



Saturday July 11, 2009

8:30am to 4:00pm

Hosted by Lake Lanier Rowing Club

You are cordially invited to join the competition and fun at the
1996 Olympic Rowing Venue.

In this brochure you will find information on the 2009 Lanier Summer
Sprints, events and instructions on how to participate.

If you have any questions or need information, please contact:

Regatta Director, Jim Pickens – (919) 760-5224

Lake Lanier Rowing Club – (770) 287-0077



Please check the websites below for changes and updated information:

www.regattacentral.com to register
www.llrc.net for other regatta information

Entries

1. Registration

Please submit all entries through RegattaCentral.com. The entry deadline is Sunday July 5th, 2009.

Your Complete Entry must include:

1. Registration on RegattaCentral.com for all entries.
2. Completed waivers for each competing member of your club, including coxswains.
3. Entry fees for all competitors submitted to Lake Lanier Rowing Club.

2. Waivers

All competitors must sign a US Rowing Liability Waiver. Competitors under the age of 18 must sign and have a parent or legal guardian sign an individual minor's waiver. Racing packets will not be released until completed and signed waivers have been submitted to the registration desk. A blank waiver is included at the end of this packet.

3. Entry Fees & Payment

Singles: \$20 per event, per boat
Doubles/Pairs: \$35 per event, per boat
Fours/Quads: \$55 per event, per boat
Eights: \$75 per event, per boat

Entry fees are payable to Lake Lanier Rowing Club by July 10th, 2009. Credit card payments can be made online through RegattaCentral.com. Check payments made payable to "Lake Lanier Rowing Club" may be sent to:

Lake Lanier Rowing Club
3105 Clarks Bridge Rd.
Gainesville, GA 30506

No refunds will be given after the close of registration/check-in at 8 pm on July 10th, 2009.

4. Regatta Day Check-In

At least one representative from each team is required to check in at registration. **LIGHTWEIGHT ROWERS AND COXWAINS ARE REQUIRED TO WEIGH IN DURING THIS TIME.** Registration/check-in will take place in the upper level of the boathouse on:

Friday, July 10th from 6 p.m. – 8 p.m. Saturday, July 11th from 6:30 a.m. – 9 a.m

5. Event Schedule (Updated 6/15/09)

Event #	Time	Event	Distance
1	8:30	Men's Masters 1x	1k
2	8:40	Women's Masters 1x	1k
3	8:50	Men's Masters Lightweight 1x	1k
4	9:00	Women's Masters Lightweight 1x	1k
5 & 6	9:10	Men's & Women's Masters Novice 1x	1k
7	9:20	Men's Collegiate/Open 2-	2k
8	9:30	Women's Collegiate/Open 2-	2k
9	9:40	Men's Jr 1x	2k
10	9:50	Women's Jr 1x	2k
11 & 12	10:00	Men's & Women's Masters Novice 4+	1k
13	10:10	Men's Masters 4x	1k
14	10:20	Women's Masters 4x	1k
15	10:30	Men's Collegiate/Open 4+	2k
16	10:40	Women's Collegiate/Open 4+	2k
17 & 18	10:50	Men's Jr. 4+/4x	2k
19	11:00	Women's Jr. 4+/4x	2k
20	11:10	Men's Masters 2x	1k
21	11:20	Women's Masters 2x	1k
22	11:30	Men's Collegiate/Open 2x	2k
23	11:40	Women's Collegiate/Open 2x	2k
24	11:50	Men's Masters 4+	1k
25	12:00	Women's Masters 4+	1k
26	12:10	Men's Collegiate/Open 1x	2k
27	12:20	Women's Collegiate/Open 1x	2k
28	12:30	Mixed Masters 4x	1k
29 & 30	12:40	Men's & Women's Masters Novice 8+	1k
	12:45	LUNCH BREAK	
31	1:30	Mixed Masters 8+	1k
32	1:40	Mixed Open 8+	2k
33	1:50	Mixed Masters 2x	1k
34	2:00	Mixed Open 2x	2k
35	2:10	Men's Jr. 2x	2k
36	2:20	Women's Jr. 2x	2k
37	2:30	Men's Open/Collegiate 8+	2k
38	2:40	Women's Open/Collegiate 8+	2k
39	2:50	Men's Masters 2-	1k

40	3:00	Mixed Masters 4+	1k
41	3:10	Men's Jr. 8+	2k
42	3:20	Women's Jr. 8+	2k
43	3:30	Men's Masters 8+	1k
44	3:40	Women's Masters 8+	1k
45	3:50	Mixed Open 4+	2k

6. Classifications

Junior (under 19 years of age): A rower or coxswain who does not attain the age of 19 during the current calendar year or who is continuously enrolled in a secondary school seeking a diploma. All races will be 2k in distance.

Open: No restrictions on age or experience. This includes collegiate participants. All races will be 2k in distance.

Lightweight: A male rower who weighs no more than 160 pounds and a female rower who weighs no more than 130 pounds. Weigh-ins will be held during registration at the above listed times.

Masters: Rowers who are over the age of 21. Handicaps will be calculated according to the US Rowing handicap algorithm and will be based on the average age of rowers in the boat. All line-up changes made after the close of registration will need to be reported to the regatta director to maintain accurate average ages. All races will be 1k in distance.

Mixed: A boat consisting of at least 50% female rowers and no more than 50% male rowers.

Coxswain: For men's events, the minimum coxswain weight is 120 pounds. For women's events, the minimum coxswain weight is 110 pounds. Weigh-ins will be held during registration at the above listed times.

7. Changes to Events

Please stay alert to the possibility of schedule changes. The regatta committee reserves the right to combine or cancel events based on the number of entries received. The committee also reserves the right to delay or advance the starting times for any event.

Additional events may be added at the request of regatta participants if there are at least 3 entries.

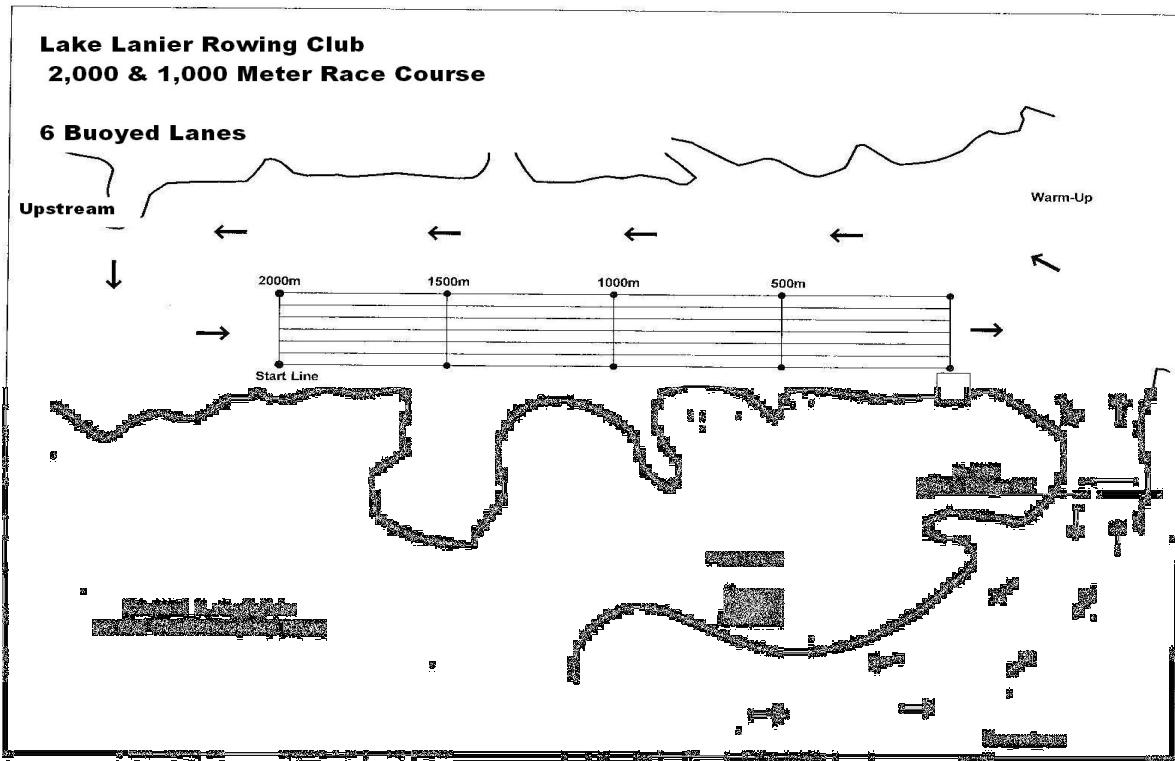
If any boat is being scratched from an event after the close of registration on regatta day, Control Commission should be notified at least one hour prior to that event's posted starting time. There will be no refunds for scratches after close of registration/check-in on July 10th at 8 pm.

8. Cancellation Policy

In the event the regatta course/site becomes unfit or unsafe in the opinion of the race management due to weather or other unforeseen events, the regatta will be cancelled. No refunds will be given. Please refer to the regatta evacuation plan.

Venue

1. Race Course



A 2000 meter buoyed racecourse, with floating starts, finishes at the permanent grandstands in front of the Olympic Tower. Masters races will be 1000 meters from a floating start.

2. Practice

The course is open for practice on Friday, July 10th from 4 p.m. to 8:30 p.m. For safety purposes, no boats will be allowed to launch before 4 p.m. or after 8:00 p.m. All crews must be off the water no later than 8:30 p.m.

During these scheduled practice times, please row up to the start in lanes 0 – 2 (farthest side of course) and down the course in lanes 4-6. Lane 3 will be left open as a buffer or for coach launches.

3. Parking & Overnight Boat Storage

The boathouse side of the venue is available for trailers and individuals car-topping boats. Team buses and spectators should park on the tower side of the venue.

4. Directions to the Venue

Lake Lanier Rowing Club
3105 Clarks Bridge Rd.
Gainesville, GA 30506

From the North-East (Greenville, SC)

Begin on I-85 S and continue into Georgia. Take Exit 137 to US-129/GA-11 towards Gainesville. Turn RIGHT on US-129/GA-11 and continue 16 miles. US-129 turns into EE Butler Parkway the last mile. Turn RIGHT onto Jesse Jewel Parkway/US-369 and continue 2 miles. There will be brown signs for the rowing venue on the right side of the road marking the next 2 turns. Turn LEFT onto SR-11 N/Limestone Parkway and continue 1.5 miles. Turn RIGHT on Clarks Bridge Rd and continue 2 miles.

From the South (Atlanta, GA)

Begin on I-85 N and take the left fork to I-985 N. Continue 24 miles to Exit 24. Turn LEFT off the exit ramp onto US-129/US-11/Jesse Jewel Parkway and drive 0.5 miles. Turn RIGHT onto SR-11 N/Limestone Parkway and continue 1.5 miles. Turn RIGHT on Clarks Bridge Rd and continue 2 miles.

Race Day

1. Coaches & Coxswains Meeting

The Lanier Summer Sprints Coaches and Coxswains Meeting is set for 7:00 a.m. Saturday, July 11th, in the upper level of the boathouse.

2. Control Commission

Shells will be inspected at control commission for quick-release shoe retainers, per US Rowing rule 3-109, bow balls and coxswains opening.

3. Launch & Recovery Docks

The dock master has absolute authority over the dock area. Outgoing boats will have a designated launch dock. The dock captain will direct the returning crews to the appropriate docks.

Please be quick on and off the launch and recover docks out of consideration to other crews.

4. Bow Numbers

Please be prepared to provide your own bow numbers.

5. Equipment Adjustments

All equipment adjustments should be made in the storage area prior to launching.

6. Getting to the Starting Line

It is the coxswain's responsibility to get the crew to the starting line on time. On time is defined as 5 minutes prior to posted event time. Boats warming up should proceed up river and follow the east side shoreline.

7. Race Rules

US Rowing Rules of Racing will be followed except as noted at the coaches and coxswains meetings.

8. Protest Procedure

- The protesting boat's coxswain must announce initial protests to the racing officials while the boat is still on the water.
- Once off the water, oral protests may be presented to the Chief Referee, if the Chief Referee is not available, to the Race management Coordinator. If the protest cannot be resolved informally, a formal protest must be filed.
- A formal protest must be filed in writing within 60 minutes following the start of the event for which the protest is filed. It may be filed with the Race Management Coordinator.
- A \$25.00 fee must accompany the formal protest. (The fee will be refunded if the protest is successful.)
- The formal protest will be referred to the Chief Referee. The chief Official will consider each protest as time allows.
- Pending a decision regarding the protest, no results will be posted for the event under protest.
- All decisions regarding protests will be completed within one hour of the last race of the day.

9. Results & Medals

Results will be posted outside of the base of the tower and outside of the upstairs of the boathouse.

First, second and third place finishers are awarded medals. Medals will be available in the bottom floor of the tower. Winners not claiming their medals by the end of race day will be contacted by mail.

Miscellaneous

1. Accommodations

When booking rooms at any hotel in the Gainesville-Hall County area, please be sure to identify yourself as coming to town for the Lanier Sprints (rowers, parents, spectators, etc.). We are working with the local hotels to determine the impact of rowing on the local economy and want rowing to get as much credit as possible. This information will help us to build a bigger and better venue for you!

Days Inn, Gainesville consistently supports Lake Lanier Rowing Club and the sport of rowing so please consider staying with them while visiting Gainesville. They have a special regatta rate of \$65/night for the weekend of July 10th-12th. More information about the hotel can be found at www.daysinn Gainesville.com or by calling (770) 535-8100.

2. Vendors

Sales of merchandise will be permitted only by advance arrangement with the Lake Lanier Rowing Club. For your merchandise to be sold you MUST contact the Lake Lanier Rowing Club at 770-287-0087 and complete a vendor agreement. The vendor fee is \$100 per event. Rowing related companies onsite during the day of the regatta with a company vehicle, uniformed representative or tent will be charged the vendor fee.