

# State Games for America

For

## < ROWING >

**Saturday, July 30, 2022**  
**Easter Lake, Des Moines, IA**  
1k Sprint Races

### Contacts

**Katie Kramer**  
**Iowa Sports Foundation**  
(Registration, Payments, Waivers)  
[katie.kramer@iowagames.org](mailto:katie.kramer@iowagames.org)

**Allison Cook**  
**Des Moines Rowing Club**  
(Race Site & Venue, Trailer Parking, Spectator  
Viewing/Parking, Team Tent Area, Referees,  
Volunteers, Hospitality, Lineups, Scratches, T-Shirts)  
[acook@desmoinesrowing.org](mailto:acook@desmoinesrowing.org)

The banner features a yellow background with several logos and text elements. On the left is the State Games of America 2022 logo, which includes a stylized star with red, yellow, and green points. Below it, the text reads "STATE GAMES OF AMERICA 2022" and "AMES - DES MOINES, IOWA". In the center is a blue silhouette of two rowers on a boat. To the right of the rowers is the text "ROWING SATURDAY, JULY 30 EASTER LAKE • DES MOINES". At the bottom left, it says "PRESENTED BY GRINNELL MUTUAL." with the Grinnell Mutual logo. In the bottom center is the "DES MOINES ROWING" logo, and on the bottom right is the "IOWA GAMES" logo, which features a stylized number 7.

COMPLETE DETAILS AND REGISTRATION  
[STATEGAMESOFAMERICA.COM](http://STATEGAMESOFAMERICA.COM)

## **Dates and Times**

June 1, 2022	Regatta Central open for Entry Registration
July 19, 2022	Entries due via Regatta Central by 11:59PM Central
July 27, 2022	Schedule and heat/lane assignments posted & emailed to participants
July 30, 2022	7:00AM Coaches, cox, and bow meeting 8:00AM First Race

## **Course**

Boats will launch on the north central side of the lake at the designated beach launching area. This is a *water launch* - rowers (not including para-rowers) should expect to wade up to mid-thigh. The course is approximately 1000 meters long. Rowers will have a very short warm up to the west side of the lake. There will be 3 lines of buoys as well as a fixed starter station and boat holders at the west end of the lake. The race goes from west to east.

## **Bow Numbers**

Please provide your own bow numbers 1-6.

## **Registration**

We will be using Regatta Central for race entries. There are NO Exceptions. Spectating and cheering is free! No refunds after July 19<sup>th</sup> entry due date. You must meet the following deadlines for your team:

Standard Registration: Opens June 1, 2022 @ 12 am and Closes July 19<sup>th</sup> @ 11:59 pm.  
\$50/athlete

The registration fee is per individual athlete. You can race as many times as your equipment and lineups will allow, without affecting the race schedule.

## **Categories**

- Junior: Athletes under the age of 19 as of the end of this calendar year
- Open: Any rower age 19 or over as of the end of this calendar year
- Master: Any rower over the age of 21 as of the end of this calendar year

## **Race Entries**

Race entries are due July 19<sup>th</sup>. Entries must be submitted on Regatta Central:  
[https://www.regattacentral.com/regatta/?job\\_id=7720&org\\_id=0](https://www.regattacentral.com/regatta/?job_id=7720&org_id=0)

## **Eligibility:**

According to the Residency Policy of Iowa by the National Congress of State Games; you must be a resident of Iowa OR be a resident of a State whose State Games does not offer Rowing. Any team from outside Iowa considering racing at the Iowa Games should contact Danelle Stipes (danelle-stipes@uiowa.edu) prior to registration to insure eligibility.

## **Waivers**

Each athlete will be required to submit TWO Waivers:

- 1) USRowing - online as standard with your "membership"
- 2) Iowa Games Waiver. **The Waiver can be found on the Regatta Central website under "Compliance".**

Waivers **MUST BE SIGNED** prior to 8:00 am on Race Day.

Coaches, plan ahead for Juniors and Parent/Guardian Signatures you may need. You can scan and email waivers to [acook@desmoinesrowing.org](mailto:acook@desmoinesrowing.org) ahead of race day. You can hand them in prior to 8:00 am at the Registration/Results Table on Race Day.

## **Race Meeting**

At least ONE Coach or Representative from each program is required to attend the Race Meeting. An announcement will be made 10 and 5 minutes prior. Be on time. Every team should have one representative. Meeting will start promptly at 7:00am. The Coach or Representative will be responsible for communicating information to their teams.

## **Race Day**

All athletes, coaches, volunteers and officials are expected to represent themselves, their programs, the State Games, and USRowing to the highest level. Anyone who displays behavior not representative of these entities may be removed from competition.

The Final Schedule of Events and Heat Sheets will be posted as soon as possible following the deadlines. All races are finals only, no heats. If there are more than 6 entries race will be divided into flights and the overall winner will be determined by best time. Events with only one entry may be combined together. First event to start at 8am and we are anticipating 10 minute event timing

All racers are responsible for arriving at the Start Line 5 minutes prior to their Race. Hot Seating is allowed, seats or boats ("hot boat"). You **MUST** notify the Iowa Games Commissioner and the Dock Master prior to docking and get a hot seating card. Make sure that you allow time to change personnel and get to the start on time. Communicate any equipment challenges, we will accommodate as long as the race schedule is not affected.

Races may start earlier than scheduled providing all boats are at the start and the officials are ready.

Scratches and/or Line Up Changes **must** be made at the Registration/Results Table by only the Coach/Race Coordinator. There will be a form to fill out.

Medals will be given at the end of the day to the Coach/Race Coordinator for each program. No medals will be given out prior to that time unless discussed with the Iowa Games Commissioner.

### **Games T-shirts**

All Registered Athletes receive a 2022 State Games of America Cotton Shirt as part of your registration. This information for sizing must be submitted by the registration deadline to ensure you receive your requested size.

Coaches/Coordinators - you are responsible for notifying your Club Members and Junior Team parents of shirt sizing orders to ensure everyone has the right size. You can share this link and have them fill in the information.

Shirts are organized by Club, and are given to each Program Coach/Coordinator. It is your responsibility to regulate the disbursement of your team's shirts to make sure sizing and specialty orders are handed out to the correct athletes. This is NOT the responsibility of HCR or DMRC Volunteers or Iowa Sports Foundation Commissioners.

### **Parking**

Trailers will park in the parking lot at the north end of the lake. Please let Allison Cook (734-649-9747) know if you plan to arrive earlier than 5pm or after 8pm on Friday, July 29th.

Free parking is available around the lake for those who arrive early and there is a gravel/mowed field lot East of the lake within walking distance of the park on the North side of the lake. There are also small parking lots along the South side of the lake for spectators but those are not recommended for athletes who will be on/off the water frequently. Please note, this is a public park so there may be other activities going on that day and parking could be limited. Carpooling is greatly encouraged to save space for other competitors and the public. Please see the site map for parking details.

### **Weather**

Due to any unexpected weather, announcements and information will go out as soon as possible. The officials will meet with coaches as needed to discuss any weather related issues. There is no make up date, and there are no refunds.

### **Covid/Safety/Health Guidelines**

We will follow guidance issued by [USRowing](#) and the [Centers for Disease Control](#).

## **Definitions**

Novice - Any first-year rower. This includes first year/time competing in sweep or sculling.

Junior - Any athlete under the age of 18 or who has just graduated from High School.

Master - Any athlete (for this competition) who is enrolled at an university or over the age of 18 years old. Handicaps will apply based on USRowing Handicap Calculations. A competitor's age is determined as of December 31 of the current calendar year, rounded to the nearest whole.

Coxswains - Any coxswain is allowed, as long as they are knowledgeable about boat steering. A master can cox for a junior crew, and a junior can cox for a master crew. All coxswains must be registered & counted in the athlete total for payment on Regatta Central; waivers must be completed in order to race. No exceptions.

Mixed Crews - A mixed crew is typically 50/50 ratio of Men to Women. However, we will allow a larger mix of women to men.

## **Para-Rowing Classifications: (as established by FISA)**

PR3 Athletes who have the use of their legs, trunk and arms, who can utilize the sliding seat. Rowers may have a physical or visual impairment. - Limb loss or deficiency, at least full loss of three fingers on one hand, or at least a tarsal metatarsal amputation of the foot, - Loss of muscle strength e.g. equivalent to incomplete spinal cord injury at S1 - Minimal ataxia, athetosis, hypertonia. E.g. Cerebral Palsy, brain injury, stroke or MS

PR2 Athletes who have trunk and arm movement, who are unable to use their legs to propel the sliding seat. - Limb loss or deficiency equivalent to a double above leg amputation - Significant muscle strength loss in both legs equivalent to complete spinal cord injury at L3 level or incomplete lesion at L1 - Ataxia, athetosis or hypertonia from CP, brain injury or stroke which affects both legs or one side of the body

PR1 Athletes row with their arms and shoulders only. Athletes use strapping around their midsection to provide support and stability in the boat. - Ataxia, athetosis or hypertonia from CP, brain injury or stroke who may use a wheelchair or walking aid - Loss of muscle strength equivalent to complete spinal cord injury at T12 level.

Des Moines Rowing will provide (by appointment only) classification sessions on Friday before the Saturday event.

## **Order of Events**

*As of July 14, 2022 and subject to change.*

1	8:00 AM	Womens Jr 4x
2	8:10 AM	Womens Masters 8+
3	8:20 AM	Mens Masters 4+
4	8:30 AM	Mens Jr 1x
5	8:40 AM	Womens Jr 1x
6	8:50 AM	Mixed Masters 2x
7	9:00 AM	Adaptive - PR1 2x
8	9:00 AM	Adaptive - PR2 2x
9	9:00 AM	Adaptive - PR3 2x
10	9:45 AM	Womens Jr 2x
11	10:00 AM	Mens Jr 4+
12	10:10 AM	Mixed Masters 4+
13	10:20 AM	Mens Masters 1x
14	10:30 AM	Mens Rec/Novice 1x
15	10:40 AM	Womens Masters 2x
16	10:50 AM	Mens Masters 2x
17	11:00 AM	Womens Jr 4+
18	11:10 AM	Mens Masters 4x
19	11:20 AM	Womens Masters 1x
20	11:30 AM	Mens Jr 4x
21	11:40 AM	Womens Masters 4x
22	11:50 AM	Mixed Jr 8+
	12:00 PM	Lunch
23	12:40 PM	Womens Rec/Novice 1x
24	12:50 PM	Mens Jr 2x
25	1:00 PM	Mixed Masters 8+
26	1:10 PM	Adaptive Unified Mixed 8+
27	1:20 PM	Adaptive - PR1 1x
28	1:20 PM	Adaptive - PR2 1x
29	1:20 PM	Adaptive - PR3 1x
30	2:00 PM	Mixed Jr 4x
31	2:10 PM	Womens Masters 4+
32	2:20 PM	Mens Masters 8+
33	2:30 PM	Mens Jr 8+
34	2:40 PM	Womens Jr 8+
35	2:50 PM	Mixed Masters 4x