

# 2013 Central District Youth Rowing Championships

*Central District  
Youth Rowing  
Association  
Executive  
Committee*

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Neil Bergenroth, Tulsa  
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Falesh Thrash, Texas*

Welcome to the 8<sup>th</sup> annual Central Youth Rowing Championships! The 2013 championship races will be held May 4<sup>th</sup> and 5<sup>th</sup> on the beautifully restored Oklahoma River in Oklahoma City, OK. The Oklahoma City Boathouse Foundation will be our host again this year. All races are 2000 meters on a fully buoyed course.

All races are conducted under CDYRA rules and US Rowing Rules of Racing. The link to the USRowing Rules of Rowing is [here](#). **Exceptions to the rules are rare and are only made by the executive committee.**

CDYRC is open to all junior athletes from the following states: Arkansas, Colorado, Louisiana, Kansas, Missouri, Nebraska, New Mexico, Oklahoma, and Texas. Individual athletes are not required to be members of US Rowing but all teams must have an organizational membership in US Rowing in order to compete.

**REGATTA DIRECTOR:** Please refer questions to Regatta Director, Karin Brevick, 405-552-4040 x4214 [kbrevick@okcbf.org](mailto:kbrevick@okcbf.org) or Jim Andersen, 415-309-9421cell, [jandersen@okcbf.org](mailto:jandersen@okcbf.org)

**PROGRAMS ELIGIBLE:** All Central District High School and Junior programs.

**ENTRIES:** Packets are available online at [www.RegattaCentral.com](http://www.RegattaCentral.com) and [www.cyrckc.org](http://www.cyrckc.org) . Packets will be emailed to all Central District programs.

**REGISTER entries through Regatta Central at [www.regattacentral.com](http://www.regattacentral.com).  
DEADLINE is at or before midnight (PST) April 22, 2013.**

Each participant must submit a waiver. All athletes must either complete the 2013 online registration on US Rowing or [regattacentral.com](http://regattacentral.com) or submit a paper copy to regatta registration. **FEES AND WAIVERS are due in the hands of the local organizing committee by Tuesday, April 23rd.** If fees/waivers are sent by overnight mail, please indicate that recipient need not sign. **Mail to:**

OKC Boathouse Foundation,  
Central District Youth Rowing Championships  
725 S Lincoln Blvd  
Oklahoma City, OK 73129

Entry must be complete for your boats to be entered into heats.

**ENTRY FEES:** \$30 per 1x, \$50 per 2x, 2-, \$80 per 4x, 4+, \$100 per 8+.

**ERRORS ON ENTRIES:** The coach of any entry that contains an error will be notified by phone or email and given 24 hours to correct the error. If the time limit passes without resolution satisfactory to the regatta committee, the crew's entry from that particular event will be dropped and will become subject to the Late Entry rule should the coach try subsequently to correct the error and reenter the crew.

**HOT SEATING:** Hot seating equipment or rowers is not permitted in events that are less than 40 minutes apart on the race schedule. Hot seating is done at each crews risk and race starts will not be held.

**REGISTRATION:** Hours of registration: Friday 4:30-7:00 PM.

**COACHES, COXES and BOWS:** Meeting promptly, 7:30 pm, Friday outside the Chesapeake Boathouse on the awards stage *Make certain your coxswains and crews have practiced the use of a starting pod. Crews will be expected to know how to "scull" to keep their point (2 sculling with bow's oar, etc.).*

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## ATHLETE WEIGH-IN RULES:

- The maximum weight of junior rowers in lightweight events will be 160 pounds for Lightweight Men and 130 pounds for Lightweight Women. These shall be determined once each day no less than one hour and no more than two hours before the scheduled time of the first race in which the weight is relevant. Crews will be weighed in the order that they sit in the boat (bow to stern) and in race attire only (Racing unisuits and/or racing shirts and rowing shorts). Each junior rower shall have only one initial opportunity to weigh in. A competitor within one pound or less of the weight standard is allowed one re-weigh within the official weigh-in time window without the whole crew re-weighing. **A competitor whose initial weight is greater than one pound above the weight standard will be ineligible to compete in the event.**
- No one will be allowed to check his weight on the official scale during the official weigh-in times, but a second scale will be available all day.

## COXSWAIN WEIGH-IN RULES:

- The minimum weight of coxswains will be 120 pounds for boys and 110 pounds for girls. These shall be determined once each day no less than one hour and no more than two hours before the scheduled time of the first race in which the coxswain is racing. Coxswains shall wear race attire only (Racing unisuits and/or racing shirts and rowing shorts) while being weighed in.
- Coxswains who are more than five pounds beneath the minimum weight are encouraged to bring weight to weigh-ins. Sand, bags and duct tape will be supplied for underweight coxswains.
- Any crew having a coxswain who lacks a wristband after expiration of the weigh-in time window described above shall be excluded.
- No one will be allowed to check his weight on the official scale during the official weigh-in times, but a second scale will be available all day.

## CLASSIFICATIONS:

- **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.
- **AFFILIATION** – Affiliation with only one program, which he/she is registered with as of the first competition (registered/ non-registered, not including indoor events) for the duration of the spring season, defined between January 1 and June 15 of that current calendar year.
- **NOVICE** – A novice rower is in his/her first year of competition and did not race in the past spring season. Crews entered in Novice events shall include only novice rowers. Novice rowers shall have had no racing experience as a rower and novice coxn's shall have had no racing experience as a coxn OR a rower prior to the current rowing season. Coxn's who wish to become rowers may race for one season as novice rowers regardless of their coxing experience.
- **VARSITY** – a varsity athlete is any eligible junior rower as long as they are not also entered in a JV event.
- **JUNIOR VARSITY** – No rower who competes in a Varsity sculling event may also compete in any JV sculling event. For example, a rower competing in a Varsity quad may not also compete in a JV double, and a rower from a Varsity double may not compete in a JV quad. In order for a team to enter a JV event, that team must also have an entry in the corresponding Varsity event of the same boat class and gender. Sculling designation is different than sweep designation and the JV rules apply the same to sweep rowers.
- **OPEN** – Any athlete, Varsity, JV or Novice may participate.
- **JUNIOR B** – The "Junior B" category shall consist of those juniors who in the current calendar year do not attain the age of 17.
- **COXSWAINS**- May cox in any boat, regardless of male, female, novice or varsity status. Unlike rowers, there is no limit to the amount of events a coxswain may enter. However, the 40-minutes between events hot seat rule applies. *\*Make certain your coxswains and crews have practiced the use of a starting pods. Crews will be expected to know how to "scull" to keep their point (2 sculling with bow's oar, etc.).*
- **"B" and "C" entries** – are allowed in all events except Varsity 4x. Coaches must "seed" their own crews so that the "A" boat will be faster than a "B" boat.

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**SEEDING:** The Youth Invitational events will be seeded based on results from previous regattas. Coaches will have one day to review and give feedback to the regatta director.

**SAFETY CHECK:** Check your equipment for race readiness, including the proper tying of heels of shoes (3 inches). Bow balls are required.

**WEIGHING BOATS:** Boats will NOT be weighed.

**BOW NUMBERS:** Teams must provide their own bow numbers 1-7.

**BOAT STORAGE:** Oklahoma City Boathouse Foundation will provide some shell racks and space will be limited to around the Chesapeake Boathouse. Trailers will not be allowed to stay in the park. Once your equipment is unloaded all crews must move their trailers to the trailer storage lot. Security will be provided overnight Friday and Saturday. All equipment must be removed from the regatta site Sunday evening. Crews are fully responsible for the use of A-Frames.

**CREW TENTS:** May be placed only in the clearly marked areas along the racecourse.

**PARKING:** Will be limited to the designated lots east of Regatta Park. There will be no parking in Regatta Park.

**PRACTICING FRIDAY:** Crews will be allowed to practice at their own risk Friday. A Practice Traffic Pattern Map will be posted at the launch dock. Crews MUST be off the water by 7:30pm.

**STARTING PODS** All crews must be able to get aligned on the starting pods. Please make sure your coxswains and crews know how to back on to the pods and maintain a point while locked on. Crews will be expected to know how to “scull” to keep their point (2 sculling with bow’s oar, etc.). We will be using the “Starting Light and Sound System” on each pod. A demonstration will be held at the Coaches Meeting.

**RESULTS:** All results will be posted online at [www.cyrcokc.org](http://www.cyrcokc.org), they will also be tweeted out on “CentralYouthRow”, and on our Facebook page <http://www.facebook.com/CDYRC> and will be posted outside under the bridge.

**AWARDS:** Medals awarded for FIRST, SECOND, AND THIRD place for all events with 4 or more entries.

All medals will be available for pick up at the awards stage after each final event has been made official. Coaches can pick them up or the crew can be presented their medals for a photo opportunity on the awards stage.

An official awards ceremony at the conclusion of racing on Sunday will be held to present the new Points trophies to the Overall, Boy’s and Girl’s Team Winners.

**Team Points:** Overall, Boys and Girls Team points will be awarded for each event based on the following system: No Points will be given to a second or “B” team entry and those points will be skipped.

Events		V4+	V2x,2-	V 1x		
		JV8	JV 4+4x	JV,Lt 2x	Nov 4x	Nov 2x
	V8+	V4x	Nov 8+	Nov 4+	Jr B 1x	
1st	30	24	18	12	9	
2nd	80%	24	19	14	10	7
3rd	60%	18	14	11	7	5
4th	45%	13	11	8	5	4
5th	30%	9	7	5	3	2
6th	15%	5	4	3	2	1

If there are less than 6 boats in an event we will drop the points according to this system:

Entries	Heats	<u>6</u>	<u>5</u>	<u>4</u>	<u>3</u>	<u>2</u>
<u>1st</u>	100%	100%	100%	100%	100%	100%
<u>2nd</u>	80%	80%	80%	60%	40%	20%

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<u>3rd</u>	60%	40%	40%	30%	20%
<u>4th</u>	45%	20%	10%	5%	
<u>5th</u>	30%	10%	5%		
<u>6th</u>	15%	5%			

## USROWING YOUTH NATIONAL CHAMPIONSHIPS:

For each event that corresponds to an event at the US Rowing Youth National Championships, two (2) invitations will be issued. Any team that qualifies for a US Rowing Youth National Championship event can substitute up to only 50% of its rowers in the boat. The Youth National Championships has a "Roll Down" bid policy that applies at a qualifying regatta with less than three bids. If a qualifying crew(s) chooses to decline a bid(s) for the Youth National Championships, the subsequent place finisher(s) would receive the bid(s). In no case does a roll down bid extend past the third-place finisher. Crews are asked to register for the Youth National Championship within three days of qualifying for the event or to notify US Rowing's event manager that the bid will be declined. For more information go to [www.usrowing.org](http://www.usrowing.org).

**PROGRESSION SYSTEM:** *For varsity eights only, repechages will provide placements in a, b, and c level finals.*

Number of entries	System
<b>0 - 6</b>	final only
<b>7 - 12</b>	2 heats, with top 3 finishers from each heat advancing to the finals
<b>13 - 18</b>	3 heats, with top 2 finishers from each heat advancing to the finals
<b>19 - 24</b>	4 heats, with heat winners advancing to the finals, along with the two fastest second place finishers

**Order of event finals.** Please note that not all events may need heats. The regatta committee will work to accommodate equipment and athlete conflicts that the heat schedule may cause. However, it is each coach's responsibility to ensure that athletes and equipment are not entered in events too close together. The 40 minute rule applies for hot seating.

## HOTEL INFORMATION AND DIRECTIONS:

Please see [www.cyrckc.org](http://www.cyrckc.org) for hotel information and directions to the race course.

### **Saturday Morning**

Race #	Event #	Time	Event
1	1a	8:00 AM	<b>Mens Varsity 2x Heat 1</b>
2	1b	8:10 AM	<b>Mens Varsity 2x Heat 2</b>
3	3a	8:20 AM	<b>Womens Varsity 1x Heat 1</b>
4	3b	8:30 AM	<b>Womens Varsity 1x Heat 2</b>
5	5a	8:40 AM	<b>Womens Open 2- Heat 1</b>
6	5b	8:50 AM	<b>Womens Open 2- Heat 2</b>
7	6a	9:00 AM	<b>Mens Novice 4x Heat 1</b>
8	6b	9:10 AM	<b>Mens Novice 4x Heat 2</b>
9	8a	9:20 AM	<b>Mens Junior B 1x Heat 1</b>
10	8b	9:30 AM	<b>Mens Junior B 1x Heat 2</b>
11	9a	9:40 AM	<b>Womens Light 2x Heat 1</b>
12	9b	9:50 AM	<b>Womens Light 2x Heat 2</b>
13	13a	10:00 AM	<b>Mens Novice 4+ Heat 1</b>
14	13b	10:10 AM	<b>Mens Novice 4+ Heat 2</b>
15	14a	10:20 AM	<b>Womens Novice 2x Heat 1</b>
16	14b	10:30 AM	<b>Womens Novice 2x Heat 2</b>
17	14c	10:40 AM	<b>Womens Novice 2x Heat 3</b>

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18	15a	10:50 AM	<b>Womens JV 4+ Heat 1</b>
19	15b	11:00 AM	<b>Womens JV 4+ Heat 2</b>
20	16a	11:10 AM	<b>Womens Varsity 4+ Heat 1</b>
21	16b	11:20 AM	<b>Womens Varsity 4+ Heat 2</b>

Break

## Saturday Afternoon

Race #	Event #	Time	Event
35	1 Final	1:00 PM	<b>Mens Varsity 2x Final</b>
36	2 Final	1:10 PM	<b>Mens JV 2x Final</b>
37	3 Final	1:20 PM	<b>Womens Varsity 1x Final</b>
38	4 Final	1:30 PM	<b>Mens Light 4+ Final</b>
39	5 Final	1:40 PM	<b>Womens Open 2- Final</b>
40	6 Final	1:50 PM	<b>Mens Novice 4x Final</b>
41	7 Final	2:00 PM	<b>Womens Novice 8+ Final</b>
42	8 Final	2:10 PM	<b>Mens Junior B 1x Final</b>
43	9 Final	2:20 PM	<b>Womens Light 2x Final</b>
44	10 Final	2:30 PM	<b>Mens Varsity 4x Final</b>
45	11 Final	2:40 PM	<b>Mens JV 4x Final</b>
46	12 Final	2:50 PM	<b>Womens Light 8+ Final</b>
47	13 Final	3:00 PM	<b>Mens Novice 4+ Final</b>
48	14 Final	3:10 PM	<b>Womens Novice 2x Final</b>
49	15 Final	3:20 PM	<b>Womens JV 4+ Final</b>
50	16 Final	3:30 PM	<b>Womens Varsity 4+ Final</b>
51	17 Final	3:40 PM	<b>Mens JV 8+ Final</b>
52	18 Final	3:50 PM	<b>Mens Varsity 8+ Final</b>
			Break
53	19a	5:00 PM	<b>Womens Varsity 2x Heat 1</b>
54	19b	5:10 PM	<b>Womens Varsity 2x Heat 2</b>
55	20a	5:20 PM	<b>Womens JV 2x Heat 1</b>
56	20b	5:30 PM	<b>Womens JV 2x Heat 2</b>
57	21a	5:40 PM	<b>Mens Varsity 1x Heat 1</b>
58	21b	5:50 PM	<b>Mens Varsity 1x Heat 2</b>
59	21c	6:00 PM	<b>Mens Varsity 1x Heat 3</b>
60	23a	6:10 PM	<b>Mens Open 2- Heat 1</b>
61	23b	6:20 PM	<b>Mens Open 2- Heat 2</b>
62	24a	6:30 PM	<b>Womens Novice 4x Heat 1</b>
63	24b	6:40 PM	<b>Womens Novice 4x Heat 2</b>
64	24c	6:50 PM	<b>Womens Novice 4x Heat 3</b>
65	25a	7:00 PM	<b>Mens Novice 8+ Heat 1</b>
66	25b	7:10 PM	<b>Mens Novice 8+ Heat 2</b>

## Sunday Morning

Race #	Event #	Time	Event
1	26a	8:00 AM	<b>Womens Junior B 1x Heat 1</b>
2	26b	8:10 AM	<b>Womens Junior B 1x Heat 2</b>
3	27a	8:20 AM	<b>Mens Light 2x Heat 1</b>
4	27b	8:30 AM	<b>Mens Light 2x Heat 2</b>
5	27c	8:40 AM	<b>Mens Light 2x Heat 3</b>
6	28a	8:50 AM	<b>Womens Varsity 4x Heat 1</b>
7	28b	9:00 AM	<b>Womens Varsity 4x Heat 2</b>
8	29a	9:10 AM	<b>Womens JV 4x Heat 1</b>
9	29b	9:20 AM	<b>Womens JV 4x Heat 2</b>
10	31a	9:30 AM	<b>Womens Novice 4+ Heat 1</b>
11	31b	9:40 AM	<b>Womens Novice 4+ Heat 2</b>

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12	32a	9:50 AM	<b>Mens Novice 2x Heat 1</b>
13	32b	10:00 AM	<b>Mens Novice 2x Heat 2</b>
14	32c	10:10 AM	<b>Mens Novice 2x Heat 3</b>
15	33a	10:20 AM	<b>Mens JV 4+ Heat 1</b>
16	33b	10:30 AM	<b>Mens JV 4+ Heat 2</b>
17	34a	10:40 AM	<b>Mens Varsity 4+ Heat 1</b>
18	34b	10:50 AM	<b>Mens Varsity 4+ Heat 2</b>
			Break
18	19 Final	12:00 PM	<b>Womens Varsity 2x Final</b>
19	20 Final	12:10 PM	<b>Womens JV 2x Final</b>
20	21 Final	12:20 PM	<b>Mens Varsity 1x Final</b>
21	22 Final	12:30 PM	<b>Womens Light 4+ Final</b>
22	23 Final	12:40 PM	<b>Mens Open 2- Final</b>
23	24 Final	12:50 PM	<b>Womens Novice 4x Final</b>
24	25 Final	1:00 PM	<b>Mens Novice 8+ Final</b>
25	26 Final	1:10 PM	<b>Womens Junior B 1x Final</b>
26	27 Final	1:20 PM	<b>Mens Light 2x Final</b>
27	28 Final	1:30 PM	<b>Womens Varsity 4x Final</b>
28	29 Final	1:40 PM	<b>Womens JV 4x Final</b>
29	30 Final	1:50 PM	<b>Mens Light 8+ Final</b>
30	31 Final	2:00 PM	<b>Womens Novice 4+ Final</b>
31	32 Final	2:10 PM	<b>Mens Novice 2x Final</b>
32	33 Final	2:20 PM	<b>Mens JV 4+ Final</b>
33	34 Final	2:30 PM	<b>Mens Varsity 4+ Final</b>
34	35 Final	2:40 PM	<b>Womens JV 8+ Final</b>
35	36 Final	2:50 PM	<b>Womens Varsity 8+ Final</b>