

2006 Midwest Championship Erg Sprint

Saturday, February 25, 2006

Race Parameters:

- All races will be 2000 meters in length (except coxswains).
- All races will be run on Concept 2 Model C Ergometers with video monitors.
- Ergs will be available for 15-minute warm-ups.

Competitors may use the resistance setting of their choice, but the setting may not be changed during the course of the race.

The race organizers reserve the right to:

1. Change the tentative schedule of events.
2. Combine events that have less than 16 registered participants.
3. Limit the number of events of flights.

Warm-up:

-Competitors are responsible for their own warm-ups. Several ergs will be available for warm-ups, please limit warm-up time to a maximum of 15 minutes.

Flights:

-Flights will consist of 10 competitors. Flights will be matched as closely as possible according to the time submitted on the registration packet.

-Prior to the race all competitors are required to submit their best time for 2000 meters so that the race organizers can seed competitors. Competitors may compete in more than one race if they qualify.

-A fee of \$5 will be charged for all scratches on race day or for any who scratch after the entry window closes.

-All coaches and individual rowers must check-in at the registration desk at least one hour prior to their first competitor's event. Registration desk opens at 7:30am. Failure to register and/or be on deck at the allotted time will result in forfeiture.

-Protests are welcome, however a \$25 protest fee deposit must be paid before the committee will meet to discuss the matter. (Successful protests will be refunded)

- The entry fee is \$17 per rower. You may pay by Credit Card on RegattaCentral or print a copy of the invoice from RegattaCentral and bring to registration with a check.

Weight-class specifications

- Weigh-in for ALL lightweight events will take place near the registration desk. All weigh-ins must be completed at least one hour before the scheduled event. Weigh-in opens at 8:00am.

- If the competitor fails to make weight, be aware of the schedule for an alternate event. It is the coach's responsibility to find an event for which the athlete is qualified. Please be absolutely sure to check with your athletes and see that they can make weight prior to the official weigh-in. If they do not make weight but are within 2 pounds of weight, they may re-weigh once more, up until 45 minutes before their race. In the event that an athlete is overweight by more than 2 pounds, the event organizers will try to fit him or her into an openweight flight, if there is a vacant erg. Be aware however, that if there are no vacant ergs in the openweight flights, the event coordinators will not create a new flight for athletes who failed to make weight.

Weight limits:

Lightweight Men: 165 lbs or less

Lightweight Women: 140 lbs or less

Coxswain Men: 135 lbs or less

Coxswain Women: 120 lbs or less

2006 MCES Tentative Schedule:

Until the registration window closes, this schedule cannot be guaranteed, but it reflects the probable number of entries based on previous years.

- Event 1- 9:00- Junior Novice Ltwt Men
- Event 2- 9:15 Junior Novice Open Men
- Event 3- 9:30- Junior Ltwt Men
- Event 4- 9:45- Junior Open Men
- Event 5- 10:00- Junior Novice Ltwt Women
- Event 6- 10:15- Junior Novice Open Women
- Event 7- 10:30- Junior Ltwt Women
- Event 8- 11:00- Junior Open Women
- Event 9- 11:30- Mens Junior Coxswains 1000 meter sprint
- Event 10- 11:45- Womens Junior Coxswains 1000 meter sprint

Awards High School: 12:00-12:30

LUNCH BREAK- 12:30 until 1:00

- Event 11- 1:00- Masters Men
- Event 12- 1:15- Masters Women
- Event 13- 1:30 -Open Novice Ltwt Women
- Event 14- 1:45- Open Novice Women
- Event 15- 2:00- Open Ltwt Women
- Event 16- 2:15- Open Women
- Event 17- 2:30- Open Ltwt Novice Men
- Event 18- 2:45- Open Novice Men
- Event 19- 3:00- Open Ltwt men
- Event 20- 3:15- Open Men
- Event 21- 3:30- Mens Coxswains 1000 meter sprint
- Event 22- 3:45 Womens Coxswains 1000 meter sprint

Awards Master's and Collegiate

Age Handicap for Masters Rowers

Age handicaps will be calculated according to USRowing's age handicap formula

<http://www.usrowing.com/uploads/docs/mhandchart.pdf>

$$HC = (\text{age}-27)^2 \text{ times } .025$$

For 80 and over 2.7 seconds will be added for each year.

Midwest Championship Erg Sprint Points System

- All events outside of the Coxswains race will count toward the team's point total. Junior and High School teams may only gain points in Junior events and Open or Collegiate teams may only gain points in those events, though Collegiate teams may not gain points from Masters events. A more detailed description will be available upon registration.

- Points will be awarded in descending order from 6-1 to the top six finishers in each race that qualifies for either the collegiate or high school point championship. If there are six or fewer rowers in a race the last-place rower will be awarded no points. Several possible point distributions are as follows:

For races with six or more:	For races with six rowers:	For races with five:
1st 6	1st 6	1st 6
2nd 5	2nd 5	2nd 5
3rd 4	3rd 4	3rd 4
4th 3	4th 3	4th 3
5th 2	5th 2	5th 0
6th 1	6th 0	
7th 0		

Points earned in the following events will count towards the High School championship:

Junior Novice Ltwt Men	Junior Novice Ltwt Women
Junior Novice Open Men	Junior Novice Open Women
Junior Ltwt Men	Junior Ltwt Women
Junior Open Men	Junior Open Women

Points earned in the following events will count towards the College championship:

Open Novice Ltwt Men	Open Novice Ltwt Women
Open Novice Men	Open Novice Women
Open Ltwt Men	Open Ltwt Women
Open Men	Open Women

In the event of a tie in an individual race, both rowers will receive points. Ex,

1st 6

t-2nd 5

t-2nd 5

4th 3

5th 2

6th 1

7th 0

In the event of a tie in total points, the school with the most 1st place finishes will be declared the winner. In the even of a further tie in the number of 1st place finishes the winner will be determined by most 2nd place finishes and so on.

*If you have any questions, please contact Matt Kowallis (Kowall_M@denison.edu)(740-804-1675) and Katie Salvator (salvator.2@osu.edu) (614.668.7299)

DIRECTIONS

From Cleveland area

1. **I-71 SOUTH** - go **128.1** mi
2. Take exit **#119B** onto **I-270 WEST** toward **DAYTON** - go **3.0** mi
3. Take exit **#22** onto **OH-315 SOUTH** toward **COLUMBUS** - go **8.9** mi
4. Take the **KINNEAR RD** exit toward **OLENTANGY RIVER RD** - go **0.2** mi
5. Turn **L** on **KINNEAR RD** - go **0.1** mi
6. Turn **L** on **OLENTANGY RIVER RD** - go **0.1** mi
7. Turn **R** on **JOHN H HERRICK DR** - go **0.2** mi
8. Turn **R** on **CANNON DR** - go **0.1** mi
9. Turn **L** on **W 12TH AVE** - go **0.4** mi
10. Turn **L** on **NEIL AVE** - go **0.1** mi
11. Arrive at **1807 NEIL AVE, COLUMBUS**, on the **L**

From Pittsburgh area

1. Take the **I-70 WEST** exit toward **WHEELING** - go **155.7** mi
2. Take exit **#101A** onto **I-71 NORTH** toward **CLEVELAND** - go **1.2** mi
3. Take the **I-670 WEST** **L** exit - go **1.8** mi
4. Take exit **#2B** onto **OH-315 NORTH** - go **1.6** mi
5. Take the **MEDICAL CNTR DR** exit onto **W 9TH AVE** toward **KING AVE/HOSPITAL** - go **0.7** mi
6. Turn **L** on **NEIL AVE** - go **0.3** mi
7. Arrive at **1807 NEIL AVE, COLUMBUS**, on the **L**

From Cincinnati area

1. Take the **I-71 NORTH** exit toward **COLUMBUS** - go **98.0** mi
2. **I-71 NORTH** becomes **OH-315 NORTH** - go **3.2** mi
3. Take the **MEDICAL CNTR DR** exit onto **W 9TH AVE** toward **KING AVE/HOSPITAL** - go **0.7** mi
4. Turn **L** on **NEIL AVE** - go **0.3** mi
5. Arrive at **1807 NEIL AVE, COLUMBUS**, on the **L**

From Indianapolis area

1. **I-70 EAST** toward **COLUMBUS O.** - go **168.7** mi
2. Take **L** fork onto **I-670 EAST** toward **AIRPORT** - go **2.3** mi
3. Take exit **#2B** onto **OH-315 NORTH** - go **1.8** mi
4. Take the **MEDICAL CNTR DR** exit onto **W 9TH AVE** toward **KING AVE/HOSPITAL** - go **0.7** mi
5. Turn **L** on **NEIL AVE** - go **0.3** mi
6. Arrive at **1807 NEIL AVE, COLUMBUS**, on the **L**

