

## **2009 USRowing Youth National Championship General Information**

Thank you for participating in the 2009 USRowing Youth National Championships. We are very excited about the turnout and the level of competition. Congratulations for making this such a successful event.

The link below will provide directions to East Fork State Park.

<http://cjrc.net/pdfs/EastForkMapDirections.pdf>

\* The progressions of racing will include heats, reps, semifinals, as well as A, B and C finals. Racing will begin on Friday morning at 8:00 a.m.

\*We have modified the Alternate Progression System B as found in the 2009 Rules of Rowing to include C finals.

### **8-11 entries**

Two heats – top two to A final, rest to rep

One rep – top two advance to A final, rest to B final

### **12-14 entries**

Two heats – top crew to A final, rest to rep

Two reps – top two to A final, third to fifth to B final

### **15-16 entries**

Three heats – top three to semifinals, remaining to rep

One rep – top three to semifinals, remaining to C final

Two semifinals – top 3 to A final, remaining to B final

### **17-20 entries**

Three heats – top two to semifinals, remaining to rep

Two reps – top three to semifinals, fourth to sixth to C final

Two semifinals – top three to A final, remaining to B final

### **21-24 entries**

Four heats – top three to semifinals, remaining to rep

Two reps – top three to semifinals, remainder eliminated

Three semifinals - 1<sup>st</sup> and 2<sup>nd</sup> to A final, 3<sup>rd</sup> and 4<sup>th</sup> to B final, 5<sup>th</sup> and 6<sup>th</sup> to C final

**\* A computerized random draw will be used for 2009**

**\* A tentative schedule has been posted to the Youth Nationals event page on the USRowing Web site, as well as Regatta Central.**

**Heat sheets will be available 48 hours before the event at [www.racetrak.com](http://www.racetrak.com).**

**Registration and Entry Fees:**

- Please ensure that your entry fees are paid before you arrive on site if you haven't made prior arrangements. Due to an oversight on Regatta Central, many crews who registered in early to mid May were not charged the \$4/athlete venue fee. Please return to Regatta Central to take care of paying this fee.
- Registration will open Thursday June 11, at 11 a.m. at the USRowing tent. Credentials will be issued for this year's event. Heat sheets and regatta information will be available at the USRowing tent for coaches to pickup. If you have not yet had your athletes join USRowing, please have them do so prior to June 11, 2009. A \$5/administrative fee will apply if membership is renewed on-site. Waivers can now be signed online at [www.usrowing.org](http://www.usrowing.org). Everything must be turned in prior to racing Friday. Coaches may pick up their crews' credentials ONLY if all athletes on your crew have current USRowing membership.

Athletes must present credentials to control commission before launching for all races. **A replacement fee of \$10 will be charged for each lost badge.**

\* Coaches and coxswains meeting will be Thursday, June 11, at 5:00 p.m. at the venue under the permanent structure.

**Traffic Pattern Maps are available on the USRowing Web site.**

**\* Practice times are as follows:**

**Thursday 10 a.m.-4:30 p.m. and after coaches and coxswains meeting until 7 p.m.  
Friday and Saturday practice times will be 15 minutes after the last race until 7:30 p.m.**

### **PARKING**

Parking at the regatta beach venue is reserved for team vehicles including: boats, trucks, vans, buses and food trailers. Each head coach will be issued a parking pass at registration for a reserved parking spot for one team vehicle. Additional parking passes may be available once the numbers of team registrations are established.

### **SPECIAL NOTE TO COACHES AND BOAT TRAILER DRIVERS:**

Please notify the Regatta Director at [sbharty@hotmail.com](mailto:sbharty@hotmail.com) to indicate who is transporting your boats and the arrival date so that all team boats can be accommodated. Once boats are unloaded from trailers, all boat trailers must park in the first lot up the hills on the left. Trailer traffic is prohibited in the boat staging lot once racing has started and until the end of racing on the last day of the regatta.

### **Weigh-In and Boat Weight Information:**

Lightweights:

- Lightweights will be weighed in according to USRowing Rules of Rowing:

- No more than two hours and no less than one hour before the first race of each event in which they are competing, each day they are racing. **All crews bringing spares must also weigh in their spares.**
- Weights will be strictly enforced.
- A rower who loses two or more pounds from his/her initial weighing of any weighing period **may** be required to be checked by on-site medical personnel before being cleared to race.
- A rower who appears severely dehydrated or to have used extreme means to lose weight **shall** be required to be checked by on-site medical personnel before being cleared to race.
- A rower who requires intravenous rehydration will not be allowed to race.

**Coxswains:**

- Coxswains will be weighed according to USRowing Rules of Rowing:
  - No more than two hours and no less than one hour before the first race of each event in which they are competing, each day they are racing.
- Coxswains who are more than a couple of pounds under weight are encouraged to bring weights with them (e.g. scuba weights, lead plates).
- “Coxswain-Keeper” strap system will not be permitted.

**Boat scales will be available for practice weighing on Thursday, June 11, from 10 a.m.-5 p.m.**

**Boat Weighing:**

- a. All boats shall comply with the following minimum weights:

Category	Weight (lbs.)	Weight (kgs.)
1x	30.86	14
2x	59.53	27
4+	112.44	51
4x	114.64	52
8+	211.64	96

"Beginning Friday morning, boats will be weighed at random following races. At least one medaling crew chosen at random will be weighed after each final. Crews and coaches will be told that their boat has been selected to be weighed upon reaching the landing dock/beach. The crew to be weighed will be escorted by a referee directly to the boat weigh-in tent. The crew will place its boat in slings outside of the boat weigh-in and remove everything with the exception of the wiring for the cox-box/speed coach, speakers, seats, foot stretchers, fin, skegs, rudder and riggers. Everything else that is not permanently affixed to the hull must be removed prior to the boat being placed on the scales. Once the aforementioned have been removed, the boat will be placed on the scales to be weighed. There will be a referee in the tent to inform the coach/crew of the boat weight."

**\* Weights:**

Junior Women – Max. 130 lbs. (no average)

Junior Men – Max 155 lbs. (no average)

Coxswains for junior men's event – minimum 120 lbs.

Coxswains for junior women's events – minimum 110 lbs.

\* Please note that lane seven is the closest to the shore.

\* The heat schedule on Friday follows the same order as the finals. The repechages will be in this same order, as will the semifinals. ***Those who are doubling, please be aware that many events now have a tight turn around. No extra time will be allowed for hot seating. We do not want people scratching their races after they have raced the heats because they are too tired. Please consider this prior to arriving.***

\* Please direct parents, grandparents and friends to the Clermont County Web site for directions, dining options, accommodations, etc. The address is <http://www.visitclermontohio.com/>.

\* We will be following the rules of rowing

\* Oars must match

\* Uniforms must match

\* Bow numbers will be provided

\* Trailers must leave the venue on Sunday evening, June 14, 2009. No trailers can stay overnight. There will be no security.

\* Trailers will not be allowed to stay in the beach area. Once your equipment is unloaded, all crews must move trailers to the trailer storage lot.

\* Security will be provided overnight Thursday, Friday and Saturday

\* There will be CJRC volunteers at the park Thursday and Friday to show you where boats and trailers will be stored, where crews may put up their tents and designated parking areas for buses/team vans.

Please ask before you stake your team tent up in the athlete area. They are not allowed in that space. We will show you the proper location. We want adequate room for all competitors.

If you have question, you can e-mail [elizabeth@usrowing.org](mailto:elizabeth@usrowing.org)

## Welcome Rowers, Coaches, and Families

Cincinnati Junior Rowing Club welcomes you to the Greater Cincinnati Region for a wonderful regatta experience! As the local organizing committee for many regattas at Harsha Lake in East Fork State Park, Ohio, we hope that you will find the following information helpful as you enjoy the high school rowing events. Directions, maps and additional regatta information for East Fork and Harsha Lake are available at [www.cjrc.net](http://www.cjrc.net) and [www.eastforkparkmap.pdf](http://www.eastforkparkmap.pdf).

### **TRAVEL TIPS TO EAST FORK STATE PARK**

Plan your travel time wisely. Afternoon traffic on Rt. 125 can be very congested and you may experience longer travel delays than in the early morning travels, especially on weekdays. If you encounter difficulties in traveling to the regatta venue, please call your coach and let them know of your impending delay so that your coach can inform race officials. Rowers may be dropped off at the beach venue throughout the day.

Parking is free at this Ohio State Park. *Visitor parking* is available at several lots off of Park Road; please no parking on the grass. Volunteers are available to advise you regarding parking options. A free bus shuttle runs daily between the regatta beach area and these parking lots from 7:00 a.m. until the last race. Announcements regarding bus service are made regarding any schedule changes late in the day. Please note that pets are not allowed on the bus. There are also designated spots for vehicles with handicapped parking permits.

### **TEAM TENTS**

Tent rentals and a map of the regatta venue may be obtained through the CJRC Web site. Team tents may be set-up in *designated areas* on the beach to the left of the Matt Maupin Pavilion as you look at the beach. The land between the pavilion and the racecourse is to remain an open space to observe the beachfront. Please note that the area reserved for team boats allows clear and easy access for athletes and boats to the launch and dock. Team tents are not permitted in this area. Food trailers are to be parked in *designated areas* and may not be parked on the grass.

### **CONCESSIONS: The Matt Maupin Pavilion**

A variety of healthy snacks, drinks, and grilled food items are available throughout day in the Matt Maupin Pavilion. Event and regatta merchandise are also available in this area. Race results are posted on tables adjacent to the computer technology center, as well as on outside results boards. Please note that for health and safety reasons, pets are not allowed in the tented pavilion.

**LOST & FOUND**

Communications regarding lost and found items are coordinated at the announcer's tent. After the regatta, you may contact the regatta director through the CJRC Web site to inquire about lost and found items.