



Midwest Junior Rowing Championships

www.mjra.org

Dear Coaches and Teams-

Welcome to the **Midwest Junior Rowing Championships!** The 2010 championship races will be held May 15th and 16th in East Fork State Park, at Harsha Lake in Bantam, Ohio. This event is a qualifying regatta for teams from the Midwest District, for the 2010 **USRowing Youth National Championships**. All races are 2000 meters and events are offered in singles, pairs, doubles, quads and coxed fours and eights for juniors in novice, lightweight, and varsity categories. The course is fully buoyed and has a starting platform. This is the same course used for the **USRowing Youth National Championships** in June. The course itself is declared a "no wake" zone during racing and will be patrolled by the State of Ohio Water Police and East Fork Park Rangers. The **Cincinnati Junior Rowing Club** hosts this event.

All races are conducted under MJRA rules and USRowing Rules of Racing. Exceptions to the rules are rare and only made by the executive committee of MJRA. Our Chief referee will be Robert Appleyard.



Changes for the 2010:

- Please note the streamlined weigh-in protocol found on page 3.
- Please note the clarified rule regarding Finals. That change is found on page 5.
- This year MJRA will offer a lightweight boys and girls double event if we have four or more entries in these events. If fewer than four crews enter the lightweight event rowers will row in the heavy weight event but with a lightweight distinction.
- Starting in 2009 all crews were required to sign the Practice Log Book announcing their crews departure and arrival for practice. This will be in affect again this year. The log book will be in the bow marker tent.
- Note the 2007 Addition of the code of conduct rules in the Championship packet which have been adopted by the MJRA by-laws. Participants, coaches, and spectators will be expected to abide by these rules located on page 8.
- As of noted last year, MJRA welcomed St. Louis Rowing Club back to our region. SLRC has permanently changed their district to the Midwest and will no longer race at the Central District Championships.

Good luck,

MJRA Executive Committee

Cincinnati Junior Rowing Club

Midwest Junior Rowing Association Executive Committee

Chris Swartz
Upper Arlington H.S.
Representative
cswartz@ds.net

Greg Hull
Cincinnati Junior R. C.
Treasurer
greg.hull@gmail.com

Frances Mennone
Great Miami Rowing Center
Secretary
fckern@yahoo.com

MB Blanding
Camp Randall R.C.
Representative
mbblanding@gmail.com

Anne Jaroszewicz
Cincinnati Junior R. C.
Regatta Director
suburbanne@yahoo.com

TEAM ELIGIBILITY

- 1) **SURVEY:** Organizations must submit an annual information update to the Association ten days prior to the race, deadline May 1, 2010. Survey's can be found at www.mjra.org
- 2) **DUES:** Organizations must have paid their annual dues of \$30.00 by May 5, 2010

Mail Survey and Dues to: Greg Hull 541 Evanswood Pl. Cincinnati, OH 45220

 - i.
- 3) **TEAM DEFINITION:** A team is considered to represent the usual way the program competes: a club or varsity program that represents a single Organization (being a single high school OR club program), with distinct location, colors, and coaches for the entire competitive season (starting March 1, 2010 to and including, June 13, 2010) is a team.
- 4) **OUT OF DISTRICT TEAMS:** Due to scheduling constraints, a maximum of two out of district boats will be permitted to race in any one event. Out of district entries will be accepted on a first-come first serve basis and at the discretion of the local organizing committee. Initial progression calculations will be entirely performance-based, regardless of a crew's home district. In the event a Midwest District crew is bumped from progressing to the final by an out-of-district crew, the LOC will attempt to provide a seven-boat final, with the bumped crew being placed in lane one.

ENTRY PROCEDURE

- 1) **PACKETS:** Registration packets are available at the Midwest Junior Rowing Association website, www.mjra.org
- 2) **REGISTRATION:** Register entries through Regatta Central: www.regattacentral.com at which time you must declare whether this event is your qualifying event for nationals. Every Coach will have a team roster code with Regatta Central for registration purposes. The registration deadline is at or before midnight May 8, 2010.
- 3) **WAIVERS:** Each participant must submit a waiver or have a current waiver on file with USRowing. Rowers may obtain an USRowing waiver electronically and be added to your team's roster on Regatta Central. Share your team roster code number with all athletes who will be included in your entries. Instruct your athletes to go to www.regattacentral.com/athletes/ where they can submit their waiver and obtain an USRowing Membership Number. Submitting waivers in this manner is time saving for the coach and allows the registration coordinator access to all rowers' waivers in an accurate and easily accessible manner. Printed waivers will still be accepted but must be completed with registration information and mailed prior to registration deadline

Mail to: Anne Jaroszewicz 7900 Finley Lane Cincinnati, OH 45242 suburbanne@yahoo.com 513.984.3369

FEES, WAIVERS, AND ENTRY INVOICE FROM RC ARE NEEDED FOR A COMPLETE ENTRY AND MUST BE COMPLETE FOR YOUR BOATS TO BE ENTERED INTO HEATS. FEES, WAIVERS AND THE ENTRY INVOICE FROM RC are due in the hands of the local organizing committee by **Saturday May 8th 2010**. If fees, waivers and entry invoice are sent by overnight mail, please indicate that recipient need not sign.

- 4) **ENTRY FEES:** The fees are \$12 per competing athlete (rower and coxswain), even if that athlete enters two events. The fee includes costs of USRowing Sanctioning Fee, medals and plaques. Note: rowers may only enter 2 events.
- 5) **ERRORS ON ENTRIES:** The coach of any entry that contains an error will be notified by phone or e-mail and given 24 hours to correct the error. If the time limit passes without resolution satisfactory to the regatta committee, the crew's entry for this particular event will be dropped and will become subject to the Late Entry rule should the coach try subsequently to correct the error and reenter the crew.
- 6) **SCRATCH FEES:** Any team that scratches an entry after May 9, 2010, will forfeit their entry fee. Those scratching after the start of the Regatta will forfeit their entry fee and be assessed a **\$25.00 scratch fee** to be paid prior to competition by any other boat from that team in subsequent races.
- 7) **LATE ENTRIES:** Any entry made after the deadline of midnight May 8, 2010, will be accepted at the discretion of the Regatta Committee based on the availability of a lane and only with a \$25 per boat late fee. **A late entry will not be accepted if it creates a heat.** If entries are sent by overnight mail please indicate that the recipient need not sign.
- 8) **RACETRAK.COM:** Crews can review their entries and lane draws at www.racetrak.com by **noon on Thursday May 13th**.
- 9) **BOAT LINE-UP CHANGES:** Boat line-ups must be corrected at registration check-in. After this check-in, boat line-up changes can only be made for illness or injury. **With any changes, remember that a rower can only participate in two events with the following exception: The MJRA Executive Committee will allow an individual to race three times only when that person is needed to fill out a boat. The coach will still need to notify the LOC and executive committee prior to the given race. There will be NO mixed gender rowing allowed except for the coxswains.**

Mail to: Anne Jaroszewicz 7900 Finley Lane Cincinnati, OH 45242 suburbanne@yahoo.com 513.984.3369

- 10) **REGISTRATION CHECK-IN:** Hours of registration: Friday, 5-8-PM; Saturday, 6:30 - 7:30 AM.

Note: The association receives 10% of the entry fees to help defray the cost of the annual meeting, the coaching clinic and other organizational expenditures. Aside from the 10% the Association does not give or receive money from the Local Organizing Committee. Any income derived from entry fees and concessions go to the Local Organizing Committee, and they are responsible for the providing of sanctioning fee, medals, plaques, and the expenses of the course and officials.

ATHLETE ELIGIBILITY

- 1) **AGE QUALIFICATION:** A rower or coxswain must be 19 years of age or younger as of May 15, 2010, and must be currently attending high school Grades 9-12.
- 2) **ENTRIES PER ROWER:** A rower may be entered in no more than two events, whether rowing or sculling. Coxswains are exempt. However, abide by the 50min hot seat rules.
- 3) **CLASSIFICATIONS:** Exceptions to the rules are rare and only made by the Executive Committee of the Association. Please do not violate the rules. We do not allow composite teams – teams racing must fall under the definition of “team” below. Also, athletes that row in the first and second boat events **MUST** be your top tier athletes as described in the definitions of 1st and 2nd boats below.

TEAM - a team is considered to represent the usual way the program competes: a club or varsity program that represents a single Organization (being a single high school OR club program), with distinct location, colors, and coaches for the entire competitive season (starting March 1 2010, to and including, June 13, 2010) is a team.

NOVICE - a novice rower began rowing after Midwest Junior Rowing Championships in 2009. A novice sculler began sculling after the Midwest Junior Rowing Championships in 2009.

VARSITY - a varsity athlete is a junior competitor on a team.

1st BOAT - varsity athletes comprise the 1st boat, only one entry allowed per team.

2nd BOAT- the 2nd boat is 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 same event. Exceptions: 1-2 year old programs. Coxswains are exempt. Only one entry allowed per team. *Rowers in the first eight may enter the second four so that a 1st eight may be split into a 1st and 2nd four. In races where there are only 1st and 2nd boat events unlimited entries are allowed in the second boat race.

3rd BOAT – the 3rd boat is made up of the athletes not competing in the 1st or 2nd boat. In order to enter a 3rd boat, the team must also enter a 1st and 2nd boat in the same event. Coxswains are exempt. Unlike the 1st and 2nd boat events, there is no limit to the amount of entries per team.

- 4) **COXSWAINS:** May cox in any boat, regardless of male, female, novice or varsity status. There is no weight minimum for coxswains. Coxswains of lightweight crews **DO NOT** have to weigh-in. Unlike rowers, there is no limit to the amount of events a coxswain may enter. ****Make certain your coxswains and crews have practiced the use of a starting platform.***
- 5) **LIGHTWEIGHTS:**

Boys 155 lbs individual maximum
Girls 130 lbs individual maximum

WEIGH-IN RULES

- All lightweight competitors must Weigh-In once **each day they row** at the weigh in 7-10AM Saturday morning and Sunday morning.
- Priority on the scale goes to those entered in earlier races.
- Members of each crew must weigh-in together and be accompanied by a Club Official.
- Crew members are to step on the scales in the order in which they row in the boat, bow to stern.
- Clerk of the Scales or Registrar will communicate only with a Club Official.
- No one will be allowed to check his weight on the official scale during the official weigh-in times.



EQUIPMENT LOGISTICS

- 1) **BOAT STORAGE:** Please provide your own stands for your boats. Trailers will not be allowed to stay in the beach area. **Once your equipment is unloaded all crews must move their trailers to the trailer storage lot.** Security will be provided overnight Friday and Saturday. All equipment must be removed from the regatta site Sunday evening.
- 2) **PARKING:** There will be designated areas for team buses and vans. Cars must park in paved lots only, and not along the roadways. A shuttle bus will be available to transport spectators from the parking lots throughout the park.
- 3) **CREW TENTS:** Crews may put-up tents in designated areas. Please refer to the beach area map. Any questions refer to the regatta director.
- 4) **PRACTICE FRIDAY:** Crews will be allowed to practice. The LOC will provide a safety launch on **Friday from 4:00 PM to 8:00 PM.** All crews must follow the below traffic pattern: lanes 3 and 4 are dead lanes, crews heading towards the start **must** row outside the course on the north side (farthest from the beach), crews heading from the start to the finish should be in lanes 7, 6 and 5 only (closest to the beach). Please do not bring a launch. Please refer to the enclosed practice pattern map. **No launching crews after 7:30PM.**

*All crews must sign the Practice log book announcing their crews departure and arrival for practice.
The log book will be in the bow marker tent.*



- 5) **PRACTICE ON RACE DAY:** There will be no practice time available on race days.
- 6) **WEIGHING BOATS:** Boats will NOT be weighed at this event.
- 7) **QUICK RELEASE:** Check your equipment for race readiness, including the proper tying of heels of shoes (3 inches).
- 8) **BOW NUMBERS:** Bow numbers will be provided by the LOC.
- 9) **STARTING PLATFORM:** All crews must be able to get aligned on the starting platform. Please make sure your coxswains and crews know how to back onto the platform and maintain a point while locked on. Crews will be expected to know how to "scull" to keep their point (2 sculling with bow's oar etc.).
- 10) **DIRECTIONS AND MAPS:** Are included at the end of this packet as well as at www.cjrc.net.

PROGRESSION MODEL

- 1) **PROGRESSION SYSTEM:** *For varsity fours and eights only, repechages will provide placements in a, and b level finals. Repechages will be added for any Youth National qualifying event that goes over 21 entries.*
- 2) **RESULTS:** All results will be posted online at www.racetrak.com
- 3) **AWARDS**
 - Medals awarded for FIRST, SECOND, AND THIRD place for all grand final events.
 - AWARD PLAQUES will be given to the winning MJRA team for each event.
 - All Points Trophies are awarded according to the Barnes Scoring System.
- 4) **USROWING YOUTH NATIONAL CHAMPIONSHIPS**
 - For each event that corresponds to an event at the **USRowing Youth National Championships**, three (3) invitations will be issued.
 - Any team that qualifies for an **USRowing Youth National Championship** event can substitute up to only 50% of its rowers in the boat.
 - Lightweight doubles will have distinct events if there are more 4 or more boats entered in those races.

SCHEDULE

All coaches should read the Championship entry packet very closely. The event order and event numbers are different from Saturday to Sunday.

- 1) **REGISTRATION CHECK-IN:** Hours of registration: Friday, 5-8-PM; Saturday, 6:30 - 7:30 AM.
- 2) **COACHES & COXSWAIN MEETING:** Meeting promptly, 6:30 AM, Saturday, in the main tent or pavilion area, which will be determined by registration, check-in on Friday. Make certain your coxswains and crews have practiced the use of a starting platform.
- 3) **HOT SEATING:** You may hot seat crews in events 50 minutes apart. Hot seating equipment or rowers is not permitted in events that are less than 50 minutes apart on the race schedule.
- 4) **ORDER OF EVENTS:** Saturday heats and reps are scheduled to ensure maximums rest for athletes between races and as a result may not perfectly align with the Sunday schedule. Please check BOTH schedules before registering your crews and the heat sheets once they are posted.
- 5) **RACING THE FINALS:** Any crew that enters an event is expected to race through the completion of the events progression. All crews who are in the A and B final are expected to race those finals. Failure to compete in an event in which the crew has entered will result in a 1 year suspension from that particular event at MJRC's.

NUMBER OF ENTRIES	SYSTEM FOR ALL EVENTS except V8's & V4's
0 – 7	Final Only
8 – 14	2 heats with top 3 finishers from each heat advancing to the finals.
15 – 21	3 heats with the top 2 finishers from each heat advancing to the finals.
22 – 28	4 heats with heat winners advancing to the finals along with the two fastest second place finishers.

SATURDAY HEAT AND REPS

Note: That this order of events is not the same as the finals on Sunday and will include reps for varsity eights and fours.

Event	Varsity		Novice		Lightweight
1	Girls 1st Varsity 4+				
2	Boys 1st Varsity 4+				
3	Boys 2nd Varsity 4+				
4	Girls 2nd Varsity 4+				
5	Girls 3rd Varsity 8+				
6	Girls Varsity 4 X				
7	Boys Varsity 2 -				
8			Girls 1st Novice 8+		
9			Boys 1st Novice 4+		
10			Boys 2nd Novice 4+		
11	Girls Varsity 1 X				
12	Boys Varsity 1 X				
13					Girls 2 nd Varsity 2X
14					Girls Varsity LTWT 4+
15	Girls 3rd Varsity 4+				
16			Girls Novice 1 X		
17	Boys 2nd Varsity 2 X				
18			Boys 1st Novice 8+		
19			Girls 1st Novice 4+		
20					Boys Varsity LTWT 8+
21	Boys 1st Varsity 2 X				
22			Girls 2nd Novice 8+		
23			Boys 2nd Novice 8+		
24			Boys Novice 1 X		
25	Girls 1st Varsity 2 X				
26	Girls 2nd Varsity 2 X				
27					Girls Varsity LTWT 8+
28					Boys Varsity LTWT 4+
29	Girls Varsity 2 -				
30					Boys Varsity LTWT 2x
31			Girls 2nd Novice 4+		
32	Boys 3rd Varsity 4+				
33	Boys 3rd Varsity 8+				
34	Boys Varsity 4 X				
35	Girls 2nd Varsity 8+				
36	Girls 1st Varsity 8+				
37	Boys 2nd Varsity 8+				
38	Boys 1st Varsity 8+				

SUNDAY FINALS

PF = Petite Final, GF = Grand Final

Time		Event	
8:00 AM	1pf	G1V 4+	PF
8:08 AM	1gf	G 1V 4+	GF
8:16 AM	2pf	B 1V 4+	PF
8:24 AM	2gf	B 1V 4+	GF
8:36 AM	3gf	B 2V 4+	GF
8:44 AM	4gf	G2V 4+	GF
8:52 AM	5gf	G 3V 8	GF
9:00 AM	6pf	G 4x	PF
9:08 AM	6gf	G 4x	GF
9:16 AM	7gf	B 2-	GF
9:24 AM	8gf	G1N8	GF
9:32 AM	9gf	B1N 4+	GF
9:40 AM	10gf	B2N 4+	GF
9:48 AM	11pf	G1V 1x	PF
9:56 AM	11gf	G1V 1x	GF
10:04 AM	12pf	B1v 1x	PF
10:12 AM	12gf	B1V 1x	GF
10:20 AM	13gf	G Ltwt 2x	GF
10:28 AM	14pf	GLtwt 4+	PF
10:36 AM	14gf	G Ltwt 4+	GF
10:44 AM	15gf	G 3V 4+	GF
10:52 AM	16gf	GN 1x	Gf
11:00 AM	17gf	B2v 2x	GF
11:08 AM	18gf	B1N 8	GF
11:16 AM	19gf	G1N 4+	GF
11:24 AM	20pf	B Ltwt 8	PF
11:32 AM	20gf	B Ltwt 8	GF
11:40 AM	21pf	B1V 2x	PF
11:48 AM	21gf	B1V 2x	GF
11:56 AM	22gf	G2N 8	GF
12:04 PM	23gf	B2N 8	GF
12:12 PM	24gf	BN 1x	GF
		BREAK	
1:30 PM	25pf	G1V 2x	PF
1:38 PM	25gf	G1V 2x	GF
1:46 PM	26gf	G 2V 2x	GF
1:54 PM	27pf	G Ltwt 8	PF
2:02 PM	27gf	G Ltwt 8	GF
2:10 PM	28pf	B Ltwt 4+	PF
2:18 PM	28gf	B Ltwt 4+	GF
2:26 PM	29gf	G 2-	GF
2:34 PM	30gf	B Ltwt 2x	GF
2:42 PM	31gf	G 2N 4+	GF
2:50 PM	32gf	B 3V 4+	GF
2:58 PM	33gf	B 3V 8	GF
			PF
3:06 PM	34pf	B 4x	
3:14 PM	34gf	B 4x	GF
3:22 PM	35gf	G 2V 8	GF
3:30 PM	36pf	G 1V 8	PF
3:38 PM	36gf	G 1V 8	GF
3:46 PM	37gf	B 2V 8	GF
3:54 PM	38pf	B 1V 8	PF
4:04 PM	38gf	B 1V 8	GF

MJRA Sportsmanship Guidelines

There are endless opportunities for us as coaches to teach values and morals to the future generations. What we teach them on the water through endless hours and thousands of strokes will stay with them longer than any single win. When many of us as coaches feel the pressure to win or base their self value on the results of teenagers in boats then it is time to get a better perspective on life. Remember we are educators first and coaches second and one should never miss an opportunity to teach. When the pictures fade and the medals dull in color and get put away in drawers, it will be what you stood for as a coach and a mentor that will be remembered and respected by your athletes not their win- loss record.

Two of the distinctive aspects of the sport of rowing are its "pure" or "amateur" status and the fact that athletes generally come to our sport much later than to others, and thus are less encumbered with parental investment. We are often the first models our athletes have for how to approach rowing; a healthy balance of passion and good humor; a value placed on honest effort, honestly evaluated; a high regard for all who row— regardless of for whom; an appreciation for the fairness of our competitions.

Conduct of Athletes

Competitors should treat each other with respect. It is important that kids learn to compete vigorously and fairly. It is inappropriate for them to badmouth their rivals.

On the water we should not indulge in gamesmanship. Deliberate false starts, snickering at a crew that is having trouble getting aligned, yelling at the other crew or playing music through the coxswain's amplification system are not acceptable behaviors.

After the races, if shirt bets have been agreed upon, the losing crew should find the winning crew and give up their shirts. If no shirt bet has been made, it is still a good idea for the losing crew to go over and shake hands with the winners. Athletes should be encouraged to spend a few moments talking with each other. Winning crews should be respectful of their opponents.

Conduct in the Launch

Our races have at least one launch that follows the race. It will contain the starter/race official, who in many cases during the season will be the coach of the home program. That launch needs to be under control at all times, never waking the racing crews or getting so close to the racing boats that they may feel threatened.

It is also very important for sportsmanship reasons and so that the crews can hear any direction that the race official may need to give to them that there be no noise from the launches that follow the race.

Frequently there is a second or a third launch containing assistant coaches and spectators. These other launches must be behind the Official's launch. Spectators may not use their privileged position in launches to cheer for the crews. The launch driver should make sure that all people on board understand that shouting from a launch is a serious lapse of sportsmanship. No coach should shout at his/her crew or at any opponent.

Launches should always make sure when returning from the finish line that they come to a dead stop when passing other crews. If they must pass through the starting zone, they must make sure that they do not wake crews racing or lining up to race.

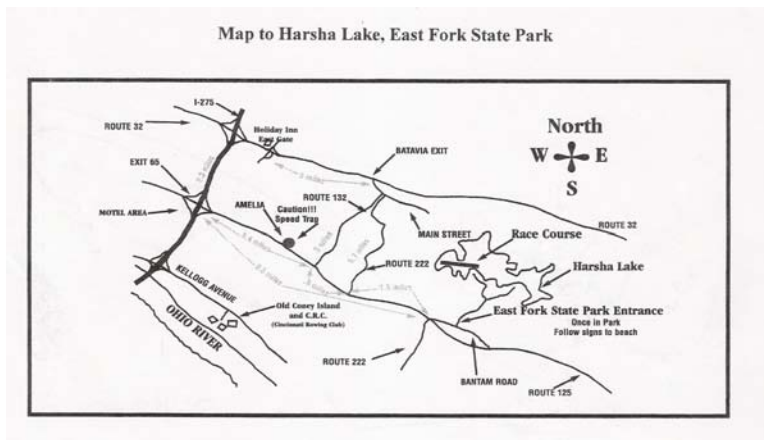
There is a procedure for expressing displeasure with the way a race has been conducted: a crew may protest the race to the official on the water. It is not appropriate to go beyond that, too badmouth the official or the other crew.

Spectators should be reminded that sportsmanship requires that they cheer for their own crew but do not jeer an opponent. Although our races are often held in public places, we should all try to follow host/guest etiquette.

VENUE MAPS AND TRAFFIC PATTERNS

Directions to Harsha Lake, East Fork State Park –using Rt. 125

- I-275 East/South to Beechmont Ave. – Rt 125 (Exit #65)
- Follow Beechmont Ave- Rt. 125 East- for 9.5 miles. You will pass through Withamsville, Amelia, and Mt. Holly. The road name will change names- Stay on Rt 125 East
- Note: As you pass through Amelia watch for the 25 Mph Zone, it is closely patrolled, even at 6AM!
- The Park turnoff is about 2 miles past the United Dairy Farmers on the left.
- At Bantam Road there is a light. Turn left onto Bantam Rd. Drive .2 miles to the East Fork State Park entrance. Turn left into the park, and follow the signs for the Beach.
- Drive about .9 mile, passing a cemetery and church on the left. Turn left where the Park signs indicate the Beach and continue for .6 miles to the lake. You will go down a small hill and the lake will be in front of you. The park is roughly 40mins each of Cincinnati.



East Fork Practice
Day Map



East Fork Race Day
Map



Regatta Site Map