water. The rowers then walk down a ramp onto the dock below, lift the boat off the tees and roll the boat into the water. Local CRF crews will be on hand to assist away crews with the proper handling, launching, and recovery of shells on the dock.



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**START:** Directions for proceeding to the start will be announced at the meeting for coaches/coxswains/scullers. Boats must be ready to leave the dock at the specified launch time. Announcements will be made indicating when to launch. Due to the large number of crews anticipated, quick launching is essential. Boats must arrive at the marshaling area 5 minutes before the start time of their event. Starting marshals located above the start line will assist as crews order themselves by bow number prior to the start of each event.

## **CONDUCT DURING TRANSIT, RACING AND PENALTIES:**

(A). Boats will row to the start line upriver along the river's east bank (to the coxswain's left, sculler's right), and race back to the west of the centerline of the river.

(B). Boats passing other racing boats shall pass on the inside of a turn or curve in the river (on those limited areas of straight-away on the course, the passing boat may take its choice of sides); the overtaken boat will yield to the outside of a turn or curve, or to the side not chosen by the overtaking boat on the straightaway.

(C). Boats rowing to the start will at all times stay between the coxswains left of the course buoys and the east bank. Passing another boat while rowing to the start line is permitted on straight-aways where the river is wide enough to pass. Passing another boat should only be done if necessary. Crews passing in an unsafe manner may result in exclusion.

(D). Any racing boat crossing the buoys (with any part of the hull of the boat, but not the oars) will be charged a penalty of 10 seconds per crossing. All boats must finish between the finish line buoys, and any boat finishing outside the buoys will be charged a 20 second penalty. Boats in transit to the start may also be charged a penalty for crossing the buoys.

(E). Any boat which, without justification, interferes with the forward progress of another boat, or which unreasonably fails to yield to an overtaking boat will be charged a time penalty or be excluded, at the discretion of the officials. A 30 second penalty will be given for slight interference and a 60 second penalty for unsportsmanlike conduct, flagrant behavior, or unsafe passing.

(F). After crossing the finish line, shells must continue to row toward the Detroit-Superior Bridge. Unless otherwise instructed by course officials, boats will turn before the bridge and row single file towards the recovery dock along the east bank of the river (on the coxswain's left, sculler's right).

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**SAFETY ZONES:** Due to the complexity of the course and in the event of an Emergency, the US Coast Guard has asked us to identify "Safe Zones." Crews will be directed to the "Safe Zones" by safety launches.

**GENERAL RULES.** US Rowing Association Rules of Racing apply to all situations not covered above. AS A REMINDER, the US Coast Guard Permit allowing the river closure is only in effect from 6AM until 4PM sharp on Saturday, September 17, 2011. CRF and the HOTC Directors will strongly enforce the 4PM rule. ***NO RACING will be done after 4PM for the safety of all crews.*** This will be reiterated at the Coaches, Coxswains and Scullers Meeting.

**RESULTS:** Results will be posted as they occur. Results will be unofficial until such time as the referee reports have been received and penalties assessed. Official results will be available on Regatta Central.

**PROTESTS:** Protests regarding the outcome of a race must be made to Race Central within 60 minutes of the time the provisional results of the race in question are posted. Protests made outside of that time period will not be allowed. A fee of \$25.00 at the time the protest is submitted must accompany protests to Race Central. The fee will be refunded if a decision in favor of the protest is made.

## **MEDALS, AWARDS & TEAM POINTS AWARD:**

- **MEDALS:** Medals (gold, silver, and bronze) will be awarded to winning crews when race results are confirmed and official.
- **TEAM POINTS AWARD:** Points will be awarded in each 8+ and 4+ event to the school or club with whom the winning boat is affiliated (NOTE: if a team has more than one entry in any event, only the highest finishing entry is eligible to win team points.) Points will be awarded as follows: 1st place - 6 points; 2nd place - 4 points; 3rd place - 2 points; 4th place - 1 point. The school or club winning the most points overall will be awarded the ***HOTC Team Points Award.***
- **AWARDS:** ***The Marcovy Cup*** - Introduced in 1990, the Marcovy Cup is presented to the first place winner of the Open Women's 4+. This cup is named after Tim Marcovy, first President of the Western Reserve Rowing Association. ***The Ivanhoe Boat Club Award*** - Introduced in 1996, the Ivanhoe Boat Club Award is presented to the men's 4+ (junior, open or masters) with the overall best time in honor of the 150th Anniversary of Racing the Cuyahoga. ***The Chris Ernst "A Hero for Daisy" Award*** - Presented to the women's 8+ (junior, open or masters) with the overall best time in honor of Chris Ernst, a former Yale and Olympic Rower and noted advocate of women's sports.



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## RACE SCHEDULE:

### 2011 Head of the Cuyahoga Saturday, Sept. 17

6:45 am coach, coxswain, & scullers meeting

flag raising & National Anthem to follow

<u>Event #</u>	<u>Start Time</u>	<u>Event</u>
1	8:00	Mens Junior 1x
2	8:10	Mens Open Ltwt 8+
3	8:15	Womens Rec 8+
4	8:30	Womens Masters 2x
5	8:40	Womens Junior 4+
6	8:55	Womens Open 2x
7	9:00	Mens Masters 1x (A-B)
8	9:00	Mens Masters 1x (C)
9	9:00	Mens Masters 1x (D-F)
10	9:15	Mens Open 1x
11	9:25	Mens Junior Ltwt 8+
12	9:35	Womens Masters 4+
13	9:45	Mens Open Novice 4+
14	9:55	Mixed Rec 8+
15	10:05	Womens Junior Novice 8+
16	10:10	Womens Junior 1x
17	10:15	Mens Masters 2x
18	10:20	Womens Open Novice 4+
19	10:30	Mens Junior 2x
20	10:35	Womens Open 1x
21	10:40	Womens Masters 1x (A-B)
22	10:40	Womens Masters 1x (C)
23	10:40	Womens Masters 1x (D-F)
24	10:55	Mens Open 8+
25	11:15	Mens Junior Novice 8+
26	11:20	Mens Rec 4+

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<u>Event #</u>	<u>Start Time</u>	<u>Event</u>
27	11:25	Womens Junior Ltwt 8+
28	11:30	Mens Masters 8+
29	11:40	Mens Junior 4+
30	11:50	Womens Open 4+
31	12:00	Womens Junior Novice 4+
32	12:10	Mens Open 2x
33	12:20	Womens Junior 2x
34	12:25	Womens Rec 4+
<b>LUNCH BREAK 12:35-1:00</b>		
35	1:00	Mixed Open 8+
36	1:10	Mens Junior 8+
37	1:20	Womens Open Novice 8+
38	1:30	Mixed Masters 2x
39	1:40	Womens Junior 8+
40	1:50	Mens Junior Novice 4+
41	2:00	Mens Open 2-
42	2:05	Womens Open 8+
43	2:15	Mixed Rec 4+
44	2:25	Mens Open Novice 8+
45	2:30	Womens Masters 8+
46	2:45	Womens Junior Ltwt 4+
47	2:50	Mens Junior Ltwt 4+
48	3:00	Mens Open 4+
49	3:10	Womens Open 2-
50	3:20	Mens Masters 4+

\*event schedule is subject to change depending on number of entries in each event

**REGATTA DIRECTOR:** Please direct all non-registration regatta-related questions to the Regatta Director, Cara Sieberth at [hotc@clevelandrows.org](mailto:hotc@clevelandrows.org)

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## **COURSE ACCESS:**

This year we will have two opportunities for participants to become familiar with our course.

### FRIDAY EVENING PRACTICE SESSION:

Due to the safety concerns associated with rowing on the Cuyahoga River no visiting crews will be allowed to row on Friday September 16th unaccompanied but will have the opportunity to row during the Friday Evening Practice Session. All boats will be escorted by a CRF coaching launch to assure the safety of the crews, therefore the number of shells will be limited. Boats wishing to practice on the course on Friday MUST register in advance and pay a \$10 per boat fee on Regatta Central. The practice session will start at 5:45pm with a safety briefing and will last approximately 2 hrs. If space is limiting, small boats will be given priority. You will be contacted and put on a waiting list if you register and all the available spots are filled. If we are unable to accommodate your request, your fee will be returned.

### FRIDAY EVENING COURSE TOURS FOR COXSWAINS AND SCULLERS:

On Friday evening from 6 p.m. to 8 p.m. we are offering 40 minute tours of the course conducted by an experienced local coach for coxswains and scullers who would like a preview of this challenging course. Launches will leave the Rivergate dock every 15 minutes from 6 to 7 p.m. The cost of this service is \$10 per passenger. You must register and pay for this service in advance on Regatta Central. We will assign you a definite time slot for the tour after you register. If a slot is unavailable, your fee will be refunded.

The docks will be closed to local crews starting at 10AM on Friday September 16, 2011.

## **OFFICIAL REGATTA HOTEL:**



**THE PLACE TO MEET.**

Crowne Plaza - Cleveland City Centre.

777 St. Clair Avenue

Cleveland, OH 44114

<http://www.crowneplaza.com/h/d/cp/1/en/hotel/clesc?rpb=hotel&crUrl=/h/d/cp/1/en/hotelsearchresults>

The cost is \$79 + tax for a double room. There is a \$15 extra person charge. Interested parties should reserve a room by calling the hotel directly at 1-877-208-2519. Reservation Code: RIVEROCITY. This rate will apply until August 17, 2011.

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**FRIDAY NIGHT PASTA DINNER:**



Sainato's is located at the corner of Columbus Road and Merwin Avenue. Dinner will be from 6:00 to 8:30pm, \$10.00 per person. Please pay in cash at the door. This is a great opportunity to socialize with other teams and since Sainato's is located right next to Rivergate Park it will be very convenient.

# Release of Liability

Fax: 609-924-1578



IN CONSIDERATION of being given the opportunity to participate in any USRowing activity, including scheduled, supervised club activities, and registered regattas, during the policy term 12/31/10 – 12/31/11, I, for myself, my personal representatives, assigns, heirs, and next of kin.

1. I ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.

2. I FULLY UNDERSTAND that: (a.) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death (“Risks”); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Release named below; (c.) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. I AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of USRowing and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.

4. I HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, the Regatta, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place, (each considered one of the Releasees herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasee or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim, to the fullest extent permitted by law.

PLEASE DO NOT CHANGE OR ALTER THE WORDING ON THIS WAIVER WITHOUT PRIOR APPROVAL FROM USROWING

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

**Printed Name of Participant:**

\_\_\_\_\_

USRowing # \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Date: \_\_\_\_\_

Participant’s Signature: \_\_\_\_\_

Organization: \_\_\_\_\_

## PARENTAL CONSENT

**(if participant is under the age of 18).**

AND I, the minor’s parent and/or legal guardian, understand the nature of rowing activities and the minor’s experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor’s account caused or alleged to be caused in whole or part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor’s behalf makes a claim against any of the above Releasee, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost any may incur as the result of any such claim, to the fullest extent permitted by law.

**Printed Name of Parent/Guardian:**

\_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Phone: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature (only if participant is under the age of 18): \_\_\_\_\_

\_\_\_\_\_

**This is THE USRowing Release of Liability, which should be copied for your use.**