



Sunday March 27, 2010

8:30 am to 3:00 pm

Hosted by Lake Lanier Rowing Club

You are cordially invited to join the competition and fun at the site of the 1996 Olympic Rowing Regatta

In this brochure you will find information on the 2011 Lanier Sprints, events and instructions on how to participate.

If you have any questions or need information, please contact:
Lake Lanier Rowing Club – (770) 287-0077

Please check the websites below for changes and updated information:

www.RegattaCentral.com to register
www.LakeLanierRowing.org for other regatta information

Entries

LLRC requires all registration take place on Regatta Central. The entry deadline is March 20st, 2010. After registering online, either pay online or send your entry fee payable to the Lake Lanier Rowing Club by March 23rd to:

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

Complete entries must be received by Wednesday, March 23rd.

Your Complete Entry must include:

1. Registration on RegattaCentral for all entries.
2. Completed waivers for each competing member of your club, including coxswains. A blank waiver is included at the end of this packet. This regatta does not accept USRowing waivers.
3. A credit card charge or check payable for the total fee to Lake Lanier Rowing Club. Payments can be made by credit card with RegattaCentral.

Your entry must be complete for you to receive your racing packet at the Registration.

Entry Fees

The regatta requires registration through Regatta Central. Make checks payable to the Lake Lanier Rowing Club.

Singles: \$25 per event, per boat
Doubles/Pairs: \$40 per event, per boat
Fours/Quads: \$60 per event, per boat
Eights: \$80 per event, per boat

No refunds will be given after Wednesday, March 23rd.

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.

Classifications

Junior: 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: A male rower who weighs no more than 160 pounds and a female rower who weighs no more than 130 pounds.

Novice: A rower or coxswain who has not competed in an event of the same type during, or any event prior to, the 2010 Lanier Sprints.

Masters: Rowers who are over the age of 21. Handicaps will be calculated according to the USRowing handicap algorithm and will be based on the average age of rowers in the boat. All line-up changes made after the close of registration will need to be reported to the regatta director to maintain accurate average ages.

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

Waivers

All competitors must sign a Lake Lanier Rowing Liability Waiver. This form is included at the end of this packet, as well as downloadable on RegattaCentral. 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.

Merchandise Sales

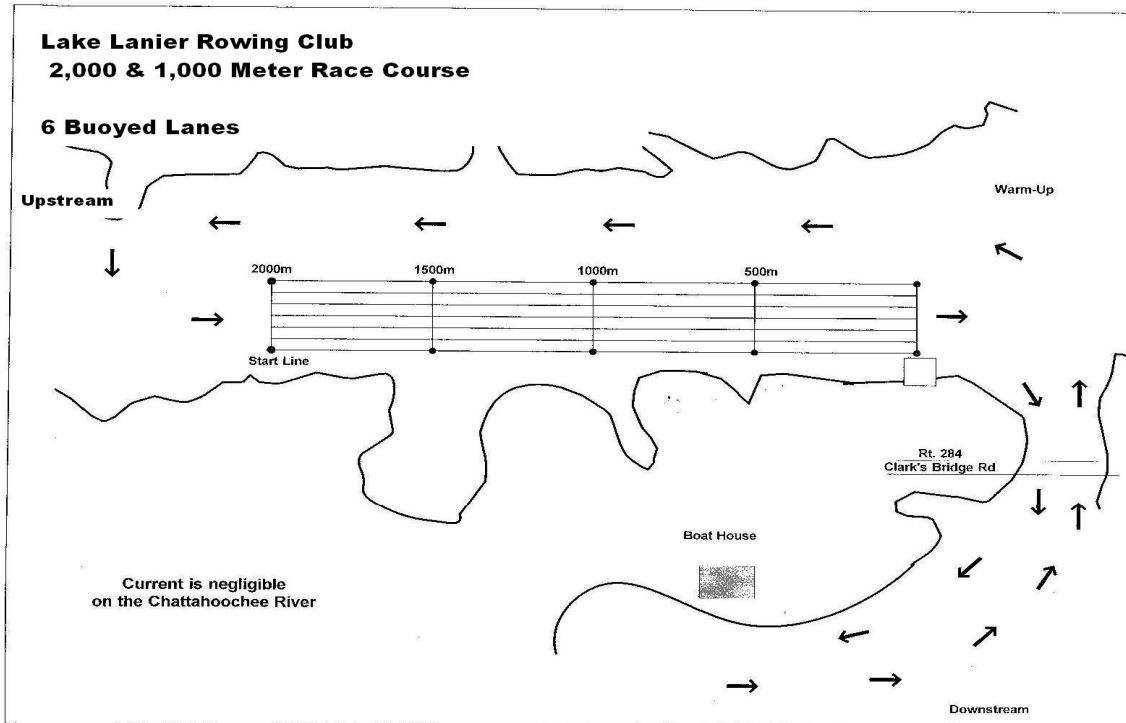
Sales of merchandise will be permitted only by advance arrangement with the Lake Lanier Rowing Club. For your merchandise to be sold you MUST contact the Lake Lanier Rowing Club at 770-287-0087 and complete a vendor agreement. The vendor fee is \$100 per event.

Parking & Overnight Boat Storage

The Tower side of the venue is available for parking of buses, trailers and vehicles car-topping small boats. This area is easily accessible to the launching dock off the boat ramp. Parking for spectators will be available on the boathouse side.

Race Course

A 2000 metered buoyed racecourse, with floating starts, finishes at the permanent grandstands in front of the Olympic Tower. Masters and some mixed events will be 1000 meters from a floating start. There will be eight fully buoyed lanes with a spare lane 0, furthest from the Finish Tower.



Practice

The course is open for practice on Friday, March 25th from 2 p.m. to 6:00 p.m. For safety purposes, no boats will be allowed to launch before 2 p.m. or after 5:30 p.m. All crews must be off the water no later than 6:30 p.m. The course will be closed all day on Saturday, March 26th due to the John Hunter Regatta.

During these scheduled practice times, please row up to the start in lanes 0 – 2 (farthest side of course) and down the course in lanes 4-6. Lane 3 will be left open as a buffer or for coach launches.

Regatta Meeting

The Lanier Sprints Coaches and Coxswains Meeting is scheduled for 7:30 a.m. Sunday, March 27th, in the upstairs of the boathouse, across the street from the tower. At least one representative from each boat must be in attendance.

Check In/Registration

There will be two opportunities for registration: Saturday, March 27th from 5:00 p.m. – 6:30 p.m., and Sunday, March 28th from 7 a.m. – 10 a.m. in the upper level of the boathouse.

Event Schedule

Time	Event	Distance	Time	Event	Distance
8:00	Mens Jr 8+	2k	11:28	Mixed Master 4x	1k
8:08	Mens Jr Novice 8+	2k	11:36	Mens Jr 4x	2k
8:16	Womens Jr 4+	2k	11:44	Mens Jr Novice 4x	2k
8:24	Womens Jr Novice 4+	2k	11:52	Womens Jr 2x	2k
8:32	Womens Open 1x	2k	12:00	Womens Jr Novice 2x	2k
8:40	Mens Open 1x	2k	12:08	Womens Open 8+	2k
8:48	Mens Master A-D 1x	1k	12:16	Womens Master 4+	1k
8:56	Mens Master E-G 1x	1k	12:24	Mens Open 8+	2k
9:04	Mens Master Ltwt 1x	1k	1:24	LUNCH BREAK	
9:12	Womens Master 1x	1k	1:32	Mens Master 4x	1k
9:20	Womens Master Ltwt 1x	1k	1:40	Womens Open 4+	2k
9:28	Mens Master Rec 1x	1k	1:48	Mens Open 4+	2k
	Womens Master Rec 1x	1k	1:56	Womens Master 8+	1k
9:36	Mens Masters 4+	1k	2:04	Mens Jr 2x	2k
9:44	Womens Master 4x	1k	2:12	Mens Jr Novice 2x	2k
9:52	Womens Jr 1x	2k	2:20	Mens Master 8+	1k
10:00	Mens Jr 1x	2k	2:28	Mixed Open 2x	2k
10:08	Womens Jr Novice 1x	2k	2:36	Womens Jr 4x	2k
10:16	Mens Jr Novice 1x	2k	2:44	Womens Jr Novice 4x	2k
10:24	Mens Open 2x	2k	2:52	Mixed Master 2x	1k
10:32	Mens Open 2-	2k	3:00	Mixed Open 8+	1k
10:40	Mens Master 2x	1k	3:08	Mens Jr 4+	2k
10:48	Womens Master 2x	1k	3:16	Mens Jr Novice 4+	2k
10:56	Womens Open 2x	2k	3:24	Mixed Master 8+	1k
11:04	Womens Open 2-	2k	3:32	Womens Jr 8+	2k
11:12	Mixed Masters 4+	1k	3:40	Womens Jr Novice 8+	2k
11:20	Mixed Open 4x	2k			

Changes to Events

Please stay alert to the possibility of schedule changes. The regatta committee reserves the right to combine or cancel events based on the number of entries received. The committee also reserves the right to delay or advance the starting times for any event.

If any boat is being scratched from an event after the close of registration, 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 Wednesday, March 23rd.

Control Commission, Safety & Dock

The dock captain has absolute authority over the dock area. Shells will be inspected for quick-release shoe retainers, per rule 3-109, bow balls and coxswains opening.

Equipment Adjustments

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

Bow Numbers

Please be prepared to provide your own bow numbers. Bow numbers will be available for rent by LLRC at Control Commission for \$5 per number.

Launching

All launching and recovering boats will use the dock at the boat ramp on the tower side of the venue. Launching boats will use the right side of the dock closest to Clarks Bridge, and docking boats will use the left side of the dock closest to the tower.

Hot Seating

The same dock will be used for hot seating as the regular launching and recovering boats.

Getting to the Starting Line

It is the coxswain'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 east side shoreline, furthest from the Finish Tower.

Race Rules

US Rowing Rules of Racing will be followed except as noted at the coaches and coxswains meetings.

Protest Procedure

- The protesting boat's cox must announce initial protests to the racing officials while the boat is still on the water.
- A formal protest must be filed in writing within one hour after the crew lands. It may be filed with the Race Management Coordinator.

- A \$25.00 fee made payable to Lake Lanier Rowing Club must accompany the formal protest. (The fee will be refunded if the protest is successful.)
- The formal protest will be referred to the Chief Referee. The chief Official will consider each protest as time allows.
- Pending a decision regarding the protest, no results will be posted for the event under protest.
- All decisions regarding protests will be completed within one hour of the last race of the day.

Medals

First, second and third place finishers are awarded medals. Winners not claiming their medals by the end of race day will be contacted by mail.

Accommodations

When booking rooms at any hotel in the Gainesville-Hall County area, please be sure to identify yourself as coming to town for the Lanier Sprints (rowers, parents, spectators, etc.). We are working with the local hotels to determine the impact of rowing on the local economy and want rowing to get as much credit as possible.

Please consider visiting one of our supporting hotels:

Guesthouse Inn & Suites (formerly Days Inn)
809 Jesse Jewell Pkwy SW, Gainesville
(770) 534-3697
Ask for Ron Hahne or Jay Singh

Holiday Inn Lanier Centre
400 Ee Butler Parkway
Gainesville, GA 30501
(770) 531-0907
Ask for Beth Truelove

Hilton Garden Inn
1735 Browns Bridge Road
Gainesville, GA 30501
(770) 532-3396
Ask for Carrie Casey