

2011 Northwest Masters Regional Championship Regatta Friday – Sunday June 24-26, 2011 Vancouver Lake, Washington

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

Entries are now being accepted for the 2011 USRowing Northwest Masters Regional Championship Regatta. This regatta will be held on Vancouver Lake in Vancouver, Wash., just north of Portland, Ore. Races will be run on a fully buoyed 1,000-meter race course with stake boats. The Portland Vancouver Rowing Association and Vancouver-Clark Parks & Recreation will host this year's championship.

ENTRY FEES

BOAT TYPE	ENTRY FEE	LATE ENTRY FEE
	(by May 31)	(after May 31)
8+	\$105.00	\$130.00
4+ / 4x	\$85.00	\$110.00
2- / 2x	\$55.00	\$80.00
1x	\$35.00	\$60.00

\$6 VOLUNTEER FEE

In addition to the entry fees listed above, a \$6 volunteer fee is charged to each athlete. A portion of the 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, Lynn Walton at rcrowing@comcast.net

IMPORTANT DATES & DEADLINES

May 5	 First Day Regatta Central allows entry input for the regatta
May 31	 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
June 1-3	Organizations scratching entries will be charged the entry fee but no
	additional scratch fees
June 4	•Entries scratched June 4 or a later date will be charged the entry fee and a
	\$25 scratch fee.
June 6	 Preliminary schedule to be posted on racetrak.com.
	•Crews may add additional entries without late fees, into races where there
	are empty lanes. No additional heats will be added and this is first come first

	served. Race limits per program and per athlete may be exceeded. Additional entries must be submitted to nwrowing@gmail.com to be accepted. If a crew adds at this point and then scratches their entry, they will be charged the entry fee and a \$25 scratch fee.
June 11	•Lane draws to me emailed to club contacts.
June 23 – 4:00pm	•Deadline for late entries, which will only be accepted if space is available and the coach submits payments, waivers and lineup form.
June 247:00am	Coaches & Coxswains Meeting (estimated)
	Control Commission opens; coxswains and lightweights may weigh in.
June 24 –9:00am	•Racing begins (estimated)

ELIGIBILITY & MEMBERSHIP

Northwest Region: The USRowing Northwest Region is defined as the states of Alaska, Idaho, Montana, North Dakota, Oregon, South Dakota, Washington and Wyoming. Organizations from other regions and other countries are welcome to enter all events.

Composite Crews: Composite crews are welcome at NW Masters but must be designated as composite crews on lineup forms.

Rules of Rowing 5-203, 5-204: Composite crews are those that include competitors from more than one club...Once a crew has been entered as a composite crew, it shall remain so, regardless of subsequent substitutions. Only competitors who are bona fide members of a club shall be entered by that club, except that a composite crew may be entered by any of the clubs to which one of the competitors of the crew belongs. A competitor may represent only one club at a regatta. A competitor shall not represent more than two clubs in any calendar year. Individual exemptions from the requirements of this subsection may be granted by USRowing (800-314-4769) to competitors upon showing good cause.

Question: Jane Doe trains with a sweep-only program named "Montana RC." She also trains with a separate sculling program named "Missoula Sculling." May she compete in the eight as "Montana RC" and the quad as "Missoula Sculling?"

Answer: No, Jane Doe may only represent one organization at NW Masters. If Jane Doe has declared membership at "Montana BC," the eight may enter as "Montana RC." The quad must enter as "Composite Montana RC/Missoula Sculling".

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 <u>members@usrowing.org</u>
Website <u>www.usrowing.org</u>

Athletes from Foreign Rowing Federations: Rowers from other nations must be members of their National Rowing Federation, as recognized by FISA, or members of USRowing. Athletes should list their federation name and membership number on their signed waivers. Example:

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

ATHLETE RESTRICTIONS

*** As agreed upon at the January 2010 Masters Meeting in Olympia, WA***

Each program is allowed up to 2 entries per event. If there are additional spaces available after the preliminary schedule has been released on June 5, then additional entries may be made. Entries may be made as long as they do not add additional heats and must be submitted to nwrowing@gmail.com

** As agreed upon at the February 2008 Regional Meeting**

Each Athlete is Restricted to Four Events During the Regatta: An event with heats and finals counts as one event. The Northwest Rowing Council Masters Committee voted on this restriction at the February 2008 meeting to keep the regatta size manageable. In the event that there are available slots after the entry deadline, the region will be notified and you may enter additional races on a first come first served basis, by emailing nwrowing@gmail.com.

Each Event will be limited to 14 entries: This is to keep all events to no more than 2 heats.

Coxswain Exemptions: Coxswains are exempt from restrictions on the number of events during the regatta.

RULES OF ROWING DEFINITIONS

Rules of Rowing 4-104(b): A master is a competitor who has attained or will attain the age of 21 during the current calendar year, rounded down to the nearest whole number. A competitor's age is determined as of December 31 of the current calendar year ("rowing age"). A competitor thus becomes a master on January 1 of the year of his or her 21st birthday. A masters crew shall be comprised exclusively of masters rowers, but the coxswain need not be a master.

Rules of Rowing 4-104 (b) (1): *Masters crews shall be classified by age, according to the following categories:*

"AA" = 21 to 26 years	"C" = 43 to 49 years	"F" = 60 to 64 years	"I" = 75 to 79 years
"A" = 27 to 35 years	"D" = 50 to 54 years	"G" = 65 to 69 years	"J" = 80 +
"B" = 36 to 42 years	"E" = 55 to 59 years	"H" = 70 to 74 years	

The age category of a masters crew shall be determined by the average age of the rowers in the crew, rounded down to the nearest whole number. The age of the coxswain shall not be counted.

Rules of Rowing 4-104 (b) (2): A Master is a competitor who has attained or will attain the age of 21 during the current calendar year. A competitor's age is determined as of December 31 of the current calendar year, rounded down to the nearest whole number. A competitor thus becomes a Master on January 1 of the year of his or her 21st birthday. A Masters crew shall be comprised exclusively of Masters rowers, but the coxswain need not be a Master.

(2) A Masters crew may compete in a lower (younger) age category but not in a higher category.

"Mixed" Events: One half of the rowers in the boat must be men and the other half must be women. As written in the rule book – "Mixed events must be 50% women excluding the coxswain."

"Novice" Events: All rowers in the boat must be new to rowing as of June 27, 2009. These boats do not require the coxswains to be novices.

"Lightweight" Events: Women will weigh in at no more than 130lbs with no averaging. Men will weigh in at no more than 160lbs with no averaging. ***This is rule change from the 2011 USRowing Rule Book***

Please note that lightweight events may be combined with open-weight events if there are less than three entries for either classification.

USROWING RULES OF RACING

The regatta will be a USRowing registered regatta, officiated by USRowing referees, and will abide by the USRowing 2011 edition of the Rules of Rowing. Entry Forms and waivers must be fully completed and

presented before a team or individual is allowed to compete.

The handbook for 2011 Rules of Rowing will be available on site for your review. The following is an excerpt from the 2011 Rules of Rowing and will be enforced:

- 1. Bow balls and bow numbers: Bow balls and bow numbers are required for any boat preparing to race. Boats without bow balls will not be allowed on the race course. Boats shall also be fitted with a "bow clip" to attach a bow number. USRowing will supply bow numbers. Boats without a bow clip to attach a number may be prohibited from racing. Reference Rule #3-105.
- 2. Foot Stretchers: Each shell must be equipped with quick-release footgear or heels attached with strings to allow quick release. Each heel tie must restrict movement to no more than three inches. Reference Rule #3-109.
- 3. **Bow Coxed Shells:** All bow-coxed shells must meet the *Rules of Rowing* requirements regarding the size of the opening through which the coxswain enters the shell. Reference Rule #3-110.
- 4. Quad Races: All quad races are without coxswains.

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 Procedure later in this packet.

ENTRY PROCESS

*** New or 2010*** Each club must choose one representative to communicate all lineup changes, scratches, questions and concerns to USRowing.

Regatta Central: The Northwest Masters 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 Masters will be May 5, 2011 – May 31, 2011. Any changes to your entries after May 31, 2011 must be sent to nwrowing@gmail.com. Changes made in Regatta Central after the entry deadline do not transfer to the schedule automatically and will not be recognized.

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 2011 year. Please ask your members to have their USRowing individual membership numbers and zip codes ready, and direct them to http://www.usrowing.org/Libraries/Waivers and Forms/2011 USRowing Waiver.sflb.ashx.

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

SCRATCH FEE POLICY

- May 31, 2011: Organizations scratching entries before or on May 31 will receive a full refund of the entry fee.
- June 1 3, 2011: Organizations scratching entries June 1 3 will be charged for the entry fee. but no additional scratch fees.
- June 4, 2011 or a later date: Entries scratched on June 4 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 in written form, by e-mail or fax 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, nonlaunched 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 May 31 will be accommodated on a "space available" basis for scheduled heats and finals. Entries will be accepted until June 23 at 4:00 p.m. at the USRowing Registration Tent, before the start of the Coaches and Coxswains Meeting.

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 June 10, 2011, 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 June 24 (estimate 7:00 am): A meeting will be held two hours before 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 one hour after the meeting.

Saturday June 25 (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 athletes after 7:00 am

Sunday June 26 (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 athletes after 7:00 am.

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.

Hot Seating Part 3: Even though the regatta will try to accommodate all hot seating instances, no guarantee can be made that you will make it to the line with sufficient time to be included in the race.

MEDALS & TROPHIES

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, regardless of what region the crew is a part of. The highest placing Northwest crew will be declared the Regional Champion.

Regatta Concessions: Regatta souvenir t-shirts will be on sale at the regatta.

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.

Trailers arrival times are pending approval from the City of Vancouver. The region will be notified when this has been agreed upon.

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 were \$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. Boat racks will be provided for your use. 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.

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 coxswains and athletes must weigh in wearing their team uniform, **INCLUDING COXSWAINS**. 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 June 24 7:00* am - 2:00 pm Saturday June 25 5:30 am - 2:00 pm Sunday June 26 5:30 am - 12:00 pm

Protocol for Athletes and Coxswains Weighing In:

- 1. Go to the practice scale (location to be determined) 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 scale located in the control commission tent with your completed paperwork and correct weight in hand. Please note that there are separate lines for coxswains and lightweight athletes.

SCHEDULE PUBLICATION

June 6 - Preliminary Event Schedule Published: This document will be published on Regatta Central and the USRowing website at www.usrowing.org. Each main club contact also will be emailed an entry confirmation notice and the race schedule. 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.

June 11 - Lane Draws Published: This document will be published on Regatta Central 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 90 minutes of daylight in the evening, allowing extra time if weather delays racing.

Centers: All events will run on eight-minute centers. <u>Coaches, please review the procedures to back</u> shells into stake boats, how to correct lines with sculling and other start line procedures well in advance of the championships.

Practice Times: The course will be closed for practice at all times during the regatta. Crews violating this policy may be assessed a warning or be excluded from an even at the discretion of the Chief Referee.

Combined Age Categories: Many events combine age categories. If there are enough entries in those events, they will be split if time allows. Example: The Men's AB 4+ has 10 boats entered. four boats in the "A" age class and six boats in the "B" age class. The schedule will be altered to allow a Men's A 4+ and a Men's B 4+. In this situation, neither race would have handicap times applied.

INCLEMENT WEATHER SCHEDULE

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

- 1. Reduce race centers (all races run reduced time between race starts)
- 2. Shorten the course to 500m3. Timed finals (all heats run using finish times to determine final results).
- 4. Cancel races, at the direction of the USRowing Chief Referee.

^{*}The 7:00 am opening time may change depending on the start of racing.

ANTICIPATED SCHEDULE OF HEATS AND FINALS

The schedule below is a mockup, based on 2004-2010 entries. Racing will start at 9:00am on Friday and finish no later 7:00pm. Saturday will run from 7:00am to 7:00pm. Sunday will run from 7:00am to 3:00pm. The schedule is subject to change and some undersubscribed events may be combined. Racing will not run before or after the said times, even in the event that there are weather delays.

FRIDAY RACING

1	Mixed C 4x	
2	Womens A+ Light 2-	
3	Mens F 2x	
4	Mens D+ Light 2x	
5	Womens C+ Novice 1x	
6	Mens B 1x	
7	Mixed D 4x	
8	Womens B 2-	
9	Mens A+ Novice 4+	
10	Womens C Light 1x	
11	Womens E 4x	
12	Womens F+ 4x	
13	Mens A+ Light 2-	
14	Mens E+ Light 1x	
15	Womens A+ Novice 4+	
16	Mens E 4+	
17	Mixed B 4x	
18	Mens A+ Novice 1x	

19	Mens AA-A 2x
20	Womens C 8+
21	Mens C 2x
22	Mens AA-A 8+
23	Womens A 2x
24	Womens AA 2x
25	Mixed E+ 4+
26	Mens A+ Light 4x
27	Mixed B 4+
28	Mens D 4x
29	Womens B Light 4+
30	Womens D 4+
31	Mens B 2-
32	Womens B 1x
33	Womens C Light 2x
34	Mixed AA-A 8+
35	Womens D+ Light 8+

SATURDAY RACING

36	Mens E 1x	(
37	Womens E 2-	(
38	Womens F+ 2-	(
39	Mens C 4+	(
40	Womens C 4x	(
41	Womens A-B Novice 1x	(
42	Mixed F 2x	(
43	Mixed G+ 2x	(
44	Mens B 2x	
45	Womens AA-A 8+	
46	Mens D 8+	
47	Womens D 2x	
48	Womens B Light 1x	
49	Mixed AA 2x	
50	Mens B 4x	
51	Womens B 4+	
52	Womens D+ Light 4+	
53	Mens E+ 2-	
54	Womens AA-A Light 1x	- 1

62	Womens AA-A 4x
63	Womens D+ Light 4x
64	Mixed D 8+
65	Mixed C 8+
66	Mens D 2x
67	Mens H+ 2x
68	Mens G 2x
69	Womens D 8+
70	Mens B 8+
71	Womens D+ Light 2x
72	Womens B 2x
73	Mens E+ 4x
74	Mixed C 4+
75	Womens E+ 4+
76	Mens C-D 2-
77	Mixed AA-A 4x
78	Womens C 1x
79	Mixed E 2x
80	Mens G+ 1x

55	Womens E+ 1x
56	Mixed B 8+
57	Mens C 1x
58	Mens F 1x
59	Womens C 2-
60	Mens AA-A 4+
61	Mens C+ Light 4+

81	Mens A 1x
82	Womens AA-A 2-
83	Mens D 4+
84	Womens D 4x
85	Mixed E+ 8+
86	Mixed B 2x
87	Mens A-B Light 4+

SUNDAY RACING

88	Mixed AA-A 4+
89	Womens B 8+
90	Mens E+ 8+
91	Womens A-B Light 2x
92	Womens E 2x
93	Womens F+ 2x
94	Mixed D 4+
95	Mixed A 2x
96	Mens C 4x
97	Womens C 4+
98	Womens AA-A Light 4+
99	Mens AA-A 2-
100	Mixed D 2x
101	Mixed C 2x
102	Mens A+ Novice 8+
103	Womens A 1x
104	Womens AA 1x
105	Mens AA 1x
106	Womens A+ Novice 8+
107	Mens C Light 1x
108	Mens D 1x

109	Womens D 2-
110	Mens B 4+
111	Mens F+ 4+
112	Womens B 4x
113	Womens E+ Light 1x
114	Mens A-C Light 2x
115	Womens D Light 1x
116	Mens E 2x
117	Womens E+ 8+
118	Womens A-C Light 8+
119	Mens C 8+
120	Womens C 2x
121	Mixed E+ 4x
122	Womens AA-A 4+
123	Womens C Light 4+
124	Mens A+ Light 8+
125	Womens A-C Light 4x
126	Womens D 1x
127	Mens D Light 1x
128	Mens A-B Light 1x
129	Mens AA-A 4x