
North Regional Championships 2016

You are cordially invited to join North Florida Regional Championship Regatta.

Middle school events will take place on Friday, April 8, 2016.

High school events will take place on Saturday, April 9, 2015.

All teams must complete the entry process online at Regatta Central by 11:59pm
Sunday, April 3, 2016.

Please make entry fee checks payable to: The Bolles School

All payments & medical forms need to be turned in by race day. The registration tent will be open on Friday, April 8th, at 3:30pm and on Saturday, April 9th, at 6:15 am.

The Florida NOARA online waivers must be completed by April 4th for all competing athletes.

If you have any questions, please contact:

Mike Alton at altonm@esj.org

Location:

Ortega Race Course

St. Peter's Church

5042 Timuquana Road

Jacksonville, FL 32244

Eligibility:

Middle School- Any rower in 6th through 8th grade.

Junior / High School- See FSRA Eligibility.

Fees:

Eight: \$80.00

Four: \$60.00

Double: \$50.00

Single: \$35.00

Cap: \$900.00

Categories:

Varsity: Fastest Boat

2nd Varsity: Next Fastest Boat

3rd Varsity: 3rd Fastest Boat

Junior Events: Restricted to 11th grade or below and not turned age of 18 prior to Sept 1st

Freshmen: All rowers are in 9th grade or younger.

Lightweight: Male rowers weighing a maximum of 150 pounds

Female rowers weighing a maximum of 130 pounds

Boatings: A team must enter a Varsity level before it can enter a Second Varsity level in the same category. A team must enter the Varsity and Second Varsity level before it can enter the Third Varsity level of that same category. Freshmen and Lightweight events do not require entering any other events or levels.

Doubling: Each rower may enter a maximum of 2 races. The events may be any two events that allow for an individual to make the start time without delaying the regatta.

Race Distance: High School races will cover 1500m. Middle School races will cover 1000m. Distances are subject to what water conditions will safely allow.

Deadlines

Entries: Due on Regatta Central by 11:59pm on Sunday, April 3rd, 2016

Waivers: Due no later than Wednesday April 6, 2016

Medical Forms: Due no later than the day of the Regatta

Entry Fees: Due no later than the day of the Regatta, teams with an unpaid balance are subject to disqualification.

Cancellation of the Regatta: If, in the opinion of the race management, weather or other unforeseen events cause the race course or venue to be unfit or unsafe, the regatta will be canceled. No refunds will be given.

Waivers: All competitors must sign the FSRA liability waiver. Competitors under the age of 18 must sign and have a parent or guardian sign a minor's waiver. Please have all waivers complete by Wednesday April 6, 2016. Waivers will be verified on Thursday April 7, 2016.

http://www.noara.org/index.php?option=com_chronocontact&chronoformname=waiver_fl_scholastic

Coaches & Coxswains Meeting: The Coaches & Coxswains meeting will be held on Saturday at 6:45am. The meeting will cover course rules, restrictions, traffic pattern, and safety regulations. The Coaches Meeting will occur immediately following the Coaches and Coxswains meeting. All lane changes and scratches will be made during the meeting. A representative from each team must be present.

Regatta Registration: Registration will open **Friday, April 8th, at 3:30pm** for the Middle School Regatta **and on Saturday, April 9th, at 6:15 am** for the High School Regatta. Entry Fee status, Waiver status, and other race day information can be provided at the Registration tent.

Weigh-In: All rowers participating in a Lightweight event must weigh in between 6:30am and 8:00 am on the day of the regatta. The entire boat must be present with a completed lightweight racing form. Rowers must weigh-in in their racing attire and will have only 1 opportunity to weigh in. A coach must represent his/her crew during weigh-ins.

Flights: Flights for an event will be added if more than 5 teams are entered. Top 2 from each flight and the next fastest time will qualify for the final. %B+Entries will be allowed if it does not create another flight. %B+entries can earn medals but will not count towards team points.

Seeding: Seeding will be based upon season results sent to regatta management. If results are not presented, seedings will be random.

Scratches: Scratches will be accepted without a penalty fee through the Coachesqmeeting on race day. Entry fees will not be refunded for scratches. A \$25.00 scratch fee will apply to a scratch that occurs after the Coachesqmeeting on the day of the race.

Event Calls: The events will be called 1 hour prior to the start time of the race. Crews must be in the boat holding area 10 minutes before the start time. All crews must be locked on the stake boat 2 minutes prior to race time. Crews late to the line will be given a warning.

Safety Checks: Each boat will be checked prior to launching for bow ball security, proper heel ties, and appropriate lane cards (not provided by host).

Dock Area: The landing/launching zone is a wet dock. Although the area will be swept for any potential dangers, it cannot be guaranteed that all dangers have been removed. Water shoes are recommended for all who enter the water. All crews must plan for a landing/launching support team. Only support personnel will be permitted in landing/launching zones. Oars cannot be left in landing/launching zone.

Event Schedule: Events that require flights will alter the schedule in order to add a final as well.

Friday Race Schedule (Middle School)

Event Number	Event	Time
1	Mixed Middle School 8+	4:30
2	Middle School Girls 1x	4:40
3	Middle School Boys 2x	4:50
4	Middle School Girls 8+	5:00
5	Middle School Boys 8+	5:10
6	Middle School Girls 4x	5:20
7	Middle School Boys 1x	5:30
8	Middle School Girls 2x	5:40
9	Middle School Boys 4x	5:50

Saturday Race Schedule (High School)

Event	Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5
WV8	8:00					
MV8	8:10					
W2V8	8:20					
M2V8	8:30					
WV4	8:40					
MV4	8:50					
W2V4	9:00					
M2V4	9:10					
WJ8	9:20					
MJ8	9:30					
WJ4	9:40					
MJ4	9:50					
W3V8	10:00					
M3V8	10:10					
W1X	10:20					
M1X	10:30					
WLT8	10:40					
MLT8	10:50					
WLT4	11:00					
MLT4	11:10					
W2-	11:20					
M2-	11:30					
WF8	11:40					
MF8	12:40					
WF4	12:50					
MF4	1:00					
LUNCH	1:10					
W2X	1:20					
M2X	1:30					

W4X	1:40					
M4X	1:50					
WLT2X	2:00					
MLT2X	2:10					

Viewing Races: There is limited viewing from the race site. The best viewing is from the bridge; however, the land between the race site and bridge is private and should not be trespassed.

Parking: There is parking directly across the street from the regatta site run by the church (usually a \$5.00 fee). No vehicles will be allowed in the shell staging areas, and all non towing vehicles must park off site.

Trailers: Trailers will have assigned locations that will be given on a first-come, first-serve basis. Trailers may arrive no earlier than Noon on Friday April 8, 2016.

Tents: There is a limited amount of space available for team tents. Tent staging areas will be marked off and on a first-come, first-serve basis.

Security: Overnight Security will be provided; however, all equipment left Friday night is at your own risk.

Changes to Events: Please stay alert to the possibility of schedule changes. Events may be combined, canceled, or altered based upon water conditions, entries, or other circumstances.

Cleanup: Each organization is responsible to keep their trailer and tent areas clean. A trash dumpster will be available to dispose of all trash.

Results: Results will become official 60 minutes following the conclusion on the race, unless there is a protest following *USRowing* protocols.

Awards: Medals will be given the top 3 boats of each final. Events with 3 boats will award Gold and Silver. Events with 4 boats or more will award Gold, Silver, and Bronze.

Points: Points will be calculated on the same format as FSRA Sweep/Sculling State Championships. North Regional Championship will be the team with the most overall points. Jacksonville City Championship will go to the team with the most overall points based off of the Jacksonville City Points system.

FSRA Sculling/Sweep Points System

	Varsity				2V	Junior			Lightweights			3V	Freshmen	
	8+	4+/4x	2x/2-	1x	8+	8+	4+/4x	2x	8+	4+/4x	2x	8+	8+	4+/4x
1st	100	50	25	13	75	60	30	15	75	38	19	60	60	30
2nd	86	43	22	11	65	52	26	13	65	32	16	52	52	26
3rd	74	37	19	9	56	44	22	11	56	28	14	44	44	22
4th	64	32	16	8	48	38	19	10	48	24	12	38	38	19
5th	56	28	14	7	42	34	17	9	42	21	11	34	34	17
6th	50	25	13	6	38	30	15	8	38	19	10	30	30	15
7th	46	23	12	5	35	28	14	7	35	17	9	28	28	14
8th	42	21	11	4	32	25	13	6	32	16	8	25	25	13
9th	38	19	10	3	29	23	11	5	29	14	7	23	23	11
10th	34	17	9	2	26	20	10	4	26	13	6	20	20	10
11th	30	15	8	1	23	18	9	3	23	11	5	18	18	9
12th	26	13	7	0	20	16	8	2	20	10	4	16	16	8

Jacksonville City Championships - Points

1. Each team's point total will consist of the following nine values:

- " top three male sweep point values
- " top three female sweep point values
- " top male sculling point value
- " top female sculling point value
- " next highest point value (male or female, sculling or sweep)

2. All events will point from the top down.

3. Points will only be awarded for those events in which two or more teams are entered. Single boat row-overs will not be allowed.

4. In the event of a tie, each tying team's next highest point value (male or female, sculling or sweep) will be added to its respective total, and the team with the greatest new total will be declared the winner. Should the teams remain tied this procedure will be repeated until a winner can be declared.

5. Regarding Bqentries:

- " Bqentries will not earn points.

Event	1 st	2 nd	3 rd	4 th	5 th	6 th
V8+	12	10	8	7	6	5
LT8+	10	8	6	5	4	3
2V8+	10	8	6	5	4	3
3V8+	9	7	5	4	3	2
F8+	9	7	5	4	3	2
V4+	11	9	7	6	5	4
LT4+	9	7	5	4	3	2
2V4+	9	7	5	4	3	2
F4+	8	6	4	3	2	1
4X	8	6	4	3	2	1
2-	8	6	4	3	2	1
2X	8	6	4	3	2	1
LT2X	8	6	4	3	2	1
1X	10	8	6	5	4	3

Questions: Any additional questions can be directed to Mike Alton at altonm@esj.org or 396-5751 ext 1615 or cell phone 845-235-3945

LIGHTWEIGHT WEIGH-IN FORM

FILL OUT AND BRING THIS FORM WITH YOU TO WEIGH IN.

Weigh-in Guidelines

1. Weigh-in begins at 6:30 am and ends at 8:00 a.m.
2. Team coach or adult representative must be present during weigh-in.
3. The whole boat weighs in at the same time.
4. Athletes will weigh-in wearing racing uniform.
5. No weight allowance given for items athlete is wearing during weigh-in.
6. Alternates will weigh in with the team.
7. The weigh-in official will notify the regatta director of those who do not make weight.
8. Boys weight, 150 lbs., No Average. Girls weight 130 lbs., No Average.

Event Number/Name

Team

Please print or type competitor's names.

First Name Last Name

1. _____

2. _____

3. _____

4. _____

Alternate _____

Jacksonville City Championship
Medical Information Form

Organization Name: _____

Contact/Coach's Name: _____

Race Day Phone _____

	Last Name	# and Event	Seat	Condition
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				
16				
17				
18				
19				
20				

- This form must be turned in at registration.
- Please list all conditions that the officials / staff need to know about in event order.
- If you change a lineup and change the seat or event of someone on this list, please inform the Regatta Headquarters.
- Team with no medical conditions should turn in a form with "None" written on it.
- Use multiple sheets if needed.
- To be cleared to race, please turn this sheet in to registration.

These are all the rower medical conditions that I know of.

Contact Signature: _____