

The Maine Rowing Association, Merrymeeting Community Rowing, and  
OA Centers for Orthopaedics invite you to:

# **THE COW ISLAND CLASSIC**

**5000 meter “Head” Style Loop – 10:30AM**

**Registration 9:00AM – 9:30AM**

**Saturday August 23, 2014**

**Event Classifications:** (For men and women)

Racing Shells – singles

Recreational Shells – any type - singles

Doubles/Pairs/Quads/Fours welcome – classes TBD

**Event Divisions:** (For men and women)

Junior (18 and under)

Open

Masters (Divisions A, B, C, D, E, F,

65+ will be time handicapped within division)

**Location:** Water Street Ramp – Merrymeeting Community Rowing - Androscoggin River – Brunswick and Topsham, Maine  
GPS entry “100 Water Street, Brunswick, Maine” shows the site well on MapQuest and Google Earth

**NOTE – REGATTA MOVED BACK TO ORIGINAL SITE 1999-2004!**

**Eligibility:** Open to all. **Maine Rowing Association membership required.** All shells must have clogs or quick release shoes - standard bow ball and bow number clips required – not available at regatta site. State/Coast Guard PFD rules apply. “Head” rules and etiquette

**Entry Process:** \$20.00 per competitor per race - **ALL ENTRANTS MUST BE ACTIVE MEMBERS OF THE MAINE ROWING ASSOCIATION** – Entries will be limited to 60 shells maximum. Entries with full payment must be received by August 20<sup>th</sup> and will be acknowledged by email – sorry but no exceptions! Scullers must pick up information at the regatta site at the time of registration. **There will be no “day of race” entries allowed – Please respect this as it makes the regatta administration much smoother! If you don’t get an email, call – if I don’t have the application, you can’t race. Sorry.**

**Race Details:** Bow numbers and course maps will be available at registration. Racers will start in bow number order at about 10 second intervals seeding the fastest boats first as best we can. The overall winner will be the male and female with the fastest time. Classification and division awards will also be given. Maine Rowing Association Season Series points will be awarded with handicaps calculated. MRA medals will be awarded to the top finishers in each division. Special prizes to the overall winners will be awarded. Drinks/snacks will be available after the race. **If a significant number of doubles/pairs/quads/fours enter the race there may be a second race at 11:30AM – or boats may run with the rest at 10:30AM – this will depend on the entries. If entries warrant a 11:30AM race, you may race twice.**

**Launching:** Only “wade in” launching is available – bring appropriate footwear as site may have rocks/glass, etc.. **Parking:** Available at regatta site – all competitors should return to the registration site for results and post-race festivities.

**Overnight shell storage is not available at the regatta site. Unless you are familiar with the river we caution against practicing prior to course marking. Due to the predicted low water, practice must be only on the marked course.**

**ALL QUESTIONS ABOUT ANY ASPECT OF THE REGATTA SHOULD BE DIRECTED TO:**

MICHAEL TOTTA

207-846-9310 (home)

207-939-3317 (cell)

[spineguy@maine.rr.com](mailto:spineguy@maine.rr.com) (E-mail)

# Cow Island Classic Sculling Regatta

## WAIVER FORM

IN CONSIDERATION of being given the opportunity to participate in the Cow Island Classic Sculling Regatta ("Rowing Activity" or "Activity"), I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.
2. FULLY UNDERSTAND that: (a.) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis, and death ("Risks"); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Releases named below; (c.) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity. The Androscoggin River has fixed and variable hazards - the regatta course will be marked but there remains the potential for dangerous conditions either natural or man influenced out of the control of the organizers.
3. AGREE AND WARRANT that I will examine and inspect the Activity in which I take part and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.
4. HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Maine Rowing Association, The Eagle Ridge Homeowner's Association, Taskett LLC, the Town(s) of Topsham and Brunswick, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers,, and, if applicable, owners and lessors of premises, on which the Activity takes place, (each considered one of the Releasees herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releases, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as a result of such claim.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Participant: \_\_\_\_\_

Address: \_\_\_\_\_

Street: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_ Date: \_\_\_\_\_

Participant's Signature (Only if age 18 or older): \_\_\_\_\_

### PARENTAL CONSENT

AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any may incur as the result of any such claim.

Printed Name of Parent/Guardian: \_\_\_\_\_

Address: \_\_\_\_\_

Street: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: (Only if participant under 18): \_\_\_\_\_

# MAINE ROWING ASSOCIATION

## WAIVER FORM

IN CONSIDERATION of being given the opportunity to participate in any Maine Rowing Association ("Club") activities ("Activity") until the end of this calendar year, I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.
2. FULLY UNDERSTAND that: (a.) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis, and death ("Risks"); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Releases named below; (c.) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.
3. AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of the Club and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.
4. HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers,, and, if applicable, owners and lessors of premises, on which the Activity takes place, (each considered one of the Releasees herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releases, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which may incur as a result of such claim.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Participant: \_\_\_\_\_

Address: \_\_\_\_\_

Street: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_ E-mail: \_\_\_\_\_

Phone: \_\_\_\_\_ Date: \_\_\_\_\_

Participant's Signature (Only if age 18 or older): \_\_\_\_\_

### PARENTAL CONSENT

AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any may incur as the result of any such claim.

Printed Name of Parent/Guardian: \_\_\_\_\_

Address: \_\_\_\_\_

Street: \_\_\_\_\_

City, State, Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian Signature: (Only if participant under 18): \_\_\_\_\_