



# 110<sup>th</sup> Annual NWIRA Championship Regatta Lake Elmo, City of Lake Elmo, Minnesota, United States Saturday & Sunday, August 3 & 4, 2013

Welcome to the 110th year of NWIRA

**The coaches meeting will be at the Public Boat Launch area under the big tent at Lake Elmo Park Reserve at 6:00 p.m. Central Time on Friday, August 2, 2013.**

## NWIRA Registration Process

Entries are due by **Friday, July 26, 2013**.

NWIRA association clubs and guest clubs can submit their entries at the Regatta Central website - [www.regattacentral.com](http://www.regattacentral.com) starting on July 9, 2013. The online registration will close at 12:00 a.m. Midnight (Central Time) on **Friday, July 26, 2013**. Entries will not be visible in Regatta Central until after close of registration.

From **Friday, July 26, 2013** until **Monday, July 29, 2013** at **5:00 p.m. Central Time**, clubs can submit name changes and/or scratches to the NWIRA Secretary, [stock041@tc.umn.edu](mailto:stock041@tc.umn.edu) at no cost. No new entries will be accepted after the July 26 deadline.

The NWIRA Secretary will publish the event schedule and heat draws by **Wednesday, July 31, 2013**.

You will need the following information to prepare your club 2013 NWIRA entries in Regatta Central:

- Competitor list which includes first and last name of rowers and coxswains
- CARA # for Canadian competitors
- Competitors' birthdates
- Crew entries which includes crew names, coxswain when needed, event #, event name, boat ID (i.e. A, B, C), and alternates when applicable.

*If Regatta Central prevents you from entering an alternate for a boat where that same alternate is also listed in another boat for the same event, leave the alternate field blank and send the alternate name, boat ID and event to the NWIRA Secretary. The Secretary will enter the alternate name in the regatta database.*

All US competitors should be either an individual member of USRowing or a member of an USRowing-member institution. All Canadian competitors should be a member of Rowing Canada Aviron (RCA).

Please contact the NWIRA Secretary, Charlie Stockwell, ([stock041@tc.umn.edu](mailto:stock041@tc.umn.edu) / 651-602-0758) with questions about the NWIRA registration process.

## NWIRA Fees Schedule

Exchange rate (1.00 USD = 0.98 CAD)

Based on 6 Month Average January 2013 thru June 2013 (Source: Bank of Canada)

	US Dollars	Canadian Dollars
Entry Fees		
Singles	\$17	\$17
Doubles / Pairs	\$34	\$35
Fours / Quads	\$51	\$52
Eights	\$68	\$69
Scratch Fees *		
Singles	\$17	\$17
Doubles / Pairs	\$34	\$35
Fours / Quads	\$51	\$52
Eights	\$68	\$69
NWIRA Club Membership Dues (Required)	\$100 per club	\$102 per club
Guest Club Fees (Required)	\$50 per club	\$51 per club
Regatta Fees (Required) ***	\$20 per person	\$20 per person

\* Any scratch fees NOT paid at the regatta will be subject to an administration fee (\$50 USD \$50 CAD).

\*\* All rowers, including coxswains, competing in the championship regatta are required to pay the regatta fee (\$20UD / \$20 CAD) in addition to boat entry fees and guest clubs fees or club membership dues. This regatta fee covers regatta expenses (e.g. banquet, insurance, entertainment, and equipment rental).

Non-rowers (parents, coaches, family members and friends) that wish to attend the awards banquet may do so at (\$20UD / \$20 CAD) per person. Clubs may enter the number of non-rowers attending the award banquet in Registration Form in Regatta Central (see image below). After submitting the number in Regatta Central, clubs are responsible for the number of people expected to attend. No refund will be given for those unable to attend the banquet.

Participating clubs are to turn in one payment at the coaches meeting on Friday, August 2, 2013, at 6:00 p.m. (Central Time) at the regatta site for the following:

- Entry Fees. The Secretary will calculate total entry fees base on entries and changes submitted as of 5:00 p.m. (Central Time) Monday, July 29, 2013.
- Scratch Fees, if applicable.
- NWIRA Club Membership Dues, if applicable.

- Guest Club Fees, if applicable.
- Regatta Fees for individuals (rowers and non-rowers) attending the awards banquet.

If you are not paying by credit card at Regatta Central, please make your check payable to Northwestern Int'l Rowing Assn. in the currency of the country of your club. **To avoid processing fees and keep entry fees affordable, we strongly encourage clubs to make payments by check.**

Effective for the 2013 NWIRA Championship Regatta, damage deposit from each club is not required.

### **Submit list of all coxswains competing in the regatta**

Please submit a list (first and last name, date of birth, and club) of all coxswains that will be competing in the regatta to the NWIRA Secretary, Charlie Stockwell, at [stock041@umn.edu](mailto:stock041@umn.edu) by **Friday, July 26, 2013**. Be sure to include alternates. Officials need this information for weigh-in purposes.

### **Entry Rules**

- Double and Pair events limit to four entries per club

Each club may submit up to four entries for each double and pair event. This includes the following events:

02. Junior Women 2-	31. Junior Men 2x	44. Light Weight Women 2x
07. Open Women 2-	32. Junior B Men 2x	45. Open Women 2x
11. Junior Men 2-	35. Master Women 2x	50. Open Men 2x
15. Master Men 2-	39. Master Men 2x	51. Light Weight Men 2x
16. Master Women 2-	40. Junior Women 2x	
20. Open Men 2-	41. Junior B Women 2x	

The purpose of this rule to reduce the number of heats needed to race these events.

- An event with one or more entries from only one club after close of registration

If an event has one or more entries from only one club after close of registration, the event will stay on the schedule. At the coaches' meeting, clubs will have opportunity to submit entries to the event. Clubs submitting entries will pay normal entry fees for that event.

If the event does not receive entries from any other clubs at the coaches' meeting, NWIRA will cancel that event and refund the entry fees to the club with the entries.

- Individuals are eligible to row only for one club during the Championship regatta and that must be the Club that the rower competed for after June 15th of the current year.

## **NWIRA Association Clubs**

NWIRA is an association of rowing clubs in the United States and Canada. Current association club members are:

- Winnipeg Rowing Club (WNPG), Winnipeg, Manitoba, Canada
- Minneapolis Rowing Club (MPLS), Minneapolis, Minnesota, USA
- Minnesota Boat Club (STPL), St Paul, Minnesota, USA
- Duluth Rowing Club (DULT), Duluth, Minnesota, USA
- Kenora Rowing Club (KENR), Kenora, Ontario, Canada
- Thunder Bay Rowing Club (TBAY), Thunder Bay, Ontario, Canada
- Regina Rowing Club (RGNA), Regina, Saskatchewan, Canada
- Saskatoon Rowing Club (SASK), Saskatoon, Saskatchewan, Canada
- Pinawa Rowing and Sailing Club (PINW), Pinawa, Manitoba, Canada
- Rochester Rowing Club (ROCH), Rochester, Minnesota, USA

## **NWIRA Volunteer Duty**

Each NWIRA association club needs to provide two volunteers per day to work at the regatta. This duty can be divided among several people– as long as there are two volunteers from each club at all times for the duration of the event. Please contact Rhiannon Williams of the Minneapolis Rowing Club at [rhiannon\\_will@yahoo.com](mailto:rhiannon_will@yahoo.com).

Guest clubs are exempt from this duty.

Please provide volunteer contact information to [rhiannon\\_will@yahoo.com](mailto:rhiannon_will@yahoo.com). Contact information should include volunteer name, date and time they are available, their email address and phone number. Volunteers will be contacted a week before the regatta on their role at the regatta.

## **Chief Referee**

The chief referee for the 2013 NWIRA Championship Regatta is John Cavanaugh, US Rowing Association.

## **Weather Contingency Plan**

To ensure the safety of the athletes, officials, regatta personnel and volunteers, officials and LOC may shorten, reschedule, or cancel races due to deteriorating weather conditions or other unforeseen events. When such situations occur, the Chief Referee, NWIRA Executive Committee, and LOC Regatta Chair will jointly assess the situation, outline alternations to the race schedule or competition, and inform the participating clubs of the alternations. Depending on the situation during the regatta, such alternations may include one or more of the following:

- Shorten the race from 2000 meters to 1000 meters or shorter if the weather conditions deteriorates enough to cause choppy waters or the regatta is seriously behind schedule.
- Postpone or reschedule races to different time to allow thunderstorm, lightening or other severe weather conditions to pass through.

- Shorten or cancel finals if severe weather condition occurs in the afternoon. If canceled, all heat results for an event determines finish order.
- Rearrange races so that the big boat events (4-,4+, and 8+) are conducted first following a passing thunderstorm. Conduct the small boat events (1x, 2x, 2-) as conditions improved.
- Cancel one day of competition all together if severe weather condition lingers throughout the day. Run the second day of competition as scheduled if condition improves.

Officials, NWIRA Executive and LOC Regatta Chair may also consider other alternations not listed. Regardless of alternations implemented, the safety of the athletes, officials, regatta personnel, and volunteers is top priority under any severe weather situation or unforeseen events.

### **Rower Classifications**

Junior B	An individual who will be 16 or under on December 31, 2013.
Junior	An individual who in the current calendar year does not attain the age of 19, or who is and has been continuously enrolled in secondary school as a full time student seeking a diploma.  An individual ceases to be a Junior after December 31 of the year of his or her 18th birthday, or of the year in which he or she completes the 12th grade of secondary school, having been a full time student, whichever is later.
Open	All individuals are eligible for Open events. Individuals rowing in Open events cannot row in Master's events.
Masters	An individual who will be age 27 or older on December 31, 2013.  Masters will be age handicapped based on the United States Rowing Association's Handicap System. Age will be based on the rower's age as of the last day of the current calendar year.  All masters entering master's events can only row Master events, Dashes, and Open 8+ events.
Lt. Weight Women	No crew member shall be over 130 lbs – 59.0 kg.
Lt. Weight Men	No crew member shall be over 159.8 lbs – 72.5 kg.

**With the exception of the Mixed Master 8+ and Junior 8+ events, all Master, Junior B, Junior, and Open rowers may row in any 8+ events.**

### **Course Length**

Except for dashes, all rowing events are 2000 meters. Dashes will be 400 meters, starting from the starting line.

### **Waiver**

Waiver is required at this championship regatta. US rower must submit their waiver on line thru Regatta Central or use attached waiver form. US rowers can turn in their completed waivers at the coaches meeting.

Canadian rowers can use attached waiver and turn in completed waiver at the coaches meeting.

### **Maximum Number of Events**

Rowers may compete up to six events that he or she is eligible to row. Dashes are not included in this limit.

### **Coxswains**

- Coxswains must not weigh less than 120 lbs – 54.4 kg for men’s boats, 110 lbs – 49.9 kg for women’s boats, and 110 lbs – 49.9 kg for mixed boats. Coxswains must weigh in ONCE for the entire regatta.
- Coxswains who weigh less than the required minimum MUST carry weight. Coxswains are responsible for picking up a sand bag at the weigh-in station or for securing their own weights.

### **Weigh-Ins**

- Weigh-ins shall be open for at least one and one-half hours and will end one-half hour before the first light weight race on the first day of the regatta. Weigh-in on first day of the regatta applies for lightweight events on both day of the regatta, Saturday and Sunday.
- Crews and Coxswains must be accompanied by their coaches for weigh-ins. Pair and Double teams MUST weigh-in together.
- If a male weighs in more than three pounds or a female weighs in more than two and a half pounds over the maximum weight for lightweights, that individual will be disqualified from the lightweight events for the regatta.
- ALL CREWS AND COXSWAINS MUST BE IN CLUB ATTIRE FOR WEIGH-INS, DRESSED AS TO COMPETE IN A RACE – NO EXCEPTIONS! Athletes who do not dress in racing attire will not be allowed to weigh-in. Athletes have only two attempts only to make weigh on the first day of the regatta, provided they are not over the maximum allowed weight. There will be no “practice weigh-ins”.
- Not making weight results a scratched entry and a scratch fee will be applied.

### **Club Colors**

All competitors must wear their club colors on the water.

### **Bow Balls and Bowmarkers**

All crews are required to have a bow ball on their shell. NWIRA will have standard size bowmarkers available for shells.

## **Heel Ties**

All stretcher shoes must have heel-restraining ties in place. Dock master will inspect shells before they can be launched.

## **Athlete Substitution**

Please use the Athlete Substitution / Change form at the end of this packet if you need to make substitutions for an event during the regatta.

## **Scratches**

Please use the Scratch form at the end of this packet if you need to make scratches during the regatta.

## **Protest**

Once a protest is lodged, a crew wishing to be heard before the Jury may fill out a protest form describing the facts that underlie the protest and the relief that the crew seeks to the Chief judge or another race official within one hour after it reaches land. The form is available at the Control Commission. Crew submitting a completed protest form shall pay a protest fee (\$100 USD) by cash or check.

If the protest is upheld or it is found by the Jury to be substantially justified, the Jury will return the protest fee to the crew. Otherwise, the \$100 fee will be remitted to NWIRA.

## **On-site Food Service**

Lake Elmo Inn Center will be providing on-site food service at the public boat launch area.

## **Awards**

- Awards will be given for first place finishes in all events.
- Award ribbons will be given to second and third place finishes in all Junior events.

## **Aggregate Trophies**

Aggregate trophies are awarded to the club scoring the most points for:

- Junior's Division Championship
- Master's Division Championship
- Women's Division Championship (Henning Peterson Trophy)
- Men's Division Championship (Con' Riley Trophy)
- US / Canada Cup – US Clubs vs. Canadian Clubs
- Efficiency Championship (CAN-AM Shield)
- Grand Aggregate NWIRA Championship (Sir Thomas Lipton Cup)

All clubs, including guest clubs are eligible to earn points for the aggregate trophies.

## NWIRA Scoring System

Event Types	# of Entries in an event	2000 Meters Events						
		Places						
		1st	2n	3rd	4th	5th	6th	7th
1X	2	10	4					
	3	10	6	0				
	4	10	6	4	0			
	5	10	6	4	2	0		
	6	10	6	4	2	1	0	
	7 or more	10	6	4	2	1	0.5	0
2X/2-/2+	2	15	6					
	3	15	9	0				
	4	15	9	6	0			
	5	15	9	6	3	0		
	6	15	9	6	3	1.5	0	
	7 or more	15	9	6	3	1.5	0.75	0
4X/4+/4-	2	20	8					
	3	20	12	0				
	4	20	12	8	0			
	5	20	12	8	4	0		
	6	20	12	8	4	2	0	
	7 or more	20	12	8	4	2	1	0
8+	2	30	12					
	3	30	18	0				
	4	30	18	12	0			
	5	30	18	12	6	0		
	6	30	18	12	6	3	0	
	7 or more	30	18	12	6	3	1.5	0

# of Entries in an event	Dashes Events						
	Places						
	1st	2nd	3rd	4th	5th	6th	7th
2	6	2.4					
3	6	3.6	0				
4	6	3.6	2.4	0			
5	6	3.6	2.4	1.2	0		
6	6	3.6	2.4	1.2	0.6	0	
7 or more	6	3.6	2.4	1.2	0.6	0.3	0
2	20	8					
3	20	12	0				
4	20	12	8	0			
5	20	12	8	4	0		
6	20	12	8	4	2	0	
7 or more	20	12	8	4	2	1	0



## 2013 NWIRA Championship Regatta - Schedule of Events

Except for Dashes, all Events are 2000 Meters

Lunch Break will be scheduled at around noon on each day

Saturday – August 3, 2013	Sunday – August 4, 2013
1. Master Men 4x	29. Open Women's 8+
2. Junior Women 2-	30. Master Men 4-
3. Master Women 1x under 50	31. Junior Men 2x
4. Master Women 1x 50 and over	32. Junior B Men 2x
5. Junior Men 4x	<b>Break</b>
6. Junior B Men 4x	33. Light Weight Women 1x
7. Open Women 2-	34. Open Men 4-
8. Light Weight Men 1x	35. Master Women 2x
9. Open Men 1x	36. Junior Women 4+
10. Mixed Master 4x	37. Junior Men 8+
11. Junior Men 2-	38. Open Women 4-
12. Junior Women 8+	39. Master Men 2x
13. Open Women 1x	<b>Break</b>
14. Open Men 4x	40. Junior Women 2x
15. Master Men 2-	41. Junior B Women 2x
<b>Break</b>	42. Men's 8+
16. Master Women 2-	43. Master Women 4-
17. Open Women 4x	<b>Break</b>
18. Junior Women 1x	44. Light Weight Women 2x
19. Junior Men 4+	45. Open Women 2x
20. Open Men 2-	46. Junior Men 1x
21. Master Women 4x	<b>(10 min to switch lines)</b>
22. Master Men 1x under 50	47. Dash Men 1x
23. Master Men 1x 50 and over	48. Dash Lt. Wt. Men 1x
<b>Break</b>	49. Dash Women 8+
24. Junior Women 4x	<b>Break</b>
25. Junior B Women 4x	50. Open Men 2x
<b>(10 min to switch lines)</b>	51. Light Weight Men 2x
26. Dash Women 1x	52. Mixed Master 8+*
27. Dash Light Weight Women 1x	
28. Dash Men 8+	* Local Organizing Committee Special Event

## **NWIRA Banquet and Award Ceremony**

**7:30 PM Banquet**  
**8:30 PM Award Ceremony**

The NWIRA Banquet and Award Ceremony will be held at the North Pavilion Picnic Area. See regatta site map for location of the picnic area.

Parking is available at the Pavillion

Lake Elmo Inn Event Center is providing the catering for this event, The menu is as follow:

### Grill Package

Chicken Breast, Hamburger, and Bratwurst  
Condiments (Tomatoes, Lettuce, Cheese)  
Corn on the Cob  
Two Salads  
Fresh Fruit Tray  
Iced Tea and Lemonade  
Dessert

## **Hotel Accommodations near Lake Elmo**

### **Best Western**

970 Helena Ave. N.

Oakdale, MN 55128

Phone: (651) 578-8466

Rates from \$100 USD

Please contact Lynn Randazzo at [lcrandazz@yahoo.com](mailto:lcrandazz@yahoo.com) or 651-334-4789 (cell) for special NWIRA rate.

### **Hilton Garden Inn**

420 Inwood Avenue North

Oakdale, MN 55128

Phones: 1-800-741-5072 / 651-735-4100

Rates from \$116 USD

### **Holiday Inn Express**

9840 Norma Lane

Woodbury, MN 55125

Phones: 651-702-0200

Rates from \$129 USD

### **Camping – Lake Elmo Park Reserve**

Modern (Electricity, Showers, Grill, and Picnic Table) and Primitive (Hike-In Sites, Picnic Table)

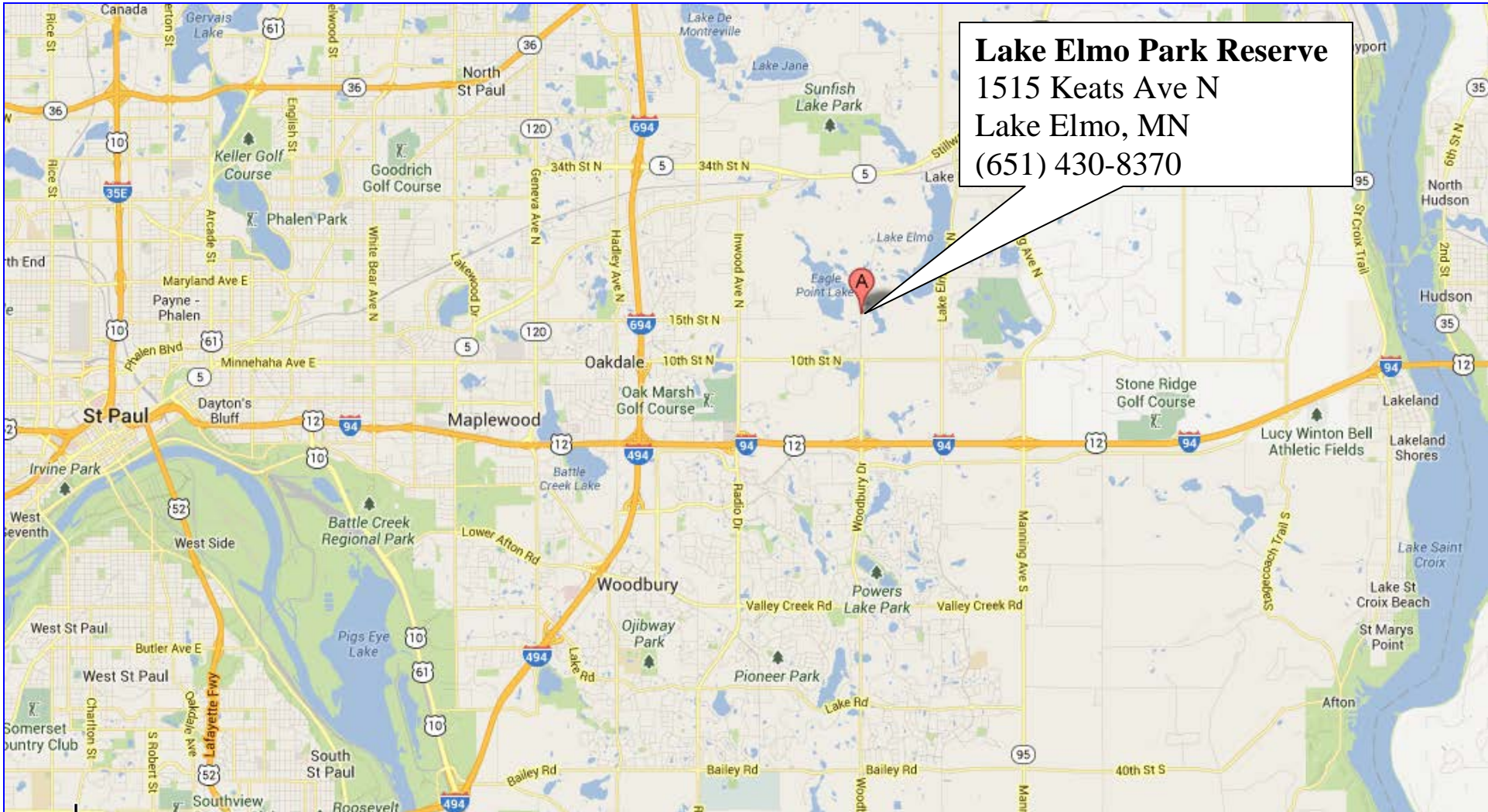
Campgrounds are available at the Park. Please call ahead at 651-430-8370 for availability and rates.

24-Hour Information Line: 651-430-8368.

## **General Information about the Regatta Site**

**Map showing location of the regatta site is on the next page.**

- The regatta will operate from the boat launch area at Lake Elmo Park Reserve. The boat launch area will be closed to the public on Friday, August 2, Saturday, August 3 and Sunday, August 4.
- All other areas of the park will be open to the public with ongoing park activities during the regatta.
- Rowing clubs should be aware that they will see significant amount of regatta setup activities at the boat launch area when they arrive with their boat trailer on Friday, August 2. Clubs are encouraged to arrive at the regatta site between 9:00 a.m. and 4:00 p.m. Central Time.
- There will be a daily parking fee of \$5 USD per day per vehicle, regardless of vehicle type. A three-day pass, August 2-4, for \$15 USD will be available.
- Vehicles with boat trailers arriving at the regatta site will be instructed to drive to the boat launch area, unload their rowing shells and equipment, and drive out of the boat launch area to park their boat trailers at the designated area (See aerial photos of the boat launch area and regatta site).
- With boat trailers parked away from the boat launch area, rowing clubs should bring slings for all of their rowing shells.
- Be sure to bring plenty of shade tents to keep athletes, coaches, and parents in the shade to reduce the risk of sun overexposure.
- Observe speed limit posted along park road.
- We strongly encourage all spectators, officials, rowers, coaches, and others to refrain from parking on residential streets in close proximity to Lake Elmo and on County Road 17. This is to protect the property and privacy of the City's residents, and to prevent spectators from parking along city streets and entering the Park from the north end.
- Park has bike trails and inland swimming areas. Bring bikes to visit the starting area or other areas of the park.



**Lake Elmo Park Reserve**  
1515 Keats Ave N  
Lake Elmo, MN  
(651) 430-8370

# Race Course

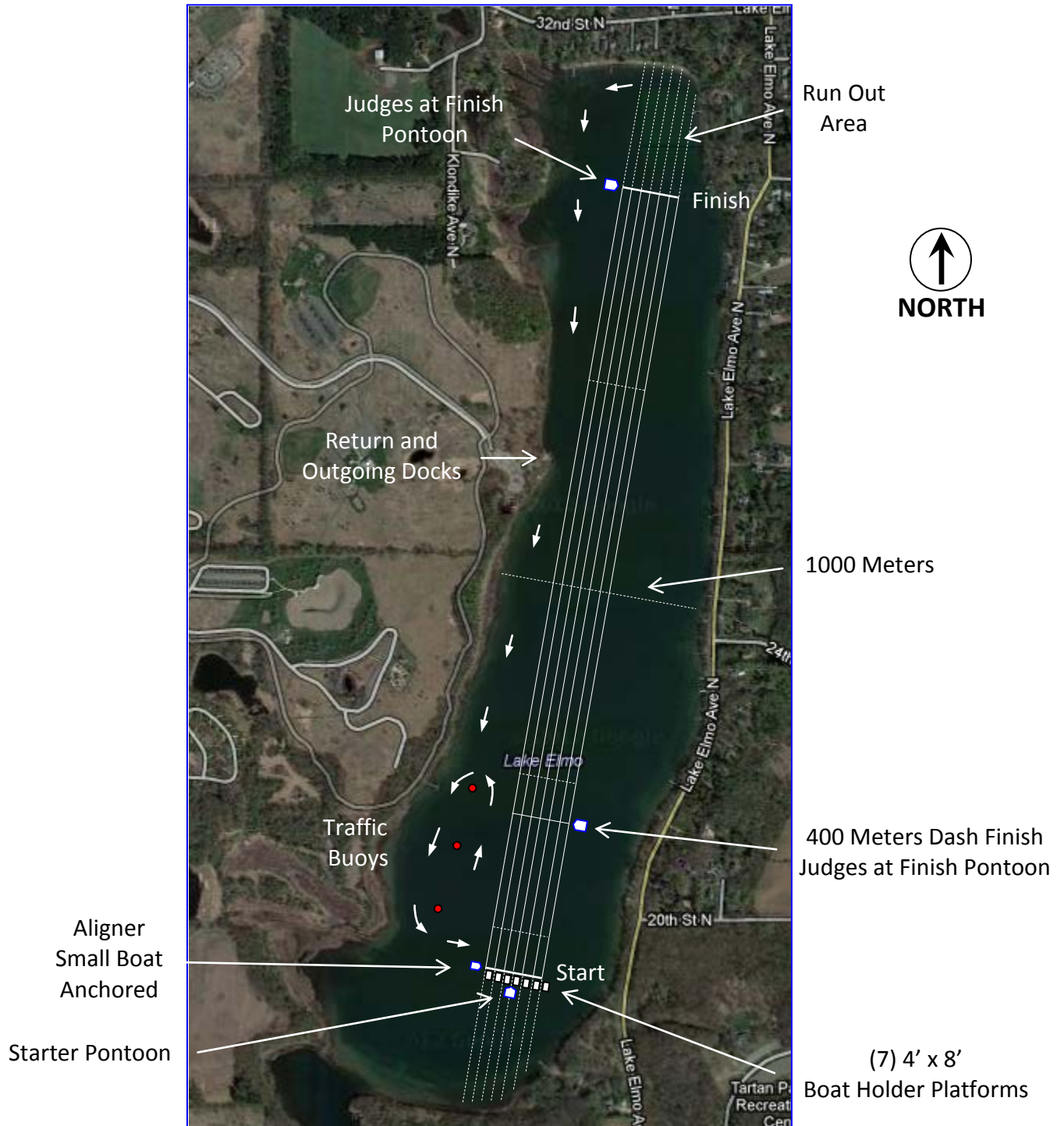
## Lake Elmo, Washington County, MN

2000 Meters Course

Width of each Lane – 15 Meters

Lane 1 West Side (park side of the lake)

Lane 7 East Side (Lake Elmo Avenue North side of the lake)

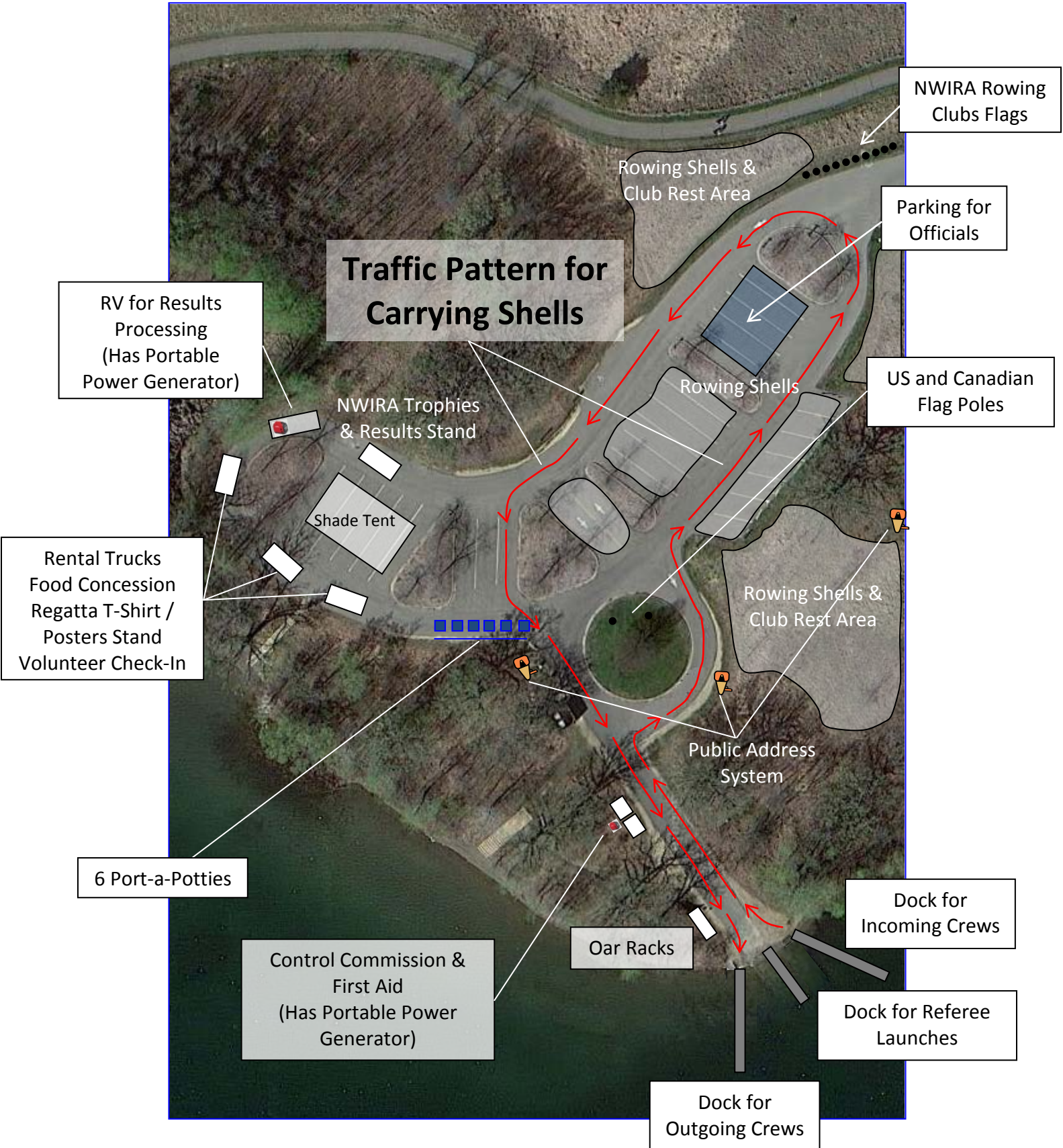


## REGATTA SITE AREA

Regatta operations will be conducted from the Public Boat Launch Area at Lake Elmo Park Reserve. The Regatta Award and Banquet will be held at the North Pavilion Picnic Area.



# BOAT LAUNCH AREA





**2013 CHAMPIONSHIP REGATTA**  
**ATHLETE SUBSTITUTION / CHANGE FORM**

Club: \_\_\_\_\_

Event # : \_\_\_\_\_ Event: \_\_\_\_\_

Current Athlete Name (s) in Boat: \_\_\_\_\_ New Athlete (s) in Boat: \_\_\_\_\_

**ALL NEW ATHLETES MUST BE LISTED AS  
ALTERNATES FOR THAT EVENT!**

Change(s) made by: \_\_\_\_\_ Date / Time: \_\_\_\_\_

Signature: \_\_\_\_\_

Reason for Change: \_\_\_\_\_

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## 2013 CHAMPIONSHIP REGATTA

### SCRATCH FORM

*Scratch fees are equal to the entry fee and they are due when this form is submitted. Fees requiring collection after the regatta will be subject to a \$50 administration fee per item. Fees are payable in the currency of the regatta site.*

Club: \_\_\_\_\_

Event # : \_\_\_\_\_ Event: \_\_\_\_\_

Athlete Name (s) in Boat:

Scratch made by: \_\_\_\_\_ Date / Time: \_\_\_\_\_

Signature: \_\_\_\_\_

Reason for Scratch: \_\_\_\_\_

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**Scratch Fee: \$**

# Release of Liability

IN CONSIDERATION of being given the opportunity to participate in any USRowing activity, including scheduled, supervised club activities, and registered regattas, during the policy term 12/31/12 – 12/31/13, I, for myself, my personal representatives, assigns, heirs, and next of kin.

1. I 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. I 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 Release 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. I AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of USRowing 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. I HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, the Regatta, 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 Releasee 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 any may incur as a result of such claim, to the fullest extent permitted by law.

PLEASE DO NOT CHANGE OR ALTER THE WORDING ON THIS WAIVER WITHOUT PRIOR APPROVAL FROM USROWING



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:**

\_\_\_\_\_

**USRowing #** \_\_\_\_\_ **Date of Birth:** \_\_\_\_\_

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

**City:** \_\_\_\_\_ **State:** \_\_\_\_\_ **Zip:** \_\_\_\_\_

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

**Participant’s Signature:** \_\_\_\_\_

**Organization:** \_\_\_\_\_

## PARENTAL CONSENT

(if participant is under the age of 18).

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 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 Releasee, 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, to the fullest extent permitted by law.

**Printed Name of Parent/Guardian:**

\_\_\_\_\_

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

**City** \_\_\_\_\_ **State** \_\_\_\_\_ **Zip** \_\_\_\_\_

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

**Parent/Guardian Signature (only if participant is under the age of 18):**

\_\_\_\_\_

**This is THE USRowing Release of Liability, which should be copied for your use.**