



Sunday, May 1, 2016
Harsha Lake
East Fork Lake State Park
3294 Ellick Rd.
Bethel, OH 45106

Map Link: [Google Map directions East Fork Lake State Park](#)

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I. MACRA COMPETITORS SINCE 2011

- Butler University
- Case Western University
- Cleveland State University
- Denison University
- DePaul University
- Drake University Women's Rowing
- Eastern Michigan University
- Grand Valley State University
- Indiana University
- John Carroll University
- Lawrence University
- Marietta College
- Marquette University
- Mercyhurst University
- Miami University (OH)
- Michigan State University
- Milwaukee School of Engineering
- North Park University (IL)
- Northwestern University
- Ohio State University
- Ohio University
- Purdue University
- St. Louis University
- University of Charleston (WV)
- University of Chicago
- University of Cincinnati
- University of Dayton
- University of Illinois
- University of Iowa
- University of Kansas
- University of Michigan - Michigan Rowing Association
- University of Minnesota
- University of Notre Dame
- University of St. Thomas (MN)
- University of Toledo
- Vanderbilt University
- Washington University in St. Louis
- Wheaton College
- Xavier University

II. GENERAL RACE INFORMATION

Date: **SUNDAY, May 1, 2016**

This date has been chosen to avoid graduation conflicts for competitors.

Location: **For competitors, boat trailers and spectators:**

East Fork Lake State Park
3294 Elklick Rd.
Bethel, OH 45106

From I-275, take Ohio route 125 to:

Map Link: [Google Map directions East Fork Lake State Park](#)

PLEASE NOTE: Lake Harsha is located in East Fork Lake State Park, a very large park 45 minutes east of Cincinnati. The above address is on the SOUTHERN side of the state park. Do not enter the park from any other direction or you will not arrive at the Regatta location.

- Trailers:** Follow signs for trailer parking. Look for the grassy area to the right of the beach as you look at the lake.
- Buses:** Follow directions to the Regatta. Drop off passengers and then park on the far side of the pavilion/ beach house.
- Vans:** Follow directions to the Regatta. Drop off passengers and then park in the parking lot. If full, exit the Regatta area, go back up the hill, and park in the designated parking lot. There will be a nominal charge for parking. Shuttles will be provided to the Regatta area.
- Spectators:** Follow directions to the Regatta. Park in the designated parking areas above the Regatta area. There will be a nominal charge for parking. Shuttles will be provided to the Regatta area.
- Medals:** Medals will be awarded to the top three places. If there are 3 entries, only a Gold medal will be awarded. If there are 4 or more entries, Gold, Silver, and Bronze medals will be awarded. There are Team Point Trophies for the Men's and Women's Team, as well as the Overall Team Point Trophy for combined Men's and Women's results.

II. PROGRESSION SYTSTEM, SEEDING AND STARTS

Progression System:

Varsity and Freshman 8's will be seeded. All other events done by random draw.

- 7 or fewer entries: Final only.
PLEASE NOTE, depending on the water level in Harsha Lake immediately prior to racing, only 6 lanes may be available. However, we anticipate having 7 lanes.
- 8-13 entries: 2 heats, Top 3 of each heat to Final: all others to Petite
- 14 entries: 2 heats, Top 3 of each heat to Final; next fastest 4th place time will go to Final in lane 7. All others to Petite.
- 15 to 21 entries: 3 heats, Top 2 to Final, places 3 and 4 to Petite; places 5 & 6 to 3rd level.
- 22 to 28 entries: 4 heats; heat winner plus the next two fastest times to Final; next 6 fastest times to Petite.

Petite finals: Petite finals will be offered in each event that has 9 or more entries.

Seeding: Coaches with entries in the Varsity and Freshman/Novice 8's will be asked to participate in a poll to determine seeding of the initial heat placement.

Starts: A start platform with boat-holders will be used. This is very similar to starting from stake-boats; therefore, all crews should review procedures for backing and sculling. Crews unable to lock into the boat-holder by the start time of the race will be issued a warning. The officials reserve the right to disqualify / exclude crews who are unable to lock into the boat-holders and keep a point. Crews who are unable to do this will not be permitted to row down the course.

III. REGISTRATION

Registration: Registration will be on Regatta Central. Link is here:
[Regatta Central.com MACRA 2016 Link](#)

Entry date: Entries are due by Sunday, April 24. No late entries accepted.

Line-ups: Due on Regatta Central by Wednesday, April 27.

Entry fees: Due on Regatta Central by Wednesday, April 27.

MACRA membership is \$45/year. Membership fees can be paid online through Regatta Central. MACRA member schools pay \$12/athlete and have an entry cap of \$456. Non-member MACRA schools pay \$15/athlete and have no entry cap.

Scratches: Due by Wednesday, April 27.

Scratches should be submitted to Rolf Linder via email at:
rolflinder@cincyrowing.org

Any scratches made after this point will have a \$30 scratch fee assigned, unless a boat is scratched after a Heat, in which case the scratch fee is \$50.

IV. WAIVER REQUIREMENT

Waivers: This is a U.S. Rowing-registered regatta and all athletes must sign the online waiver accessed through RegattaCentral.com or USRowing.org.

V. SCHEDULE

Updates: Schedules will be emailed to participating coaches by Thursday April 28 and posted on Regatta Central

Practice: The course will be available for practice on Saturday afternoon. Please note:

- Docks will likely NOT be installed by that time. Therefore, crews should wet-launch from the beach.
- It is very likely that there will be motor boats on the lake. Coxswains/coaches should be aware
- Coaching launches are permitted; bring your own.
- During practice, traffic pattern on the course is counter-clockwise:
 - UP the course in Lanes 0,1,2 (far shore)
 - DOWN the course in Lanes 4,5,6 (near shore)
 - KEEP OUT of Lane 3

Coaches & coxswains: 7:00AM meeting in the Pavilion above the beach areas.

Racing schedule: 8:00AM - Heats as needed (racing on 8', 10' or 12' centers) for events exceeding 7 entries.

11:30AM - Heats finish / Lunch break

12:30 - 5:00PM - Petite / Grand Finals

Hot seating: HOT SEATING OF EQUIPMENT IS DONE AT YOUR OWN RISK -- No accommodations will be made.

VI. ENTRY RULES

Once the Regatta's scratch deadline (see above) has been passed, Clubs may not scratch their entries in larger-boat categories in order to focus on smaller-boat categories. A scratch fee of \$50 will be assigned and those results in the smaller-boat categories will be vacated, including if a medal were earned. Such violation of sportsmanship will be noted, and reflected in invitations next year.

Multiple event entries:

Each team may submit up to two entries in each event.

The exception to this rule is that only one entry will be permitted in the Varsity 8 and Freshman/Novice 8. However, multiple entries will be permitted in the latter events if there is no 2nd Varsity or 2nd Freshman/Novice 8 event offered due to insufficient (<3) entries.

Teams may have unlimited, multiple entries in the 2nd Freshman/Novice 8 and 2nd Varsity 8 events provided they enter a 1st Freshman/Novice 8 and/or 1st Varsity 8 boat.

Double rowing:

All athletes may row in as many as two separate events. There is no limit on multiple racing for coxswains. There will be no accommodations for equipment or athlete hot seating.

Lightweights & weigh-ins:

This Regatta will offer lightweight events if there are three (3) or more entries. If there are fewer than three (3) lightweight crews then they will automatically be placed into the heavyweight event.

Lightweight maximum weights are 130lbs for women and 160lbs for men, with no average. There will be no official weigh-in for lightweights or coxswains, it is on your honor. There are no weigh-ins conducted for equipment or coxswains either.

Championship qualifying & seeding:

Results in this race are considered in seeding for the Dad Vail Regatta, ECAC National Invitational, and ACRA Championships. Programs participating in those regattas will be competing at the MACRA.

US Rowing rules:

This regatta will follow US Rowing Rules of Rowing, however, the following rules will be waived for this event:

- 2-204 Rowing Near the Course
- 3-104 Minimum Weight of Boats

3-201 Uniforms
3-204 Manufacturer and Sponsor Advertisement
4-109 Coxswain Weight
4-110 Weighing of Competitors

VII. CONTACT INFORMATION

Regatta Director

Rolf Linder, University of Cincinnati Rowing Club
rolflinder@cincyrowing.org
859-221-0339

Progression System

Gregg Hartsuff, University of Michigan Men's Rowing
uofmcrew@aol.com
734-604-5611

Chief Referee

Bob Appleyard
applerows@gmail.com

VIII. ACCOMMODATIONS

See Regatta Central for information on discounted hotels. Most hotels are located along the I-275 corridor. The intersection of I-275 and State Route 125 is approximately 30 minutes from the race venue.