



The Hammer Ergatta
Cleveland, Ohio
Saturday, February 9th, 2013

The 24th annual Hammer Ergatta is being hosted by Cleveland State University and takes place at the University Recreation Center on Saturday, February 9th, 2013. Thank you for downloading this informational packet.

GENERAL INFORMATION:

The Hammer Ergatta has received technical and equipment assistance from Concept 2. Concept 2 has furnished the software, cables and hubs enabling our organizers to hold this event. Without their assistance, this event could not have been produced at this high caliber level.

Participants must register on-line at Regatta Central. Please visit the following URL to register:

<https://www.regattacentral.com/index.jsp?tab=regattas>

Or visit www.regattacentral.com if above URL is not working.

All participants must have a signed waiver in order to compete. Competitors under the age of eighteen (18) must have a parent or guardian signature. Waivers may be obtained from RegattaCentral.com

The University Recreation Center is on the campus of Cleveland State University and is located at:

2420 Chester Avenue
Cleveland, OH 44115

SPECIAL ACKNOWLEDGEMENTS:

A special thank you to **Kacy Carmichael**, Cleveland State University Assistant Coach & past Hammer race director for her assistance training Hammer volunteers in the technical operation for the ergatta.

Thank you to **Denny Matheou**, Cleveland State University Rowing Head Coach for recruiting competitors and overall assistance in the preparation and planning for the event, **Doug Brubaker** for volunteering to assist with technical operation, **Ann Ortega** for Regatta Central assistance and pre-race set up, the **Cleveland State Crew team and coaches** for their hard work, dedication and creativity, **Pat Conner**, St. Ignatius Head Coach and **Theresa Gang**, Cleveland Rowing Foundation Executive Director for provision of ergometers and other assistance. A final thank you to all **volunteers and staff at the Cleveland State University Recreation Center** without their help none of this could be possible.

REGISTRATION:

Deadline for registration is Wednesday, February 5th, 2013. Same-day registration will be accepted (a \$10 late fee applies).

All competitors, via on-line registration, will be required to submit their previous best (or estimated) ergometer time [1K for coxswains and 2K for all others]. Event organizer will establish heats so as to group competitors of similar submitted ergometer times. All competitors must **check-in** at the Registration Desk prior to entering the gymnasium and pay any fees due and verify that they are waiver satisfied.

This event is a US Rowing Registered Regatta and all competitors must have a USRowing waiver on file. This can be done online at Regatta Central.

Relay Race Registration: There will be 4 relay races at this year's Hammer. Registration for these relay races will be extended to race day without late fee penalty. The former 2010 Coaches Relay will be a regular 2K event at the 2013 Hammer.

Registration time deadlines are as follows for these events:

- | | |
|---------------------------------|------------------|
| () Open Mixed 6-Person Relay: | 10:00am deadline |
| () Dan Murphy Invitational Cup: | 11:00am deadline |

Entries may be limited by the race organizers.

Registration for the Dan Murphy Invitational will be only for boys in High School. It will be a linked 4-erg race. Each crews' 4-ergs splits will be averaged and the average will be displayed as one "boat" on the screen. Restriction: each crew member must have raced previously that day in a high school boys event

Entry Fees: all fees in US dollars

- () Scholastic and Collegiate Competitors \$16
- () Masters Competitors \$21
- () Relays: for registered competitors \$15 per team
- () Relays: for non-registered competitors \$5 per non-registered competitor (8th Graders)
\$10 per non-registered competitor (Coaches, Parent, & Corporate)

Payments:

- () Payments may be made online through Regatta Central using credit card
- () Payments may be made on-site, the day of the event, using cash or check (made payable to "Cleveland State Rowing") only. NO CREDIT CARDS WILL BE ACCEPTED ON THE DAY OF THE EVENT
- () Entries accepted after the deadline are at the discretion of the event organizer only and will be assessed a \$10 late fee per entry

Refunds:

No refunds will be made after the registration deadline for events cancelled due to events beyond the control of the event organizer.

Scratches:

No refunds will be issued for entry changes or scratches after the entry deadline.

EVENTS (SUBJECT TO CHANGE)

Saturday, Feb 9th

1	9:30 AM	Womens Open
2	9:30 AM	Womens Open Ltwt
3	9:50 AM	Mens Open
4	9:50 AM	Mens Open Ltwt
5	10:10 AM	Womens Open Novice
6	10:10 AM	Womens Open Ltwt Novice
7	10:30 AM	Mens Open Novice
8	10:30 AM	Mens Open Ltwt Novice
9	10:45 AM	Womens Open Coxswain (1K)
10	11:00 AM	Mens Open Coxswain (1K)
11	11:15 AM	Open Mixed Relay (3K) 3 Men, 3 Women
12	11:45 AM	Womens HS Varsity
13	11:45 AM	Womens HS Ltwt Varsity
14	11:45 AM	Mens HS Varsity
15	11:45 AM	Mens HS Ltwt Varsity
16	12:00 PM	Womens HS JV
17	12:00 PM	Womens HS Ltwt JV
18	12:00 PM	Mens HS JV
19	12:00 PM	Mens HS Ltwt JV
20	12:00 PM	Womens HS Novice
21	12:00 PM	Womens HS Ltwt Novice

22	12:15 PM	Mens HS Novice
23	12:15 PM	Mens HS Ltwt Novice
24	12:30 PM	Womens HS Coxswain (1K)
25	12:30 PM	Parents 1K Dash (Women)
26	12:30 PM	Mens HS Coxswain (1K)
27	12:30 PM	Parents 1K Dash (Men)
28	12:45 PM	Dan Murphy Invitational Cup Relay (HS Boys Only)
29	1:00 PM	Womens Senior Masters (40-49)
30	1:00 PM	Womens Senior Masters Ltwt (40-49)
31	1:00 PM	Womens Masters (30-39)
32	1:00 PM	Womens Masters Ltwt (30-39)
33	1:00 PM	Mens Senior Masters (40-49)
34	1:00 PM	Mens Senior Masters Ltwt (40-49)
35	1:00 PM	Mens Masters (30-39)
36	1:00 PM	Mens Masters Ltwt (30-39)
37	1:15 PM	Womens Veteran Masters A (50-59)
38	1:15 PM	Womens Veteran Masters Ltwt A (50-59)
39	1:15 PM	Womens Veteran Masters B (60+)
40	1:15 PM	Womens Veteran Masters Ltwt B (60+)
41	1:15 PM	Mens Veteran Masters A (50-59)
42	1:15 PM	Mens Veteran Masters Ltwt A (50-59)
43	1:15 PM	Mens Veteran Masters B (60+)
44	1:15 PM	Mens Veteran Masters Ltwt B (60+)
45	1:30 PM	Girls 8th Grade & Under (500m dash)
46	1:30 PM	Boys 8th Grade & Under (500m dash)
47	1:45 PM	Mens Open Rec 1k
48	1:45 PM	Womens Open Rec 1k
49	2:00 PM	CrossFit Men (2k)
50	2:00 PM	CrossFit Women (2k)

Event times (if listed) are typically for the finals. The schedule is tentative and subject to change

RACE DAY PROCEDURES

This event is a US Rowing registered regatta. All events will be raced over a distance of 2,000 meters, with the following exceptions. All coxswain events will race 1,000 meters. All races are final. Events with more than twenty (20) participants will be run in heats. The fastest three overall times from the heat(s) for each event will be designated the event medalists (Gold, Silver and Bronze)*.

All races will be held on Concept 2 Model D ergometers. Concept 2 will be providing the electronic timing system used for this regatta and Model PM4 monitors will be used. Spectators will be able to view the races in progress on screen(s)

Competitors will be able to set their individual drag settings prior to the start of their race. Neither competitors nor coaches will be allowed to adjust drag settings after the race has started.

Race organizers reserve the right to:

- () Change the tentative schedule of events
- () Limit the medal distribution to one gold medal for events with fewer than (10) registrants

- Combine events with fewer than twenty (20) registered participants
- Limit the number of relay entries
- suspend the use of the Concept 2 timing system and proceed with a manual timing
- Adjust the final race time and schedule based upon the number of entries
- Accelerate the schedule of events by up to 15 minutes.

All competitors or coaches must check in at the registration desk prior to their event. Competitors should plan on being at the University Recreation Center at least **1-1/2 hours** prior to their scheduled event.

Weigh-Ins:

All weight limit competitors must weigh-in one hour prior to their event. Weigh-Ins open at 9:00 AM and close at 3:00 PM. Weight Limit competitors should expect the scales to be accurate, and to read within 0.2 pounds.

Race Preparation:

There will be a minimum of fifteen (15) designated "warm-up" ergometers available to competitors. Please limit your warm-up time to 15 minutes, so as to allow all competitors an opportunity to prepare for their event. Do not plan to warm-up on the designated "race" ergometers.

On Deck Instructions:

Competitors will be alerted to the On Deck location by an "event board" noting which event is being called to Race and which event is being called On-Deck. All competitors must allow sufficient time to register, weigh-in, warm-up and be in the On-Deck location at least ten (10) minutes prior to their event. Failure to be in the On-Deck location five (5) minutes prior to the start of their event may result in disqualification.

Safety:

Cleveland State University CPR certified individuals will be on site at the competition in order to respond to on site emergencies. Any competitor or spectator who feels ill or thinks he/she may need attention should go to these designated individuals.

Coaches should be mindful of the following:

- Athletes with the flu or cold should not compete
- Athletes should stay hydrated
- Athletes should generally not eat within two (2) hours before competing.

RULES FOR RELAY AND INVITATIONAL EVENTS:

There are four relay events scheduled for the Hammer. **Please check RegattaCentral for the official heat-sheet of event numbers and times.**

- Open Mixed 6-Person Relay
- Dan Murphy Invitational Cup, 4-Man Relay

Open Mixed 6-Person Relay teams will be made up of 3 male and 3 female competitors and one coxswain. This group must represent a single college, club or corporate organization. This event will be raced over 3,000 meters. Registration for this event will close at 10:00 AM

The **Dan Murphy Invitational** is a relay for high school boys. The race will consist of "crews" of four (4) ergometers each. Each "crew" will be linked together so that the average split times of the four linked ergometers will be displayed as one boat on the screen. All competitors in the Dan Murphy Invitational must have competed in a previous 2,000 meter event at the 2013 Hammer.

Relay Race Rules

- Each competitor will race 500 meters
- Each team will choose the order of their relay
- The lead off rower begins seated on the machine
- Each rower must complete 500 meters before the next rower may take hold of the handle
- When finished with their 500 meter piece, each rower must secure the handle against the ergometer OR hand the handle to the next rower directly.
- Only the next rower may touch, pull or advance the handle during his/her 500 meter piece.
- The coxswain may sit or stand along side the ergometer, but may not otherwise assist the rower, except to secure the rower's feet.
- Crewmates may secure the rowers feet, but may not touch the handle. Only the next transitioning

rower in order may touch the handle.

() A team(s) that violates these race rules will be disqualified.

EVENT CATEGORIES:

- Open** Any age or weight. High School competitors are not allowed to compete in the Open Category
- Open Novice** Any age or weight. High School competitors are not allowed to compete in the Open Category Any Age or weight. A novice is considered to be in their first year of rowing (or indoor competition) and shall not have rowed in an organized regatta (indoor or on the water) prior to last year's Hammer. High School competitors are not allowed to compete in the Open Category.
- High School Sr** A senior is a high school competitor enrolled in grade 12. High school competitors other than seniors are allowed to enter this category.
- High School JV** A JV competitor is enrolled in high school grades 11 and lower. High School Seniors are not allowed to compete in this category.
- High School Novice** A high school novice is a high school competitor in his/her first year of rowing and shall not have rowed in any organized regatta (indoor or on the water) prior to last year's Hammer
- Masters** Ages 30 through 39
- Senior** Ages 40 through 49
- Veterans A** Ages 50 through 59 (no handicap)
- Veterans B** Age 60 and older. This category will be handicapped only if there are competitors age 70 and older. If handicaps are used, medals will be awarded based upon adjusted times for each category of men, women, heavy and light weight. Handicaps are computed as follows:
() Age 91 - 99: 7 seconds per year over 90, PLUS
() Age 81 - 90: 6 seconds per year over 80, PLUS
() Age 71 - 80: 5 seconds per year over 70, PLUS
() Age 61 - 70: 4 seconds per year over 60
() Age 60 0 seconds
- AGES** Although this is not a CRASH-B qualifying event, Masters ages (and subsequent handicap) will be calculated as of race day (Saturday, February 9, 2013)
- High School Cox** High School coxswains only may enter this race category. This category is open to high school coxswains who are primarily coxswains on the water over the previous year, or is in his/her novice year. Race distance is 1,000 meters
- CrossFit** Event is open to light and heavy weight men and females who train to their potential at surround area CrossFit gyms.
- Relays (SEE RELAY RULES)** Teams must consist of members from the same school, club or organization
Each competitor will row 500 meters and then get off the ergometer and hand the handle to the next competitor.
Each team is assigned one ergometer.
The cost to enter for each team is \$15 for all competitors
Any relay competitor who had not registered for a previous event, will be charged a \$5

participant fee. Weigh-ins will take place adjacent to the registration area. Weigh-ins must be completed one hour prior to the scheduled event. Weigh-ins open at 9:00 AM and close at 3:00 PM. Limits are as follows:

- () Light Weight Events: Men 165 Women 135
- () Coxswain Events Men 130 Women 120

For those competitors who register for a light weight event and do not make the weight limit, you may be allowed to change to a heavy weight event. Event organizers will make every attempt to accommodate in another event, any light weight who fails to make the weight limit.

EVENT SITE ACCOMODATIONS:

There will be concessions available at the Cleveland State University Recreation Center. **There is ample paid parking in the Euclid lot which can be reached by Prospect Avenue as well as metered parking next to the Rec on Chester Avenue, Payne and 24th street. If you park in a lot with no attendant on duty you risk getting a parking ticket (Other than the Euclid lot).** Separate locker rooms will be available for women and men. Registration will take place in the hallway before entering the University Recreation Center. Check out the link on Regatta Central for special access needs.

DIRECTIONS:

You can find directions to Cleveland State University campus through these two links:

[CSU Recreation Center](#)

CONTACT INFORMATION:

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