

THE COW ISLAND CLASSIC **MAINE STATE CHAMPIONSHIP**

5000 meter “Head” Style Loop Race
1000 meter “Head” Style Sprint Race

Registration 8:30AM – 10AM
Saturday – July 30, 2016

Singles Loop Race – 10:45 AM
Fours/Doubles Loop Race – 11:30AM
1000m Sprint Race – all boat classes – 12:15 PM
Awards Ceremony – 1:15PM

Events - For Men and Women - Racing Shells – 1X, 2X, 4+ - Recreational Shells of any manufacturer – 1X, 2X. Junior, Open, Masters (masters divisions depend on entries – USRA protocol with MRA handicap)

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

Entry Process: Individuals in any boat class must sign up on-line through Regatta Central – please review the entry procedure on the Regatta Central web site – entry fee is \$25 per individual – **ALL ENTRANTS MUST ALSO BE ACTIVE MEMBERS OF THE MAINE ROWING ASSOCIATION on the July 25th entry deadline – this may be completed through Regatta Central under the Maine Rowing Association club site.** – Individuals may represent any club at the regatta, but they must be Maine Rowing members as well. Teams may then enter registered individuals in singles, doubles, or fours as they wish – pay once and race as much as you like understanding the schedule. Full time students are not charged to register with Maine Rowing, but must pay the regatta fee of \$25. Entries will be limited to 80 shells total for the two loop races – all may participate in the sprint. Profits from the regatta fund Merrymeeting Community Rowing programs! All loop race entries are eligible to race the 1000m sprint without additional entry fee. Entrants may race only 1000m if they wish. [[Due to fixed regatta expenses, there may be partial refunds for adverse weather cancellation.]]

Entry deadline is July 25th – No late or “day of race” entries allowed – Please respect this.

Race Details: Bow numbers and course maps will be available at registration. The race will follow standard head racing protocol. The regatta singles, doubles, and fours winners will be the shortest total elapsed time combining the 5000m time plus 5 times the 1000m time. All shells should have clogs or quick release shoes with heel tie downs - standard bow ball and bow number clips are also required. State/Coast Guard PFD rules apply.

TIMING WILL BE DONE BY **ALL SPORTS EVENTS** – race results will be instantly available through their web site!

The 5000m races will start upstream/west of the bridges and run counter-clockwise around the Cow Island loop. The 1000m sprint will start about 800m downstream or east of the bridges and run the opposite direction as the 5000m race covering the first 1000m of the loop race course in reverse direction.

Awards: An award ceremony will be held as soon as possible after the conclusion of the racing – approximately 1:15PM. Awards will be given to the top three finishers overall in each boat class as well as the top three master’s single scullers with handicap correction. Winners in each event classification will receive Maine Rowing Association awards. Maine Rowing Association Season Series points will be awarded to single scullers with handicap adjustment.

Launching: ENJOY OUR NEW FLOAT... or wade-in launching available

Parking: Available at regatta site – all competitors should return to the registration site for results and post-race festivities.

Secure overnight shell storage is not available at the regatta site although there are areas where shells may be left on slings - Unless you are familiar with the river, we caution against practicing prior to course marking or at low tide levels. This is a fresh water course, but it has tidal influences.

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 (E-mail)

Cow Island Classic Regatta – Maine State Rowing Championship

WAIVER FORM

IN CONSIDERATION of being given the opportunity to participate in the Cow Island Classic 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 Releasees 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, Merrymeeting Community Rowing Association, the Town(s) of Topsham and Brunswick, All Sports Events Timing, 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 Releasees, 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): _____