

The 2003 Southeast Regional Youth Championship Regatta

May 10, 2003

Melton Hill Lake
Oak Ridge, Tennessee

Sponsored by:

The Southeast Junior Rowing Association

SJRA

Hosted by:

The Oak Ridge Rowing Association

ORRA

The 2003 Southeast Youth Regional Championship Regatta

Oak Ridge, Tennessee

Hosted by the Southeast Junior Rowing Association

SE JUNIOR REGIONAL REGATTA COMMITTEE MEETING

- The general regatta meeting will be held on Friday, May 9, from 8:00 pm to 9:30 pm at the ORRA Board Room. Coaches or program representative should plan to attend. This meeting will be used to conduct business concerning the Southeast Junior Regional Regatta. The meeting will be conducted by the Southeast Youth Representative and will include a review of entries.

COACH AND COX MEETING

- Coach, coxswains, and scullers meeting at 7:00 A.M. Saturday, May 10, 2003, Location: ORRA Boathouse

PURPOSE

- The Southeast Junior Regional Regatta is a championship level regatta to provide regional programs a quality yearend event and qualify competitive Southeast crews for USRowing Junior National Regatta.
- The Southeast Junior Regional Regatta shall be open to crews of the 9 states that make up the Southeast Region. North Carolina, South Carolina, Georgia, Tennessee, Alabama, Mississippi, Louisiana, Arkansas, and Texas
- Programs from outside Southeast Region are welcome to participate in this regatta and will be considered guest. Guest entries are not able to qualify for the USRowing Junior Nationals at this regatta.
- All races are 2000-meter sprint competition in singles, pairs, doubles, quads, coxswained fours and eights for youths in novice, lightweight and varsity categories.

DATE

- The Southeast Junior Regional Regatta to be held the second weekend in May. **May 10, 2003**

REGATTA RULES

- The 2003 Southeast Junior Regional Regatta will be conducted in accordance with the USRowing "Rules of Rowing". Please familiarize yourself with these rules before attending the coaches and coxswains meeting.

ENTRY INFORMATION

- All crews must register on-line at <http://www.regattacentral.com> or mail an entry packet with the following information: competitors listing form, a total event entry form, individual event entries. All individual waivers, and fees should be delivered to the registration table the day of the regatta.
- **Deadline for ELECTRONIC REGISTRATION, April 30, 2003**
- **Deadline for Mail-in registration May 1, 2003**
- No faxed entries will be accepted.
- **LATE ENTRIES** subject to 20% increase on your total entry fee, and accepted only if it does not cause an additional heat.
- The scratch deadline Noon, Tuesday, **May 6, 2003**.
 - Scratches after this date will forfeit their entry fee for that event.
- Please add \$2 per rower to cover insurance cost. This cost is not included in CAP.
- Make Checks Payable to: OAK RIDGE ROWING ASSOCIATION
- Regatta fees:

Eights -	\$60
4+, 4x -	\$40
2x, 2- -	\$25
1x -	\$20

\$600 cap for entries for in region programs

Mail entries to:

ORRA - Southeast

P.O. Box 4384

Oak Ridge, TN 37831-4384

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LANE ASSIGNMENT

- Lanes will be assigned for the heats (from center out) at random by draw and reviewed at the coaches meeting on Friday night to make the events competitive.

OF ENTRIES

- A team may not enter more than 2 entries per event.
 - A rower may be entered in no more than two sweep events and one sculling event.
 - No entry limit exists for coxswains.
- 1st boat rowers are not allowed to row in 2nd boat events.

EVENT CLASSIFICATION/DEFINITIONS

- USRA definitions will be used. (Exceptions to the definitions can be made at the discretion of the executive committee.)
 - **Junior**- A rower 18 years of age or younger as of December 31, 2003 or must be currently attending Junior High or High School grades 8-12
 - **Team**- A *team* is considered to be the usual way the program practices/competes: **Club** represents a single Organization, with distinct location, colors, and coaches for the entire competitive season is a team.
 - **Novice**-An athlete who began that type of rowing (sweep or sculling) after the last year's Southeast Regional Championship Regatta.
 - **Varsity**- Open to any junior competitor
 - **1st Boat** - Open to any junior competitor
 - **2nd Boat** - Open to any rower not competing in the 1st Boat. In order to enter a 2nd boat, the team must also be entering a 1st boat in the same event.
 - Exceptions: 1-2 year old programs.
 - Coxswains are exempt.
 - **Coxswain**- May be of either gender, and of any skill or age classification (not withstanding the age maximum).

FRIDAY PRACTICE

- If a team arrives early, they may only practice late Friday AFTER the course is set. Since there will be no officials on the course at this time, a coach with a team launch is required to monitor the safety of this practice.
- All boats will be inspected for safety according to USRA rules, including approved foot stretchers, coxswain space in bow-coxed boats, etc. Traffic rules will be posted in the ORRA boathouse. All coaches, coxswains, captains, and scullers must read and familiarize themselves with the traffic rules before leaving the dock. Briefly stated, the traffic rules are:
 - Be careful! Observe the right-hand rule, stay on the right side of the course!
 - Rowing upstream in lanes 5, 6 & 7 shall be at a paddle.
 - Course practice permitted going downstream in lanes 1, 2, & 3 on Friday, May 9, only!
 - Practice on the course at speed is limited to the **racing direction (downstream) only**.
 - Practice on the course is limited between starting line to finish line only
 - All crews will be off the water by 6 p.m.

PARKING

- As the regatta continues to grow in size. Parking for teams and spectators become limited. Follow the posted signs to the appropriate parking areas. City police and volunteers will be on hand to direct you. Please check <http://www.orra.org> for Southeast parking instructions prior to arrival at the venue. Specific instructions should be posted no later than May 1, 2003.
 - Trailers are to set up in marked area and tow vehicles are not permitted to park in trailer parking area. Trailer spots will be assigned, please check the boathouse office prior to parking your trailer.
 - Buses will be allowed to drop off athletes at the 2nd parking lot entrance in front of boathouse. Buses will mostly likely be required to park off site in a designated area.
 - The eastern half of the parking lot directly in front of the China Palace Restaurant must be reserved for restaurant guest only! Do not park trailers, buses or cars in this area.

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PROTESTS

- Protests should be registered on the water by the crew at the finish in accordance with USRowing rules. Once a protest is lodged, a crew wishing to be heard by the Jury shall submit a concise written statement to the Chief Judge within one (1) hour after reach land citing the facts that underlie the protest and the relief that the crew seeks accompanied by a \$25.00 payment. Disposition of the protest will follow USRowing rules including return of the fee if the protest is upheld.

BOAT STORAGE

- Boats can be stored at the Regatta site the night before the race.
- Boat trailers will have enough spacing on either side to allow for equipment storage and rigging.
- We are unable to provide boat slings.
- Do not bring boat trees.

SECURITY

- Security of trailer parking area will be provided by the Tennessee Defense Force.

CONCESSIONS

- Food concessions will be available during the regatta.
- Any persons, teams, organizations, or businesses wishing to set up a concession for the sale of apparel or any other items must have the prior approval of the LOC in advance of any sales.
- Regatta t-shirts will be sold during the event.

WEIGH-IN RULES

MEN'S LIGHTWEIGHT: A Junior men's lightweight crew is one in which no individual rower weighs more than 155 lbs.

WOMEN'S LIGHTWEIGHT: No rower who weighs more than 130 lbs.

- An athlete who does not make weight has one hour to do so in order to compete.
- All competitors will weigh in wearing the same uniform, identical in style, color, and detail, including any insignia. No one will be weighed-in wearing more or less clothing.
- Crews must weigh-in together and be accompanied by a Coach or Program Designate.
- Crews are to step on the scale in the order that they row in the boat (i.e. bow to stern).
- Clerk of the Scales or Registrar will communicate with the Coach or Designate, **only**.
- Initial weigh-in will take place at 5-8 PM, Friday, May 9 in the ORRA Boathouse.
- Weigh-in scales will be open 2 hours before and close 2 hours after the first race of the day.
- No one will be allowed to "check their weight" on the official scale during the official weigh-in times.

COXSWAIN'S RULES

MEN'S CREW

120 LB. MINIMUM. (NO MAXIMUM)

WOMEN'S CREW

110 LB. MINIMUM. (NO MAXIMUM)

Coxswains Weigh-In Procedure

- Those coxswains whose body weight, while wearing racing shirt, shorts and socks, is less than the required standard, will be required to carry external weight in order to achieve the minimum standard during the course of their race.
- Weigh-in scales will be open 2 hours before and close 2 hours after the first race of the day.
- LOC will provide external weight, in the form of sand bags, for all coxswains whose body weight is less than the minimum standard.
- *ALL WEIGHTS*, whether provided by LOC or not, must be marked for specific individuals at the time of the coxswains weigh-in.
- Regatta officials will accept responsibility for storing external weight until race time.
- It will be the coxswains' responsibility to report to the Dockmaster for weigh-in prior to their crew's scheduled launch time and obtain their individual weights, which shall be carried near

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the coxswain's seat, as close to the torso of the coxswain as possible, during the course of the race.

- Coxswains are also advised that they must display their weight to the Referee, if so requested.
- Immediately upon returning to the launching site after the race, the coxswains will surrender their weights to the Dockmaster.

AWARDS

- Medals will be awarded as results are finalized.
- Trophies will be awarded at the Awards Ceremony at the conclusion of the day.
- Medals awarded to First, Second, and Third place for all events.
- An event must contain at least three entries from different teams to constitute a race.
- AWARD PLAQUES will be given to the winning team for each event.
- TRAVELING TEAM POINTS TROPHIES will be awarded for both men's and women's events.
- The points for the second (or subsequent) crew from the same team with a higher finish order in a final are not awarded, but count as the place order (the blocking the awarding of those points to any team) in awarding points to other teams. Points will be used to decide team trophies. Points are awarded in each event, regardless of event category (Varsity, Lightweight, Novice).

1x	1 st	2 nd	3 rd	4 th	5 th	6 th		2x	1 st	2 nd	3 rd	4 th	5 th	6 th
2	2	1	--	--	--	--		2	6	2	--	--	--	--
3	4	2	1	--	--	--		3	10	6	2	--	--	--
4	6	4	2	1	--	--		4	14	10	6	2	--	--
5	8	6	4	2	1	--		5	18	14	10	6	2	--
6 or >	10	8	6	4	2	1		6 or >	20	18	14	10	6	2

4+/x	1 st	2 nd	3 rd	4 th	5 th	6 th		8+	1 st	2 nd	3 rd	4 th	5 th	6 th
2	10	4	--	--	--	--		2	15	8	--	--	--	--
3	15	10	4	--	--	--		3	20	15	8	--	--	--
4	20	15	10	4	--	--		4	25	20	15	8	--	--
5	25	20	15	10	4	--		5	35	25	20	15	8	--
6 or >	30	25	20	15	10	4		6 or >	40	35	25	20	15	8

[Course Map](#)

[Waiver](#)

[Directions](#)

[Lodging](#)

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Schedule of Events

Name	Event	Time
<i>Heats as needed</i>		<i>7:30 A.M-11:30 A.M.</i>
Women's Youth 2x	1	12:30 P.M.
Men's Youth 2 nd N 4+	2	12:40 P.M.
Women's Youth 2 nd V 8+	3	12:50 P.M.
Men's Youth N 8+	4	1:00 P.M.
Men's Youth 2x	5	1:10 P.M.
Women's Youth 2 nd V 4+	6	1:20 P.M.
Women's Youth Ltwt 8+	7	1:30 P.M.
Men's Youth N 4+	8	1:45 P.M.
Men's Youth Ltwt8+	9	1:55 P.M.
Women's Youth N Ltwt 4+	10	2:05 P.M.
Women's Youth V 4+	11	2:15 P.M.
Men's Youth 2 nd V 8+	12	2:25 P.M.
Men's Youth V 4+	13	2:35 P.M.
Men's Youth N Ltwt 4+	14	2:50 P.M.
Women's Youth 1x	15	3:00 P.M.
Women's Youth N 8+	16	3:10 P.M.
Men's Youth 1x	17	3:20 P.M.
Women's Youth 2 nd N 4+	18	3:30 P.M.
Men's Youth 2 nd N 8+	19	3:40 P.M.
Women's Youth 4x	20	3:50 P.M.
Men's Youth Ltwt 4+	21	4:05 P.M.
Women's Youth N 4+	22	4:15 P.M.
Women's Youth V 8+	23	4:25 P.M.
Men's Youth 2 nd V 4+	24	4:35 P.M.
Men's Youth V 8+	25	4:45 P.M.
Women's Youth Ltwt 4+	26	4:55 P.M.
Women's Youth 2 nd N 8+	27	5:05 P.M.
Men's Youth 4x	28	5:15 P.M.

BOLD EVENTS ARE JUNIOR NATIONAL QUALIFYING EVENTS.

- **THE EVENT TIMES ARE APPROXIMATE. ACTUAL EVENT TIMES WILL NOT BE AVAILABLE UNTIL AFTER THE ENTRY DEADLINE.**
- THE REGATTA COMMITTEE RESERVES THE RIGHT TO REDRAW EVENTS IF THE NUMBER OF SCRATCHES WARRANTS SUCH CHANGES.
- ALL SCHEDULES ARE TENTATIVE UNTIL 30 MIN BEFORE REGATTA.

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EVENT ENTRY FORM *(must be complete!)*

This form must accompany your check, and waivers.

Event # _____ Event Name _____

Team _____

Head Coach _____

Coach Address _____

Coach Phone (d) _____

(e) _____

Coach Email _____

Type or Print *(Please note if crew member should be watched for medical concerns, i.e. Asthma)*

Bow _____ Weight _____ D.O.B. ____ / ____ / ____ Med ? _____

2 _____ Weight _____ D.O.B. ____ / ____ / ____ Med ? _____

3 _____ Weight _____ D.O.B. ____ / ____ / ____ Med ? _____

4 _____ Weight _____ D.O.B. ____ / ____ / ____ Med ? _____

5/B _____ Weight _____ D.O.B. ____ / ____ / ____ Med ? _____

6/2 _____ Weight _____ D.O.B. ____ / ____ / ____ Med ? _____

7/3 _____ Weight _____ D.O.B. ____ / ____ / ____ Med ? _____

Stroke _____ Weight _____ D.O.B. ____ / ____ / ____ Med ? _____

Cox _____ Weight _____ D.O.B. ____ / ____ / ____ Med ? _____

Alt _____ Weight _____ D.O.B. ____ / ____ / ____ Med ? _____

Alt. _____ Weight _____ D.O.B. ____ / ____ / ____ Med ? _____

I certify, as Coach that all contestants are:

- A rower 18 years of age or younger as of December 31, 2003 or must be currently attending Junior High or High School grades 8-12.
- Eligible to compete
- In good physical condition and capable of swimming.

Signature _____ Date _____
Coach

COMMITTEE USE ONLY:

Payment _____ Waivers _____ Financial Form _____ Event _____ Heat _____ Lane _____

Cox's weight _____ Crew weight-in _____

ALL MAIL-IN ENTRIES MUST BE RECEIVED BY MAIL BY MAY 1, 2003

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SUMMARY OF ENTRIES

This form must accompany your check, event entry forms and waivers. Coaches may print this completed form off of Regatta Central if you chose to use the electronic entry process.

Team _____ Coach _____
Phone-Day _____ Evening _____
Address _____

Our team is entering the following:

1. Eights (8+)

List each event number entered _____

Cost is \$60 x _____ = _____

2. Fours (4+)

List each event number entered _____

Cost is \$50 x _____ = _____

3. Doubles (2x)

List each event number entered _____

Cost is \$30 x _____ = _____

4. Singles (1x)

List each event number entered _____

Cost is \$20 x _____ = _____

A. SUB-TOTAL = _____

Insurance: # of rowers _____ X \$2= _____

TOTAL COST= _____

If postmarked after April 30, 2003, add 20% to your subtotal, and then add insurance.
(Late fee applies to event total or to CAP amount.)

Late fee, if applicable: Sub-total _____ x 1.2 = _____

Make check payable to ORRA. Mail this form, competitor list, regatta entry forms and waivers to:

**ORRA - Southeast
P.O. Box 4384
Oak Ridge, TN 37831-4384**

