



2007 Northwest Masters Regional Championship Regatta
Friday – Sunday
June 22-25, 2007
Vancouver Lake, Washington

Entries are now being accepted for the 2007 USRowing Northwest Masters Regional Championship Regatta. This regatta will be held on Vancouver Lake in Vancouver, Wash., just north of Portland, Ore. Races will be run on a fully buoyed 1,000-meter race course with stake boats. The Portland Vancouver Rowing Association and Vancouver-Clark Parks & Recreation will host this year's championship.

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ENTRY FEES

BOAT TYPE	ENTRY FEE (by June 12)	LATE ENTRY FEE (after June 12)
8+	\$70.00	\$95.00
4+ / 4x	\$47.00	\$62.00
2- / 2x	\$33.00	\$58.00
1x	\$23.00	\$48.00

\$5 VOLUNTEER FEE

In addition to the entry fees listed above, a \$5 volunteer fee is charged to each athlete. All proceeds from this fee will be divided among clubs who provide volunteers to work at the regatta.

JUNIOR NATIONAL TEAM SELECTION CAMP FUNDRAISING EFFORT

Each year, young men and women from across the country consider trying out for the junior national team. However, representing the U.S. at the junior world championships is a very expensive endeavor. Athletes who make the team will spend as much as \$4000 on room and board during the selection camp, air travel, and their accommodations and food overseas. Due to financial limitations, some Northwest athletes may choose not to even try out.

To help prevent that from happening, the NW Rowing Council has established a fund to help Northwest junior national team hopefuls in financial need. Donations will be collected at the USRowing Registration Tent during the regatta. All donations will be deposited in the NW Rowing Council bank account, and the NWRC Juniors Committee will administer the distribution of funds.

Athletes are encouraged to donate \$1 for each race they compete in. For most athletes, this will total no more than \$2-\$5, less than a pastry and latte at your local coffee shop. If everyone contributes just a small amount, it will add up to a substantial fund that can change a young athlete's life and ensure that ALL the best rowers from the Northwest will have the opportunity to represent their country.

Please consider asking your athletes and parents to contribute to the fund, and look for a flyer to appear at your boathouse with more details about the junior national team experience, costs and the NWRC Fund.

IMPORTANT DATES & DEADLINES

May 9	•First Day Regatta Central allows entry input for the regatta
June 13	•Deadline to input entries for the regatta without paying late fees •Closing date for Regatta Central •Last day to scratch entries and receive a full refund of the entry fee
June 14-15	Organizations scratching entries will be charged the entry fee but no additional scratch fees
June 15	•Preliminary Event Schedule published on Regatta Central and USRowing websites
June 16 or later	•Entries scratched June 16 or a later date will be charged the entry fee and a \$25 scratch fee.
June 19	•Lane draws posted on Regatta Central and USRowing websites.
June 22 -- 8:30am	•Deadline for late entries, which will only be accepted if space is available and the coach submits payments, waivers and lineup form.
June 22 --10:00am	•Coaches & Coxswains Meeting (estimated) •Control Commission opens; coxswains and lightweights may weigh in.
June 22 --12:00pm	•Racing begins (estimated)

ELIGIBILITY & MEMBERSHIP

Northwest Region: The USRowing Northwest Region is defined as the states of Alaska, Idaho, Montana, North Dakota, Oregon, South Dakota, Washington and Wyoming. Organizations from other regions and other countries are welcome to enter all events. Should an out-of-area crew win first place, that crew will receive gold medals and the highest placing Northwest region crew also will receive gold medals.

Composite Crews: Composite crews are welcome at NW Masters but must be designated as composite crews on lineup forms.

Rules of Rowing 5-203, 5-204: *Composite crews are those that include competitors from more than one club...Once a crew has been entered as a composite crew, it shall remain so, regardless of subsequent substitutions. Only competitors who are bona fide members of a club shall be entered by that club, except that a composite crew may be entered by any of the clubs to which one of the competitors of the crew belongs. A competitor may represent only one club at a regatta. A competitor shall not represent more than two clubs in any calendar year. Individual exemptions from the requirements of this subsection may be granted by USRowing (800-314-4769) to competitors upon showing good cause.*

Question: Jane Doe trains with a sweep-only program named "Montana RC." She also trains with a separate sculling program named "Missoula Sculling." May she compete in the eight as "Montana RC" and the quad as "Missoula Sculling?"

Answer: No, Jane Doe may only represent one organization at NW Masters. If Jane Doe has declared membership at "Montana BC," the eight may enter as "Montana RC." The quad must enter as "Composite Montana RC/Missoula Sculling".

USRowing Individual & Organizational Membership: The Northwest Regional Championships are USRowing owned events. Each participant must be an individual member of USRowing. Each program must be an organizational member of USRowing. Contact USRowing with any questions about membership:

Toll Free (800) 314-4769
Office Tel (609) 751-0700

Email members@usrowing.org
Website www.usrowing.org

Athletes from Foreign Rowing Federations: Rowers from other nations must be members of their National Rowing Federation, as recognized by FISA, or members of USRowing. Athletes should list their federation name and membership number on their signed waivers. Example:

Rowing Canada Aviron Membership: Canadian citizens may be individual members of RCA or members of USRowing. Contact Rowing Canada Aviron with any questions about membership:

Toll Free (877) 722-4769
Office Tel (250) 361-4222

Email rca@rowingcanada.org
Website www.rowingcanada.org

ATHLETE RESTRICTIONS

Each Athlete is Restricted to Seven Events During the Regatta: An event with heats and finals counts as one event. The Northwest Rowing Council Masters Committee voted on this restriction at the January 2007 meeting to keep the regatta size manageable.

Coxswain Exemptions: Coxswains are exempt from restrictions on the number of events during the regatta.

RULES OF ROWING DEFINITIONS

Rules of Rowing 4-104(b): *A master is a competitor who has attained or will attain the age of 21 during the current calendar year, rounded down to the nearest whole number. A competitor's age is determined as of December 31 of the current calendar year ("rowing age"). A competitor thus becomes a master on January 1 of the year of his or her 21st birthday. A masters crew shall be comprised exclusively of masters rowers, but the coxswain need not be a master.*

Rules of Rowing 4-104 (b) (1): *Masters crews shall be classified by age, according to the following categories:*

“AA” = 21 to 26 years “C” = 43 to 49 years “F” = 60 to 64 years “I” = 75 to 79 years
“A” = 27 to 35 years “D” = 50 to 54 years “G” = 65 to 69 years “J” = 80 +
“B” = 36 to 42 years “E” = 55 to 59 years “H” = 70 to 74 years

The age category of a masters crew shall be determined by the average age of the rowers in the crew, rounded down to the nearest whole number. The age of the coxswain shall not be counted.

Rules of Rowing 4-104 (b) (2): *Individuals whose age places them in the AA category may not compete in any category other than AA or A. Any crew that competes in the A category with AA rowers must attain an average such that it is eligible to compete as an age category crew. (In other words, the age average must not fall below 27 years).*

“Mixed” Events: One half of the rowers in the boat must be men and the other half must be women. As written in the rule book – “Mixed events must be 50% women excluding the coxswain.”

“Novice” Events: All rowers in the boat must be new to rowing as of July 2005. These boats do not require the coxswains to be novices.

“Lightweight” Events: See page 8-9 for more lightweight information. Please note that lightweight events may be combined with open-weight events if there are less than three entries for either classification.

USROWING RULES OF RACING

The regatta will be a USRowing registered regatta, officiated by USRowing referees, and will abide by the USRowing 2007 edition of the Rules of Rowing. Entry Forms and waivers must be fully completed and presented before a team or individual is allowed to compete.

The handbook for *2007 Rules of Rowing* will be available on site for your review. The following is an excerpt from the *2007 Rules of Rowing* and will be enforced:

1. **Bow balls and bow numbers:** Bow balls and bow numbers are required for any boat preparing to race. Boats without bow balls will not be allowed on the race course. Boats shall also be fitted with a “bow clip” to attach a bow number. USRowing will supply bow numbers. Boats without a bow clip to attach a number may be prohibited from racing. Reference Rule #3-105.
2. **Foot Stretchers:** Each shell must be equipped with quick-release footgear or heels attached with strings to allow quick release. Each heel tie must restrict movement to no more than three inches. Reference Rule #3-109.
3. **Bow Coxed Shells:** All bow-coxed shells must meet the *Rules of Rowing* requirements regarding the size of the opening through which the coxswain enters the shell. Reference Rule #3-110.
4. **Quad Races:** All quad races are without coxswains.

The following rules will be waived or amended as follows:

1. Rule 3-104 Minimum Weight of Boats – Waived
2. Rule 4-110 Weighing of Competitors – Amended – See Weigh-Ins Procedure on Page 8-9.

ENTRY PROCESS

Regatta Central: The Northwest Masters Regional Championship will again use this web-based service. You may submit entries and monitor regattas online and receive immediate entry verification. Each regatta has a separate “entry window” with Regatta Central. The window for NW Masters will be May 9, 2007 – June 12, 2007.

If at all possible, please use Regatta Central to submit your entries. Entries will still be accepted via mail if you do not have online access. You may pay directly online with MasterCard or Visa. If you prefer to pay by check, please submit your entries online, print off the invoice (pages 16-19) and mail to:

**USRowing / Elizabeth Webb
2 Wall Street
Princeton, NJ 08540**

USRowing Member Numbers: To expedite the process of submitting entries through Regatta Central, you should have USRowing member numbers for all of the athletes you plan to enter. If you do not have all member numbers at hand, you can go back later and enter the numbers you are missing. If you would like a list of members that are in the USRowing database affiliated with your organization, please contact our membership department at (609) 751-0703 or members@usrowing.org. We will be happy to provide a list of the members and their member numbers, expiration dates and verified waivers.

Rowing Canada Aviron Member Numbers: See instructions below

REGATTA CENTRAL INSTRUCTIONS

For New Users of Regatta Central:

1. Point your web browser to <http://www.regattacentral.com>
2. Click on the "New User" link to create your FREE membership
3. Follow the online instructions. You will be prompted to add the NW Masters to your personal regatta calendar. Once your account has been created, click on "My Entries"

For Existing Users of Regatta Central:

1. Point your web browser to <http://www.regattacentral.com>
2. Log into your account
3. Click on "Add a regatta to my calendar"
4. Select the NW Masters and add it to your calendar
5. Start adding entries.

Regatta Central Unified Account: Each organization should set up one unified account to handle both men's and women's teams. Regatta Central will add up the entire number of athletes to calculate the \$5 volunteer fee total. Be very careful to avoid double-entering athlete names.

Have USRowing Individual Membership Numbers ready: Regatta Central will identify the athlete by the USRowing number and tell you if he/she has signed the 2007 Online Waiver.

Rowing Canada Aviron Members: May register online with Regatta Central, but must print up paper waivers (page 20), sign and list RCA member numbers. Please mail or fax to USRowing.

ONLINE WAIVERS

USRowing offers web-based waivers and we encourage organizations to utilize this convenient service. The waiver is good for the entire 2007 year. Please ask your members to have their USRowing individual membership numbers and zip codes ready, and direct them to http://www.usrowing.org/join_renew/membershipoptions/waiver.aspx.

For members unable to access the web, a copy of the Release of Liability Waiver is on page 20 of this packet. You may fax waivers to USRowing at (609) 924-1578. Signed waivers must include the individual's USRowing membership number.

Rowing Canada Aviron Members: You must print up paper waivers (page 20), sign and list RCA member numbers. Please mail or fax to USRowing.

SCRATCH FEE POLICY

- **June 12, 2007:** Organizations scratching entries before or on June 12 will receive a full refund of the entry fee.
- **June 13 & 14, 2007:** Organizations scratching entries on June 13 or 14 will be charged for the entry fee, but no additional scratch fees.
- **June 15, 2007 or a later date:** Entries scratched on June 15 or a later date will be charged for the entry fee and a \$25.00 scratch fee.
- **Scratch Notification:** No phone scratches will be accepted. Only scratches submitted in written form, by e-mail, fax or regular mail will be accepted.
- **Scratching Before the Regatta / Fee Payment:** Fees must be paid by the conclusion of the Coaches and Coxswains Meeting for that organization to compete.
- **Scratching During the Regatta / Fee Payment:** For scratches during the regatta, non-launched boats, or no-shows at the start line, the \$25 fee must be paid within one hour, or additional boats from that organization will not be allowed to launch.
- **Extenuating Circumstances:** Illness, injury, emergency, etc., which prevent participating will be reviewed on a case-by-case basis. Requests for a scratch fee exemption must be made to USRowing Registration headquarters on-site at the regatta.

LATE PAPERWORK & LATE PAYMENTS

Late Entries received after June 12 will be accommodated on a "space available" basis for scheduled heats and finals. Entries will be accepted until June 22 at 8:00 a.m. at the USRowing Registration Tent, before the start of the Coaches and Coxswains Meeting.

Late Entry Fees: Late Fees are due with entry forms. Entries submitted without late fees will not be included in the regatta schedule. Phone entries will not be accepted. Fax entries will only be accepted with Visa or MasterCard Payment.

Team Rosters and Waivers: If at all possible, please use Regatta Central to submit your rosters and the USRowing website to submit your waivers. These documents may be mailed, but must arrive by June 12, 2007, at the USRowing office in Princeton. Otherwise, your entry will be held until the waivers and rosters arrive, and your crews will be subject to space availability and the late fee.

Outstanding Payments: Any organization with outstanding balances for entry fees or scratch fees at the start of racing will not be eligible to participate in the regatta and any future USRowing events until the fees are paid.

COACHES & COXSWAINS MEETINGS

Friday June 22 (estimate 10:00 am): A meeting will be held two hours before the start of racing at the USRowing Registration tent to review regatta procedures and the race schedule. All organizations and individual competitors are required to send a representative to the meeting. Attendance will be taken. Remaining schedules will be distributed to parents one hour after the meeting.

Saturday June 23 (6:00 am): Head coaches should stop by the tent to get copies of the daily schedules and updated information. Remaining schedules will be distributed to athletes after 7:00 am.

Sunday June 24 (6:00 am): Head coaches should stop by the tent to get copies of the daily schedules and updated information. Remaining schedules will be distributed to athletes after 7:00 am.

HOT SEATING

Hot Seating Part 1: Crews that need to hot-seat should notify the USRowing officials at the control commission tent before launching for the initial race. The hot seating crew will be given priority to change out rowers/coxswains, but the race is still planned to start on time.

Hot Seating Part 2: After the initial race, the crew should land on the north end of the launching beach (NOT the landing beach). Coxswains should signal to the launching beach master for direction and assistance, and should not land until directed to do so. Crews should remember to reset the lane number in the bow for the second race.

Hot Seating Part 3: Even though the regatta will try to accommodate all hot seating instances, no guarantee can be made that you will make it to the line with sufficient time to be included in the race.

MEDALS & TROPHIES

Awards Ceremonies: There will be awards ceremonies for all regatta events. Winning crews should come to the awards tent as soon as possible after the race final concludes to receive their trophy and medals.

Medals: First, second and third-place crews will receive medals. If the first-place crew is from outside the region, that crew will receive first-place medals. The highest placing Northwest crew will receive duplicate first-place medals, and the designation of Northwest regional champion.

Regatta Concessions: Regatta souvenir t-shirts will be on sale for \$15

VENUE GUIDELINES

Trailer Parking: Trailers must enter the park through the main entrance where the tollbooth is located. Follow the signs to the right, to the trailer lot entrance, where you will be issued a Trailer Parking Lot Permit and directed to a parking spot.

Only vehicles with the Trailer Parking Lot Permit will be allowed to enter this parking lot. There is no charge for parking on Thursday, however any vehicles entering the parking lot on Friday, Saturday or Sunday will be charged a parking fee. The south entrance to the parking lot will remain open throughout the regatta. However, the teeth will be up. Please do not try to enter the trailer lot through this entrance.

Trailers may arrive during the following times, when there will be a parking attendant available:

- **Wednesday June 20**, by appointment only, e-mail Regatta Director Sam Taylor at lccrew@lclark.edu **NOTE: Trailers or equipment will not be allowed in the park until after 4:00 on Wednesday.**
- **Thursday June 21, 4:00 pm - 8:00 pm** (earlier arrival must be made by appointment with Regatta Director Jeanne Niemer at Sam Taylor at lccrew@lclark.edu)
- **Friday June 22, 7:00 am – Noon**
- **Saturday June 23, 5:00 am – 10:00 am**
- **Sunday June 24, 5:00 am – 10:00 am**

Vehicles arriving on Friday or Saturday outside the times listed above will need to go to the USRowing Registration Tent and request for the gate to be opened.

Park Hours & Individual Parking: The main entrance gate to the park will open at 7:00 a.m. on Thursday and Friday and will close at dusk. The main entrance gate to the park will open at 5:00 am on both Saturday and Sunday mornings and will close at dusk.

Parking Fees and Restrictions: All vehicles entering the park on Friday, Saturday or Sunday will be required to pay the parking fees. Fees are \$2 for cars and \$4 for cars with trailers or RVs. Please drive only on marked roads. **The Park STRICTLY PROHIBITS driving on the grass or the beach for ANY reason.** All equipment must be carried from the parking lot – hand trucks are available to borrow at the USRowing Registration Tent. All RVs must park in the overflow lot. **Buses are no longer allowed to enter the parking lot.** Buses dropping off or picking up athletes should do so on the main road. Buses will also be allowed to park in the “Bus Parking Only” areas marked along the main road.

Park Security: Security will be provided at the park from 6:00 pm to 6:00 am on Wednesday, Thursday, Friday and Saturday evenings.

Boat Storage & Rigging: Boat storage and rigging will again be permitted in the area to the south of the launching beach and also in the area north of the rest rooms. Storage areas will be well-marked with orange cones and caution tape. Please do not try to set up slings anywhere except in the designated boat storage areas. Boat racks will be provided for your use. NOTE: Crews using the north boat storage area are still required to park their trailer in the trailer lot. . ****PLEASE DO NOT MARK OR SETUP YOUR CAMPSITE UNTIL AFTER 2:00 ON WEDNESDAY.**

Oar Corral: There is not ample space on the beach to leave oars, even temporarily. The “Oar Corral” for temporary storage of oars during launching is located next to the beach, near the control commission and weigh-in area. In addition, crews should not leave oars on the beach after landing.

Launching & Landing: Please follow the designated launching and landing patterns and have your coxswains take direction from volunteers and beach masters. The area immediately to the north of the landing area is a public swimming area. Coxswains should take care not to land in the swimming area.

First Aid: All organizations are encouraged to provide first aid kits for their athletes, taking into consideration the special needs of their athletes. Please carry your emergency medical consent forms with you. Medical assistance will be available at the first aid tent, near the finish line tent. Crews requiring attention should go directly to the first aid tent.

PARK USE GUIDELINES

Camping: Overnight camping in the park is strictly prohibited, either in tents or RVs. Please do not contact the city or county to obtain special use permits. Park employees will patrol the park at night and anyone found camping or staying in an RV overnight will be asked to leave.

Team Tents: Crews may bring tents to the regatta, and may use stakes that are less than 12” long to anchor tents. The park specifically prohibits air mattresses or flat-bottom (camping) tents on the lawn, but these may be set up on the beach.

Irrigation: The Park maintains a regular irrigation schedule for all their grassy areas. The sprinklers may be turned on any evening during the regatta. Keep this in mind and put away anything that might be damaged by getting wet.

Pets: NO DOGS ARE ALLOWED IN THE PARK. From April through October, dogs are forbidden in the area of Vancouver Lake Park where we hold regattas. Regatta participants who violate this rule jeopardize future rowing events at the park. This rule will be strictly enforced. Please do not bring your dog. You will be asked to leave.

WEIGH-IN PROCEDURES

Weigh In Once Each Day: All lightweight athletes and coxswains must weigh in once each day in which they compete. All coxswains and athletes must weigh in wearing their team uniform, **INCLUDING COXSWAINS**. Coxswains who must carry weight are required to provide their own additional weight (excluding tools, watches and extra clothing). Control commission officials will verify this.

Weigh-In Schedule at Control Commission: Priority will be given to competitors who are racing within 90 minutes of the scheduled opening time of weigh-ins.

Friday June 22	10:00* am – 2:00 pm
Saturday June 23	5:30 am – 2:00 pm
Sunday June 24	5:30 am – 12:00 pm

**The 10:00 am opening time may change depending on the start of racing.*

Protocol for Athletes and Coxswains Weighing In:

1. Go to the practice scale (location to be determined) to find out if you will need to carry weight and pick up the necessary paperwork.
2. Complete all the necessary paperwork and get your necessary weight before arriving at the official weigh-in location.
3. Go to the official weigh-in scale located in the control commission tent with your completed paperwork and correct weight in hand. Please note that there are separate lines for coxswains and lightweight athletes.

SCHEDULE PUBLICATION

June 14 - Preliminary Event Schedule Published: This document will be published on Regatta Central and the USRowing website at www.usrowing.org. Each main club contact also will be emailed an entry confirmation notice and the race schedule. Please be certain your contact information on Regatta Central is accurate. All questions regarding entries and the schedule should be directed to James Rawson, (503) 473-6239 or nwrowing@gmail.com.

June 19 - Lane Draws Published: This document will be published on Regatta Central and the USRowing website at www.usrowing.org.

SCHEDULE OVERVIEW

Flexibility for Weather: Improvements have been made to the schedule to allow flexibility if weather delays racing. The schedule will leave 90 minutes of daylight in the evening, allowing extra time if weather delays racing.

Centers: All events will run on eight-minute centers. *Coaches, please review the procedures to back shells into stake boats, how to correct lines with sculling and other start line procedures well in advance of the championships.*

Practice Times: Vancouver Lake will be open for practice from 6:00 a.m. – 10:00 a.m. on Friday. CREWS PRACTICING MUST BE OFF THE WATER BY 10:00 AM ON FRIDAY. **The course will be closed for practice at all other times during the regatta. Crews violating this policy may be assessed a warning or be excluded from an even at the discretion of the Chief Referee.**

Semi Finals: In any event with 19 or more entries, the schedule will use USRowing Progression System "B" for six lanes. Please reference rule 5-209(d). Heats, semifinals and grand finals will be scheduled to allow adequate recovery for the crews.

Combined Age Categories: Many events combine age categories, requiring time handicaps during racing. If there are enough entries in those events, they will be split if time allows. Example: The Men's AB 4+ has 10 boats entered, four boats in the "A" age class and six boats in the "B" age class. The schedule will be altered to allow a Men's A 4+ and a Men's B 4+. In this situation, neither race would have handicap times applied.

INCLEMENT WEATHER SCHEDULE

Inclement Weather Schedule: In the event that inclement weather causes delays in the regatta schedule, changes will take effect in this order:

1. Reduce race centers (all races run reduced time between race starts)
2. Shorten the course to 500m
3. Timed finals (all heats run using finish times to determine final results).
4. Cancel races, at the direction of the USRowing Chief Referee.

ANTICIPATED SCHEDULE OF HEATS AND FINALS

The schedule below is a mockup, based on 2004 and 2005 entries.

FRIDAY RACING

1	Mixed C 4x	19	Mens AA-A 2x
2	Womens A+ Light 2-	20	Womens C 8+
3	Mens F 2x	21	Mens C 2x
4	Mens D+ Light 2x	22	Mens AA-A 8+
5	Womens C+ Novice 1x	23	Womens A 2x
6	Mens B 1x	24	Womens AA 2x
7	Mixed D 4x	25	Mixed E+ 4+
8	Mens A+ Novice 4+	26	Mens A+ Light 4x
9	Mens A+ Novice 4+	27	Mixed B 4+
10	Womens C Light 1x	28	Mens D 4x
11	Womens E 4x	29	Womens B Light 4+
12	Womens F+ 4x	30	Womens D 4+
13	Mens A+ Light 2-	31	Mens B 2-
14	Mens E+ Light 1x	32	Womens B 1x
15	Womens A+ Novice 4+	33	Womens C Light 2x
16	Mens E 4+	34	Mixed AA-A 8+
17	Mixed B 4x	35	Womens D+ Light 8+
18	Mens A+ Novice 1x		

SATURDAY RACING

36	Mens E 1x	62	Womens AA-A 4x
37	Womens E 2-	63	Womens D+ Light 4x
38	Womens F+ 2-	64	Mixed D 8+
39	Mens C 4+	65	Mixed C 8+
40	Womens C 4x	66	Mens D 2x
41	Womens A-B Novice 1x	67	Mens H+ 2x

42	Mixed F 2x
43	Mixed G+ 2x
44	Mens B 2x
45	Womens AA-A 8+
46	Mens D 8+
47	Womens D 2x
48	Womens B Light 1x
49	Mixed AA 2x
50	Mens B 4x
51	Womens B 4+
52	Womens D+ Light 4+
53	Mens E+ 2-
54	Womens AA-A Light 1x
55	Womens E+ 1x
56	Mixed B 8+
57	Mens C 1x
58	Mens F 1x
59	Womens C 2-
60	Mens AA-A 4+
61	Mens C+ Light 4+

68	Mens G 2x
69	Womens D 8+
70	Mens B 8+
71	Womens D+ Light 2x
72	Womens B 2x
74	Mens E+ 4x
75	Mixed C 4+
76	Womens E+ 4+
77	Mens C-D 2-
78	Mixed AA-A 4x
79	Womens C 1x
80	Mixed E 2x
81	Mens G+ 1x
82	Mens A 1x
83	Womens AA-A 2-
84	Mens D 4+
85	Womens D 4x
86	Mixed E+ 8+
87	Mixed B 2x
88	Mens A-B Light 4+

SUNDAY RACING

89	Mixed AA-A 4+
90	Womens B 8+
91	Mens E+ 8+
92	Womens A-B Light 2x
93	Womens E 2x
94	Womens F+ 2x
95	Mixed D 4+
96	Mixed A 2x
97	Mens C 4x
98	Womens C 4+
99	Womens AA-A Light 4+
100	Mens AA-A 2-
101	Mixed D 2x
102	Mixed C 2x
103	Mens A+ Novice 8+
104	Womens A 1x
105	Womens AA 1x
106	Mens AA 1x
107	Womens A+ Novice 8+
108	Mens C Light 1x
109	Mens D 1x

110	Womens D 2-
111	Mens B 4+
112	Mens F+ 4+
113	Womens B 4x
114	Womens E+ Light 1x
115	Mens A-C Light 2x
116	Womens D Light 1x
117	Mens E 2x
118	Womens E+ 8+
119	Womens A-C Light 8+
120	Mens C 8+
121	Womens C 2x
122	Mixed E+ 4x
124	Womens AA-A 4+
125	Womens C Light 4+
126	Mens A+ Light 8+
127	Womens A-C Light 4x
128	Womens D 1x
129	Mens D Light 1x
130	Mens A-B Light 1x
131	Mens AA-A 4x

NWMRC REGATTA ENTRY FORM – (1 of 6)

*****Complete this form only if NOT using Regatta Central*****

Men's Openweight Events					
Race	Event	Number of Boats	Cost Each	Total	Stroke's Name
Singles					
106	Men's AA 1x		\$23.00		
82	Men's A 1x		\$23.00		
6	Men's B 1x		\$23.00		
57	Men's C 1x		\$23.00		
109	Men's D 1x		\$23.00		
36	Men's E 1x		\$23.00		
58	Men's F 1x		\$23.00		
81	Men's G-J 1x		\$23.00		
Pairs					
100	Men's AA-A 2-		\$33.00		
31	Men's B 2-		\$33.00		
77	Men's C-D 2-		\$33.00		
53	Men's E-J 2-		\$33.00		
Doubles					
19	Men's AA-A 2x		\$33.00		
44	Men's B 2x		\$33.00		
21	Men's C 2x		\$33.00		
66	Men's D 2x		\$33.00		
117	Men's E 2x		\$33.00		
3	Men's F 2x		\$33.00		
68	Men's G 2x		\$33.00		
67	Men's H-J 2x		\$33.00		
Fours					
60	Men's AA-A 4+		\$47.00		
111	Men's B 4+		\$47.00		
39	Men's C 4+		\$47.00		
84	Men's D 4+		\$47.00		
16	Men's E 4+		\$47.00		
112	Men's F-J 4+		\$47.00		
Quads					
131	Men's AA-A 4x		\$47.00		
50	Men's B 4x		\$47.00		
97	Men's C 4x		\$47.00		
28	Men's D 4x		\$47.00		
74	Men's E-J 4x		\$47.00		
Eights					
22	Men's AA-A 8+		\$70.00		
70	Men's B 8+		\$70.00		
120	Men's C 8+		\$70.00		
46	Men's D 8+		\$70.00		
91	Men's E-J 8+		\$70.00		
Subtotal:					

NWMRC REGATTA ENTRY FORM – (2 of 6)

*****Complete this form only if NOT using Regatta Central*****

Women's Openweight Events					
Race	Event	Number of Boats	Cost Each	Total	Stroke's Name
Singles					
105	Women's AA 1x		\$23.00		
104	Women's A 1x		\$23.00		
32	Women's B 1x		\$23.00		
79	Women's C 1x		\$23.00		
128	Women's D 1x		\$23.00		
55	Women's E-J 1x		\$23.00		
Pairs					
83	Women's AA-A 2-		\$33.00		
9	Women's B 2-		\$33.00		
59	Women's C 2-		\$33.00		
110	Women's D 2-		\$33.00		
37	Women's E 2-		\$33.00		
38	Women's F-J 2-		\$33.00		
Doubles					
24	Women's AA 2x		\$33.00		
23	Women's A 2x		\$33.00		
72	Women's B 2x		\$33.00		
121	Women's C 2x		\$33.00		
47	Women's D 2x		\$33.00		
93	Women's E 2x		\$33.00		
94	Women's F-J 2x		\$33.00		
Fours					
124	Women's AA-A 4+		\$47.00		
51	Women's B 4+		\$47.00		
98	Women's C 4+		\$47.00		
30	Women's D 4+		\$47.00		
76	Women's E-J 4+		\$47.00		
Quads					
62	Women's AA-A 4x		\$47.00		
113	Women's B 4x		\$47.00		
40	Women's C 4x		\$47.00		
85	Women's D 4x		\$47.00		
11	Women's E 4x		\$47.00		
12	Women's F-J 4x		\$47.00		
Eights					
45	Women's AA-A 8+		\$70.00		
90	Women's B 8+		\$70.00		
20	Women's C 8+		\$70.00		
69	Women's D 8+		\$70.00		
118	Women's E-J 8+		\$70.00		
				Subtotal:	

NWMRC REGATTA ENTRY FORM – (3 of 6)

*****Complete this form only if NOT using Regatta Central*****

Men's Lightweight Events					
Race	Event	Number of Boats	Cost Each	Total	Stroke's Name
Singles					
130	Men's A-B Light 1x		\$23.00		
108	Men's C Light 1x		\$23.00		
129	Men's D Light 1x		\$23.00		
14	Men's E-J Light 1x		\$23.00		
Pairs					
13	Men's A-J Light 2-		\$33.00		
Doubles					
115	Men's A-C Light 2x		\$33.00		
4	Men's D-J Light 2x		\$33.00		
Fours					
88	Men's A-B Light 4+		\$47.00		
61	Men's C-J Light 4+		\$47.00		
Quads					
26	Men's A-J Light 4x		\$47.00		
Eights					
126	Men's A-J Light 8+		\$70.00		
Women's Lightweight Events					
Race	Event	Number of Boats	Cost Each	Total	Stroke's Name
Singles					
54	Women's AA-A 1x		\$23.00		
48	Women's B 1x		\$23.00		
10	Women's C 1x		\$23.00		
116	Women's D 1x		\$23.00		
114	Women's E-J 1x		\$23.00		
Pairs					
2	Women's A-J 2-		\$33.00		
Doubles					
92	Women's A-B 2x		\$33.00		
33	Women's C 2x		\$33.00		
71	Women's D-J 2x		\$33.00		
Fours					
99	Women's AA-A 4+		\$47.00		
29	Women's B 4+		\$47.00		
125	Women's C 4+		\$47.00		
52	Women's D-J 4+		\$47.00		
Quads					
127	Women's A-C 4x		\$47.00		
63	Women's D-J 4x		\$47.00		
Eights					
119	Women's A-C 8+		\$70.00		
35	Women's D-J 8+		\$70.00		
				Subtotal:	

NWMRC REGATTA ENTRY FORM – (4 of 6)

*****Complete this form only if NOT using Regatta Central*****

Mixed Events					
Race	Event	Number of Boats	Cost Each	Total	Stroke's Name
Doubles					
49	Men's AA 2x		\$33.00		
96	Men's A 2x		\$33.00		
87	Men's B 2x		\$33.00		
102	Men's C 2x		\$33.00		
101	Men's D 2x		\$33.00		
80	Men's E 2x		\$33.00		
42	Men's F 2x		\$33.00		
43	Men's G-J 2x		\$33.00		
Fours					
89	Men's AA-A 4+		\$47.00		
27	Men's B 4+		\$47.00		
75	Men's C 4+		\$47.00		
95	Men's D 4+		\$47.00		
25	Men's E-J 4+		\$47.00		
Quads					
78	Men's AA-A 4x		\$47.00		
17	Men's B 4x		\$47.00		
1	Men's C 4x		\$47.00		
7	Men's D 4x		\$47.00		
122	Men's E-J 4x		\$47.00		
Eights					
34	Men's AA-A 8+		\$70.00		
56	Men's B 8+		\$70.00		
65	Men's C 8+		\$70.00		
64	Men's D 8+		\$70.00		
86	Men's E-J 8+		\$70.00		
Novice Events					
Race	Event	Number of Boats	Cost Each	Total	Stroke's Name
Men's Novice Singles					
18	Men's Nov A-J 1x		\$23.00		
Women's Novice Singles					
41	Women's Nov A-B 1x		\$23.00		
5	Women's Nov C-J 1x		\$23.00		
Men's Novice Fours					
8	Men's Nov A-J 4+		\$47.00		
Women's Novice Fours					
15	Women's Nov A-J 4+		\$47.00		
Men's Novice Eights					
103	Men's Nov A-J 8+		\$70.00		
Women's Novice Eights					
107	Women's Nov A-J 8+		\$70.00		
				Subtotal:	

NWMRC REGATTA ENTRY FORM – (5 of 6)
*****Complete this form only if NOT using Regatta Central*****

PAYMENT FORM

Organization Name:			
Contact Name:			
Telephone:		Email:	
EVENTS	COST EACH	TOTAL ENTRIES	SUBTOTAL
Eights	\$70.00		
Fours / Quads	\$47.00		
Doubles	\$33.00		
Singles	\$23.00		
Volunteer Fee	\$5.00	(Total number of athletes)	
Grand Total:			

REMINDER: *All athletes must pay \$5.00 towards the Volunteer Fund. PVRA distributes the money to organizations that provide volunteers. Please refer to page 2 for more information.*

PAYMENT INFORMATION

Check as applies	Payment Method	Amount
	Check enclosed	
	VISA	
	MASTERCARD	

Card Number: _____
 Expiration Date: _____
 Name: _____
 Signature: _____
 Date: _____

MAILING PAYMENT / FORMS

Please send all entry information and completed waivers to:

USRowing
Attn: Elizabeth Webb
2 Wall Street
Princeton, NJ 08540
Email: elizabeth@usrowing.org
Phone: 609.751.0706
Fax: 609.924.1578

NWMRC REGATTA ENTRY FORM – (6 of 6)
*****Complete this form only if NOT using Regatta Central*****
---Complete one form for EACH event entered---

LINEUP FORM

Organization Name:	
Contact Name:	
Day Phone:	Evening Phone:
Cell Phone:	Fax:
Email:	
Event Name:	Event Number:
Boat Designation A or B or C (For organizations entering more than one boat per event)	Entry # _____ of _____ entries
Athlete's Name (Last, First)	USRowing Individual Member Number
Bow	
2	
3	
4	
5	
6	
7	
Stroke	
Coxswain	

Please send all entry information and completed waivers to:

USRowing
Attn: Elizabeth Webb
2 Wall Street
Princeton, NJ 08540
Email: elizabeth@usrowing.org
Phone: 609.751.0706
Fax: 609.924.1578

2007 USRowing Release of Liability

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 12/31/06 – 12/31/07, I, for myself, my personal representatives, assigns, heirs, and next of kin.

1. 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. 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 Releasee 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. 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. 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.

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 _____ Membership # _____

Address _____ Organization _____

City _____ State _____ Zip Code _____

Participant's Signature _____ Date: _____

MAP OF AREA



Vancouver Lake Park
Exit Fourth Plain Blvd. West
Straight out Fourth Plain Blvd
Continuing on to NW Lower River Rd.
Straight through all intersections
NW Lower River Rd veers sharp left
Go straight
Park Entrance on Right

To Portland

DIRECTIONS TO THE COURSE

Vancouver Lake Park Address

6801 NW Lower River Road

Vancouver, WA 98660

Interstate 5 Southbound:

- Take the WA-501/4TH PLAIN BLVD exit- EXIT 1D- toward PORT OF VANCOUVER. (0.2 miles)
- Stay STRAIGHT to go onto E FOURTH PLAIN BLVD. (1.4 miles)
- Turn RIGHT onto NW LOWER RIVER RD/WA-501. (2.9 miles)
- Park is on the right side of the road

Interstate 5 Northbound:

- Take the WA-501/MILL PLAIN BLVD exit- EXIT 1C- toward PORT OF VANCOUVER. (0.2 miles)
- Turn LEFT onto WA-501/E MILL PLAIN BLVD. Continue to follow WA-501 W. (4.7 miles)
- Park is on the right side of the road

Interstate 205 Southbound:

- Merge onto WA-14 W via EXIT 27 toward VANCOUVER. (6.1 miles)
- Take the exit toward CITY CENTER. (0.2 miles)
- Stay STRAIGHT to go onto C ST. (0.5 miles)
- Turn LEFT onto E 15TH ST/WA-501 W. Continue to follow WA-501 W. (4.4 miles)
- Park is on the right side of the road

US14 Westbound:

- Take the exit toward CITY CENTER. (0.2 miles)
- Stay STRAIGHT to go onto C ST. (0.5 miles)
- Turn LEFT onto E 15TH ST/WA-501 W. Continue to follow WA-501 W. (4.4 miles)
- Park is on the right side of the road