



**2007 Northwest Junior Regional Championship Regatta
Friday – Sunday
May 18 – 20, 2007
Vancouver Lake, Washington**

Entries will soon be accepted for the 2007 USRowing Northwest Junior 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 2,000-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 May 7)	LATE ENTRY FEE (after May 7)
8+	\$70.00	\$95.00
4+ / 4x+	\$47.00	\$72.00
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. If you are interested in providing volunteers and earning some money for your club, please contact Lynn Shannon at rcrowing@comcast.net. Please be advised that

IMPORTANT DATES & DEADLINES

April 8	•First Day Regatta Central allows entry input for the regatta
May 7	•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
May 8-10	Organizations scratching entries will be charged the entry fee but no additional scratch fees
May 10	•Preliminary Event Schedule published on Regatta Central and USRowing websites •Poll sent via email to coaches by Jason Coffman to determine seeding for select varsity events
May 11 or later	•Entries scratched May 11 or a later date will be charged the entry fee and a \$25 scratch fee.
May 13 -- NOON	•Deadline for coaches to return polls via email to Jason Coffman to determine seeding for select varsity events
May 15	•Lane draws posted on Regatta Central and USRowing websites.
May 17	•Practice from 4:00pm to 6:30pm only if your own coaching launch accompanies the crew.
May 18 -- 7:30am	•Deadline for late entries, which will only be accepted if space is available and the coach submits payments, waivers and lineup form.
May 18 -- 8:00am	•Coaches & Coxswains Meeting (estimated) •Cut off time for practice boats to clear the lake in preparation for racing. •Control Commission opens; coxswains and lightweights may weigh in.
May 18 -- 10:00am	•Racing begins (estimated)
May 18 -- 3:00pm	•Deadline to turn in trophies, polished and engraved, to USRowing Registration Tent

ELIGIBILITY & MEMBERSHIP

Qualifying Events for USRowing National Youth Championships: The USRowing Northwest Region is defined as the states of Alaska, Idaho, Montana, North Dakota, Oregon, South Dakota, Washington and Wyoming. Only organizations based in the USRowing Northwest Region may compete in these qualifying events, which include men's & women's:

Varsity 1x
Varsity 4+

Varsity 2x
Varsity 8+

Varsity 4x+
Varsity Light 4+

Varsity Light 2x
Varsity Light 8+

Non-Qualifying Events: Eligibility is open to all competitors in the Northwest Region. Entries from Canada or other USRowing regions will be accepted on a "space available" basis. If lanes are available without creating additional heats, crews from outside the NW region will be welcome.

New Programs: Organizations with juniors programs less than two years old may enter their first boats in the junior varsity events without entering a varsity boat.

Composite Crews: In the interests of keeping entries to a manageable number, no composite crews will be allowed at the 2007 Championship.

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

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

USROWING NATIONAL YOUTH CHAMPIONSHIPS

NW Juniors has been designated as the qualifying event for the USRowing National Youth Championships. Qualifying events are listed on page two in the ELIGIBILITY & MEMBERSHIP section. The National Youth Championships is held at Harsha Lake in Cincinnati, Ohio, on June 8-10, 2007. First-, second- and third-place crews in the eligible events shall qualify for the Youth Championships.

In the event that the first-, second-, or third-place crews choose not to attend the Youth Championships, the entry opportunity will **not** roll down to the fourth-place boat.

Petitions: Crews that do not finish in first, second, or third in the eligible events may petition for an entry only if their finish time is within four seconds of the winning time in an 8+/4+/4x+ or within six seconds of the winning time in a 1x or 2x. **Crews must petition by May 22, 2007 (the sooner the better) for consideration.** A decision will be made by the end of business, May 24, 2007. Complete information will be available at the USRowing Registration tent at NW Juniors and can also be found at www.usrowing.org

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 and/or their parents 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.

ATHLETE RESTRICTIONS (See DEFINITIONS on page 4 for more details)

*****New for 2007 – As voted on by the Region at the November 2006 Regional Meeting*****

Limit of 2 Races per Athlete: All athletes are restricted to two races at this year's NW Regional Championships. This rule does not pertain to the High School Category races or coxswains.

- An athlete may row the Varsity Quad, the Varsity Double and the High School Eight
- An athlete may not row the Varsity Eight and the Varsity Four and the Varsity Double

Event Class Separation: Eights, fours, quads, doubles and singles are all considered separate event classes. An athlete may only compete in one boat for each event class with varsity level designations. Examples:

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- An athlete may row the Varsity Eight and the 2V Four
- An athlete may row the Varsity Quad and the 2V Double
- An athlete may not row both the Varsity Eight and the 2V Eight

*****New for 2007 – As voted on by the Region at the January 2007 Regional Meeting*****

- An athlete may row in the Varsity 8 and the Varsity 4 or 2V Four
- An athlete may not row in the 2V Eight and the 2V Four
- An athlete may row in the 2V Eight and the 3V Four or 4V Four
- An athlete may not row in the Varsity 8 and the 3V Four

Novice Athletes Competing in Varsity Designated Events: There is no restriction on a novice athlete competing in both novice and varsity designated events.

Coxswain Exemptions: Coxswains are exempt from restrictions on the number of events per day. Coxswains may compete in more than two events per day but only acting as the coxswain. Examples:

- Jane Doe may steer the V8+, 2V8+ & 5V8+.
- NOTE: Only Novice Coxswains may steer Novice Boats.

EVENTS WITH VARSITY DESIGNATION LEVELS

Organization Restrictions: For events with varsity designations (Varsity, 2V, 3V, etc), one boat may be entered for each organization at each priority level.

Race Restrictions: For events with varsity level designations (Varsity, 2V, 3V, etc), a minimum of three boats from three different organizations must enter an event, or the event will be canceled. EXCEPTION: For National Youth Championships Qualifier events, if only two organizations enter the event, the event will still be run.

Scratches Creating Straight Finals: When a scratch eliminates the heats for an event and the event goes directly to the final, the final will be held at the scheduled race time for the “final”.

Lowest Varsity Level Designation: These events will allow two boats from each organization. Entries should be identified with “A” or “B” designation, in order of priority: “A” being the top priority and the fastest crew. If heats are not created, “C” and “D” entries from each organization will be put on a wait list and will be included on a “space available” basis. See page 16-17 for a list of events allowing multiple boats.

Varsity Women’s 2x	<ul style="list-style-type: none"> • One boat per organization
2V Women’s 2x	<ul style="list-style-type: none"> • Heats Created: Two boats per organization, designate A & B • Straight Final: Four boats per organization, designate A-B-C-D

EVENTS WITHOUT VARSITY DESIGNATION LEVELS

Organization Restrictions: For these events, two boats may be entered for each organization. Entries should be identified with “A” or “B” designation, in order of priority. “A” will be the top priority and the fastest crew. If heats are not created, “C” and “D” entries from each organization will be waitlisted and will be included on a “space available” basis. (See page 16-17 for a list of events allowing multiple boats.)

Example:

Women’s Lightweight 1x	Heats Created: Two boats per organization, designate A & B
Women’s Lightweight 1x	Straight Final: Four boats per organization, designate A-B-C-D

Race Restrictions: For these events, a minimum of three boats representing at least two organizations must enter or the event will be canceled. Example:

Event will take place	Event will be cancelled
Lane 2: Wyoming BC "A"	Lane 2: Wyoming BC "A"
Lane 3: Wyoming BC "B"	Lane 3: Wyoming BC "B"
Lane 4: Montana RC	Lane 4: Wyoming BC "C"

Scratches Creating Straight Finals: When a scratch eliminates the heats for an event and the event goes directly to the final, the final will be run at the scheduled race time for the "final".

DEFINITIONS

- **Junior:** Rowers must be 18 years of age or younger as of December 31, 2007, or be attending high school grades 9-12.
- **Varsity:** The first boat for an organization in a boat class.
- **Junior Varsity:** (2V) The second boat for organizations competing in the varsity race of the same event. As per new Regional rule change on page , 2V Four crews will only comprise athletes from the V Eight, after a V Four has been entered.
- **Third Varsity:** (3V) The third boat for teams competing in the varsity race of the same event. As per new Regional rule change on page , 3V Four crews will only comprise athletes from the 2V Eights.
- **Fourth Varsity:** (4V) The fourth boat for teams competing in the varsity race of the same event. As per new Regional rule change on page , 4V Four crews will only comprise athletes from the 2V Eight, after a 3V Four has been entered.
- **Fifth Varsity:** (5V) The fifth boat for teams competing in the varsity race of the same event. As per new Regional rule change on page , 5V Four crews will only comprise athletes from the 3V Eight and beyond. No athletes from the V8 or 2V8 will be entered.
- **Novice Sweep/Scull:** All crewmembers must be new to competition in their respective discipline, as of May 18, 2006.
- **High School:** All crewmembers must be attending the same high school during that school term.
- **Youth:** All crew members must be age 14 or under as of May 19, 2007
- **Lightweight Men:** Maximum weight of 155 pounds, no average.
- **Lightweight Women:** Maximum weight of 130 pounds, no average.
- **Men's Coxswain:** Minimum weight of 120 pounds.
- **Women's Coxswain:** Minimum weight of 110 pounds.
- **Novice Coxswains:** To steer novice events, the athlete must be new to competition as a coxswain as of May 18, 2006.
- **Youth Coxswains:** In the interests of keeping the regatta on schedule, coxswains of youth events may be older (up to age 18) and may have race experience prior to May 18, 2006.

USROWING RULES OF RACING

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

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 9.

ENTRY PROCESS

Regatta Central: The Northwest Junior 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 Juniors will be April 8, 2006 – May 7, 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 (Netscape 3.0, IE 3.0 or above) 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 Juniors 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 (Netscape 3.0, IE 3.0 or above) to <http://www.regattacentral.com>
2. Log into your account
3. Click on "Add a regatta to my calendar"
4. Select the NW Juniors 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

When inputting the information about your athletes, there is a link that will enable Regatta Central to email an online waiver to them. USRowing also offers web-based waivers and 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

- **May 7, 2007:** Organizations scratching entries before or on May 7 will receive a full refund of the entry fee.
- **May 8-10, 2007:** Organizations scratching entries on May 8-10 will be charged for the entry fee, but no additional scratch fees.
- **May 11, 2007 or a later date:** Entries scratched on May 11 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 May 7 will be accommodated on a "space available" basis for scheduled heats and finals. Entries will be accepted until May 18 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 May 7, 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 May 18 (estimate 8:00 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 May 19 (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 parents after 7:00 am.

Sunday May 20 (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 parents after 7:00 am.

LINE-UP CHANGES

Submitting Changes: Line-up changes must be submitted to the USRowing tent 30 minutes prior to each days racing. Exceptions may be made in emergency situations. Any unauthorized changes may result in that entries exclusion from racing.

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.

MEDALS & TROPHIES

Returning Trophies: Crews awarded USRowing Northwest Junior Regional Championship Trophies in 2006 should deliver the trophies to the USRowing Registration Tent by Friday May 18 by 3:00 p.m. Any organization that does not return a trophy will be barred from racing Friday, Saturday or Sunday until the trophy is produced.

Lost or Damaged Trophies: If the trophy is lost or damaged, it is the responsibility of the club to purchase a replacement trophy and engrave with all winners beginning with 2003 by 3:00 p.m. on Friday, May 18

Awards Ceremonies: There will be awards ceremonies for all regatta events. Winning crews should come to the award's 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 at the awards tent. For non-qualifying events, if the first-place crew is from outside the region, that crew will receive first-place medals but no trophy. The highest placing Northwest crew will receive duplicate first-place medals, the trophy and the designation of Northwest regional champion.

Regatta Concessions: Regatta souvenir apparel (sweatshirts, t-shirts, long sleeves, pants, shorts, tanks) will be on sale for \$15-\$35. All regatta apparel will be customizable with unique regatta design and logos. USRowing merchandise will also be available Friday through Sunday. Make sure your athletes bring their membership cards to receive an on-site discount on USRowing merchandise. This discount is good only when showing the membership card.

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 May 16**, by appointment only, e-mail Regatta Director Lynn Shannon at rcrowing@comcast.net **NOTE: Trailers or equipment will not be allowed in the park until after 4:00 on Wednesday.**

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- **Thursday May 17, 4:00 pm - 8:00 pm** (earlier arrival must be made by appointment with Regatta Director Lynn Shannon at rcrowing@comcast.net)
- **Friday May 18, 7:00 am – Noon**
- **Saturday May 19, 5:00 am – 10:00 am**
- **Sunday May 20, 5:00 am – 10:00 am**

Vehicles arriving on Friday or Saturday outside the times listed above will need to go to the Local Organizing Committee (PVRA) 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. 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 4:00 ON WEDNESDAY.**

Oar Corral: There is not ample space on the beach to leave oars, even temporarily. There are two “Oar Corrals” for temporary storage of oars during launching: one is located next to the beach near the control commission and weigh-in area, and the other is in the grassy area directly south of the finish line tent. 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 May 18	8:00* am – 2:00 pm
Saturday May 19	5:30 am – 2:00 pm
Sunday May 20	5:30 am – 12:00 pm

**The 8:00 am opening time may change depending on the start of racing.*

Protocol for Athletes and Coxswains Weighing In:

1. Go to the practice scale located inside each restroom 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 parking lot near the restrooms with your completed paperwork and correct weight in hand. Please note that there are separate lines for coxswains and lightweight athletes.

SCHEDULE PUBLICATION & SEEDING

May 11 - 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.

May 11 – Seeding Polls Emailed: The Northwest Rowing Council Juniors Committee has appointed Jason Coffman to manage the seeding process. Please contact Jason if you have any questions jwcstuff123@hotmail.com. Jason will e-mail the main contact for participating organizations. The poll will cover these men's and women's events:

Varsity 8+ Lightweight 8+ Varsity 4+ Lightweight 4+ Varsity 4x+

May 14 Noon – Deadline to Return Seeding Polls: Coaches should return their polls to Jason via e-mail (jwcstuff123@hotmail.com) no later than Noon, Sunday May 15.

May 16 - 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: Novice and youth events will run on 10-minute centers. All other 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. A crew or sculler that is unable to lock on to the stake boat or keep a steering point may be excluded from the race at the discretion of the Starter.

Practice Times: Vancouver Lake will be open for practice from 4:00 p.m. – 6:30 p.m. on Thursday. **Crews practicing during this time must provide their own safety launch to accompany crews on the water.** There will be no officials on the water during this time. **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.

Estimated schedule, weather permitting:

FRIDAY	SATURDAY	SUNDAY
10:00 am – 6:15 pm	7:00am – 6:13 pm	7:00 am – 2:50 pm
Heats # 1-17 (Including Timed Heats)	Heats # 22-46 (Including Timed Heats)	Heats # 47-55 (Including Timed Heats)
Reprecharge #1,2,5,9	Semi-Final # 7 Finals # 1-6, 8-30	Finals # 7, 31-62

The anticipated full schedule is listed on pages 13-15 of this packet.

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.

Reprecharges: There will be Reprecharges in the following categories: Novice Men’s and Novice Women’s 4+ and Varsity Men’s and Varsity Women’s 8+.

INCLEMENT WEATHER SCHEDULE

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

1. Reduce race centers (all races run reduced time between race starts)
2. Timed Finals (all heats run using finish times to determine final results)
3. Scratching races (races will be canceled in this order, as prioritized by the Northwest Rowing Council Juniors Committee):

Order	Event	Order	Event
1	Youth Men’s & Women’s 8+	17	2V Men’s & Women’s 4x+
2	Youth Men’s & Women’s 4x+	18	3V Men’s & Women’s 8+
3	Novice Men’s & Women’s 1x	19	2V Novice Women’s & Men’s 8+
4	2V Women’s & Men’s 1x	20	Novice Men’s & Women’s 4+
5	Novice Women’s & Men’s 2x	21	3V Men’s & Women’s 4+
6	Light Women’s & Men’s 1x	22	2V Men’s & Women’s 4+
7	3V Light Women’s & Men’s 4+	23	Varsity Men’s & Women’s 1x
8	5V Women’s & Men’s 4+	24	Light Men’s & Women’s 4+
9	2V Light Men’s & Women’s 8+	25	Varsity Men’s & Women’s 2x
10	HS Women’s & Men’s 8+	26	Novice Men’s & Women’s 8+
11	2V Women’s & Men’s 2x	27	Light Men’s & Women’s 8+
12	2V Light Women’s & Men’s 4+	28	2V Men’s & Women’s 8+
13	Light Men’s & Women’s 2x	29	Varsity Men’s & Women’s 4x+
14	2V Novice Women’s & Men’s 4+	30	Varsity Men’s & Women’s 4+
15	Novice Women’s & Men’s 4x+	31	Varsity Men’s & Women’s 8+
16	4V Men’s & Women’s 4+		

NUMERICAL ORDER OF EVENTS

1	Youth Invite Qualifier	V M 8+	32		Nov Women's 4x+
2	Youth Invite Qualifier	V W 8+	33		Nov Men's 1x
3		3V Women's 8+	34		2V Women's 4+
4		3V Women's 4+	35		Lt Women's 1x
5		Nov Men's 4+	36		Nov Women's 1x
6	Youth Invite Qualifier	Lt Men's 2X	37	Youth Invite Qualifier	V Men's 4+
7		Nov Women's 4+	38	Youth Invite Qualifier	V Women's 4+
8	Youth Invite Qualifier	V Men's 4X+	39		Nov Men's 4x+
9	Youth Invite Qualifier	V Women's 4X+	40		2Nov Women's 8+
10		3V Men's 4+	41		2V Men's 4+
11	Youth Invite Qualifier	Lt Women's 2x	42		2V Women's 1x
12		2V Women's 8+	43		Nov Men's 8+
13		4V Women's 4+	44	Youth Invite Qualifier	V Men's 2x
14		Nov Women's 2x	45	Youth Invite Qualifier	V Women's 2x
15		Nov Men's 2x	46		2V Women's 2x
16		Youth Men's 4x+	47		Lt Men's 1x
17		Youth Women's 4x+	48		2V Women's 4x+
18		2V Men's 8+	49		2Nov Men's 4+
19	Youth Invite Qualifier	Lt Women's 8+	50		2V Men's 1X
20	Youth Invite Qualifier	Lt Men's 8+	51		2Nov Women's 4+
21		3Lt Women's 4+	52		3Lt Men's 4+
22	Youth Invite Qualifier	V Men's 1x	53		5V Women's 4+
23		4V Men's 4+	54		2Lt Men's 8+
24	Youth Invite Qualifier	V Women's 1x	55		H.S. Women's 8+
25		2Lt Women's 4+	56		Lt Men's 4+
26		Youth Men's 8+	57		2V Men's 4X+
27		2Lt Men's 4+	58		2V Lt Women's 8+
28		3V Men's 8+	59		2V Nov Men's 8+
29		Youth Women's 8+	60		Lt Women's 4+
30		2V Men's 2x	61		5V Men's 4+
31		Nov Women's 8+	62		H.S. Men's 8+

ANTICIPATED SCHEDULE OF HEATS AND FINALS

The schedule below is a mockup, based on 2006 entries.

FRIDAY RACING								
10:00	1a	V Men's 8+	Heat		2:41	11a	Lt Women's 2x	Heat
10:08	1b	V Men's 8+	Heat		2:49	11b	Lt Women's 2x	Heat
10:16	2a	V Women's 8+	Heat		2:57	12a	2V Women's 8+	Heat
10:24	2b	V Women's 8+	Heat		3:05	12b	2V Women's 8+	Heat
10:32	3a	3V Women's 8+	Heat		3:15	5d	Nov Men's 4+	Rep
10:40	3b	3V Women's 8+	Heat		3:25	5e	Nov Men's 4+	Rep
10:48	4a	3V Women's 4+	Heat		3:35	5f	Nov Men's 4+	Rep
10:56	4b	3V Women's 4+	Heat		3:43	13a	4V Women's 4+	Heat
11:06	5a	Nov Men's 4+	Heat		3:51	13b	4V Women's 4+	Heat
11:16	5b	Nov Men's 4+	Heat		4:01	9e	Nov Women's 4+	Rep
11:26	5c	Nov Men's 4+	Heat		4:11	9f	Nov Women's 4+	Rep
11:34	6a	Lt Men's 2X	Heat		4:21	9g	Nov Women's 4+	Rep
11:42	6b	Lt Men's 2X	Heat		4:31	9h	Nov Women's 4+	Rep
		Break – Lunch			4:39	1c	V Men's 8+	Rep
1:15	7a	Nov Women's 4+	Heat		4:47	2c	V Women's 8+	Rep
1:25	7b	Nov Women's 4+	Heat		4:55	2d	V Women's 8+	Rep
1:35	7c	Nov Women's 4+	Heat		5:05	14a	Nov Women's 2x	Timed Heat
1:45	7d	Nov Women's 4+	Heat		5:15	14b	Nov Women's 2x	Timed Heat
1:53	8a	V Men's 4X+	Heat		5:25	14c	Nov Women's 2x	Timed Heat
2:01	8b	V Men's 4X+	Heat		5:35	15a	Nov Men's 2x	Timed Heat
2:09	9a	V Women's 4X+	Heat		5:45	15b	Nov Men's 2x	Timed Heat
2:17	9b	V Women's 4X+	Heat		5:55	16c	Nov Men's 2x	Timed Heat
2:25	10a	3V Men's 4+	Heat		6:05	17a	Youth Men's 4x+	Timed Heat
2:33	10b	3V Men's 4+	Heat		6:15	17b	Youth Women's 4x+	Timed Heat

ANTICIPATED SCHEDULE OF HEATS AND FINALS

The schedule below is a mockup, based on 2006 entries.

SATURDAY RACING							
7:00	1d	V Men's 8+	Final	1:25	32c	Nov Women's 4x+	Heat
7:08	2e	V Women's 8+	Final	1:35	33a	Nov Men's 1x	Heat
7:16	4c	3V Women's 4+	Final	1:45	33b	Nov Men's 1x	Heat
7:24	3c	3V Women's 8+	Final	1:55	33c	Nov Men's 1x	Heat
7:34	5g	Nov Men's 4+	Final	2:03	34a	2V Women's 4+	Heat
7:42	6c	Lt Men's 2X	Final	2:11	34b	2V Women's 4+	Heat
7:50	18	2V Men's 8+	Straight Final	2:19	35a	Lt Women's 1x	Heat
7:58	19	Lt Women's 8+	Straight Final	2:27	35b	Lt Women's 1x	Heat
8:08	7i	Nov Women's 4+	Semi Final	2:37	36a	Nov Women's 1x	Heat
8:18	7j	Nov Women's 4+	Semi Final	2:47	36b	Nov Women's 1x	Heat
8:26	20	Lt Men's 8+	Straight Final	2:55	37a	V Men's 4+	Heat
8:34	21	3Lt Women's 4+	Straight Final	3:03	37b	V Men's 4+	Heat
8:42	12	2V Women's 8+	Final	3:11	38a	V Women's 4+	Heat
8:50	11	Lt Women's 2x	Final	3:19	38b	V Women's 4+	Heat
8:58	22a	V Men's 1x	Heat	3:27	38c	V Women's 4+	Heat
9:06	22b	V Men's 1x	Heat	3:37	39a	Nov Men's 4x+	Heat
9:14	22c	V Men's 1x	Heat	3:47	39b	Nov Men's 4x+	Heat
9:22	23	4V Men's 4+	Straight Final	3:57	39c	Nov Men's 4x+	Heat
9:30	24a	V Women's 1x	Heat	4:07	40a	2Nov Women's 8+	Heat
9:38	24b	V Women's 1x	Heat	4:17	40b	2Nov Women's 8+	Heat
9:46	25	2Lt Women's 4+	Straight Final	4:25	41a	2V Men's 4+	Heat
9:54	10	3V Men's 4+	Final	4:33	41b	2V Men's 4+	Heat
10:02	13	4V Women's 4+	Final	4:41	42a	2V Women's 1x	Heat
10:10	26	Youth Men's 8+	Straight Final	4:49	42b	2V Women's 1x	Heat
10:18	27	2Lt Men's 4+	Straight Final	4:59	43a	Nov Men's 8+	Heat
10:26	28	3V Men's 8+	Straight Final	5:09	43b	Nov Men's 8+	Heat
10:34	29	Youth Women's 8+	Straight Final	5:17	44a	V Men's 2x	Heat
10:42	30a	2V Men's 2x	Timed Heat	5:25	44b	V Men's 2x	Heat
10:50	30b	2V Men's 2x	Timed Heat	5:33	45a	V Women's 2x	Heat
10:58	8	V Men's 4x+	Final	5:41	45b	V Women's 2x	Heat
11:06	9	V Women's 4x+	Final	5:49	45c	V Women's 2x	Heat
		Break – Lunch		5:41	45d	V Women's 2x	Heat
12:45	31a	Nov Women's 8+	Heat	5:49	45e	V Women's 2x	Heat
12:55	31b	Nov Women's 8+	Heat	5:57	46a	2V Women's 2x	Timed Heat
1:05	32a	Nov Women's 4x+	Heat	6:05	46b	2V Women's 2x	Timed Heat
1:15	32b	Nov Women's 4x+	Heat	6:13	46c	2V Women's 2x	Timed Heat

ANTICIPATED SCHEDULE OF HEATS AND FINALS

The schedule below is a mockup, based on 2006 entries.

SUNDAY RACING							
7:00	7k	Nov Women's 4+	Final	10:30	22	V Men's 1X	Final
7:10	47a	Lt Men's 1x	Heat	10:38	23	V Women's 1x	Final
7:18	47b	Lt Men's 1x	Heat	10:48	39	Nov Men's 4X+	Final
7:26	48a	2V Women's 4x+	Heat	10:56	54	2Lt Men's 8+	Straight Final
7:34	48b	2V Women's 4x+	Heat	11:06	40	2Nov Women's 8+	Final
7:42	37	V Men's 4+	Final	11:14	55a	H.S. Women's 8+	Timed Heat
7:50	38	V Women's 4+	Final	11:22	55b	H.S. Women's 8+	Timed Heat
8:00	49a	2Nov Men's 4+	Timed Heat	11:30	41	2V Men's 4+	Final
8:10	49b	2Nov Men's 4+	Timed Heat	11:38	42	2V Women's 1X	Final
8:18	50a	2V Men's 1X	Heat			Break – Lunch	
8:26	50b	2V Men's 1X	Heat	1:00	56	Lt Men's 4+	Straight Final
8:34	50c	2V Men's 1X	Heat	1:10	31	Nov Women's 8+	Final
8:44	51a	2Nov Women's 4+	Timed Heats	1:20	43	Nov Men's 8+	Final
8:54	51b	2Nov Women's 4+	Timed Heats	1:28	57	2V Men's 4X+	Straight Final
9:04	51c	2Nov Women's 4+	Timed Heats	1:36	58	2Lt Women's 8+	Straight Final
9:12	52	3Lt Men's 4+	Straight Final	1:46	59	2Nov Men's 8+	Straight Final
9:22	32	Nov Women's 4X+	Final	1:54	60	Lt Women's 4+	Straight Final
9:32	33	Nov Men's 1X	Final	2:02	61	5V Men's 4+	Straight Final
9:40	34	2V Women's 4+	Final	2:10	47	Lt. Men's 1X	Final
9:48	35	Lt. Women's 1X	Final	2:18	48	2V Women's 4X+	Final
9:58	36	Nov Women's 1X	Final	2:26	50	2V Men's 1X	Final
10:06	53a	5V Women's 4+	Timed Heat	2:34	62	H.S. Men's 8+	Straight Final
10:14	53b	5V Women's 4+	Timed Heat	2:42	44	V Men's 2x	Final
10:22	53c	5V Women's 4+	Timed Heat	2:50	45	V Women's 2x	Final

NWJRC REGATTA ENTRY FORM – (1 of 4)

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

Men's Open weight Events					
Race	Event	Allowed Entries	Cost Each	Total	Stroke's Name
1	V Men's 8+	1 boat	\$70.00		
8	V Men's 4X+	1 boat	\$47.00		
37	V Men's 4+	1 boat	\$47.00		
44	V Men's 2X	1 boat	\$33.00		
22	V Men's 1X	1 boat	\$23.00		
18	2V Men's 8+	1 boat	\$70.00		
57	2V Men's 4X+	2 boats*	\$47.00		
41	2V Men's 4+	1 boat	\$47.00		
30	2V Men's 2X	2 boats*	\$33.00		
50	2V Men's 1X	2 boats*	\$23.00		
28	3V Men's 8+	2 boats*	\$70.00		
10	3V Men's 4+	1 boat	\$47.00		
23	4V Men's 4+	1 boat	\$47.00		
61	5V Men's 4+	2 boats*	\$47.00		
Men's Lightweight Events					
20	Lt Men's 8+	1 boat	\$70.00		
56	Lt Varsity Men's 4+	1 boat	\$47.00		
54	2Lt Men's 8+	2 boats*	\$70.00		
27	2Lt Men's 4+	1 boat	\$47.00		
52	3Lt Men's 4+	2 boats*	\$47.00		
6	Lt Men's 2X	2 boats*	\$33.00		
47	Lt Men's 1X	2 boats*	\$23.00		
Men's Novice / Youth / HS Events					
43	Nov Men's 8+	1 boat	\$70.00		
5	Nov Men's 4+	1 boat	\$47.00		
59	2Nov Men's 8+	2 boats*	\$70.00		
49	2Nov Men's 4+	2 boats*	\$47.00		
39	Nov Men's 4X+	2 boats*	\$47.00		
15	Nov Men's 2X	2 boats*	\$33.00		
33	Nov Men's 1X	2 boats*	\$23.00		
26	Youth Men's 8+	2 boats*	\$70.00		
16	Youth Men's 4x+	2 boats*	\$47.00		
62	H.S. Men's 8+	2 boats*	\$70.00		
Subtotal:					

*For events allowing two boats per organization, if no heats are created, organizations may submit "C" and "D" entries for consideration. These entries will be placed on a waitlist and will be accommodated on a "space available" basis.

NWJRC REGATTA ENTRY FORM – (2 of 4)

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

Women's Open weight Events					
Race	Event	Allowed Entries	Cost Each	Total	Stroke's Name
2	V Women's 8+	1 boat	\$70.00		
9	V W 4X+	1 boat	\$47.00		
38	V Women's 4+	1 boat	\$47.00		
45	V Women's 2X	1 boat	\$33.00		
24	V W 1X	1 boat	\$23.00		
12	2V Women's 8+	1 boat	\$70.00		
48	2V Women's 4X+	2 boats*	\$47.00		
34	2V Women's 4+	1 boat	\$47.00		
46	2V Women's 2X	2 boats	\$33.00		
42	2V Women's 1X	2 boats*	\$23.00		
3	3V Women's 8+	2 boats*	\$70.00		
4	3V Women's 4+	1 boat	\$47.00		
13	4V Women's 4+	1 boat	\$47.00		
53	5V Women's 4+	2 boats*	\$47.00		
Women's Lightweight Events					
19	Lt Women's 8+	1 boat	\$70.00		
60	Lt Women's 4+	1 boat	\$47.00		
11	Lt Women's 2X	2 boats*	\$33.00		
35	Lt Women's 1X	2 boats*	\$23.00		
58	2Lt Women's 8+	2 boats*	\$70.00		
25	2Lt Women's 4+	2 boats*	\$47.00		
21	3Lt Women's 4+	2 boats*	\$47.00		
Women's Novice / Youth / HS Events					
31	Nov Women's 8+	1 boat	\$70.00		
32	Nov Women's 4X+	2 boats*	\$47.00		
7	Nov Women's 4+	1 boat	\$47.00		
14	Nov Women's 2X	2 boats*	\$33.00		
36	Nov Women's 1X	2 boats*	\$23.00		
40	2Nov Women's 8+	2 boats*	\$70.00		
51	2Nov Women's 4+	2 boats*	\$47.00		
29	Youth Women's 8+	2 boats*	\$70.00		
17	Youth Women's 4x+	2 boats*	\$47.00		
55	H.S. Women's 8+	2 boats*	\$70.00		
Subtotal:					

*For events allowing two boats per organization, if no heats are created, organizations may submit "C" and "D" entries for consideration. These entries will be placed on a waitlist and will be accommodated on a "space available" basis.

NWJRC REGATTA ENTRY FORM – (3 of 4)

*****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
<input type="checkbox"/>	Check enclosed	
<input type="checkbox"/>	VISA	
<input type="checkbox"/>	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

NWJRC REGATTA ENTRY FORM – (4 of 4)

*****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: _____

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, safe, 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 _____

Parent/Guardian 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