

Michigan High School and Junior Rowing Championships

Saturday May 23, 2009

Welcome to the Michigan High School and Junior Rowing Championships! The 2009 Championship races will be held May 23, at Stony Creek Park, Shelby Township, Michigan. The Detroit Boat Club Crew hosts the event. All races are 2000 meters. Events are offered in the following categories: 1X, 2X, 2-, 4+, and 8+, with classifications of novice, lightweight, junior varsity (2nd) and varsity (1st). The course is marked and will require crews to execute a clean floating start. All races are conducted under USRowing Rules.

Eligible organizations: Junior club and scholastic teams are welcome to participate in this regatta.

Entries and line ups: Boat entries and rower line ups should be registered through *regattacentral.com*. **the entry window at regattacentral.com will close midnight May 20.**

Forms: Please utilize the online waiver system available on Regatta Central. Teams needing to use paper waivers may bring them to check-in Saturday morning.

Entry fee payment: Preferred method of payment is through Regatta Central. Team checks may be brought to check-in Saturday morning. Waivers and payments must be complete and in order for your team to compete.

entry fee structure: \$10 will be assessed per competing athlete (*rower, coxswain, alternate*).

Fee cap: There will be a team fee cap of \$500. Teams must have one team rep register all entries under a single team name to be eligible

Late entries: Late entries will be accommodated as long as it does not create a new heat.

Park entry: please note there is a \$4 per vehicle park entry fee. The park gates are scheduled to open at 5am Saturday

Hot seating: While there is no limit to the number of entries in which a rower or coxswain may enter, please make an effort not to hot seat races less than 40 minutes apart on the schedule. The first race is scheduled for 8am

Lane draws: Heat sheets will be available on Regatta Central on Friday May 22.

Questions? contact Dick Bell, regatta director. at bellr@macomb.edu.

Onsite registration: the onsite registration desk will be open Saturday May 23 from 7-10am.

coaches and coxes meeting: a coaches and coxes meeting will be held under the portico near the registration desk at 7.30am Saturday May 23. Please be sure coxswains and crews have practiced floating starts.

competitor age: a rower must be 19 years of age or younger as of 31 December 2009, and must not have graduated high school.

event limits: rowers and coxswains may be entered in as many events as the event schedule will allow. please do not schedule rowers, coxswains or equipment in events less than 40 minutes apart

results: race results will be posted on the walls under the portico near the registration desk as soon as they are available. Race results will also be available through Regatta Central after the official results are compiled.

definition of teams:

- TEAM a team is considered to represent the usual way the program practices and competes, a program that represents a single organization, with distinct location, colors and coaches for the entire competitive season is a team

- NOVICE a novice rower began rowing after the Michigan high school and junior championships in 2008
- 1st (varsity)boat; one entry per team
- 2nd boat (jv); made up of athletes not competing in the 1st boat; in order to enter a 2nd boat, the team must also be entering a 1st boat in the corresponding event.
- LIGHTWEIGHTS women 130#, men- two classes: 145# and 155# individual maximum

weigh in rules:

- all lightweight competitors must weigh in and be banded in order to load into their boat at the dock; bands must be worn throughout the competition
- members of each crew must weigh in together and be accompanied by their coach or a club official
- weigh in scales will open **one hour before, and remain open until two hours after the first race of the day.** The first race is set to row at 8am.
- No one will be allowed to check weight on the official scale during official weigh in times
- Priority on the scale will go to those entered in earlier races
- A trial scale will be available in the weigh in area
- There is no limit to the number of trial weighs ins
- Only one official weigh in will be allowed

Quick release: check your equipment for race readiness, including proper tying of heels (3 inches). Releases will be checked at the dock as boats load on the beach

Bow balls: Bow balls must be secured to shells before launch. Shells without bow balls will not be allowed to race

Bow numbers: Bow numbers will be supplied at the launch area and must be returned to the dock master after a race

Lane numbers: Lanes are numbered from 1-7; lane 1 is closest to the beach

Boat storage: Boats are to be stored in marked areas only. Please provide your own boat stands for and secure all boats not in use. Trailers will not be allowed on the lawns or beaches. Once your equipment is unloaded, please move your trailers and tow units to the areas marked. Security will be provided overnight Friday. All equipment must be removed from the regatta site by sunset Saturday evening

Practice sessions*: Crews will be allowed to practice at their own risk on Friday from 4pm to sunset. All crews must follow the traffic pattern noted on the course map. crews heading to the start must row in lanes 1-3 or outside the course on the south side (closest to the beach). Crews heading from the start to finish should be in lanes 5-7 (farthest from the beach). Lane 4 is to remain open

- Remember, if algae growth or other conditions do not allow for fair races in all 7 lanes we will use a "head style" race plan down the middle of the lake. Our plans will be announced before Friday so that coaches can brief their crews on the method of racing to be implemented.

Starts: All races will begin with a floating start. Racing will begin at 8am

protests: protests will follow the USRowing rules of racing. Any crew wishing to protest should raise their hands after completing their race. Coaches should formally register their concern with the clerk of the course and pay the protest fee. Protests will be adjudicated by course officials

race results: All results will be posted locally on the wall under the portico near the registration desk

awards:

- medals will be awarded for FIRST, SECOND and THIRD place finishes in each event. In the event there are less than three entries, first place will be awarded only
- an all points trophy is awarded according to the Barnes scoring system

pre registration information available:

- regatta brief (*this document*)
- release waiver form from *regattacentral.com*
- entry invoice from *regattacentral.com*
- heat list and lane draws from *regattacentral.com* (Friday May 22)

on site information packets:

- event list with lane draws (*one packet per team*)

concessions:

- regatta shirts will be available for purchase
- food will be available for purchase on site at the park concession stand

EVENT ORDER:

women's 1st 8+
 men's 1st 8+
 women's 2-
 women's 1x
 women's lwt 4+
 women's 1st 4+
 men's 155# 4+
 men's 1st 4+
 men's 145# 4+
 women's 4x
 men's 1x
 men's 2x
 men's 2-
 women's novice lwt 4+
 women's novice 4+
 men's novice lwt 4+
 men's novice 4+
 women's 2x
 men's 4x
 women's 2nd 4+
 men's 2nd 4+
 women's lwt 8+
 men's lwt 8+
 women's 2nd 8+
 women's novice 8+
 men's novice 8+
 men's 2nd 8+