



2009 USRowing Club National Championships

Melton Lake, Oak Ridge, Tenn.

July 15-19, 2009

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General Information

USRowing is excited to present the USRowing Club National Championships that will combine junior, intermediate and senior events. More than 60 boats will be deemed champions over the five-day regatta. Co-hosting this event will be the Oak Ridge Rowing Association; they bring years of experience in running quality events. We look forward to hosting you and your crews on Melton Lake.

General Information for 2009

- **USRowing membership must be taken care of before the regatta. If membership is renewed on site, a \$5 administration fee will apply.**
- **Coxswains requiring over 10 lbs. of additional weight will need to provide their own weight.**
- **Entry fees will be refunded if the scratches are made before July 2, minus a 3% processing fee for those entries paid for with a credit card.**
- **Entries entered on Regatta Central that do not have complete boating lineups by the lineup deadline of July 5 will be charged the late entry fee for competition.**
- Racing will begin on Wednesday, July 15.
- Finals will be held on Saturday and Sunday.
- Each individual athlete must check-in at registration to be issued a credential.
- If coaches are picking up athlete credentials, they must provide to USRowing a list of their athletes in advance.
- Entries will be accepted after the deadline but will be charged a late fee. Please see fee schedule included in the entry packet. Entries will be accepted only in events where an additional boat will not cause a change in the progression system. Late entries will only be accepted one day prior to the scheduled event. No late entries will be accepted on the day of the event.
- Athletes may row in an unlimited number of senior races without being elevated to elite status.
- USRowing reserves the right to place event sponsorship advertising on all boats. Advertisements are allowed on equipment and clothing by manufacturers of both equipment and clothing, and by sponsors of a crew or club. Except as otherwise specified in the rules of rowing, the content, placement and size and density of advertisements are not restricted

USRowing Membership

Every competitor is required to be an individual member of USRowing. In addition, all competing organizations are required to be members of USRowing. Please sign up prior to the regatta online at http://www.usrowing.org/join_renew/membershipoptions/index.aspx.

RegattaCentral

RegattaCentral will process all entries for this event. Individual membership is required; if membership is renewed on site, a \$5 administration fee will apply. The membership application is available online at http://www.usrowing.org/join_renew/membershipoptions/index.aspx, or you may contact the USRowing membership department at 1-800-314-4769. Waivers are completed at the time of membership and are not required for this regatta. If your rower has not yet signed a waiver for the year, please have them do so online at http://www.usrowing.org/join_renew/membershipoptions/index.aspx. To sign your waiver online you, must have your membership number and zip code.

Athlete Registration

All athletes must check in to verify membership and ensure paperwork is completed.

Date	Time
Tuesday, July 14	Noon – 5:30 p.m.
Wednesday, July 15	6:30 a.m. – end of racing
Thursday, July 16	6:30 a.m. – end of racing
Friday, July 17	6:30 a.m. – end of racing
Saturday, July 18	6:30 a.m. – end of racing
Sunday, July 19	6:30 a.m. – end of racing

All athletes will receive credentials. Athletes must present their credential before launching for all races. Credentials will be issued only with proof of USRowing membership. **A replacement fee of \$10 will be charged for each lost credential.** Please note that each individual must check-in with USRowing at registration. If the coach would like to pick up the entire team's credentials, please provide us with a list of names in advance.

Progression System

Racing will run on a 2,000 meter, fully buoyed seven-lane course with starting platforms.

Junior B, Junior, Intermediate, Senior

1-7 Entries	Final Only
8-12 Entries	2 Heats Final
13-15 Entries	3 Heats Final
16-18 Entries	3 Heats, 2 Semifinals Final
19-24 Entries	4 Heats, 2 Semifinals Final
25-36 Entries	6 Heats, 2 SemiFinals Final

Events will be limited to a maximum of 36 entries.

All races will be run on seven-minute centers.

Practice Schedule

The course opens for practice starting Tuesday, July 14. Additional daily practice times will be posted at the venue. Practice will not be allowed during the lunch break. In order to provide adequate practice times in a safe and effective way, we are asking for volunteers to assist with marshalling. If you are willing to assist, please contact Elizabeth Webb at elizabeth@usrowing.org.

Regatta Schedule

In events where there are fewer than three entries received by the deadline, the race will be scratched. Races will not be delayed for crews that are late to the line for any reason. Crews should be in their lanes and locked onto the stakeboats two minutes before the start of their race. Due to the large number of races anticipated, the local organizing committee will not be able to assist competitors to the start area via a launch.

Racing will take place all day Wednesday, Thursday, Friday, Saturday and Sunday.

Weigh-Ins

Lightweight men shall weigh no more than 160 lbs., with the crew average being 155 lbs. Lightweight women shall weigh no more than 130 lbs. There is no crew average for women. Lightweight weigh-ins will occur once a day, no more than two hours and no less than one hour before the competitor's first lightweight race.

Coxswains may be of either gender. Coxswains for men's crews shall weigh at least 120 lbs. Coxswains for women's crews shall weigh at least 110 lbs. Coxswains weighing less than the required amounts shall be assigned the additional weight necessary to achieve the minimum weight. This weight should be carried in all appropriate events coxed by the individual as close to the torso

as possible. Weigh-ins will occur once a day, no more than two hours and no less than one hour before the competitor's first race. **Coxswains requiring more than 10 lbs. of weight will need to provide their own weight.**

Coaches and Coxswains Meeting

A mandatory meeting for all coaches and coxswains is scheduled for Tuesday, July 14 at 5:30 p.m. Location TBD. Any crew who does not attend will be responsible for the information delivered at the meeting.

On-the-Water Traffic Pattern

Traffic patterns and rules will be posted. Coaches, please make sure all of your athletes understand and follow the traffic pattern. Crews not following the traffic patterns may be assessed warnings, and repeat offenders may be eliminated from the race. Collisions have occurred in the past, so please be aware of the pattern before launching.

Equipment Issues

It is the responsibility of each crew to ensure that its equipment is in full compliance with the Rules of Rowing. Officials may check equipment at any time during the competition to ensure compliance. Crews presenting equipment that is not in compliance may be excluded from further competition.

Crews should pay particular attention to the following rules:

Rule 3-104: All boats must meet minimum weight standards. A scale will be available during heats and semis for crews to check their boat weight. Official boat weighing will take place during finals. If a crew placed and received a medal and their boat is underweight they will forfeit their medal standing.

Rules 3-105 and 3-109: Crews will not be allowed to launch if their equipment does not comply with these safety standards (properly attached bowball and proper foot-release mechanism).

Rule 3-106: When boats launch for competition, they may not carry any devices capable of receiving electronic communications from outside of the boat.

Rule 3-110: The opening for coxswains in all bowloaded boats must meet the minimum specifications listed in this Rule.

- a) The opening through which the coxswain enters and exits shall be at least 2.30 ft. (70 cm) long when measured along the longitudinal axis of the boat. For a length of at least 1.64 ft. (50 cm.), the opening shall be as wide as the inner hull of the boat itself. b) The inner surface within which the coxswain's body rests shall be smooth and free of any obstacles, devices, or other structures that would hinder quick exit. Where the feet of the competitor are held in place by footgear affixed to the structure of the boat, the design of such footgear shall provide for the quick release of the feet in case of emergency without the use of hands. Any pull string connected to the heel of such footgear shall not allow the heel to raise more than three inches (7.5 cm) above the footboard to which it is anchored.

During all race days, no shell may launch without a bow ball, and no shell may race without its appropriate lane number affixed to its bow. Bow markers will be provided. A boat in which the body of the coxswain is enclosed, or partially enclosed within the hull of the boat, shall conform to the following requirements:

Classification by Skill

Intermediate -A competitor is an intermediate who has not advanced to the status of senior or elite.

Senior – A competitor is a senior who has won an intermediate or senior event over or at 2,000 meters at the USRowing National Championships or the Royal Canadian Henley Regatta, and who has not advanced to the status of elite. A competitor who is elite as a sweep rower shall be advanced to senior for all sculling events, and a competitor who is elite as a sculler shall be advanced to senior for all sweep events.

Elite – A competitor is Elite who has been a member of a USRowing National Team as a competitor (including a spare) in the category at issue, other than in a Junior or Masters event.

Classification by Age

Junior - A junior is a competitor who in the current calendar year does not attain the age of 19, or who is and has been continuously enrolled in a secondary school as a fulltime student seeking a diploma. A competitor thus ceases to be a junior after December 31 of the year of his or her 18th birthday, or of the year in which he or she completes the 12th grade of secondary school, having been a fulltime student, whichever is later.

Junior B – A junior “B” event is made up of those juniors who in the current calendar year do not attain the age of 17.

[Entry Information](#)

Entry Deadline

The entry deadline is Wednesday, July 1, midnight PST. **No phone entries will be accepted for this competition.** To ensure a fair competition for everyone, no exceptions will be made. Clubs needing to make lineup changes after submitting the original entry form, must submit changes in writing. Please remember, once a lineup has been submitted, a club can substitute up to 50% of the crew. Lineups must be completed by Sunday, July 5. Changes can be made after that time, but we must have a complete boating or it may not be accepted. Late entries via e-mail will be accepted until Friday, July 10, entries must be accompanied with completed entry form and credit card number for payment. Changes will be accepted via e-mail until Friday, July 10, only if accompanied with a completed

change form and complete boat line-up. USRowing will still accept changes on site beginning Tuesday, July 14.

Entries that do not have complete lineups by the boating lineup deadline of July 5 will be assessed the late entry fee for competition.

Competitor Waiver Forms

Every competitor should have a waiver on file. If not, please visit http://www.usrowing.org/join_renew/membershipoptions/index.aspx to sign the waiver online.

Entry Fees

Fees are non-refundable after July 1. There will be no exceptions. Payment should accompany entry forms. Please make checks payable to USRowing. A \$4/per athlete venue fee will be assessed at time of registration.

Boat	Entry Fees	Entry Fees after (July 1)
8+	\$125	\$185
4+	\$85	\$125
4x/4	\$75	\$115
2-/2x	\$50	\$75
1x	\$30	\$45

Scratch Fee

Entry fees will be refunded if the scratches are made before July 2, minus a 3% processing fee for those entries paid with credit cards. Those scratching after this time will forfeit their entry fees. Those boats scratching after Tuesday, July 15, will forfeit their entry fees as well as pay a \$50 scratch fee, to be paid prior to competition in subsequent races.

General Entry Rules

If fewer than three entries are received or if all entries are from the same organization, the event will be scratched and the athletes will be notified. No competitor may represent two different organizations in the regatta. **No composite entries will be allowed.**

Entry Forms

PLEASE USE REGATTACENTRAL TO REGISTER FOR THIS EVENT. If you have difficulty registering on RegattaCentral, please contact the support department at support@regattacentral.com or call 614-360-2922. Please check your athletes' memberships at least one month prior to the event. This will allow USRowing ample time to issue a number to your athletes.

Crew Changes

If a change of crew occurs in any event, a crew change form should be submitted to the control commission for approval at least two hours prior to race time. Forms will be available at registration. Complete rower information will be required for the replacement, including full name, age, etc.

Entry Confirmation

E-mail confirmations will be sent to the contact person for each crew that appears on RegattaCentral. Please ensure that this information is correct. Lane draws will be available on-site Tuesday, July 15, and also online at www.racetrak.com.

Medals

In events with three entries, a gold and silver medal will be awarded. In events with more than four entries, all three medals will be presented.

College Fair

The sixth-annual college fair will take place on Sunday July 19, time TBD. Please note that only rising seniors and their parents are eligible to participate. Athletes must be officially dismissed from their coaches before they can attend. The college fair will be held under the big tent. College coaches who are interested in participating should contact elizabeth@usrowing.org

Please call 609-751-0706 or e-mail elizabeth@usrowing.org with questions.

For question concerning membership or waivers, please call 1-800-314-4769 or e-mail membership@usrowing.org.