

NORTH DISTRICT CHAMPIONSHIPS 2020

Location: Ortega Race Course (5042 Timuquana Road, Jacksonville, FL, 32244)

Middle School Events: 2:00 P.M. - 4:00 P.M. on Friday, March 27th, 2020.

High School Events: 8:00 A.M. - 3:00 P.M. on Saturday, March 28th, 2020

Important Dates:

Registration Opens: March 2, 2020

Entries Due: March 23, 2020

Lineups, Waivers & Scratches Due: March 25, 2019

Racing: March 27 - March 28, 2020

If you have any questions, please
contact: JonMichael Francis at
fsra.north@floridarowing.org

Registration

All teams must complete the registration process online at Regatta Central by 11:59pm
Monday, March 23, 2020

All payments and medical forms need to be turned in by race day.

- Registration table opens Friday at 1:00pm
- Registration table opens Saturday at 6:15am

Please make entry fee checks payable to: The Bolles School

The FSRA and NOARA online waiver and must be completed by March 25th for all competing
athletes

Eligibility

Middle School: Any rower in 6th-8th grade

Junior/High School: See FSRA Eligibility

Fees

Eights: \$80

Fours/Quads: \$60

Pairs/Doubles: \$50

Singles: \$35

Entry Cap: \$900

Categories

Varsity: Fastest boat

2nd Varsity: Next fastest boat

3rd Varsity: Next fastest boat

Junior: Restricted to grade 11 or below, and must not have turned 18 prior to Sept 1st

Freshman: All rowers in 9th grade or below

Lightweight: No boat averaging

- All male rowers weighing a maximum of 150 lbs
- All female rowers weighing a maximum of 130 lbs

Boatings

A team must enter a Varsity level crew to enter a 2nd Varsity level crew in the same category (ie. a varsity 4+ must be entered to enter a 2nd varsity 4+). A 2nd Varsity level crew must be entered to enter a 3rd Varsity level crew in the same category.

Junior, Freshman and Lightweight events do not require entering any other events or levels.

Doubling

Each rower may enter a maximum of two events. Coxswains have no limit, as long as the schedule allows. These events may be any two events that allow for the individual to make the start time without delaying the regatta.

Middle school athletes can only race once on Friday. A middle school athlete may double on Friday if their second race is in the mixed middle school 8+ or 4x AND their second race is allowing for another middle schooler to have their first race.

Race Distance

Junior/High School: 1500m

Middle School: 1000m

Distances are subject to what the water conditions allow

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 waiver. Please have all waivers completed by Wednesday March 25, 2020. Waivers will be verified the morning of Friday March 27, 2020.

<https://waivers.regattacentral.com/fsra2020>

If you are directing athletes and families to SIGN the waiver, please use this link:

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

If you are a coach checking the status of your teams' NOARA waivers; please use the following link: <http://www.noara.org/fl-group/> Username: FLscholastic Password: Rowmyboat12!

Coaches & Coxswains Meeting

The High School Coaches & Coxswains meeting will be held on Saturday at 6:45a.m. 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. The Middle School meeting will be held on Friday at 1:00 p.m.

Regatta Registration

Registration will open **Friday, March 27 at 12:30 p.m.** for the Middle School Regatta and on **Saturday, March 28 at 6:15 a.m.** for the High School Regatta.

Entry fee status, waiver status, and other race day information will be provided at the Registration tent.

Weigh-In

No coxswain weigh-ins.

Only rowers participating in a lightweight event **must weigh in between 6:30am and 8:00am** on race day.

Rowers must weigh-in wearing their racing attire. No weight allowance is given for clothing.

Only one weigh-in opportunity will be allowed.

A coach must be present with his/her crew during weigh-ins and the full crew must weigh-in together.

Please see Lightweight Weigh-In Form (at end of packet)

Flights & Seeding

Flights for an event will be added if more than 5 teams are entered.

Top 2 from each flight plus 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 will be based upon season results sent to regatta management. If results are not presented, seedings will be random.

Scratches

Scratches accepted without penalty through the Coaches' meeting on race day.

Entry fees will not be refunded for scratches.

A \$25 scratch fee will apply to a scratch that occurs after the Coaches' meeting.

Event Calls

The events will not be called. Teams will be contacted with any delay over 15 minutes. 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

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.

Change of 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.

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.

Event Schedule

Schedule is subject to change.

Friday Racing Schedule (Middle School Regatta)

Event #	Event	Race Time	Event #	Event	Race Time
1	Middle School Girls 1x	2:15pm	6	Middle School Girls 2x	3:20pm
2	Middle School Boys 2x	2:30pm	7	Middle School Boys 8+	3:30pm
3	Middle School Girls 8+	2:45pm	8	Middle School Boys 4x	3:40pm
4	Middle School Girls 4x	3:00pm	9	Mixed Middle School 8+	3:50pm
5	Middle School Boys 1x	3:15pm		Mixed Middle School 4x	4:00 PM

Saturday Racing Schedule (High School Regatta)

Event #	Event	Race Time	Event #	Event	Race Time
10	Women's Varsity 1x	8:00am	33	Men's Pair	12:40pm
11	Men's Varsity 1x	8:10am	34	Women's Lightweight 4+	12:50pm
12	Women's Varsity 8+	8:20am	35	Men's Lightweight 4+	1:00pm
13	Men's Varsity 8+	8:30am	36	Women's Freshman 8+	1:10pm
14	Women's 2nd Varsity 8+	8:40am	37	Men's Freshman 8+	1:20pm
15	Men's 2nd Varsity 8+	8:50am	38	Women's Freshman 4+	1:30pm
16	Women's Varsity 4+	9:00am	39	Men's Freshman 4+	1:40pm
17	Men's Varsity 4+	9:10am	40	Women's Varsity 2x	1:50pm
18	Women's 2nd Varsity 4+	9:20am	41	Men's Varsity 2x	2:00pm
19	Men's 2nd Varsity 4+	9:30am	42	Women's Junior 2x	2:10pm
20	Women's Junior 8+	9:40am	43	Men's Junior 2x	2:20pm
21	Men's Junior 8+	9:50am	44	Women's Varsity 4x	2:30pm
22	Women's Junior 4+	10:00am	45	Women's Junior 4x	2:30pm
23	Men's Junior 4+	10:10am	46	Men's Varsity 4x	2:40pm
24	Women's 3rd Varsity 8+	10:20am	47	Men's Junior 4x	2:40pm
25	Men's 3rd Varsity 8+	10:30am	48	Women's Lightweight 2x	2:50pm
26	Women's Lightweight 1x	10:40am	49	Women's Freshman 2x	2:50pm
27	Men's Lightweight 1x	10:50am	50	Men's Lightweight 2x	3:00pm
28	Women's Junior 1x	11:00am	51	Men's Freshman 2x	3:00pm
29	Men's Junior 1x	11:10am	52	Women's Lightweight 4x	3:10pm
30	Women's Lightweight 8+	11:20am	53	Women's Freshman 4x	3:10pm
31	Men's Lightweight 8+	11:30am	54	Men's Lightweight 4x	3:20pm
32	Women's Pair	12:30pm	55	Men's Freshman 4x	3:20pm

Parking

Please see attached photo of site map at the end of this packet. Red rectangles are preferred spots to park trailer. Teal square for team hospitality tents. Black arrows need to be cleared for boat traffic to and from dock.

There is parking directly across the street from the regatta site run by the church (usually a \$5.00 fee). 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 March 27, 2019

No vehicles will be allowed in the shell staging areas, and all non-towing vehicles must park off site.

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.

Cleanup

Each organization is responsible to keep their trailer and tent areas clean.

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 2 boats will award Gold only. Events with 3 boats will award Gold and Silver. Events with 4 boats or more will award Gold, Silver, and Bronze.

All **Middle School Events** will award Gold medals only.

Points

Points will be calculated on the same format as FSRA Sweep/Sculling State Championships. North District Championship will be the team with the most overall points.

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

- 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)
- Varsity 8, Varsity 4+ and Varsity 1X events will calculate points from the top down, all other events from the bottom up.
- Points will only be awarded for those events in which two or more teams are entered. Single boat "row-overs" will not be allowed.
- 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. If the tie is for any place but 1st and 2nd, then scores added will only affect the teams in those two places, and will not take over higher teams finishing places.
- Regarding 'B' entries:
 - Only 'A' entries may earn points.
 - 'B' entries will not block points. That is, for the purposes of awarding points, 'B' entries will be ignored as if they had not raced.
 - 'B' entries will be allowed to row as long as those entries do not result in the need for a second flight.

Event	1st	2nd	3rd	4th	5th	6th
V8+	15	12	10	8	5	4
2V8+	12	10	8	6	5	4
3V8+	9	7	5	4	3	2
F8+	9	7	5	4	3	2
V4+	12	10	8	6	5	4
Lt4+	10	8	6	5	4	3
2V4+	10	8	6	5	4	3
F4+	8	6	4	3	2	1
2-	8	6	4	3	2	1
2x	10	8	6	5	4	3
1x	12	10	8	6	5	4

Questions

Any additional questions about Jacksonville City Championships can be directed to Chris Register at registerc@bolles.org

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: _____

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. Boy's weight, 150 lbs., No Average. Girl's weight 130 lbs., No Average.

Event Number/Name

Team

Please print or type competitor's names. First Name Last Name

S. _____

7. _____

6. _____

5. _____

4. _____

3. _____

2. _____

1. _____

Alternate _____

