



108th Annual NWIRA Championship Regatta Duluth, Minnesota, United States Friday & Saturday, August 19 & 20, 2011

Welcome to the 108th year of NWIRA

**Coaches meeting: 6:00 PM Thursday, August 18, 2011
at the Duluth Rowing Club**

NWIRA Registration Process

Entries are due by **Thursday, August 11, 2011.**

NWIRA association clubs and guest clubs can submit their entries at the Regatta Central website - www.regattacentral.com. The online registration will close at 12:00 AM Midnight (Pacific Time) on **Thursday, August 11, 2011.**

Changes in names and scratches without fees will be accepted until **5:00 PM (Central Time) Sunday, August 14, 2011.** After the August 11 deadline, clubs may submit changes and scratches to the NWIRA Secretary, stock041@tc.umn.edu. No entry and/or alternate changes will be accepted after the August 14 deadline.

Heats Draw and Event Schedule will be posted by **Wednesday, August 17, 2011.**

The following information are needed to prepare your club 2011 NWIRA entries in Regatta Central:

- Competitor list which includes first and last name of rowers and coxswains
- CARA # for Canadian competitors
- Masters' birthdates
- Crew entries which includes crew names, coxswain when needed, event #, event name, boat ID (i.e. A, B, C), and alternates when applicable.

All US competitors should be either an individual member of USRowing or a member of an USRowing-member institution. All Canadian competitors should be a member of Rowing Canada Aviron (RCA).

Entries will not be visible in Regatta Central until after registration is closed on Thursday, August 11, 2011

Please contact the NWIRA Secretary, Charlie Stockwell, (stock041@tc.umn.edu / 651-602-0758) with questions about the NWIRA registration process

Changes for 2011 NWIRA Championship Regatta

At the NWIRA Annual General Membership meeting on October 2, 2010, the NWIRA Board of Directors voted to implement the following changes starting with the 2011 Annual NWIRA Championship Regatta.

- If an event has only one entry after registration has closed, the event will stay on the schedule. At the coaches' meeting, clubs will have opportunity to submit entries to the event. Clubs submitting entries will pay normal entry fees for that event.
If the event does not receive any other entries at the coaches' meeting, NWIRA will cancel that event. NWIRA will refund the entry fee to the club with the solo entry.
- NWIRA will conduct an event that has two or more entries from only one club. NWIRA points will be awarded based on the number entries for the event.
- Association membership dues for NWIRA Association Clubs has increased from \$75 USD to \$100 USD. Guest Clubs, any rowing clubs that is not an association member of the NWIRA, will be assessed \$50 USD fee.
- Regatta fee has increased from \$15 USD to \$20 USD. This Regatta fee covers regatta expenses (e.g. banquet, insurance, entertainment, and equipment rental).
- Junior B Men 2x and Junior B Women 2x have been added to the championship regatta.

The NWIRA Board of Directors made these changes to increase participations in all events at the Championship Regatta and to meet increasing cost in conducting a high quality championship regatta.

NWIRA Fees Schedule

Exchange rate (1.00 USD = 1.02 CAD)

Based on 6 Month Average January 2011 thru June 2011 (Source: Bank of Canada)

	US Dollars	Canadian Dollars
Entry Fees		
Singles	\$17	\$17
Doubles / Pairs	\$34	\$33
Fours / Quads	\$51	\$50
Eights	\$68	\$67
Scratch Fees *		
Singles	\$17	\$17
Doubles / Pairs	\$34	\$33
Fours / Quads	\$51	\$50
Eights	\$68	\$67
NWIRA Club Membership Dues (Required)	\$100 per club	\$98 per club
Guest Club Fees (Required)	\$50 per club	\$49 per club
Damage Deposit (Required)**	\$40 per club	\$40 per club
Regatta Fees (Required) ***	\$20 per person	\$20 per person

* Any scratch fees NOT paid at the regatta will be subject to an administration fee (\$50 USD \$50 CAD).

** Damage deposit check will be shredded, if no damages were reported during the regatta.

*** All rowers, including coxswains, competing in the championship regatta are required to pay the regatta fee (\$20UD / \$20 CAD) in addition to boat entry fees and guest clubs fees or club membership dues. This regatta fee covers regatta expenses (e.g. banquet, insurance, entertainment, and equipment rental).

Non-rowers (parents, coaches, family members and friends) that wish to attend the awards banquet may do so at (\$20UD / \$20 CAD) per person. Clubs may list those individuals on the Club Information Form (see next section for details). After submitting the list, clubs are responsible for the number of people expected to attend. No refund will be given for those listed unable to attend the banquet.

Two payments will be collected at the coaches meeting on Thursday, August 18, 2010, at 6:00 PM (Central Time) at the regatta site. If you are not paying by credit card at Regatta Central, please make checks payable to Northwestern Int'l Rowing Assn. in the currency of the country of your club.

1. One payment, by credit card via Regatta Central and/or check(s), to pay for:

- Entry Fees. Entry fees will be based on entries and changes submitted as of 5:00 PM (Central Time) Sunday, August 14, 2011.
- Scratch Fees, if applicable.
- NWIRA Club Membership Dues, if applicable.
- Guest Club Fees, if applicable.
- Regatta Fees for individuals (rowers and non-rowers) attending the awards banquet.

2. One payment check for NWIRA Damage Deposit.

Club Information Form

To ensure that information related to the 2011 NWIRA Championship Regatta is communicated to the appropriate contacts at your club, complete the attached club information form (2011 NWIRA Club Information Form.doc) and send it to the NWIRA Secretary, Charlie Stockwell, at stock041@umn.edu. Please send the completed form no later than **Thursday, August 11, 2011**.

The form will also ask for two other information:

- A. A list of coxswains will be competing in the regatta, please include alternates. Officials need this information for weigh-in purposes.
- B. A list of all non-rowers (parents, coaches, family members and friends) that will attend the awards banquet. This allows the Duluth Rowing Club to plan the award banquet accordingly.

NWIRA Association Clubs

NWIRA is an association of rowing clubs in the United States and Canada. Current association club members are:

- Winnipeg Rowing Club (WNPG), Winnipeg, Manitoba, Canada
- Minneapolis Rowing Club (MPLS), Minneapolis, Minnesota, USA
- Minnesota Boat Club (STPL), St Paul, Minnesota, USA
- Duluth Rowing Club (DULT), Duluth, Minnesota, USA
- Kenora Rowing Club (KENR), Kenora, Ontario, Canada
- Thunder Bay Rowing Club (TBAY), Thunder Bay, Ontario, Canada
- Regina Rowing Club (RGNA), Regina, Saskatchewan, Canada
- Saskatoon Rowing Club (SASK), Saskatoon, Saskatchewan, Canada
- Pinawa Rowing and Sailing Club (PINW), Pinawa, Manitoba, Canada
- Rochester Rowing Club (ROCH), Rochester, Minnesota, USA
- Twin Cities Youth Rowing Club (TCYR), Edina, Minnesota, USA

NWIRA Volunteer Duty

Each NWIRA association club needs to provide two volunteers per day to work at the regatta. This duty can be divided among several people– as long as there are two volunteers from each club at all times for the duration of the event. Please contact Bill Hodapp at the Duluth Rowing Club for details. His phone number is 218-525-7878 and his email address is whodapp@css.edu.

Guest clubs are exempt from this duty.

Please provide volunteer contact information to Bill Hodapp. Contact information should include volunteer name, date and time they are available, their email address and phone number. Volunteers will be contacted a week before the regatta on their role at the regatta.

Rower Classifications

Junior B	An individual who will be 16 or under on December 31, 2011.
Junior	An individual who in the current calendar year does not attain the age of 19, or who is and has been continuously enrolled in secondary school as a full time student seeking a diploma, whichever is later.
Open	All individuals are eligible for Open events. Individuals rowing in Open events cannot row in Master's events.
Masters	An individual who will be age 27 or older on December 31, 2011. Masters will be age handicapped based on the United States Rowing Association's Handicap System. Age will be based on the rower's age as of the last day of the calendar year. All masters entering master's events can only row Master events, Dashes, and Open 8+ events.

Lt. Weight Women No crew member shall be over 130 lbs – 59.0 kg.

Lt. Weight Men No crew member shall be over 159.8 lbs – 72.5 kg.

With the exception of the Junior 8+ events, all Master, Junior B, Junior, and Open rowers may row in any 8+ events

Course Length

Except for dashes, all rowing events are 2000 meters. Dashes will be 400 meters, starting from the 1600 meters mark.

Waiver

Waiver is required at this championship regatta. US rower must submit their waiver on line thru Regatta Central or use attached waiver form. US rowers can turn in their completed waivers at the coaches meeting.

Canadian rowers can use attached waiver and turn in completed waiver at the coaches meeting.

Postponed Races on Sunday

If needed, regatta officials may conduct postponed races on Sunday.

Maximum Number of Events

Rowers may compete up to six events that he or she is eligible to row. Dashes are not included in this limit.

Coxswains

- Coxswains must not weigh less than 125 lbs – 57.0 kg for men’s boats and 110 lbs – 50 kg for women’s boats. Coxswains must weigh in ONCE for the regatta. Coxswains who weigh less than the required minimum MUST carry weight. Coxswains are responsible for picking up a sand bag at the weigh-in station or for securing their own weights.
- Please enter list of coxswains on the Club Information Form.

Weigh-Ins

- Weigh-ins shall be open for at least one and one-half hours and will end one-half hour before the first light weight race on the first day of the regatta. Weigh-in on first day of the regatta applies for lightweight events on both day of the regatta, Friday and Saturday.
- Crews and Coxswains must be accompanied by their coaches for weigh-ins. Pair and Double teams MUST weigh-in together.
- If a male weighs in more than three pounds or a female weighs in more than two and a half pounds over the maximum weight for lightweights, that individual will be disqualified from the lightweight events for the regatta.

- ALL CREWS AND COXSWAINS MUST BE IN CLUB ATTIRE FOR WEIGH-INS, DRESSED AS TO COMPETE IN A RACE – NO EXCEPTIONS! Athletes who do not dress in racing attire will not be allowed to weigh-in. Athletes have only two attempts only to make weigh on the first day of the regatta, provided they are not over the maximum allowed weight. There will be no “practice weigh-ins”.
- Not making weight results a scratched entry and a scratch fee will be applied.

Club Colors

All competitors must wear their club colors on the water.

Bow Balls and Bowmarkers

All crews are required to have a bow ball on their shell. NWIRA will have standard size bowmarkers available for shells.

Heel Ties

All stretcher shoes must have heel-restraining ties in place. Dock master will inspect shells before they can be launched.

Awards

- Awards will be given for first place finishes in all events.
- Award ribbons will be given to second and third place finishes in all Junior events.

Aggregate Trophies

Aggregate trophies are awarded to the club scoring the most points for:

- Junior’s Division Championship
- Master’s Division Championship
- Women’s Division Championship (Henning Peterson Trophy)
- Men’s Division Championship (Con’ Riley Trophy)
- US / Canada Cup – US Clubs vs. Canadian Clubs
- Efficiency Championship (CAN-AM Shield)
- Grand Aggregate NWIRA Championship (Sir Thomas Lipton Cup)

All clubs, including guest clubs are eligible to earn points for the aggregate trophies.

NWIRA Scoring System

Event Types	# of Entries in an event	2000 Meters Events						
		Places						
		1st	2n	3rd	4th	5th	6th	7th
1X	2	10	4					
	3	10	6	0				
	4	10	6	4	0			
	5	10	6	4	2	0		
	6	10	6	4	2	1	0	
	7 or more	10	6	4	2	1	0.5	0
2X/2-/2+	2	15	6					
	3	15	9	0				
	4	15	9	6	0			
	5	15	9	6	3	0		
	6	15	9	6	3	1.5	0	
	7 or more	15	9	6	3	1.5	0.75	0
4X/4+/4-	2	20	8					
	3	20	12	0				
	4	20	12	8	0			
	5	20	12	8	4	0		
	6	20	12	8	4	2	0	
	7 or more	20	12	8	4	2	1	0
8+	2	30	12					
	3	30	18	0				
	4	30	18	12	0			
	5	30	18	12	6	0		
	6	30	18	12	6	3	0	
	7 or more	30	18	12	6	3	1.5	0

# of Entries in an event	Dashes Events						
	Places						
	1st	2nd	3rd	4th	5th	6th	7th
2	6	2.4					
3	6	3.6	0				
4	6	3.6	2.4	0			
5	6	3.6	2.4	1.2	0		
6	6	3.6	2.4	1.2	0.6	0	
7 or more	6	3.6	2.4	1.2	0.6	0.3	0
2	20	8					
3	20	12	0				
4	20	12	8	0			
5	20	12	8	4	0		
6	20	12	8	4	2	0	
7 or more	20	12	8	4	2	1	0

2011 NWIRA Championship Regatta Schedule of Events

Except for Dashes, all Events are 2000 Meters

Friday – August 19, 2011	Saturday – August 20, 2011
1. Master Men 4x	29. Open Women's 8+
2. Junior Women 2-	30. Master Men 4-
3. Master Women 1x under 50	31. Junior Men 2x
4. Master Women 1x 50 and over	32. Junior B Men 2x
5. Junior Men 4x	Break
6. Junior B Women 4x	33. Light Weight Women 1x
7. Open Women 2-	34. Open Men 4-
8. Light Weight Men 1x	35. Master Women 2x
9. Open Men 1x	36. Junior Women 4+
10. Mixed Master 4x	37. Junior Men 8+
11. Junior Men 2-	38. Open Women 4-
12. Junior Women 8+	39. Master Men 2x
13. Open Women 1x	Lunch Break
14. Open Men 4x	40. Junior Women 2x
15. Master Men 2-	41. Junior B Women 2x
Lunch Break	42. Men's 8+
16. Master Women 2-	43. Master Women 4-
17. Open Women 4x	Break
18. Junior Women 1x	44. Light Weight Women 2x
19. Junior Men 4+	45. Open Women 2x
20. Open Men 2-	46. Junior Men 1x
21. Master Women 4x	(10 min to switch lines)
22. Master Men 1x under 50	47. Dash Men 1x
23. Master Men 1x 50 and over	48. Dash Lt. Wt. Men 1x
Break	49. Dash Women 8+
24. Junior B Men 4x	Break
25. Junior Women 4x	50. Open Men 2x
(10 min to switch lines)	51. Light Weight Men 2x
26. Dash Women 1x	Break
27. Dash Light Weight Women 1x	52. Mixed Master 2x*
28. Dash Men 8+	* Local Operating Club Special Event

NWIRA Banquet and Award Ceremony

7:30 PM Banquet

8:30 PM Award Ceremony

Grandma's Sport Garden in Canal Park will host the NWIRA Banquet and Award Ceremony.

Hotel Accommodations in Duluth

Hawthorn Suites at Waterfront Plaza 218-727-4663

Superior Inn (218-394-7706)

Comfort Inn 218-628-1464

Holiday Inn 218-722-1202

Park Inn 218-727-8821

Best Western Edgewater 218-728-3601

For other lodging options see www.visitduluth.com.

Camping

Camping will be available in designated areas only. Water and satellite toilets will be available. No tobacco, alcoholic beverages or illegal drugs are allowed on Duluth Rowing Club property.

Out of respect for the Duluth Rowing Club's neighbors, loud music is strictly prohibited. Campfires are not allowed.

While the DRC grounds will be monitored, the Duluth Rowing Club will not be liable for any loss or damage to personal or club property. Law enforcement will be called in the event of disorderly conduct.

2011 NWIRA Championship Regatta

Club Information Form

Please send completed form to the NWIRA Secretary
at stock041@umn.edu no later than August, 11, 2011.

Please enter the following information for your club. Information provided will ensure that information related to the 2011 NWIRA Championship Regatta get communicated to the appropriate contacts at your club.	
Club Name	
Contact Information of officers or coaches completing NWIRA entries for their club.	
Name of Official or Coach	
Home Phone	
Work Phone	
Email Address	
Name of Official or Coach	
Home Phone	
Work Phone	
Email Address	
If different from above, contact Information to be used to send heat schedule after lane draw	
Name of Official or Coach	
Home Phone	
Work Phone	
Email Address	

Release of Liability

Fax: 609-924-1578



IN CONSIDERATION of being given the opportunity to participate in any USRowing activity, including scheduled, supervised club activities, and registered regattas, during the policy term 12/31/10 – 12/31/11, I, for myself, my personal representatives, assigns, heirs, and next of kin.

1. I ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.

2. I FULLY UNDERSTAND that: (a.) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death (“Risks”); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Release named below; (c.) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. I AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of USRowing and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.

4. I HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, the Regatta, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place, (each considered one of the Releasees herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasee or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim, to the fullest extent permitted by law.

PLEASE DO NOT CHANGE OR ALTER THE WORDING ON THIS WAIVER WITHOUT PRIOR APPROVAL FROM USROWING

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Participant:

USRowing # _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date: _____

Participant’s Signature: _____

Organization: _____

PARENTAL CONSENT

(if participant is under the age of 18).

AND I, the minor’s parent and/or legal guardian, understand the nature of rowing activities and the minor’s experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor’s account caused or alleged to be caused in whole or part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor’s behalf makes a claim against any of the above Releasee, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost any may incur as the result of any such claim, to the fullest extent permitted by law.

Printed Name of Parent/Guardian:

Address: _____

City _____ State _____ Zip _____

Phone: _____ Date: _____

Parent/Guardian Signature (only if participant is under the age of 18): _____

This is THE USRowing Release of Liability, which should be copied for your use.