



2010 Northwest Junior Regional Championship Regatta and Youth National Championship Qualifier
Friday – Sunday, May 14 – 16, 2010
Vancouver Lake, Washington

(Please read all of this packet prior to arrival to venue)

Entries will soon be accepted for the 2010 USRowing Northwest Junior Regional Championship Regatta. This regatta will be held on Vancouver Lake in Vancouver, Wash., just north of Portland, OR. Races will be run on a fully buoyed 2,000-meter race course with stake boats. The Portland Vancouver Rowing Association and Vancouver-Clark Parks & Recreation will host this year's championship.

BOAT TYPE	ENTRY FEES	
	ENTRY FEE (by April 28)	LATE ENTRY FEE (after April 28)
8+	\$95.00	\$120.00
4+/4x+	\$75.00	\$100.00
2x/2-	\$45.00	\$70.00
1x	\$25.00	\$50.00

April 1	•First Day Regatta Central allows entry input for the regatta
April 28	•Deadline to input entries for the regatta without paying late fees •Closing date for Regatta Central •Last day to scratch entries and receive a full refund of the entry fee
April 29 – May 5	Organizations scratching entries will be charged the entry fee but no additional scratch fees
May 3	•Preliminary Event Schedule published on Race Trak and USRowing websites •Poll sent via email to coaches by Jason Coffman to determine seeding for select varsity events
May 6	•Entries scratched May 6 or a later date will be charged the entry fee and a \$25 scratch fee, to be paid prior to racing.
May 7 -- NOON	•Deadline for coaches to return polls via email to Jason Coffman to determine seeding for select varsity events
May 10	•Lane draws posted on Race Trak and USRowing websites.
May 13 -- 5:00pm	•Deadline for late entries, which will only be accepted if space is available and the coach submits payments, waivers and lineup form. •Registration Opens
May 14 -- 6:30am	•Coaches & Coxswains Meeting (estimated) •Control Commission opens; coxswains and lightweights may weigh in.
May 14 -- 8:00am	•Racing begins (estimated)
May 14 -- 5:00pm	•Deadline to turn in trophies, polished and engraved, to USRowing Registration Tent

\$5 VOLUNTEER FEE & \$1 PARK USE FEE

In addition to the entry fees listed above, a \$5 volunteer fee and a \$1 athlete park use fee is charged to each athlete. The volunteer proceeds from this fee will be divided among clubs who provide volunteers to work at the regatta. If you are interested in providing volunteers and earning some money for your club, please contact Volunteer Coordinator Jana Schweitzer at nwjuniors@gmail.com.

The athlete use fee is in response to a substantial increase in the cost of the park permit required to host the regatta at Vancouver Lake, by the City of Vancouver. The \$1 fee is to be used only towards this cost.

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NEW VOLUNTEER REQUIREMENTS FOR 2010

Each organization is required to provide the number of volunteers listed on the table below to assist with the regatta on Friday morning (7:00am-12:00pm). Please provide the names and contact information to Volunteer Coordinator Jana Schweitzer at nwjuniors@gmail.com, by the entry deadline. Crews that do not provide volunteers or if those volunteers fail to show up for their allotted time may be excluded from racing at the discretion of the USRowing Regional Coordinator, James Rawson. This change was voted on by the region at the November 2009 Northwest Rowing Council meeting.

Ashland Rowing Club	2
Bainbridge Island Rowing Club	2
Commencement Bay Rowing Club	2
Everett Rowing Association	3
Green Lake Crew	3
Holy Names Academy	2
Lake Oswego Community Rowing	3
Lake Stevens Rowing	2
Lake Union Crew	2
Lakeside School Crew	2
Mt. Baker Rowing	3
North Cascades Rowing	2
Olympia Area Rowing	2
Orcas Island Rowing	2
Oregon Association of Rowers	2
Oregon Rowing Unlimited	2
Pocock Rowing Center	3
Rose City Rowing Club	3
Sammamish Rowing Association	3
Vancouver Lake Crew	2
Vashon Island Rowing Club	2

ELIGIBILITY & MEMBERSHIP

Qualifying Events for USRowing Youth National Championships: The USRowing Northwest Junior Region is defined (for 2010) as the states of Alaska, Idaho, Montana, North Dakota, Oregon, South Dakota, Utah, Washington and Wyoming. Only organizations based in the USRowing Northwest Region may compete in these qualifying events, which include men's & women's:

Varsity 1x
Varsity 4x+
Varsity Light 2x

Varsity 2x
Varsity 4+
Varsity Light 4+

Varsity 2-
Varsity 8+
Varsity Light 8+

Non-Qualifying Events: Eligibility is open to all competitors in the Northwest Region. Entries from Canada or other USRowing regions will be accepted on a "space available" basis. If lanes are available without creating additional heats, crews from outside the NW region will be welcome.

New Programs: Organizations with juniors programs less than two years old may enter their first boats in the junior varsity events without entering a varsity boat.

Composite Crews: In the interests of keeping entries to a manageable number, no composite crews will be allowed at the 2010 Championship.

USRowing Individual & Organizational Membership: The Northwest Regional Championships are USRowing owned events. Each participant must be an individual member of USRowing. Each program must be an organizational member of USRowing. Contact USRowing with any questions about membership:

Toll Free (800) 314-4769
Office Tel (609) 751-0700

Email members@usrowing.org
Website www.usrowing.org

Rowing Canada Aviron Membership: Canadian citizens may be individual members of RCA or members of USRowing. Contact Rowing Canada Aviron with any questions about membership:

Toll Free (877) 722-4769
Office Tel (250) 361-4222

Email rca@rowingcanada.org
Website www.rowingcanada.org

USROWING YOUTH NATIONAL CHAMPIONSHIPS

NW Junior Regional Championships has been designated as the qualifier for the USRowing Youth National Championships. Qualifying events are listed on page two in the ELIGIBILITY & MEMBERSHIP section. The Youth National Championships is held at Harsha Lake in Cincinnati, Ohio, on June 11-13, 2010. First-, second- and third-place crews in the eligible events shall qualify for the Youth Championships.

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In the event that the first-, second-, or third-place crews choose not to attend the Youth Championships, the entry opportunity will **not** roll down to the fourth-place boat.

Petitioning:

- a. The Youth Advisory Committee has tried to make qualifying as easy and inclusive as possible. USRowing will accept petitions; recognition of a petition does not guarantee a bid to attend the Youth National Championships. The Youth Committee strongly recommends submitting your petition within three days of your qualifying regatta.
 - i. Petitions must be submitted by **May 21, at noon EDT. NO LATE PETITIONS WILL BE CONSIDERED.**
 - ii. Petitions can be found at www.usrowing.org.
 - iii. Petitions may be sent to the USRowing's NW Programs Coordinator, James Rawson, at nwrowing@gmail.com.
 - iv. Crews will be notified on their petition status by end of day May 26th, 2010.
 - 1.
- b. Please refer to the YNC regatta packet for the criteria that you must meet in order to be eligible to petition. Petitions will be reviewed and voted on by a subcommittee of the Youth Advisory Committee. The composition of the petition committee will be as follows: the at-large members and the district representative.

ATHLETE RESTRICTIONS

(See DEFINITIONS on pages 4 for more details)

Limit of 2 Races per Athlete: All athletes are restricted to two races at this year's NW Regional Championships. This rule does not pertain to the High School Category races or coxswains.

- An athlete may row the Varsity Quad, the Varsity Double and the High School Eight
- An athlete may not row the Varsity Eight and the Varsity Four and the Varsity Double

Event Class Separation: Eights, fours, quads, doubles and singles are all considered separate event classes. An athlete may only compete in one boat for each event class with varsity level designations. Examples:

- An athlete may row the Varsity Eight and the 2V Four
- An athlete may row the Varsity Quad and the 2V Double
- An athlete may not row both the Varsity Eight and the 2V Eight
- An athlete may row in the Varsity 8 and the Varsity 4 or 2V Four
- An athlete may not row in the 2V Eight and the 2V Four
- An athlete may row in the 2V Eight and the 3V Four or 4V Four
- An athlete may not row in the Varsity 8 and the 3V Four

Novice Athletes Competing in Varsity Designated Events: There is no restriction on a novice athlete competing in both novice and varsity designated events.

Coxswain Exemptions: Coxswains are exempt from restrictions on the number of events per day. Coxswains may compete in more than two events per day but only acting as the coxswain. Examples:

- Jane Doe may steer the V8+, 2V8+ & 5V8+.
- NOTE: Only Novice Coxswains may steer Novice Boats.

EVENTS WITH VARSITY DESIGNATION LEVELS

Organization Restrictions: For events with varsity designations (Varsity, 2V, 3V, etc), one boat may be entered for each organization at each priority level.

Race Restrictions: For events with varsity level designations (Varsity, 2V, 3V, etc), a minimum of three boats from three different organizations must enter an event, or the event will be canceled. EXCEPTION: For Youth National Championships Qualifier events, if only two organizations enter the event, the event will still be run.

Scratches Creating Straight Finals: When a scratch eliminates the heats for an event and the event goes directly to the final, the final will be held at the scheduled race time for the "final".

Lowest Varsity Level Designation: These events will allow two boats from each organization. Entries should be identified with "A" or "B" designation, in order of priority: "A" being the top priority and the fastest crew. If heats are not created, "C" and "D" entries from each organization will be put on a wait list and will be included on a "space available" basis.

Examples:

Varsity Women's 2x	• One boat per organization
3V Women's 2x	• Heats Created: Two boats per organization, designate A & B
	• Straight Final: Four boats per organization, designate A-B-C-D

EVENTS WITHOUT VARSITY DESIGNATION LEVELS

Organization Restrictions: Please refer to the list on page 10 to determine which events allow multiple entries per club. For these events, two or more boats may be entered for each organization. Entries should be identified with "A" or "B" designation, in order of priority. "A" will be the top priority and the fastest crew. If heats are not created, "C" and "D" entries from each organization will be waitlisted and will be included on a "space available" basis. (See page 14 for a list of events allowing multiple boats.) The Novice 4+ and 8+ will also be limited to one boat per organization.

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Examples:

Women's Lightweight 1x	Heats Created: Two boats per organization, designate A & B
Women's Lightweight 1x	Straight Final: Four boats per organization, designate A-B-C-D
Nov Women's 4+	One boat per organization
2Nov Women's 4+	<ul style="list-style-type: none"> • Heats Created: Two boats per organization, designate A & B • Straight Final: Four boats per organization, designate A-B-C-D

Race Restrictions: For these events, a minimum of three boats representing at least two organizations must enter or the event will be canceled.

Examples:

Event will take place	Event will be cancelled
Lane 2: Wyoming BC "A"	Lane 2: Wyoming BC "A"
Lane 3: Wyoming BC "B"	Lane 3: Wyoming BC "B"
Lane 4: Montana RC	Lane 4: Wyoming BC "C"

Scratches Creating Straight Finals: When a scratch eliminates the heats for an event and the event goes directly to the final, the final will be run at the scheduled race time for the "final."

DEFINITIONS

- **Junior:** Rowers must be 18 years of age or younger as of December 31, 2010, or be attending high school grades 9-12.
- **Varsity:** The first boat for an organization in a boat class.
- **Junior Varsity:** (2V) The second boat for organizations competing in the varsity race of the same event. 2V Four crews will only comprise athletes from the V Eight, after a V Four has been entered.
- **Third Varsity:** (3V) The third boat for teams competing in the varsity race of the same event. 3V Four crews will only comprise athletes from the 2V Eights.
- **Fourth Varsity:** (4V) The fourth boat for teams competing in the varsity race of the same event. 4V Four crews will only comprise athletes from the 2V Eight, after a 3V Four has been entered.
- **Fifth Varsity:** (5V) The fifth boat for teams competing in the varsity race of the same event. 5V Four crews will only comprise athletes from the 3V Eight and beyond after a 4V Four has been entered.
- **Novice Sweep/Scull:** All crew members must be new to competition in their respective discipline, as of May 19, 2009
- **High School:** All crew members must be attending the same high school during that school term.
- **Youth:** All crew members must be age 14 or under as of May 14, 2010
- **Lightweight Men:** Maximum weight of 155 pounds, no average.
- **Lightweight Women:** Maximum weight of 130 pounds, no average.
- **Men's Coxswain:** Minimum weight of 120 pounds.
- **Women's Coxswain:** Minimum weight of 110 pounds.
- **Novice Coxswains:** To steer novice events, the athlete must be new to competition as a coxswain as of May 17, 2009.
- **Youth Coxswains:** In the interests of keeping the regatta on schedule, coxswains of youth events may be older (up to age 18) and may have race experience prior to May 15, 2009.

USROWING RULES OF RACING

USRowing 2010 Rules of Rowing govern this event. The handbook for *Rules of Rowing 2010* will be available on site for your review.

The following rules will be waived or amended as follows:

1. Rule 3-104 Minimum Weight of Boats – Waived
2. Rule 4-110 Weighing of Competitors – Amended – See Weigh-Ins Procedures.

ENTRY PROCESS

Regatta Central: The Northwest Junior Regional Championship will again use this web-based service. You may submit entries and monitor regattas online and receive immediate entry verification. Each regatta has a separate "entry window" with Regatta Central. The window for NW Juniors will be April 1, 2010 – April 28, 2010. Any changes to your entries after April 28, 2010 should be sent to nwrowing@gmail.com.

USRowing Member Numbers: To expedite the process of submitting entries through Regatta Central, you should have USRowing member numbers for all of the athletes you plan to enter. If you do not have all member numbers at hand, you can go back later and enter the numbers you are missing. If you would like a list of members that are in the USRowing database affiliated with your organization, please contact our membership department at (609) 751-0703 or members@usrowing.org. We will be happy to provide a list of the members and their member numbers, expiration dates and verified waivers.

Rowing Canada Aviron Member Numbers: See instructions below

ONLINE WAIVERS

USRowing offers web-based waivers and we encourage organizations to utilize this convenient service. The waiver is good for the entire 2010 year. Please ask your members to have their USRowing individual membership numbers and zip codes ready, and direct them to http://www.usrowing.org/join_renew/membershipoptions/waiver.aspx.

Rowing Canada Aviron Members: You must print up paper waivers, sign and list RCA member numbers. Please mail or fax to USRowing.

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SCRATCH FEE POLICY

- **April 28, 2010:** Organizations scratching entries before or on April 28 will receive a full refund of the entry fee.
- **April 29, 2010:** Organizations scratching entries on April 29-May 5 will be charged for the entry fee, but no additional scratch fees.
- **May 6, 2010 or a later date:** Entries scratched on May 6 or a later date will be charged for the entry fee and a \$25.00 scratch fee.
- **Scratch Notification:** No phone scratches will be accepted. Only scratches submitted by e-mail (nwrowing@gmail.com), will be accepted.
- **Scratching Before the Regatta / Fee Payment:** Fees must be paid by the conclusion of the Coaches and Coxswains Meeting for that organization to compete.
- **Scratching During the Regatta / Fee Payment:** For scratches during the regatta, non-launched boats, or no-shows at the start line, the \$25 fee must be paid within one hour, or additional boats from that organization will not be allowed to launch.
- **Extenuating Circumstances:** Illness, injury, emergency, etc., which prevent participating will be reviewed on a case-by-case basis. Requests for a scratch fee exemption must be made to USRowing Registration headquarters on-site at the regatta.

LATE PAPERWORK & LATE PAYMENTS

Late Entries received after April 28 will be accommodated on a "space available" basis for scheduled heats and finals. Entries will be accepted until May 13 at 5:00 p.m. at the USRowing Registration Tent.

Late Entry Fees: Late Fees are due with entry forms. Entries submitted without late fees will not be included in the regatta schedule. Phone entries will not be accepted. Fax entries will only be accepted with Visa or MasterCard Payment.

Team Rosters and Waivers: If at all possible, please use Regatta Central to submit your rosters and the USRowing website to submit your waivers. These documents may be mailed, but must arrive by May 5, 2010, at the USRowing office in Princeton. Otherwise, your entry will be held until the waivers and rosters arrive, and your crews will be subject to space availability and the late fee.

Outstanding Payments: Any organization with outstanding balances for entry fees or scratch fees at the start of racing will not be eligible to participate in the regatta and any future USRowing events until the fees are paid.

COACHES & COXSWAINS MEETINGS

Friday May 14 (estimate 6:30 am) A meeting will be held within two hours of the start of racing at the USRowing Registration tent to review regatta procedures and the race schedule. All organizations and individual competitors are required to send a representative to the meeting. Attendance will be taken. Remaining schedules will be distributed to parents one hour after the meeting. Programs without a representative will be excluded at the discretion of the Regatta Director.

Saturday May 15 (6:00 am): Head coaches should stop by the tent to get copies of the daily schedules and updated information. Remaining schedules will be distributed to parents after 7:00 am.

Sunday May 16 (6:00 am): Head coaches should stop by the tent to get copies of the daily schedules and updated information. Remaining schedules will be distributed to parents after 7:00 am.

LINE-UP CHANGES

Submitting Changes: Line-up changes must be submitted to the USRowing tent 30 minutes prior to each days racing. Exceptions may be made in emergency situations. Any unauthorized changes may result in an exclusion from racing at the discretion of the Regatta Director.

HOT SEATING

Hot Seating Part 1: Crews that need to hot-seat should notify the USRowing officials at the control commission tent before launching for the initial race. The hot seating crew will be given priority to change out rowers/coxswains, but the race is still planned to start on time.

Hot Seating Part 2: After the initial race, the crew should land on the north end of the launching beach (NOT the landing beach). Coxswains should signal to the launching beach master for direction and assistance, and should not land until directed to do so. Crews should remember to reset the lane number in the bow for the second race.

MEDALS & TROPHIES

Returning Trophies: Crews awarded USRowing Northwest Junior Regional Championship Trophies in 2009 should deliver the trophies to the Awards Tent by Friday May 14 by 5:00 p.m. Any organization that does not return a trophy will be barred from racing Friday, Saturday or Sunday until the trophy is produced.

Lost or Damaged Trophies: If the trophy is lost or damaged, it is the responsibility of the club to purchase a replacement trophy and engrave with all winners beginning with 2003.

Awards Ceremonies: There will be awards ceremonies for all regatta events. Winning crews should come to the awards tent as soon as possible after the race final concludes to receive their trophy and medals.

Medals: First, second and third-place crews will receive medals at the awards tent. For non-qualifying events, if the first-place crew is from outside the region, that crew will receive first-place medals but no trophy. The highest placing Northwest crew will receive duplicate first-place medals, the trophy and the designation of Northwest regional champion.

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Regatta Concessions: Regatta souvenir t-shirts will be on sale at the venue. USRowing merchandise will also be available Friday through Sunday. Make sure your athletes bring their membership cards to receive an on-site discount on USRowing merchandise. This discount is good only at the time of purchase when showing the membership card.

VENUE GUIDELINES

Trailer Parking: Trailers must enter the park through the main entrance where the tollbooth is located. Follow the signs to the right, to the trailer lot entrance, where you will be issued a Trailer Parking Lot Permit and directed to a parking spot.

Only vehicles with the Trailer Parking Lot Permit will be allowed to enter this parking lot. There is no charge for parking on Thursday; however any vehicles entering the parking lot on Friday, Saturday or Sunday will be charged a parking fee. The south entrance to the parking lot will remain open throughout the regatta. However, the teeth will be up. Please do not try to enter the trailer lot through this entrance.

- If you are arriving on either Wednesday or Thursday, you must contact Tiff Wood prior to arrival to gain entry into the park. tiff.wood@milliman.com

Trailers may arrive during the following times, when there will be a parking attendant available:

- **Wednesday May 12**, by appointment only, e-mail Regatta Director Tiff Wood at tiff.wood@milliman.com **NOTE: Trailers or equipment will not be allowed in the park until after 2:00 on Wednesday. DO NOT BRING YOUR TRAILER OR ANY OTHER EQUIPMENT TO THE PARK BEFORE 2:00 WEDNESDAY.**
- **Thursday May 13, 4:00 pm - 8:00 pm** (earlier arrival must be made by appointment with Regatta Director Tiff Wood at tiff.wood@milliman.com)
- **Friday May 14, 5:00 am – 10:00 am**
- **Saturday May 15, 5:00 am – 10:00 am**
- **Sunday May 16, 5:00 am – 10:00 am**

Vehicles arriving on Friday or Saturday outside the times listed above will need to go to the Volunteer/Local Organizing Committee Tent and request for the gate to be opened.

Park Hours & Individual Parking: The main entrance gate to the park will open at 7:00 a.m. on Thursday and Friday and will close at dusk. The main entrance gate to the park will open at 5:00 am on both Saturday and Sunday mornings and will close at dusk.

Parking Fees and Restrictions: All vehicles entering the park on Friday, Saturday or Sunday will be required to pay the parking fees. Fees as of 2010 are \$3 for cars and \$6 for cars with trailers or RVs. This is subject to change. Please drive only on marked roads. **The Park STRICTLY PROHIBITS driving on the grass or the beach for ANY reason.** All equipment must be carried from the parking lot – hand trucks are available to borrow at the USRowing Registration Tent. All RVs must park in the overflow lot. **Buses are no longer allowed to enter the parking lot.** Buses dropping off or picking up athletes should do so on the main road. Buses will also be allowed to park in the "Bus Parking Only" areas marked along the main road.

Park Security: Security will be provided at the park from 6:00 pm to 6:00 am on Wednesday, Thursday, Friday and Saturday evenings.

Boat Storage & Rigging: Boat storage and rigging will again be permitted in the area to the south of the launching beach and also in the area north of the rest rooms. Storage areas will be well-marked with orange cones and caution tape. Please do not try to set up slings anywhere except in the designated boat storage areas. NOTE: Crews using the north boat storage area are still required to park their trailer in the trailer lot.

Oar Corral: There is not ample space on the beach to leave oars, even temporarily. The "Oar Corral" for temporary storage of oars during launching is located next to the beach, near the control commission and weigh-in area. In addition, crews should not leave oars on the beach after landing.

Launching & Landing: Please follow the designated launching and landing patterns and have your coxswains take direction from volunteers and beach masters. The area immediately to the north of the landing area is a public swimming area. **Coxswains should take care not to land in the swimming area.**

First Aid: All organizations are encouraged to provide first aid kits for their athletes, taking into consideration the special needs of their athletes. Please carry your emergency medical consent forms with you. Medical assistance will be available at the first aid tent, near the finish line tent. Crews requiring attention should go directly to the first aid tent.

PARK USE GUIDELINES

Camping: Overnight camping in the park is strictly prohibited, either in tents or RVs. Please do not contact the city or county to obtain special use permits. Park employees will patrol the park at night and anyone found camping or staying in an RV overnight will be asked to leave.

Team Tents: Crews may bring tents to the regatta, and may use stakes that are less than 12" long to anchor tents. The park specifically prohibits air mattresses or flat-bottom (camping) tents on the lawn, but these may be set up on the beach.

Irrigation: The Park maintains a regular irrigation schedule for all their grassy areas. The sprinklers may be turned on any evening during the regatta. Keep this in mind and put away anything that might be damaged by getting wet.

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Pets: NO DOGS ARE ALLOWED IN THE PARK. From April through October, dogs are forbidden in the area of Vancouver Lake Park where we hold regattas. Regatta participants who violate this rule jeopardize future rowing events at the park. This rule will be strictly enforced. Please do not bring your dog. You will be asked to leave.

WEIGH-IN PROCEDURES

Weigh-In Once Each Day: All lightweight athletes and coxswains must weigh in once each day in which they compete. All athletes, **INCLUDING COXSWAINS**, must weigh in wearing their team uniform. Coxswains who must carry weight are required to provide their own additional weight (excluding tools, watches and extra clothing). Control commission officials will verify this.

Weigh-In Schedule at Control Commission: Priority will be given to competitors who are racing within 90 minutes of the scheduled opening time of weigh-ins.

Friday May 14 5:30* am – 12:00 pm
Saturday May 15 5:30 am – 1:00 pm
Sunday May 16 5:30 am – 10:00 am

**The 5:30 am opening time may change depending on the start of racing.*

Protocol for Athletes and Coxswains Weighing In:

1. Go to the practice scale at the restrooms to find out if you will need to carry weight and pick up the necessary paperwork.
2. Complete all the necessary paperwork and get your necessary weight before arriving at the official weigh-in location.
3. Go to the official weigh-in tent located in the parking lot near the restrooms with your completed paperwork and correct weight in hand. Please note that there are separate lines for coxswains and lightweight athletes.

SCHEDULE PUBLICATION & SEEDING

May 3 – Preliminary Event Schedule Published: This document will be published on Race Trak at racetrak.com and the USRowing website at www.usrowing.org. Please be certain your contact information on Regatta Central is accurate. All questions regarding entries and the schedule should be directed to James Rawson, (503) 473-6239 or nwrowing@gmail.com.

May 3 – Seeding Polls Emailed: The Northwest Rowing Council Juniors Committee has appointed Jason Coffman to manage the seeding process. Please contact Jason if you have any questions jwcoffman@gmail.com. Jason will e-mail the main contact for participating organizations. The poll will cover these men's and women's events:

Varsity 8+ Lightweight 8+ Varsity 4+ Lightweight 4+ Varsity 4x+

May 7 Noon – Deadline to Return Seeding Polls: Coaches should return their polls to Jason via e-mail (jwcoffman@gmail.com) no later than Noon, Monday May 7.

May 10 – Lane Draws Published: This document will be published on Race Trak at racetrak.com and the USRowing website at www.usrowing.org.

SCHEDULE OVERVIEW

Flexibility for Weather: Improvements have been made to the schedule to allow flexibility if weather delays racing. The schedule will leave at least 90 minutes of daylight in the evening, allowing extra time if weather delays racing.

Centers: Novice and youth events will run on 10-minute centers. All other events will run on eight-minute centers. Coaches, please review the procedures to back shells into stake boats, how to correct lines with sculling, and other start line procedures well in advance of the championships. A crew or sculler that is unable to lock on to the stake boat or keep a steering point may be excluded from the race at the discretion of the Starter.

Practice Times: Vancouver Lake will be open for practice Monday-Wednesday, as long as that crew has a coaching launch present. No participating crews will be allowed on the course all of Thursday and Friday morning prior to launch time for racing. The course is defined as the entire lake.

For crews that bring their boats to the course on Thursday from other parts of the lake, you must email the USRowing Programs Coordinator, James Rawson nwrowing@gmail.com, by Wednesday, 5/13 at 12:00pm to have the crews escorted from their launching area to the course. At no time on the way to the course are crews to practice the course or engage in any race warm up drills (starts, power pieces, etc.)

The course will be closed for practice at all other times during the regatta. Crews violating any of the times when the course is closed, failing to obtain a PVRA escort, or practicing on the course without a coaching launch, will be excluded from racing at the discretion of the USRowing Regional Coordinator (James Rawson).

Estimated schedule, weather permitting:

FRIDAY	SATURDAY	SUNDAY
8:00 am – 3:00 pm	7:00am – 4:00 pm	7:00 am – 11:15 am
Heats # 1-24 if needed	Heats # 25-58 if needed	Finals # 33-60
Finals # 1-10 including timed finals	Finals # 11-32	

The anticipated full schedule is listed on pages 10-12 of this packet.

Semi Finals: In any event with 19 or more entries, the schedule will use USRowing Progression System "C" for seven lanes. Please reference rule 5-209(d). Heats, semifinals and grand finals will be scheduled to allow adequate recovery for the crews.

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****New for 2010**** If either the Men's or Women's Lightweight 2x receives more than 14 entries, they will progress to the Semi Final structure mentioned above. The semi final will happen at the end of the day, the same day as the heat. If weather becomes a factor and the semi final is unable to run at that time, then the progression for the final will come out of the results from the heats.

****New for 2010**** Youth National Qualifying events with 7 or less entries will race a seeding heat. Please refer to the USRowing rules of rowing regarding seeding heats and how they work.

INCLEMENT WEATHER SCHEDULE

In the event that inclement weather causes delays in the regatta schedule, schedule changes will take effect in this order:

1. Reduce race centers (all races run reduced time between race starts)
2. Timed Finals (all heats run using finish times to determine final results)
3. Scratching races (races will be canceled in this order, as prioritized by the Northwest Rowing Council Juniors Committee)

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NUMERICAL ORDER OF EVENTS
Based on the new schedule voted on by the region Feb '10.

EVENT #	EVENT		EVENT #	EVENT	
Friday					
**1	Mens Novice 2x	Timed Final	28	Womens 4V 4+	Final Only
**1	Mens Novice 2x	Timed Final	**29	Mens 2V Ltwt 4+	Final Only
**2	Womens Novice 2x	Timed Final	**30	Mens 3V 8+	Final Only
**2	Womens Novice 2x	Timed Final	31	Mens V 4x+	Final from Heats
**2	Womens Novice 2x	Timed Final	32	Womens V 4x+	Final from Heats
**3	Women's 5V 4+	Timed Final	Sunday		
**3	Women's 5V 4+	Timed Final	33	Mens Varsity 4+	Final from Heats
**4	Women's 3V 2X	Timed Final	34	Womens Varsity 4+	Final from Heats
**4	Women's 3V 2X	Timed Final	35	Mens Varsity 1x	Final from Heats
**5	Mens 2nd Novice 4+	Timed Final	36	Womens Varsity 1x	Final from Heats
**5	Mens 2nd Novice 4+	Timed Final	37	Women's 2V 2X	Final from Heats
**6	Mens Youth 4x+	Timed Final	38	Men's 2V 2X	Final from Heats
**7	Womens Youth 4x+	Timed Final	39	Mens Ltwt 4+	Final Only
**8	Womens 2nd Novice 4+	Timed Final	40	Womens Ltwt 4+	Final Only
**8	Womens 2nd Novice 4+	Timed Final	**41	Womens Novice 4x+	Final from Heats
**9	Men's 3V 2X	Timed Final	**42	Mens Novice 1x	Final from Heats
**9	Men's 3V 2X	Timed Final	43	Womens 2V 4+	Final from Heats
**10	Men's 5V 4+	Timed Final	**44	Womens Ltwt 1x	Final from Heats
Saturday			**45	Womens Novice 1x	Final from Heats
11	Mens Varsity 8+	Final Only	46	Mens Varsity 2x	Final from Heats
12	Womens Varsity 8+	Final from Heats	47	Womens Varsity 2x	Final from Heats
**13	Womens 3V 8+	Final from Heats	**48	Mens Novice 4x+	Final from Heats
14	Womens 3V 4+	Final from Heats	**49	Womens 2nd Novice 8+	Final Only
15	Mens Novice 4+	Final from Heats	50	Men's 2V 4+	Final Only
16	Mens Ltwt 2x	Final from Heats	**51	Women's 2V 1X	Final Only
17	Mens 2V 8+	Final Only	**52	Womens HS 8+	Timed Final
**18	Men's Varsity 2-	Final from Heats	**52	Womens HS 8+	Timed Final
**19	Women's Varsity 2-	Final from Heats	**53	Men's 2nd Novice 8+	Final Only
**20	Womens Ltwt 8+	Final Only	54	Womens Novice 8+	Final from Heats
21	Womens Novice 4+	Final from Heats	55	Mens Novice 8+	Final from Heats
**22	Mens Ltwt 8+	Final Only	**56	Mens Ltwt 1x	Final from Heats
23	Womens 2V 8+	Final from Heats	**57	Mens 2V 4x+	Final from Heats
**24	Womens Ltwt 2x	Final from Heats	**58	Womens 2V 4x+	Final from Heats
25	Mens 4V 4+	Final Only	**59	Mens 2V 1x	Final Only
**26	Womens 2V Ltwt 4+	Final Only	**60	Mens HS 8+	Timed Final
27	Mens 3V 4+	Final Only			

Events #'s with ** in front of them allow multiple entries per program.

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ANTICIPATED SCHEDULE OF HEATS AND FINALS

The schedule below is a mockup, based on '09 entries and the new schedule created by the region Feb '10
Times are subject to change based on coordinating the schedules of the Officials and the Local Organizing Committee. Please use them just as a reference until further notice.

Friday

TIME	#	EVENT	
8:00 AM	11	Men's Varsity 8+	Seeding Heat
8:08 AM	12	Women's Varsity 8+	Seeding Heat
8:16 AM	35	Men's Varsity 1x	Heat
8:24 AM	35	Men's Varsity 1x	Heat
8:32 AM	16	Men's Lightweight 2x	Heat
8:40 AM	16	Men's Lightweight 2x	Heat
8:48 AM	16	Men's Lightweight 2x	Heat
8:56 AM	24	Women's Lightweight 2x	Heat
9:04 AM	24	Women's Lightweight 2x	Heat
9:14 AM	15	Men's Novice 4+	Heat
9:24 AM	15	Men's Novice 4+	Heat
9:34 AM	15	Men's Novice 4+	Heat
9:42 AM	18	Men's Varsity 2-	Seeding Heat
9:50 AM	19	Women's Varsity 2-	Seeding Heat
9:58 AM	22	Men's Lightweight 8+	Seeding Heat
10:06 AM	20	Women's Lightweight 8+	Seeding Heat
10:14 AM	31	Men's Varsity 4x+	Heat
10:22 AM	31	Men's Varsity 4x+	Heat
10:30 AM	32	Women's Varsity 4x+	Heat
10:38 AM	32	Women's Varsity 4x+	Heat
		Break	0:20:00
10:58 AM	56	Men's Lightweight 1x	Heat
11:06 AM	56	Men's Lightweight 1x	Heat
11:16 AM	21	Women's Novice 4+	Heat
11:26 AM	21	Women's Novice 4+	Heat
11:34 AM	57	Men's 2V 4x+	Heat
11:42 AM	57	Men's 2V 4x+	Heat
11:50 AM	4	Women's 3V 2x	Timed Final
11:58 AM	4	Women's 3V 2x	Timed Final

12:06 PM	5	Women's 3V 2x	Timed Final
12:14 PM	44	Women's Lightweight 1x	Heat
12:22 PM	44	Women's Lightweight 1x	Heat
12:32 PM	5	Men's 2nd Novice 4+	Timed Final
12:42 PM	5	Men's 2nd Novice 4+	Timed Final
12:52 PM	2	Women's Novice 2x	Timed Final
1:02 PM	2	Women's Novice 2x	Timed Final
1:12 PM	2	Women's Novice 2x	Timed Final
1:20 PM	10	Men's 5V 4+	Timed Final
1:28 PM	58	Women's 2V 4x+	Heat
1:36 PM	58	Women's 2V 4x+	Heat
		Break	0:20:00
1:56 PM	1	Men's Novice 2x	Timed Final
2:06 PM	1	Men's Novice 2x	Timed Final
2:16 PM	1	Men's Novice 2x	Timed Final
2:26 PM	1	Men's Novice 2x	Timed Final
2:34 PM	3	Women's 5V 4+	Timed Final
2:44 PM	8	Women's 2nd Novice 4+	Timed Final
2:54 PM	8	Women's 2nd Novice 4+	Timed Final
3:04 PM	9	Women's 2nd Novice 4+	Timed Final
3:12 PM	9	Men's 3V 2x	Timed Final
3:20 PM	9	Men's 3V 2x	Timed Final
3:28 PM	16	Men's Lightweight 2x	Semifinal
3:36 PM	16	Men's Lightweight 2x	Semifinal
3:44 PM	24	Women's Lightweight 2x	Semifinal
3:52 PM	24	Women's Lightweight 2x	Semifinal
4:00 PM	6	Men's Youth 4x+	Timed Final
4:08 PM	7	Women's Youth 4x+	Timed Final

Saturday

TIME	#	EVENT	
7:00 AM	11	Men's Varsity 8+	Final from heat

11:08 AM	34	Women's Varsity 4+	Heat
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7:08 AM	12	Women's Varsity 8+	Final from heat
7:16 AM	35	Men's Varsity 1x	Final from heats
7:24 AM	36	Women's Varsity 1x	Final only
7:32 AM	16	Men's Lightweight 2x	Final
7:40 AM	24	Women's Lightweight 2x	Final
7:48 AM	17	Men's 2V 8+	Final only
7:56 AM	13	Women's 3V 8+	Final only
8:06 AM	21	Women's Novice 4+	Final from heats
8:14 AM	58	Women's 2V 4x+	Final from heats
8:22 AM	31	Men's Varsity 4x+	Final from heats
8:30 AM	32	Women's Varsity 4x+	Final from heats
8:38 AM	22	Men's Lightweight 8+	Final from heat
8:46 AM	20	Women's Lightweight 8+	Final from heat
8:54 AM	18	Men's Varsity 2-	Final from heats
9:02 AM	19	Women's Varsity 2-	Final from heats
9:10 AM	30	Men's 3V 8+	Final only
9:18 AM	23	Women's 2V 8+	Final only
9:28 AM	15	Men's Novice 4+	Final from heats
9:36 AM	57	Men's 2V 4x+	Final from heats
		Break	0:20:00
9:56 AM	56	Men's Lightweight 1x	Final from heats
10:04 AM	44	Women's Lightweight 1x	Final from heats
10:12 AM	46	Men's Varsity 2x	Heat
10:20 AM	46	Men's Varsity 2x	Heat
10:28 AM	47	Women's Varsity 2x	Heat
10:36 AM	47	Women's Varsity 2x	Heat
10:44 AM	33	Men's Varsity 4+	Heat
10:52 AM	33	Men's Varsity 4+	Heat
11:00 AM	34	Women's Varsity 4+	Heat

11:14 AM	38	Men's 2V 2x	Heat
11:20 AM	38	Men's 2V 2x	Heat
11:26 AM	14	Women's 3V 4+	Final from heats
11:36 AM	21	Men's Novice 1x	Heat
11:46 AM	21	Men's Novice 1x	Heat
11:56 AM	54	Women's Novice 8+	Heat
12:06 PM	54	Women's Novice 8+	Heat
12:14 PM	39	Men's Lightweight 4+	Heat
12:22 PM	39	Men's Lightweight 4+	Heat
12:30 PM	40	Women's Lightweight 4+	Heat
12:38 PM	40	Women's Lightweight 4+	Heat
12:48 PM	55	Men's Novice 8+	Heat
12:58 PM	55	Men's Novice 8+	Heat
		Break	0:20:00
1:18 PM	37	Women's 2V 2x	Heat
1:26 PM	37	Women's 2V 2x	Heat
1:34 PM	27	Men's 3V 4+	Final only
1:44 PM	12	Women's Novice 4x+	Heat
1:54 PM	12	Women's Novice 4x+	Heat
2:02 PM	59	Men's 2V 1x	Heat
2:10 PM	59	Men's 2V 1x	Heat
2:18 PM	43	Women's 2V 4+	Heat
2:26 PM	43	Women's 2V 4+	Heat
2:36 PM	48	Men's Novice 4x+	Heat
2:46 PM	48	Men's Novice 4x+	Heat
2:56 PM	45	Women's Novice 1x	Heat
3:06 PM	45	Women's Novice 1x	Heat
3:14 PM	50	Men's 2V 4+	Heat
3:22 PM	50	Men's 2V 4+	Heat

Sunday

TIME	#	EVENT	
7:00 AM	33	Men's Varsity 4+	Final from heats
7:08 AM	34	Women's Varsity 4+	Final from heats
7:16 AM	46	Men's Lightweight 2x	Final from semis
7:24 AM	47	Women's Lightweight 2x	Final from semis
7:32 AM	29	Men's 4V 4+	Final only
7:40 AM	37	Women's 2V 2x	Final from heats
7:50 AM	55	Men's Novice 8+	Final from heats

9:08 AM	28	Women's 4V 4+	Final only
9:18 AM	53	Men's 2nd Novice 8+	Final only
9:26 AM	43	Women's 2V 4+	Final from heats
9:34 AM	25	Men's 2V Lightweight 4+	Final only
9:42 AM	51	Women's 2V 1x	Final only
9:50 AM	50	Men's 2V 4+	Final from heats
10:00 AM	49	Women's 2nd Novice 8+	Final only

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8:00 AM	41	Women's Novice 4x+	Final from heats
8:08 AM	39	Men's Lightweight 4+	Final from heats
8:16 AM	40	Women's Lightweight 4+	Final from heats
8:24 AM	16	Men's Varsity 2x	Final from heats
8:32 AM	24	Women's Varsity 2x	Final from heats
8:42 AM	42	Men's Novice 1x	Final from heats
8:52 AM	54	Women's Novice 8+	Final from heats
9:00 AM	38	Men's 2V 2x	Final from heats

10:08 AM	59	Men's 2V 1x	Final from heats
10:16 AM	26	Women's 2V Lightweight 4+	Final only
10:24 AM	60	Men's HS 8+	Timed Final
10:32 AM	60	Men's HS 8+	Timed Final
10:40 AM	52	Women's HS 8+	Timed Final
10:48 AM	52	Women's HS 8+	Timed Final
10:58 AM	48	Men's Novice 4x+	Final from heats
11:08 AM	45	Women's Novice 1x	Final from heats