

# 2009 OARS INVITATIONAL REGATTA



Bill Fredrick Park at Turkey Lake, Orlando

OARS is pleased to be hosting the 2009 OARS Invitational Regatta on Saturday, March 14<sup>th</sup> (youth) & Sunday, March 15<sup>th</sup> (masters). We invite you to join us for an exciting weekend of racing. Please read through this packet and make yourself aware of all the entry information & regatta requirements.

The OARS Invitational is a USRowing registered regatta. The LOC will follow the rules & guidelines of USRowing and FSRA as they pertain to this regatta. If any questions arise regarding these rules, coaches will need to inquire with the LOC.

Quick look at dates:

Entries, waivers & payment: Friday, March 6<sup>th</sup>  
Scratches due: Wednesday, March 11<sup>th</sup>  
Racing: Saturday & Sunday, March 14<sup>th</sup> & 15<sup>th</sup>

**Venue Information:** Bill Fredrick Park is located at 3140 Hiawassee Road, Orlando, Florida 32835; phone # 407-299-5594. There will be a \$4 per vehicle fee to enter the park and \$30 per bus. There will be ample vehicle parking available. Parking for busses & spectators will be in the softball field at the east end of the park. Parking for boat trailers will be on the southeast side of the spectator parking area. Boat trailer parking will be available in the designated areas beginning Friday, March 13<sup>th</sup> from 3:00 – 6:00 p.m. The gated entrance to the park is locked at 6:00 p.m. It is recommended that the trailers arrive at the site on Friday afternoon to avoid traffic and congestion on Saturday morning.

## **Directions:**

*From Tampa:* I-4 East toward Orlando. Exit Sand Lake Rd. & turn left at the ramp. Go to the 2<sup>nd</sup> light which is Turkey Lake Rd., turn right on Turkey Lake Rd. and follow 3-4 miles until it intersects with Conroy-Windermere Rd. Turn left on Conroy-Windermere. Go approximately ½ mile to the intersections of Hiawassee Rd. Turn right on Hiawassee. Go approximately ¾ mile on Hiawassee. Bill Fredrick Park is on your right.

*From Miami:* I-95 north to the Beeline Expressway/Rt. 528 West (tollway). Follow the signs to I-4 East towards Orlando. The first exit after merging on to I-4 is Sand Lake Road. Exit Sand Lake Rd. & turn left at the ramp. Go to the 2<sup>nd</sup> light which is Turkey Lake Rd., turn right on Turkey Lake Rd. and follow 3-4 miles until it intersects with Conroy-Windermere Rd. Turn left on Conroy-Windermere. Go approximately ½ mile to the intersections of Hiawassee Rd. Turn right on Hiawassee. Go approximately ¾ mile on Hiawassee. Turkey Lake Park is on your right.

*From Orlando & North:* I-4 West. Exit on Conroy-Windermere Rd. Go straight on Conroy-Windermere through 4 traffic lights, the 5<sup>th</sup> light is Hiawassee. Turn right on Hiawassee. Go approximately ¾ mile on Hiawassee. Turkey Lake Park is on your right.

**Friday Practice:** The course will be open on Friday, March 13<sup>th</sup> from 3:30 – 5:30 p.m. with all teams needing to exit by 6:00 p.m. Please e-mail us ahead of time to let us know if you are planning on attending this practice.

**Concessions:** Concessions will be available. All concessions & vendors must be permitted through the city of Orlando & approved by OARS.

**Registration:** Registration will open at 6:30 a.m. at the pavilion near the launching docks. Please check in at registration before the coaches & coxswain meeting. **ABSOLUTELY NO CHANGES WILL BE MADE ON RACE DAY – except for scratches with a \$25.00 scratch fee for each boat scratched.**

**Accommodations:** Primitive cabins, which accommodate groups of up to 10 people, are available for rent at TLP. Call TLP to arrange for rental. Overnight camping is also available in the park on a first come, first serve basis. A listing of hotels supporting the OARS Invitational can be found at <http://oars.orlandomeetinginfo.com/> and room information can be found there.

**Entries:** Your registration **must be** submitted on [www.regattacentral.com](http://www.regattacentral.com) by **Friday, March 6<sup>th</sup>**. No late entries will be allowed.

Your registration must include the following. Any team not including all 5 items, will not be entered into any races:

- Ø On-line entry form
- Ø Waivers (use the USRowing waiver)
- Ø Entry Fees
- Ø \$1.00 Insurance Fee per rower
- Ø \$1.00 Dock Fee per rower

**Competitor Eligibility:** All competitors shall be bona fide students in regular attendance at day classes in their state of residence and whose scholastic eligibility shall meet the requirements of their respective schools, both athletic and academic. All competitors shall be in the following academic grade range: 6 - 12. A scholastic team shall be comprised of competitors as defined above who are from the same single secondary school of education. **A club team may consist of rowers from more than one school that are in attendance at a school in their state of residence. A non-scholastic team member shall not be in attendance at a secondary school represented by a scholastic rowing team without written consent of the scholastic team's coach.** Each team shall be responsible for the eligibility, conduct, physical fitness, including the ability to swim, of its competitors.

**Entry fees:** Eights - \$80.00; Fours - \$60.00; Quads - \$50.00; Doubles - \$40.00; Singles - \$25.00; \$1.00 Insurance Fee per rower; \$1.00 Dock Fee per rower; Fee Cap - \$700.00

**Scratch fees:** Each entry scratched after **Wednesday, March 11<sup>th</sup>** will be given a \$25.00 scratch fee per boat.

**Doubling:** Doubling is allowed at this regatta, but we ask that you try to limit races to 2 per individual. We ask that you limit the amount of doubling in novice, freshman, 3<sup>rd</sup>, & JV level events to ensure that we can complete the entire race day (rowers shouldn't be rowing 3 or 4 times)! Coxswains may be doubled as much as you want! Rowers who are doubled will not be given consideration for hot-seating.

**Multiple entries:** Each team shall enter no more than one crew per event. **There are no "B" boat entries with the exception of sculling events.**

**# of Flights:** With the # of teams participating and being allowed to double, the number of flights in each event will be limited to ensure racing is completed before 6p.m. The following categories will be limited to no more than 3 or 4 flights (based on the # of overall entries received): Novice 4's, Freshman 4's, 3<sup>rd</sup> 4's and Ltwt 4's. We will fill events based on a first come – first serve basis (obviously an incentive to get your entries in early). If you are one of the later crews to enter and are not put in a flight, we will put your boat on a waiting list.

**Lightweight events:** A lightweight boy is defined as a rower with a maximum weight of 155 pounds. A lightweight girl is defined as a rower with a maximum weight of 130 pounds. Rowers must weigh in wearing

race attire. No weight allowance shall be given for clothing. All rowers in a boat must weigh-in as a boat. Only one opportunity to weigh-in will be allowed.

**Novice events:** A novice is a rower who began rowing no earlier than June 2008. Coxswains of novice boats must be novice coxswains.

**Freshmen Events:** All freshman are defined as rowers who are in 9<sup>th</sup> grade in high school and may include rowers in 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grades. Coxswains of freshmen boats must also be freshman.

**Cancellation of events:** Events with only one entry at the registration deadline will be eliminated and the team will be notified in advance of race day. If race day scratches reduce a race to one entry, the single entry will row down the course for time.

**Flights:** If there are more than 6 entries for an event, multiple flights shall be held. Flights will be seeded based on results from races up to this point.

**Coaches & Coxswains Meeting:** The coaches & coxswains meeting will be held at 7:00 a.m. on race day at the registration area. Representatives from each team must attend.

**Race information:** 1,500 meter, six lane course.

**Bowballs, bowmarkers & shoes:** No boat will be allowed on the water without a bowball & quick release shoes. Heel ties must be in place & secure. Please bring your own bow markers & place them on your boat before you launch.

**Cancellation due to Inclement Weather:** If weather prohibits racing on Saturday, Varsity events will be run first.

**Awards:** Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup>, & 3rd place finishers in **each overall event according to time**. An all points trophy will be awarded to the team accumulating the most points. Points will be awarded for finishing positions based upon the FSRA Youth point system.

Place	V 8+	V 4+	JV 8+ Light 8+	JV 4+ Light 4+	3rd 8+ Fresh 8+ Novice 8+ 4X	2X	1X 3 <sup>rd</sup> 4+ Fresh 4+ Novice 4+
1st	100	50	75	38	50	25	13
2nd	86	43	65	32	43	22	11
3rd	74	37	56	28	37	19	9
4th	64	32	48	24	32	16	8
5th	56	28	42	21	28	14	7
6th	50	25	38	19	25	13	6
7th	46	23					
8th	42	21					
9th	38	19					
10th	34	17					
11th	30	15					

2009 OARS Invitational  
**Order of Events**

Note: We will try to adhere to this order of events. Updated schedules will be available after we receive all entries. **Times will change.**

Order of events: (*with sculling*)

8:00 W 1x  
8:24 M 1x  
8:40 W V8+  
9:04 M V8+  
9:28 W F4+  
9:44 M F4+  
10:00 W JV 8+  
10:16 M JV 8+  
10:32 W 4x  
10:40 W N4+  
11:04 M N4+  
11:28 M 4x  
12:32 W 3<sup>rd</sup> 8+  
12:40 M 3<sup>rd</sup> 8+  
12:56 W Lt 8+  
1:04 M Lt 8+  
1:12 W 2x  
1:28 M 2x  
1:44 W F8+  
1:52 M F8+  
2:00 W 3<sup>rd</sup> 4+  
2:16 M 3<sup>rd</sup> 4+  
2:32 W N8+  
2:48 M N8+  
3:12 W Lt4+  
3:28 M Lt4+  
3:44 W JV4+  
4:00 M JV4+  
4:16 W V4+  
4:40 M V4+

# 2009 OARS INVITATIONAL - Team Entry Form

**\*Please use this form if you need to mail in waivers, payment or entries. If you complete all entries, waivers & payment electronically, you do not need to submit this form.**

All fees, event entry forms, individual boat entries, and waivers must be received by Friday, March 6, 2009. **NO EXCEPTIONS WILL BE MADE.** All scratches must be made by Wednesday, March 11<sup>th</sup> at 7:00 p.m.

**Boats will not be entered until the following items have been submitted to OARS:**

- Team entry form
- Waivers
- Payment

**Organization Name** \_\_\_\_\_

**Contact Person** \_\_\_\_\_

**Day Phone** \_\_\_\_\_ **Evening Phone** \_\_\_\_\_

**E-mail address** \_\_\_\_\_

Event	Eights (\$80)	Fours (\$60)	Quads (\$50)	Doubles (\$40)	Singles (\$25)
Women's Varsity					
Men's Varsity					
Women's Lightweight			X	X	X
Men's Lightweight			X	X	X
Women's JV			X	X	X
Men's JV			X	X	X
Women's 3 <sup>rd</sup>			X	X	X
Men's 3 <sup>rd</sup>			X	X	X
Women's Novice			X	X	X
Men's Novice			X	X	X
Women's Freshmen			X	X	X
Men's Freshmen			X	X	X
<b>Total # of Entries</b>	<b>Eights</b>	<b>Fours</b>	<b>Quads</b>	<b>Doubles</b>	<b>Singles</b>
<b>Subtotal</b>	\$	\$	\$	\$	\$

**Total Entry Fees:** \$ \_\_\_\_\_ (Entry Fee Cap of \$700.00)

**Total Insurance Fee:** \$ \_\_\_\_\_ (# of Rowers Competing: \_\_\_ x \$1.00 = \$ \_\_\_\_\_ Insurance Fee)

**Total Dock Fee:** \$ \_\_\_\_\_ (# of Rowers Competing: \_\_\_ x \$1.00 = \$ \_\_\_\_\_ Dock Fee)

**Total Amount:** \$ \_\_\_\_\_

*Make checks payable to: Orlando Area Rowing Society*

This entry form must be completed on Regatta Central by Friday, **March 6 th**. Please send waivers & entry fees by mail to the below address.

*Send waivers & payment to:*

OARS  
P.O. Box 71  
Windermere, FL 34786

*e-mail:*

kmanderson72@hotmail.com

**Questions? 407-876-9037**