

# Minneapolis Sprints Information Sheet

## Saturday, June 26, 2010

### Welcome

The Minneapolis Rowing Club would like to welcome rowers from across the Midwestern United States and Canada to the 2010 Minneapolis Sprints Regatta.

### Registration Information:

- 1 Entries are due by June 18th
- 2 Registration is available online at Regatta Central or follow the link at [{insert new link here}](#)  
All participants must be either individual members of US Rowing or members of clubs that are US Rowing organization members
- 3 A signed waiver for each competitor must accompany all registration submissions. The waiver is available for download Regatta Central.
- 4 Payment must be submitted at the time of registration.
- 5 If you are not paying by credit card at Regatta Central, make checks payable to "Minneapolis Rowing Club" On check memo line write "Mpls Sprints"  
Please send checks to:  
**Rochelle Winn**  
**5316 Harriet Ave. S.**  
**Minneapolis MN 55419**
- 6 Please direct all questions to regatta chair Jack Cheesbro:[cheesebro@msn.com](mailto:cheesebro@msn.com) or his little helper Rochelle Winn [Rochelle.winn@state.mn.us](mailto:Rochelle.winn@state.mn.us).

### Entry Fees:

Flat fee of \$35 per rower, coxswains are exempt. Entries received after June 19th are subject to a \$5 per rower late fee.

### General Information:

- Regatta Headquarters will be located at the northwest end of Lake Nokomis
- Race day registration will begin at 7:00 a.m. at Regatta Headquarters
- Coxswains / Pre-race Meeting will begin at 7:45 a.m. All clubs must have at least one representative at the meeting.
- All races will be a sprint race totaling 1,200 meters
- PLEASE CHECK REGATTA CENTRAL TWO DAYS PRIOR TO THE EVENT FOR AN UPDATED SCHEDULE BASED ON SCRATCHES

### Regatta Rules & Race Information:

- 1 The Minneapolis Sprints is a US Rowing Registered Regatta and shall be run in accordance with US Rowing's Rules of Rowing.
- 2 There will be six racing lanes. Depending on entries, a seventh lane may be added in some events. If needed, this lane will be added on the shore side (east side) of buoy lane 6.
- 3 All boats must be at the start 5 minutes prior to the start of the race. Events will start approximately 12 minutes apart.
- 4 **All boats must check in with dockmaster and launch with correct bow markers** at least 15 minutes prior to the official start time. **Clubs are expected to provide their own bow markers.** Launch area is a wet dock. Proceed with caution.
- 5 Traffic pattern: all boats must launch facing southwest, and row down to the start on the west side of the course and buoys. The warm-up area traffic pattern is counter-clockwise. Refer to the Minneapolis Sprints course map at regatta headquarters.
- 6 There will be four categories of races: Junior, Open, Master and two Novice events.
- 7 Junior: A Junior is a competitor 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. A competitor thus 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.
- 8 **The Novice Single events** will be open to any competitor who has not previously raced a single.

- 9 Masters handicapping will be used per US Rowing guidelines. Masters rowers MUST provide date of birth at the time the entry is submitted in order to allow for calculation of handicaps. Master: A Master is a competitor who has attained or will attain the age of 21 during the current calendar year. A competitor's age is determined as of December 31 of the current calendar year, rounded down to the nearest whole number. A competitor thus becomes a Master on January 1 of the year of his or her 21st birthday. Masters crew shall be comprised exclusively of Masters rowers, but the coxswain need not be a Master.
- 10 Bow balls and foot stretcher tie-downs are MANDATORY. Boats without this equipment will NOT be permitted to launch.
- 11 No swimming is permitted in the launch area. Swim in designated areas only.

### Schedule of Events

The Regatta start time is 8:45 a.m. The order of events is fixed and will not be changed. There are no heats. The fastest time wins! There will be a break for lunch from approximately 11:45 a.m. to 12:45 p.m. depending upon progression of events. Please see the web site for an updated schedule two days prior to the event and attend the pre-race meeting for final updates.

7:45 Coxswains/Pre-race Meeting

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8:45 (1) Mixed Master 4X

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- (2) Men's Open 2-
- (3) Women's Open 1x
- (4) Men's Master 4-/4+

- (5) Women's Open 2-
- (6) Men's Novice 1x
- (7) Men's Jr. 4+

- (8) Women's Master 2x Under 48
- (9) Women's Master 2x Over 47
- (10) Women's Novice 1x
- (11) Men's Open 4-/4+
- (12) Women's Jr. 2x

- (13) Men's Open 1x
- (14) Men's Master 2x Under 50
- (15) Men's Master 2x Over 49

- (16) Men's Jr. 8+

(17) Women's Master 4- / 4+

(18) Women's Open 2x

\*\*LUNCH BREAK \*\*\*\*\*

(19) Men's Master 1x Under 54

(20) Men's Master 1x Over 53

(21) Men's Open 2x

(22) Women's Open 4-/4+

(23) Women's Jr. 4+

(24) Men's Jr. 2x

(25) Women's Master 1x

(26) Women's Open 4x

(27) Women's Jr. 8+

(28) Mixed Master 2x Under 54

(29) Mixed Master 2x Over 53

(30) Men's Open 4x

(31) Women's Open 8+

BREAK FOR HOTSEATING

(32) Men's Open 8+

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**NOTE:** We are allowing 4+ boats to row in 4- events. 4+ entries are eligible for a special medal... ONLY by winning the race, 1st place medal will be awarded to the fastest 4-.

### Awards:

Winners of each event will be awarded a top secret award. Awards will be available for pick-up at Regatta Headquarters anytime after the race result has been posted. 4+ entries accepted in the 4- event are eligible for an award ONLY by winning the race. Awards will be awarded to the fastest 4-.

### Trailer Parking:

Security will be provided overnight on Friday for trailers that arrive the day before the event. Trailer parking is located near headquarters. You will see the Minneapolis Rowing Club trailer parked in a small parking lot that is **reserved for trailer parking only**. Line up next to it. **There is no trailer parking allowed on grass.**

### Competitor Parking:

Parking is available near headquarters on Nokomis Parkway in designated street parking areas and in parking lots on East Minnehaha Parkway just north of headquarters. Note that meters must be paid on weekends and time limits are typically 4 hours, however, most spaces are not metered. Carpooling is recommended to ease congestion.

## **Directions to the Venue:**

Lake Nokomis is located in Minneapolis, a short distance from Minneapolis / St. Paul Airport. If you would like to map directions to the course using a web-based mapping service, use the intersection of East 50th Street and East Nokomis Parkway, Minneapolis, MN 55427.

### **From the North:**

- Take Interstate 35 south. At the split of I-35W and I-35E, follow I-35 W, which will take you past downtown Minneapolis. Continue on I-35W south.
- Take exit for Highway 62 / Crosstown east (this is a left exit off I-35W).
- Go north on Cedar Avenue South.
- Turn right on Nokomis Parkway, and follow around to the northwest corner of the lake to Regatta Headquarters.

### • **From the South:**

- Take Interstate 35 north. At the split of I-35W and I-35E, follow I-35 W.
- Take Highway 62 / Crosstown east.
- Go north on Cedar Avenue South.
- Turn right on Nokomis Parkway, and follow around to the northwest corner of the lake to Regatta Headquarters.

### • **From the East:**

- I-94 west. Follow I-494 (south). Continue past airport.
- Go north on Cedar Avenue South.
- Turn right on Nokomis Parkway, and follow around to the northwest corner of the lake to Regatta Headquarters.

### • **From the West:**

- I-94 east. Follow I-494.
- Go north on Cedar Avenue South.
- Turn right on Nokomis Parkway, and follow around to the northwest corner of the lake to Regatta Headquarters.

### • **From the Airport:**

- Take I-494 west
- Take exit for Highway 77 north. Highway 77 turns into Cedar Avenue South.
- Turn right on Nokomis Parkway and follow around to the northwest corner of the lake to Regatta Headquarters.

