

21st Annual
HAMMER Ergatta
Cleveland, Ohio
Sunday, February 21, 2010



The 21st annual **HAMMER** ergatta is sponsored by the Cleveland Rowing Foundation and is being hosted by St. Ignatius High School and takes place in Murphy Field House on Sunday, February 21, 2010. 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 link to register:

<https://www.regattacentral.com/index.jsp?section=overview&tab=regattas&id=1529>

All participants must have a sign waiver in order to compete. Competitors under the age of eighteen (18) must have a parent or guardian signature.

Murphy Field House on the campus of St. Ignatius is located at:
1911 W. 30th Street
Cleveland, OH 44113-3495

Volunteers for this year's event have been provided by members of the Cleveland Rowing Foundation. This includes members of Western Rowing Reserve Association and Case Western Reserve University Crew Club.

This year's event also serves as a fundraiser for the Rivergate Park Boathouse campaign, info on this can be found at:

http://www.clevelandrows.org/rivergate_park.php

Directions to Murphy Field House can be found at:

<http://www.ignatius.edu/s/237/cmsindex.aspx?sid=237&gid=1&pgid=367>

SPECIAL ACKNOWLEDGEMENTS:

Cleveland Rowing Foundation is sponsoring this year's event for the first time. It is their desire to reinvigorate the **HAMMER** so as to place it on par with other top quality indoor rowing events.

Rick Brown, race director for the Pittsburgh Indoor Rowing Championships has been a great help in our attempt to bring the **HAMMER** up to the next level.

When **HAMMER** organizers were unable to secure a location for this year's event, **Matt Previts**, head rowing coach at St Ignatius High School, stepped forward and offered the use of Murphy Field House as the **HAMMER** venue.

REGISTRATION:

Deadline for early registration is Sunday, February 14, 2010.

Deadline for late registration is Wednesday, February 17, 2010 (\$10 late fee applies).

Same-day registration will be accepted (a \$15 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 fee penalty.

Registration time deadlines are as follows for these events::

- () Open Mixed 6-Person Relay 10:00 AM Deadline
- () Sadie Hawkins Mixed 4-Person Relay, Nov. 2:00 PM Deadline
- () Sadie Hawkins Mixed 4-Person Relay, Var. 2:00 PM Deadline
- () Coaches Relay 2:00 PM Deadline

Register one Entry for each relay team.(of 4 or of 6). Entries may be limited by the race organizers.

Registration for Event 44 Dan Murphy Invitational will be by invitation only for Catholic Boys 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 (events 30 through 35)

Entry Fees: all fees in US dollars

- () Scholastic and Collegiate Competitors \$15
- () Masters Competitors \$20
- () Relays: for registered competitors No Charge
- () Relays: for non-registered competitors \$5 per non-registered competitor

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 Rowing Foundation") 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 nor scratches after the entry deadline.

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. The Open Mixed 6-Person Relay will race 3,000 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
- () 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.

Check In:

All competitors or coaches must check in at the registration desk prior to their event. Competitors should plan on being at the Murphy Field House 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 6:30 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 twenty (20) 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, may result in disqualification.

Safety:

A paramedic will be in place at the competition area in order to respond to on site emergencies. Any competitor or spectator who feels ill or thinks he/she may need EMS attention should go to the paramedic. 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
- () Sadie Hawkins Mixed 4-Person Relay, Novice
- () Sadie Hawkins Mixed 4-Person Relay, Varsity
- () Coaches 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

Sadie Hawkins Mixed 4-Person Relay (Novice) and **Sadie Hawkins Mixed 4-Person Relay (Varsity)** teams will be made up of 2 male and 2 female competitors. In the spirit of these two Sadie Hawkins events, the two female competitors will invite two male competitors to join them in this competition. All competitors must be of high school age and enrolled. All competitors do not need to be from the same high school, nor do all competitors need to be had prior ergometer experience. These events will be raced over 2,000 meters. Registration for this event will close at 2:00 PM.

Coaches Relay teams will be made up of four (4) coaches, in any combination of male and female. All coaches relay competitors must have had a coaching association with, or have had a past coaching association with a single high school, or college. This event will be raced over 2,000 meters.

The **Dan Murphy Invitational** is an “invitation only” event. 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 2010 **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. 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 (Sunday February 21, 2010)
- 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
- Relays** 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.
- SEE RELAY RULES** Each team is assigned one ergometer.
There is no charge for this event for registered participants. Any relay competitor who had not registered for a previous event, will be charged a \$5 participant fee.
- Weight Limits** 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 6:30 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 food and drinks available at the Murphy Field House
There is ample parking across the street.
Separate locker rooms will be available for women and men.

DIRECTIONS:

Click here for directions to the venue

<http://www.ignatius.edu/s/237/cmsindex.aspx?sid=237&qid=1&pgid=367>

CONTACT INFORMATION:

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