

2010 USRowing Masters National Championships

General Information Packet

USRowing, Rutgers Alumni Crew at Camden and Camden County Parks are proud to present the 2010 USRowing Masters National Championships on the Cooper River in Camden, N.J. USRowing, the host organizations and the masters committee have worked hard to ensure that everyone has an enjoyable experience at this year's event.

This packet contains important information regarding the event, so please read completely and carefully. Information in this packet is the most current at the time of its distribution and supersedes information from previous postings.

Row for the Cure

- Row for the Cure® and USRowing are pleased to announce the 2nd Annual Cancer Survivor Exhibition Race at masters nationals in Camden, N.J. The women participating in this event are not faceless statistics but individuals who faced personal adversity and triumphed. We would like to recognize their effort and perseverance with a special race to take place at noon on Sunday, August 15. Please come and support them and celebrate the determination and drive of individuals affected by breast cancer. Any survivor of breast cancer who would like to participate in this event, please contact Sally O'Connor (sally_the_mander@yahoo.com). We are accommodating teams and individuals.

Beer Garden

- The Rutgers Camden Alumni Crew Club would like to welcome all of the participants at the 2010 USRowing Masters National Championships being held at Cooper River. As host of the event, we wish everyone an enjoyable and successful visit to our area. One major addition to this year's event is the Beer Garden, which will be located on the second floor of the boathouse overlooking the Cooper River. It will be open Friday and Saturday from 1-8 p.m., where you can purchase draft beer (\$3.00) and relax and enjoy the company of your fellow participants. Light table snacks (pretzels etc.) will be provided by your host. We are very proud of the boathouse and encourage everyone to visit the Beer Garden, where you can take advantage of panoramic views of the rowing venue from the second floor deck. We look forward to seeing you and have a great stay.

Venue Information

- The venue is located at Cooper River Park in Pennsauken, N.J.
- Directions to the venue are available online at:
<http://www.camdencounty.com/parks/facilities/camden-county-boathouse-directions>

Parking

- CLOSING: North Park Drive from Cuthbert Blvd. (the intersection where trailers are parked) up until Donahue Ave., which is located just opposite the finish-line area. The area will be for Permitted Tow Vehicles only. Parking passes will be handed out as the trailers arrive. You will need to put your name and a cell phone number on the hang tag and have it clearly visible on the windshield. The road will be closed at 6 a.m. and reopened one hour after the last race. If you are still parked there, you may be towed. All tow vehicles will need to park diagonally in this area.
- Designated paid parking will be located in parking lots off North Park Drive.
- The city will strictly enforce no parking rules and regulations, so please be responsible in parking your vehicle.

Trailer Parking/Boat Storage

- Trailers can arrive at the staging area beginning at 10 a.m. on Wednesday, August 11.
- A parking attendant will instruct you to a designated parking place.
- Car-toppers will be directed to the parking lot at the Camden County Boathouse. The boats stored will be stored in the lot and grass area opposite the dock side of the boathouse. It is recommended that you have low boys or slings for your boats. These boats will launch and recover from the boathouse dock. Cars will be parked on North Park Drive after unloading. Please do not park in the business lot across the street on Thursday or Friday before 6 p.m. There are no restrictions on Saturday or Sunday.

Registration

- Registration will be held at the USRowing tent during the following times:
 - o Wednesday, August 11: 10:00 a.m.-5:00 p.m.
 - o Thursday, August 12: 6:30 a.m.-end of racing
 - o Friday, August 13: 6:30 a.m.-end of racing
 - o Saturday, August 14: 6:30 a.m.-end of racing
 - o Sunday, August 15: 6:30 a.m.-end of racing

USRowing Membership and Credentials

- Every competitor, both rower and coxswain, is required to be an individual member of USRowing. In addition, all competing organizations should be organizational members of USRowing.
- If membership is renewed on site, an additional \$5 administrative fee will be required.
- All athletes must check in at the USRowing tent to verify their membership status. Once the information is verified, each competitor will receive a wristband that includes the person's entry information. Wristbands must be worn at all times.

- Any event changes must be submitted in writing to USRowing and must be reflected on the competitor's wristband before they will be allowed to launch for the new event.
- **A replacement fee of \$10 will be charged for each lost credential.**

Coaches, Coxswains, & Blind Boats Meeting

- A mandatory meeting for all coaches, coxswains and at least one member of all blind boats will be held **at 5:00 p.m. on Wednesday, August 11, at the USRowing tent.**
- Any crew that does not attend is responsible for knowing the information delivered at the meeting.

Competition Limitations

- No competitor (excluding coxswains) shall enter more than six (6) events at masters nationals. If a competitor violates this limit, the competitor shall forfeit all medals won and be ineligible for the following year's USRowing Masters National Championships.
- In addition, the boat in violation will forfeit its medals.
- Coxswains may participate in as many events as time allows. There will be no shuttling of coxswains or rowers to the start.

Practice

- The course will be open for practice at the following times:
 - o Wednesday, August 11: 10:00 a.m.-5:00 p.m.; 6:00 p.m.-8:00 p.m.
 - o Thursday, August 12: 20 minutes after last race-8:00 p.m.
 - o Friday, August 13: 20 minutes after last race-8:00 p.m.
 - o Saturday, August 14: 20 minutes after last race-8:00 p.m.
- On race days, there will be no practice sessions before racing or during lunch breaks.

Progression

- 1-6 entries: Final Only
- 7 entries: 2 Heats (all but last advance to final), 5-boat Final
- 8-12 entries: 2 Heats (Top 3 advance to final), Final
- 13-18 entries: 3 Heats (Top 2 advance to final), Final
- 19-24 entries: 4 Heats (Top 3 advance to semis), 2 Semifinals (Top 3 advance to final), Final
- 25-36 entries: 6 Heats (Top 2 advance to semis), 2 Semifinals (Top 3 advance to final), Final

Bow Numbers

- Bow numbers will be provided by control commission as crews are launching.
- Failure to return a supplied bow number will result in a \$10 charge per bow number to the club as per the racing schedule.

Late Entries

- Late entries may be accepted via e-mail until August 8, by sending a completed form to alvin@usrowing.org.
- Late entries may be accepted on site between 10:00 a.m. and 5:00 p.m. on Wednesday, August 11.
- No late entries will be accepted after this time.
- Late entry forms are available on [Regatta Central](#) and the USRowing [Masters National Championship page](#).

Scratches

- Scratches made after July 28 will forfeit their entry fees.
- No scratches will be accepted via phone, fax or e-mail.
- A scratch fee of \$50 will be applied to scratches made after August 13.
- Scratch forms are available at the USRowing tent.

Line-up Changes

- No line-up changes will be accepted via phone, fax or e-mail.
- Once a lineup is submitted, only 50% of that lineup is allowed to be substituted.
- Substitutions made on-site require a completed form to be turned in at the USRowing tent no less than one (1) hour prior to the first race time.
- Forms are available at the USRowing tent.

Mixed Events

- Mixed events must be 50% women, excluding coxswains.

Club Events

- In order to compete in Club Event races, all members of the crew (including coxswain) must be from the same club and live within 50 miles of that club.
- Crews competing in club events shall do so with matching uniforms and oar blades.

Age Categories

- The age category of a masters crew shall be determined by the average age of the crew, always round down.

- AA= 21-26
 - A= 27-35
 - B= 36-42
 - C= 43-49
 - D= 50-54
 - E= 55-59
 - F= 60-64
 - G= 65-69
 - H= 70-74
 - I= 75-79
 - J= 80+
- Individuals whose age places them in the AA category may now compete in any age category where the average age of the boat falls within that specific age category.

Affiliations

- A competitor shall represent only one club at a regatta.

Weigh-In Information

- Lightweights
 - Lightweight weigh-ins will occur once per day, no more than two hours and no less than one hour before the competitor's first race.
 - Lightweight men shall weigh no more than 160 lbs. per rower.
 - Lightweight women shall weigh no more than 130 lbs. per rower.
 - There are no crew averages for lightweight men or women.
- Coxswains
 - Coxswains will be weighed in once during the event, on the first day in which they race, no less than one hour before the competitor's first race.
 - Coxswains for men's and mixed events shall weigh no less than 120 lbs.
 - Coxswains for women's events shall weigh no less than 110 lbs.
 - Coxswains weighing less than the required amounts shall be assigned the additional weight necessary to achieve the minimum weight.
 - Each coxswain is responsible for bringing his/her own weight or for bagging his/her own weight on-site. This weight should be carried in all appropriate races coxed by the individual as close to the torso as possible.
 - Failure to follow these rules will result in the exclusion of the crew from that event.

Schedule Changes

- If the progression of an event is changed due to scratches, the event may be redrawn up to one hour before the start of the first race of an event.
- Heat sheets will be updated each night, and an updated draw will be available each morning reflecting the changes from the previous day.
- **Please check the updated heat sheet each morning to verify your race times.**
- Weather-related schedule changes will be announced using the following methods:
 - Posted on results boards on-site
 - Online updates at:
 - www.usrowing.org

- [USRowing National Championships page on Regatta Central](#)
- www.facebook.com/usrowing
- www.twitter.com/usrowing
- Coaches and athletes can register to receive text message updates by texting “USRowing” to 313131.
- Coaches and competitors are responsible for any information posted on-site or online.

Awards Ceremonies

- **Thursday:** Events 1-25 4:15pm; Events 27-50 5:40pm
- **Friday:** Events 51-75 3:30pm; Events 76-100 4:55pm
- **Saturday:** Events 101-125 2:30pm; Events 126-150 3:50pm
- **Sunday:** Events 151-175 2:30pm; Events 176-199 3:50pm
- Awards ceremonies will be conducted on the stage in the USRowing tent at the times scheduled above.

Schedule

- The schedule will be structured as follows:
 - Heats and semifinals in the morning.
 - Finals in the afternoon.
- A tentative schedule will be available beginning August 6, 2010. The schedule will be posted online at www.usrowing.org and www.regattacentral.com.
- Heat sheets will be available at www.racetrak.com beginning August 10.

Contact Information

- AJ Dominique III
- alvin@usrowing.org
- 609-751-0705