

2009 NEW YORK STATE  
SCHOLASTIC ROWING CHAMPIONSHIPS  
DIRECTIONS FOR ENTRY

- 1) Read the rules which follow:
    - i. Rowers may only enter **ONE** race. Under no circumstances may an athlete/coxswain compete in more than one event.
    - ii. Coaches MUST identify the crew as “scholastic” (or) “club” as they enter them on RegattaCentral. There will be an opportunity to do so with each entry. The identification will last throughout the regatta, once done.
  - b. Alpha Lists
    - i. One form should include the names of everyone who will row in a scholastic boat, and will require the signature of a school official.
    - ii. The other form should include the names of everyone rowing in a club boat and does require the signature of a club official.
  - c. Weigh-ins
    - i. Where applicable, the athletes have the option to weigh-in [with the entire boat - coach must attend], the day before or the morning of the race. Athletes only have to weigh-in **once** for the whole regatta.
    - ii. Athletes will be given a second chance to make weight only if they are within 2 pounds of the required weights
    - iii. There will be no averaging
    - iv. There will be no coxswain weigh-ins
  - d. Definitions of classes
    - i. **Scholastic** = all competitors in the boat are from the same school.
    - ii. **Freshman** <= 9<sup>th</sup> grade – Open to all teams to enter.
    - iii. **Junior** <= 11<sup>th</sup> grade – Open to all teams to enter.
    - iv. **Senior** <= 12<sup>th</sup> grade – Open to all teams to enter.
    - v. **Novice** any high school-aged athlete who began rowing after the last day of the 2008 school year. Open to all teams to enter.
    - vi. **Second** <= 12<sup>th</sup> grade with the requirement that the team must have at least one entry in the senior/junior/or lightweight event. Open to all teams to enter. **[Please note the SRAA rule for qualifying a 2<sup>nd</sup> Eight]**
    - vii. **Lightweight** <= 12<sup>th</sup> grade from the same school and no boy over 155lb or no girl over 130lb. **[Please note: Scholastic Nationals has a maximum weight requirement for boys, of 150lbs. Do not overlook this if you intend to qualify for “Schoolboys”].** Open to all teams to enter.
  - e. Entry Deadlines
    - i. All entries are due April 30<sup>th</sup> (Thursday) on [www.regattacentral.com](http://www.regattacentral.com) .
    - ii. Waivers are not required for this regatta.
- 2) Fill out the Alpha list with the names of every competitor (alphabetically)
  - 3) Write a check to **NYS High School Rowing Championships** (or pay online by credit card at Regatta Central).
  - 4) Mail the complete packet (alpha list & check) to the following address:

**Saratoga Rowing Association**  
**P.O. Box 750**  
**Saratoga Springs, NY 12866**

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SCHOLASTIC ROWING CHAMPIONSHIPS  
LINE UP SHEET

Organization Name		
Contact Information	Name	
	Phone	
	E-Mail	

Event Name		
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	Expected Line-up	Year		Spares	Year
EX	Example, Joe	10		Example, Jane	11
C					
8					
7					
6					
5					
4					
3					
2					
1					

- 1) All competitors are listed on alpha sheets \_\_\_\_\_
- 2) All competitors have waivers (including spares) \_\_\_\_\_
- 3) All Money has been included \_\_\_\_\_
  - a. (\$111 per 8+, \$86 per 4+/4X, \$36 per 2X, \$16 per 1X)
  - b. (\$50 for the NYSSRA membership - mandatory)
  - c. (\$55 for the site "Maintenance Fee" - mandatory)
- 4) All scholastic alpha sheets have been signed by a school official \_\_\_\_\_

Please draw all checks to the order of:

NYS High School Rowing Championships

Please mail all entries to the following address:

Saratoga Rowing Association  
P.O. Box 750  
Saratoga Springs, NY 12866





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SCHOLASTIC ROWING CHAMPIONSHIPS  
CONTINGENCY PLANS

1. In the event of unrowable water on either Saturday/Sunday:
  - a. We will row as many of the heats as possible with changes in the race order only if necessary. Should it become clear that we can't get all of the heats in, we may change the order of racing to make sure the higher events are run.
  - b. Saturday can/will be extended (until 7:30) if there is a possibility the water will become rowable, and the light holds.
  - c. If Finals (Sunday) need to be cancelled, the fastest qualifying times in the heats/Semi's will be awarded the medals. (Provided the heats run without a break in between like events)
  - d. Should we decide we cannot get all the Heats and or Finals in and subsequently need to change the "order of racing", the following would be the order: Senior, then Lightweight, then Junior, then Second, then Freshmen, then Novice. All Finals would be run before Petite Finals.
  
2. In the event of unrowable water on Sunday.
  - a. We will row as many Finals as possible with changes in the race order only if absolutely necessary
    1. The highest priority is that every kid gets a chance to race (heat or final).
    2. The second priority is that the SRAA/Cincinnati qualifying finals are run.
    3. The third priority is that the order of racing (above) is followed.
  - b. The day can/will be extended if there is a possibility the water will become rowable.
  - c. If finals need to be cancelled, the fastest qualifying times in the heats/Semi's will be awarded the medals. (Provided the heats run without a break in between)
    1. Example: Heat 1 has the 3 fastest times, but only 2 are scheduled to advance, the third boat in heat 1 will not receive the bronze medal.
    2. Example: If Heat 1 is raced before a long stoppage and Heat 2 is raced after the long stoppage, no clear distinction can be made using the times. Obviously we will try to avoid this situation.

PRACTICE SCHEDULE

1. The racecourse and docks will be in assembly on Friday afternoon. Crews will be allowed on the water, but there is no guarantee that everything will be in place.
2. Because the race course may still be in the process of being assembled, the people who are setting up the course and towing the docks have the priority on the water and cannot be asked to watch crews while doing their job.
3. Crews **MUST** follow the "Practice Schedule Map" (on the Cox' page to download) – Failure to do so could result in exclusion from the regatta. Follow instructions please.
4. To be sure that your crews are allowed to practice, crews should make arrangements to bring launches and engines. Please contact the LOC if you plan to bring a launch.
5. There will be no practice in the mornings before the racing.
6. On Saturday evening, the course will be open for coach-accompanied practice ½ hour after the completion of the final race until dusk. Time TBA that weekend.
7. Once again...CREWS MAY ONLY PRACTICE IF THERE ARE SAFETY LAUNCHES ON THE WATER!! Coaches, please be prepared to volunteer to be a safety launch driver.