



Saturday September 25, 2010

8:00 - 10:30 pm



Thank you for your interest in the 2010 Richard Bunzyl Lanier Night Sprints!

In this brochure you will find information on the 2010 Richard Bunzyl Lanier Night Sprints, including an event schedule and instructions on how to register. If you have any questions or need information, please contact:

Jim Pickens
Regatta Director
(678) 316-5955
LakeLanierCoach@gmail.com

OR

Lauren Pickens
Lake Lanier Rowing Club
(770) 287-0077
llrc@mindspring.com



Please check the websites below for changes and updated information:

www.RegattaCentral.com to register

www.LakeLanierRowing.org for other regatta information

Twitter @LanierRowing for event updates & registration discounts

Entries

1. Registration

Please submit all entries through RegattaCentral.com. The entry deadline is Sunday September 5th, 2010.

Your Complete Entry must include:

1. Registration on RegattaCentral.com for all entries.
2. Completed Lake Lanier Rowing Club waivers for each competing member of your club, including coxswains. This regatta does **not** accept US Rowing Waivers.
3. Entry fees for all competitors submitted to Lake Lanier Rowing Club.

2. Waivers

All competitors must sign a Lake Lanier Rowing Liability Waiver. Competitors under the age of 18 must sign and have a parent or legal guardian sign an individual minor's waiver. Racing packets will not be released until completed and signed waivers have been submitted to the registration desk. A blank waiver is included at the end of this packet.

3. Entry Fees & Payment

Fours: \$75 per event, per boat

Eights: \$150 per event, per boat

Entry fees are payable to Lake Lanier Rowing Club by September 15th, 2010. Credit card and PayPal payments can be made online through RegattaCentral.com. Check payments made payable to "Lake Lanier Rowing Club" may be sent to:

Lake Lanier Rowing Club
3105 Clarks Bridge Rd.
Gainesville, GA 30506

4. Classifications

Junior (under 19 years of age): A rower or coxswain who does not attain the age of 19 during the current calendar year or who is continuously enrolled in a secondary school seeking a diploma.

Open: No restrictions on age or experience. This includes collegiate participants.

Lightweight: Male rowers must weigh no more than 160.0 pounds. Females must weigh no more than 130.0 pounds.

Masters: Rowers who are over the age of 21. *No handicaps will be calculated for this regatta as all races will be order of finish.* If number of entries warrant multiple flights, seating will be done based on age.

Mixed: A boat consisting of at least 50% female rowers and no more than 50% male rowers.

Coxswain: Male coxswains must weigh a minimum of 120 pounds and female rowers must weigh a minimum of 110 pounds. Every coxswain is required to attend the coaches and coxswains meeting on race day at 6:30 pm.

5. Changes to Events

Please stay alert to the possibility of schedule changes. The regatta committee reserves the right to combine or cancel events, or delay or advance starting times for events, based on the number of entries received or inclement weather conditions. Regatta management will post any major changes to the schedule on Regatta Central by Thursday, September 23rd.

If any boat is being scratched from an event after the publishing of the heat sheet, Control Commission should be notified at least one hour prior to that event's

posted starting time. There will be no refunds for scratches after close of registration.

6. Preliminary Schedule

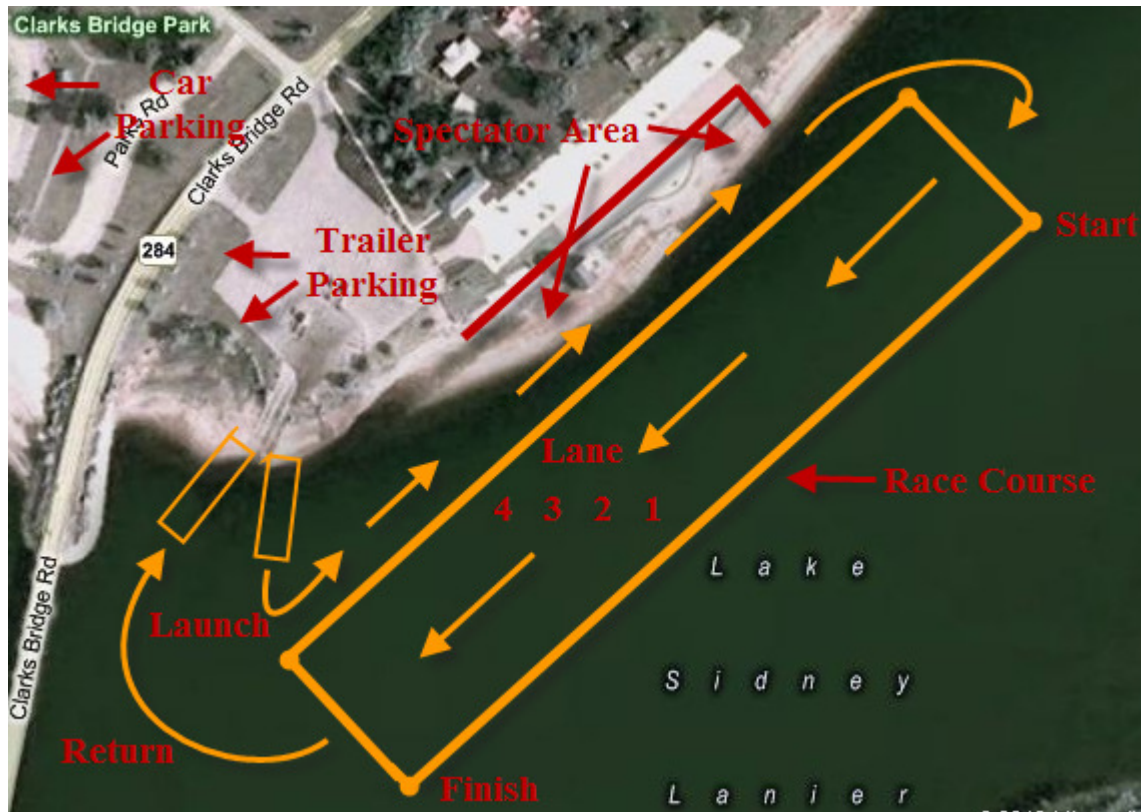
Event #	Time	Event	Final #	1st Place Prize
1	8:00	Junior Men's 8+	Final 1	Night Sprints Champ T-shirt
2	8:05	Masters Men's 8+	Final 1	Night Sprints Champ T-shirt
3	8:10	Open Men's 8+	Final 1	Night Sprints Champ T-shirt
4	8:15	Open Men's 8+	Final 2	Night Sprints Champ T-shirt
5	8:20	Lightweight Men's 8+	Final 1	Night Sprints Champ T-shirt
6	8:25	Junior Women's 8+	Final 1	Night Sprints Champ T-shirt
7	8:30	Masters Women's 8+	Final 1	Night Sprints Champ T-shirt
8	8:35	Open Women's 8+	Final 1	Night Sprints Champ T-shirt
9	8:40	Open Women's 8+	Final 2	Night Sprints Champ T-shirt
10	8:45	Lightweight Women's 8+	Final 1	Night Sprints Champ T-shirt
11	8:50	Junior Mixed 8+	Final 1	NK Stroke Coach Surge Rate
12	8:55	Masters Mixed 8+	Final 1	NK Stroke Coach Surge Rate
13	9:00	Open Mixed 8+	Final 1	NK Stroke Coach Surge Rate
14	9:05	Break	Break	
15	9:10	Junior Men's 4+	Final 1	Night Sprints Champ T-shirt
16	9:15	Masters Men's 4+	Final 1	Night Sprints Champ T-shirt
17	9:20	Open Men's 4+	Final 1	Night Sprints Champ T-shirt
18	9:25	Open Men's 4+	Final 2	Night Sprints Champ T-shirt
21	9:30	Lightweight Men's 4+	Final 1	Night Sprints Champ T-shirt
19	9:35	Junior Women's 4+	Final 1	Night Sprints Champ T-shirt
20	9:40	Master's Women's 4+	Final 1	Night Sprints Champ T-shirt
22	9:45	Open Women's 4+	Final 1	Night Sprints Champ T-shirt
23	9:50	Open Women's 4+	Final 2	Night Sprints Champ T-shirt
24	9:55	Lightweight Women's 4+	Final 1	Night Sprints Champ T-shirt
25	10:00	Mixed Junior 4+	Final 1	4 Pairs of H2Row Shoes
26	10:05	Mixed Masters 4+	Final 1	4 Pairs of H2Row Shoes
27	10:10	Mixed Open 4+	Final 1	4 Pairs of H2Row Shoes

7. Cancellation Policy

In the event the regatta course/site becomes unfit or unsafe in the opinion of the race management due to weather or other unforeseen events, the regatta will be cancelled. No refunds will be given after the close of registration. Please refer to the regatta evacuation plan.

Venue

1. Race Course



All Races will be held on a lighted, fully buoyed 500 meter race course. All regatta operations will take place on the “Boat Ramp” side of the Lake Lanier Olympic Venue.

2. Practice

The course is open for practice on Saturday, September 25th from 12 p.m. to 5:00 pm. For safety purposes, no boats will be allowed to launch before 12 p.m. or after 4:30 p.m. All crews must be off the water no later than 5:00 pm.

During these scheduled practice times, please row up to the start in lanes 5 (closest side of course to the tower) and down the course in lanes 1-4.

3. Parking & Overnight Boat Storage

The tower side of the venue is available for boat trailers only. Team buses and regatta vehicles such as individual cars and towing vehicles should be parked on the boathouse side of the venue (opposite the tower side). Your vehicles, trucks and trailers are more than welcome to spend the night in our parking lot if you are staying over Saturday night.

4. Directions to the Venue

Lake Lanier Rowing Club
3105 Clarks Bridge Rd.
Gainesville, GA 30506

From the North-East (Greenville, SC)

Begin on I-85 S and continue into Georgia. Take Exit 137 to US-129/GA-11 towards Gainesville. Turn RIGHT on US-129/GA-11 and continue 16 miles. US-129 turns into EE Butler Parkway the last mile. Turn RIGHT onto Jesse Jewel Parkway/US-369 and continue 2 miles. There will be brown signs for the rowing venue on the right side of the road marking the next 2 turns. Turn LEFT onto SR-11 N/Limestone Parkway and continue 1.5 miles. Turn RIGHT on Clarks Bridge Rd and continue 2 miles.

From the South (Atlanta, GA)

Begin on I-85 N and take the left fork to I-985 N. Continue 24 miles to Exit 24. Turn LEFT off the exit ramp onto US-129/US-11/Jesse Jewel Parkway and drive 0.5 miles. Turn RIGHT onto SR-11 N/Limestone Parkway and continue 1.5 miles. Turn RIGHT on Clarks Bridge Rd and continue 2 miles.

Race Day

1. Regatta Day Check-In/Weigh-Ins

At least one representative from each team is **required** to check in at registration. Registration/check-in and lightweight and coxswain weigh-ins will take place in the bottom level of the tower on Saturday, September 25th from 5:00 p.m. to 7:00 p.m.

2. Coaches & Coxswains Meeting

The Richard Bunzyl Lanier Night Sprints Coaches & Coxswains Meeting is scheduled for 6:30 p.m. on Saturday, September 25th, in the first floor of the tower.

3. Control Commission

Shells will be inspected at control commission for quick-release shoe retainers, per US Rowing rule 3-109, bow balls and coxswains opening. Control Commission will be located at the top of the boat ramp, as you walk towards the launch dock.

4. Launch & Recovery Docks

The launch and recovery dock will be stationed at the boat ramp at the tower parking lot. The dock captain will direct launching and returning crews to the appropriate space on the dock. Please be quick on and off the launch and recover docks out of consideration to other crews. **Launching will take place according to race number and lane number. You will be called to the launch dock accordingly.**

5. Bow Numbers

Bow numbers will be provided.

6. Equipment Adjustments

All equipment adjustments should be made in the storage area prior to launching.

7. Getting to the Starting Line

It is the coxswain's/bow person's responsibility to get the crew to the starting line on time. On time is defined as 5 minutes prior to posted event time. Boats warming up should proceed up river and follow the west side shoreline, closest to the tower. All boats will be directed into their lane by the aligner on shore.

8. Results & Prizes

Results will be posted outside of the base of the tower and published on Regatta Central and Row2k at the close of the regatta.

Prizes are listed on the event schedule in the preceding pages. Each time you race, you have a 1 in 4 chance on winning! If you win a prize, you may pick them up in the first floor of the tower. Payment for entry fees is required before prizes are handed out.

Race Details

The Richard Bunzyl Lanier Night Sprints will be a unique regatta, therefore some unique course conditions apply. Please read through the list below for details.

1. The Start Line

All boats will be aligned by a referee on shore with a floating start. Coxswains will need to keep their eyes fixed on the finish line tower, which will be approximately 250 meters down course. The tower will have a yellow stoplight and green stoplight affixed to the exterior of the tower. All races will be run like a drag race. The yellow light will signal the “Attention” command and the green light will signal the “GO!” command. There will not be an audible start command.

2. Breakage Zone and False Starts

The breakage zone will be the first 100 meters of the course. The zone will be identified by red buoys, illuminated by red lights. False starts will be signaled as an audible cue from the chase referee.

3. Mid-course

The middle 300 meters of the course will be identified by yellow buoys, illuminated by yellow lights. The Lake Lanier Finish Tower will serve as the 250 meter mark of the course.

4. Finish Line

The final 100 meters of the course will be identified with red buoys, illuminated by red lights. There will be large red buoys approximately 5 meters past the finish line. All finishes will be “order of finish” and will be videotaped.