



2010 National Championship Regatta

**Mercer County Park
West Windsor, New Jersey**

June 24-26, 2010

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General Information

The USRowing National Championships will offer the 22 world championship boat classes and the four world championship adaptive boat classes. 26 National Championships will be crowned over this three day event.

While there will be no age or experience restrictions, the goal of nationals is to provide a showcase event for our top rowing talent, whether it be club, college or camp in our home city; allowing schools another post-season event and clubs an early-summer regatta. I invite all clubs and programs to take part. The long-term vision for this event is to integrate new spectator technology, create broadcasting opportunities that include Web-based streaming video, and create a sponsor-friendly and rich event.

General Information for 2010

- **Please note the regatta is a three-day event**
- **Membership must be renewed before arriving on-site. If membership is done on-site, a \$5 administration fee will be applied**
- **Entry fees will be refunded if the scratches are made before June 15, 2010. Entry fees paid by credit card will be assessed a 3% processing fee. No entry fees will be refunded after June 15, 2010.**
- **Late entries will be accepted throughout the event if it doesn't affect progression. All late entries must be turned in the day prior to the event.**
- **Weight will be provided for coxswains needing up to five pounds. If a coxswain requires more than five pounds of additional weight, he or she will need to provide his or her own additional weight.**
- Time trials will be held Thursday for any event that has 13+ entries.
- Entries will be accepted after the deadline but will be assessed a late fee. Please see fee schedule included in entry packet. Entries will be accepted only in events where an additional boat will not cause a change in the progression system.
- USRowing reserves the right to place event sponsorship advertising on all boats. Advertisements are allowed on equipment and clothing by manufacturers of both equipment and clothing, and by sponsors of a crew or club. Except as otherwise specified in the rules of rowing, the content, placement and size and density of advertisements are not restricted.

USRowing Membership

Every competitor is required to be an individual member of USRowing. In addition, all competing organizations should be a member of USRowing. Please sign up prior to the regatta online at

http://www.usrowing.org/join_renew/membershipoptions/index.aspx.

You must have a membership number in order to properly use Regatta Central.

Regatta Central

RegattaCentral will process all entries for the USRowing National Championship. Individual membership is required, and we strongly encourage you to check your

membership status prior to arriving on site. This will save you a considerable amount of time at registration. The membership application is available online at http://www.usrowing.org/join_renew/membershipoptions/index.aspx or you may contact the USRowing membership department at 1-800-314-4769. Waivers are completed at the time of membership and are not required for this regatta. If your rower has not yet signed a waiver for the year, please have them do so online at http://www.usrowing.org/join_renew/membershipoptions/index.aspx. To sign your waiver online, you must have your membership number and zip code.

Athlete Registration

Athletes not compliant with membership and entry fees will be announced at the Coaches & Coxswains meeting on Wednesday evening. Athletes will only need to check in at the USRowing tent if they are non compliant or would like to submit late entries/changes.

Date	Time
Wednesday, June 23	1 hour before C&C meeting until 1 hour after C&C meeting
Thursday, June 24	7:00 a.m. – end of racing
Friday, June 25	7:00 a.m. – end of racing
Saturday, June 26	7:00 a.m. – end of racing

Progression System

Racing will run on a 2,000 meter, fully-buoyed, six-lane course with starting platforms.

- Time trials will be run on Thursday for all events having 13+ entries.
- Heats and reps will run on seven-minute centers.
- Finals will run on 10-minute centers

1-6 entries	Final Only
7-8 entries	2 heats, 1 repechage, Final
9-12 entries	2 heats, 2 repechages Final
13+ entries	Time Trial, 2 heats, 2 repechages Final

Practice Schedule

Practice times will be published on the USRowing Web site on or about Friday, June 18, 2010.

Regatta Schedule

Races will not be delayed for crews that are late to the line for any reason. Crews should be in their lanes and locked onto the stakeboats two minutes before the start of their race. The local organizing committee will not be able to assist competitors to the start area via a launch. Please plan accordingly.

Weigh-Ins

A men's lightweight crew shall average no more than 155 lbs. per rower, and no individual rower shall weigh more than 160 lbs. A male single sculler shall not weigh more than 160 lbs.

A women's lightweight crew, including a single scull, shall have no rower who weighs more than 130 lbs.

Coxswains may be of either gender. Coxswains for men's crews shall weigh at least 120 lbs. Coxswains for women's crews shall weigh at least 110 lbs.

Coxswains weighing less than the required amounts shall be assigned the additional weight necessary to achieve the minimum weight. **Weight will be provided for coxswains needing up to five pounds. If a coxswain requires more than five pounds of additional weight, he or she will need to provide his or her own additional weight.** This weight should be carried in all appropriate events coxed by the individual as close to the torso as possible. Weigh-ins will occur once a day, no more than two hours and no less than one hour before the first race in which weight is relevant.

Coaches and Coxswains Meeting

A mandatory meeting for all coaches and coxswains is scheduled for Wednesday evening, June 23, time TBD. Any crew who does not attend will be responsible for the information delivered at the meeting.

On-the-Water Traffic Pattern

Traffic patterns and rules will be posted. Coaches, please make sure all of your athletes understand and follow the traffic pattern. Crews not following the traffic patterns may be assessed warnings and repeat offenders may be eliminated from the race. Collisions have occurred in the past, so please be aware of the pattern before launching.

Equipment Issues

It is the responsibility of each crew to ensure that its equipment is in full compliance with the Rules of Rowing. Officials may check equipment at any time during the competition to ensure compliance. Crews presenting equipment that is not in compliance may be excluded from further competition.

Crews should pay particular attention to the following rules:

Rule 3-104: All boats must meet minimum weight standards. A scale will be available during heats and semis for crews to check their boat weight. The winning crew in each final plus one random crew will have their boats weighed when coming off the water.

Rules 3-105 and 3-109: Crews will not be allowed to launch if their equipment does not comply with these safety standards (properly attached bowball and proper foot-release mechanism).

Rule 3-106: When boats launch for competition, they may not carry any devices capable of receiving electronic communications from outside of the boat.

Rule 3-110: The opening for coxswains in all bowloaded boats must meet the minimum specifications listed in this Rule.

- The opening through which the coxswain enters and exits shall be at least 2.30 ft. (70 cm) long when measured along the longitudinal axis of the boat. For a length of at least 1.64 ft. (50 cm.), the opening shall be as wide as the inner hull of the boat itself. b) The inner surface within which the coxswain's body rests shall be smooth and free of any obstacles, devices, or other structures that would hinder quick exit. Where the feet of the competitor are held in place by footgear affixed to the structure of the boat, the design of such footgear shall provide for the quick release of the feet in case of emergency without the use of hands. Any pull string connected to the heel of such footgear shall not allow the heel to raise more than three inches (7.5 cm) above the footboard to which it is anchored.

[Entry Information](#)

Entry Deadline

The entry deadline is Tuesday, June 15, 2010, midnight PST. No phone entries will be accepted for this competition. E-mail entries will be accepted if accompanied by a completed registration form and credit card number for payment. Clubs needing to make line-up changes after submitting the original entry form must submit changes in writing. Please remember, once a line-up has been submitted, a club can substitute up to 50% of the crew. USRowing will accept line-up changes on site the day before the event is scheduled. Changes can be made after that time but we must have a complete boating or it may not be accepted.

We will not be able to accept changes and/or scratches via the phone. Email changes will only be accepted if complete line-ups are submitted with changes. Changes via email will be accepted until Friday, June 18, 2010 at 5:00 p.m.

Competitor Waiver Forms

Every competitor should have a waiver on file. If not, please visit

http://www.usrowing.org/join_renew/membershipoptions/index.aspx to sign the waiver online.

Entry Fees

Fees are non-refundable after June 15, 2010. There will be no exceptions.

Payment should accompany entry forms. Please make checks payable to USRowing. USRowing also accepts MasterCard and Visa. A \$4/per athlete venue fee will be assessed at time of registration.

Boat	Entry Fees	Entry Fees after (June 16)
8+	\$125	\$185
4+	\$85	\$125
4x/4-	\$75	\$115
2-/2x	\$50	\$75
1x	\$30	\$45

Scratch Fee

Entry fees will be refunded if the scratches are made before June 15, 2010. Entry fees paid by credit card will be assessed a 3% processing fee for any refunds. Those scratching after June 15, 2010, will forfeit their entry fees. Those boats scratching after Thursday, June 24, 2010, will forfeit their entry fees as well as pay a \$50.00 scratch fee, to be paid prior to competition in subsequent races.

General Entry Rules

Boats composed of members from various organizations should register as composite crews.

Entry Forms

PLEASE USE REGATTACENTRAL TO REGISTER FOR THIS EVENT. If you have difficulty registering on RegattaCentral, please contact their support department at support@regattacentral.com or call 614-360-2922. Please check your athletes' memberships at least one month prior to the event. This will allow USRowing ample time to issue a number to your athletes.

Crew Changes

If a change of crew occurs in any event, a crew change form should be submitted to the control commission for approval at least two hours prior to race time. Forms will be available at registration. Complete rower information will be required for the replacement, including full name, age, etc.

Entry Confirmation

E-Mail confirmations will be sent to the contact person for each crew that

appears on RegattaCentral. Please ensure that this information is correct. Lane draws will be available on www.racetrak.com.

Medals

In events with three entries, a gold and silver medal will be awarded. In events with more than four entries, all three medals will be presented. Foreign competitors placing first, second or third will receive special medals memorializing the accomplishment, but the designation and entitlements of National Champion, shall be given only to domestic crews according to their order of placement.

Please Call 609-751-0705 or e-mail alvin@usrowing.org with questions.

For question concerning membership or waivers please call 1-800-314-4769 or e-mail membership@usrowing.org.

2010 National Championship

Please register online at www.regattacentral.com. It costs nothing; it speeds up the process, checks for the waiver and fewer errors are made; and it's fast, simple and easy.

Organization _____

Contact Name _____

Contact E-Mail _____

Phone (day) _____

Fax _____

Address _____

Athletes Name	Age	Height	Weight	USRowing Number
Bow				
(2)				
(3)				
(4)				
(5)				
(6)				
(7)				
Stroke				
Coxswain				

Payment

\$125 – 8+; \$85 – 4+; \$75 – 4X; \$75 – 4-; \$50 – 2X; \$30 – 1X

MasterCard/Visa: _____ Exp. Date:

Entry deadline is June 15, 2010