



The **2019 OKC Junior Invite** will take place in the Boathouse District on March 23. Started in 2011, this rowing competition began with four teams and has grown to include teams from around the Central Region and beyond. Coaches and volunteers run this casual regatta, so novice and varsity crews can gain 2000 meter race experience on the Oklahoma River in preparation for Central Regionals.

CONTACT: Matthew Oclander moclander@okcbf.org (206) 472-8868

EQUIPMENT STORAGE: Space will be limited to around the Finish Line Tower. No boats shall be allowed to be staged West of Lincoln Blvd, or around the Chesapeake Boathouse. Trailers will be parked in the grass by the Finish Line Tower. This is in preparation for the staging format for Central Regionals. Oars will be staged in the grass east of Control Commission.

CREW TENTS: Crews may place tents in the clearly marked areas along the racecourse, around the Finish Line Tower and the Devon Boathouse. There is also room available further east for team tents along the shore than what is present in the map below. Tents must be removed by 4:00 PM Saturday after racing.

PARKING: *Paid* parking will be available in designated Boathouse District areas for personal and regular size vehicles. Buses will be should park either in the Bass Pro Shop Riverwalk Commuter Lot, or on SE 5th St. past the RIVERSPORT Rapids.

BATHROOMS: Visiting crews will not be permitted in the Devon Boathouse, Finish Line Tower, or Chesapeake Boathouse. Port-o-potties will be stationed in the FLT Parking Lot and the Chesapeake Parking Lot.

PRACTICE TIMES: There will be a practice window open on FRIDAY ONLY from 3-6pm. Crews will only be allowed on the racecourse, EAST of the train bridge. All launching will be done from the Chesapeake BH dock. No launching from FLT dock.

COACHES, COXES and BOWS MEETING: Promptly at 8:30am, Saturday, March 23rd outside the Chesapeake Boathouse on the stage. Limit 7 Questions per program, and we will only answer the same question no more than 4 times.

ATHLETE WEIGH-IN RULES: Weight Limit 150lbs for Junior Men and 130lbs for Junior Women. This is on the honor system. If I find out you stuck your 180lb, Cornell-bound heavyweight in the boat, I will hear about it and be mildly disappointed. I'll then have my grandmother call you to express said disappointment. She's a former Indiana first grade school teacher of 40 years and is very good at guilt tripping.

COXSWAIN WEIGH-IN RULES: No coxswain weigh-in this year.

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

SAFETY CHECK: Check your equipment for race readiness, including the proper tying of heels of shoes (3 inches). Bow balls are required. We will have a final check at Control Commission, and any crew with lacking safety standards will not be allowed to launch.

LAUNCHING: All crews will launch and recover from the Chesapeake BH dock. Crews will go under the Lincoln Blvd. bridge, with launching crews biasing towards waterside. Crews will then go down the East ramp past control commission, and point their bows WEST. You will need to have your oars with the boat as they go down the ramp. Dock Masters will be present to assist with shell placement and to "urge" crews along. Once off the dock, head West, but DO NOT go past the train bridge. Crews will cut across the water way and then proceed onto the racecourse in Lane 1

WARM-UP: Crews will warm-up in Lane 1. Be very careful of getting too close to shore in Lane 0, as the lateral lines may decide to take a closer look at your skeg without asking. Please stop for the races as they are coming down the course. Row past the Marshall at the starting line and proceed around the Orange buoy stationed ~150m East of the starting line. Wait for the official to call you to your race, and then proceed into your lane. Lane 7 is the closest to the North (downtown) shore, and Lane 1 is on the South (trainyard/AICCM) shore.

RACING: Fast and Fun. We will be having floating starts. Don't run into each other, please. Listen to the officials.

RECOVERY: Once the crews pass the finish line, they will need to wait for all crews to finish before proceeding directly to the furthest right archway to approach the dock. There is no room for a cool down row, so don't go past Lincoln Blvd. Listen carefully to all instructions given by the Dock Masters and race officials.

Please see the visual aid below for staging areas and on-land traffic pattern. For on-the-water traffic pattern, the visual guide given by USRowing for Central Regionals is a good resource.

