

2011 NATIONAL SELECTION REGATTA #2

Information for National Selection Regatta #2 and Speed Order – May 12 - 14, 2011

Time Trials: Time trial distance will be 1900 meters

Time trials will use two lanes, dependent on the number of entries, with a 40-second gap between each crew in that lane.

Tentative Schedule (Subject to Change)

NSR II Events – M2x, W2x, LW2x, LM2x, M2-, W2-

Speed Order Events – LM2-

Wednesday, May 11

Athlete meeting, 5:00 p.m. Meeting will be held at the Caspersen Olympic Rowing Center in the national team bays (far side of boathouse). You or your representative **MUST** attend the meeting or you will be scratched from competition.

Thursday, May 12 (Start times TBD)

AM Session Time Trial 1: M2x, W2x, M2-, W2- Time Trial 2: LM2x, LW2x, LM2-

PM Session Heats (Times and events TBD by number of entries)

Friday, May 13

AM Session Semi Finals and repackage dependant on entries

Saturday, May 14

AM Session Finals

NSR event progression will be based on system outlined in the 2011 Senior World Championships Selection Procedures, Appendix E. LM2- event progression will Top 12 to A/B Heats then Top 3 to A final and 4-6 to B final.

Practice Schedule (Tentative and Subject to Change)

The first opportunity for NSR participants to practice on Mercer Lake will be Wednesday, May 11th, 2011. Participants may not unload equipment or have access to the lake or boathouse prior to Wednesday, May 11th. Please follow the practice times listed below and check in with USRowing staff and the information board on site for practice traffic patterns and boat storage before arriving. Boat scales will be open by 7 a.m. Wednesday, May 11th.

Wednesday: Course will be open for practice 10 a.m. until 3 p.m. and after 6:30 p.m. until sunset.

Thursday: Course will be open for practice after AM racing until 3 p.m. and after PM racing until 7:30 p.m.

Friday: Course will be open for practice after AM racing until 3 p.m.

There is no access to shower facilities at the Caspersen Boathouse. Restroom facilities will be available.

Inclement Weather Policy

Lightweights

Lightweights will weigh-in no less than one hour and no more than two hours before their first race each day of competition. FISA Rules Apply: Light Men Boat Avg. FISA Average 70 kg, Individual athletes cannot weigh more than 72.5; Light Women Boat Avg. FISA Average 57 kg, Individual athletes cannot weigh more than 59 kg.

USRowing Compliance

All competitors must have a current USRowing membership and liability waiver on file. Athletes will not be permitted to launch if they are not in compliance with these requirements. Please check your status and renew your membership and waiver before arriving for competition. This can be done online at www.usrowing.org by clicking on “Join/Renew” or by contacting member services at 1-800-314-4ROW.

Parking

All vehicles must park in the lot as you come off Post Road and not in the gravel next to the boathouse. Boat trailers may park along the dirt access road behind the boathouse. No other vehicles are allowed behind the boathouse. □Emergency vehicles will need to have a clear path from the paved road all the way to the tree line behind the boathouse. Any vehicle not following the outlined parking rules will be towed at the owner’s expense.

You will NOT be able to drive your car behind the boathouse in order to unload your equipment. Please walk your equipment from the designated parking zones to the boat storage area.

Boat Storage

All boats will be stored outside on the lawn next to or behind the national team bays (far side of the boathouse). Your boat will be moved if it is elsewhere.

Facility

There is no access to shower facilities at the Caspersen Boathouse. Restroom facilities will be available. The Caspersen boathouse offices are closed to all athletes and coaches.

As outlined in the 2011 Rules of Rowing:

All competitors must be citizens or nationals of the United States.

No competitor may wear the uniform of the U.S. National Team during competition

Use of National Team colors on oars is prohibited

Registration Information

Register online through RegattaCentral at www.RegattaCentral.com □ Entry Fee: \$30 per person □ Registration deadline Friday, May 6, 2011 at MIDNIGHT (PST). □ Scratch Fee (after the registration deadline): \$50.00 □ USRowing membership is required: visit www.usrowing.org to renew or join. □ □ Senior National Team events are open to all collegiate, club and unaffiliated athletes. Junior national team candidates will not be considered. □

Directions to Mercer Lake and the Caspersen Olympic Rowing Center

From Route 1 North or South

Take the Alexander Road Exit (east) off of Route 1 towards the Princeton Junction Train Station

Alexander Road dead-ends at North Post Road

Make a right hand turn on to North Post Road

Proceed through two stoplights

Stay on Post Road past the Conover Fields and the Mercer Oaks Golf Club. This road will take you right to the boathouse

After these fields, there will be a 'road closed' sign at the entrance to the park, on the boathouse side of the lake.

Ignore this sign and head straight down the access road; the boathouse will be on your left as you reach lake.

From North on Route 206

Route 206 into Princeton

Left at traffic light by Borough Municipal Building onto Nassau Street

Go three traffic lights to Washington Road

Washington Road to U.S. Route 1 South

Use directions for "From North and South via U.S. 1"

From Hightstown (Route 30)

Take Route 30 south and turn right at the Church Road traffic lights

Stay on Church Road and Cross Old Trenton Road

The next light will be Village Road . Make a left onto Village Road

The next light will be Post Road . Make a left onto Post Road

Follow the directions for "From Route 1 North or South" to the boathouse

From Allentown (Route 130)

Take Route 130 north and turn left at the Church Road traffic lights

Stay on Church Road and cross Old Trenton Road .

The next light will be Village Road . Make a left onto Village Road

The next light will be Post Road . Make a left onto Post Road

Follow the directions for "From Route 1 North or South" to the boathouse

Accommodation Options in Princeton

The Hyatt Regency Princeton is offering 15% off their best available rate for the weekends of NSR I and II, as well as Selection Events. Please click [here](#) for details and contact information.