

**DAYLIGHT SAVINGS TIME STARTS March 14!  
DON'T BE LATE FOR YOUR RACES!!**

**2010 OARS INVITATIONAL  
MASTERS EVENT**



March 14<sup>th</sup>, 2010  
Bill Frederick Park at Turkey Lake, Orlando

OARS is pleased to be hosting the 2010 Masters portion of the OARS Invitational Regatta on Sunday, March 14<sup>th</sup>. The OARS Invitational is a USRowing registered regatta. The LOC will follow the rules & guidelines of USRowing and FSRA as they pertain to this regatta. If any questions arise regarding these rules, coaches will need to inquire with the LOC. We invite you to join us for an exciting day of racing.

Please read through this packet and make yourself aware of all the entry information and regatta requirements.

**Important Dates:**

Registration opens: Saturday, Feb 6, 2010

Entry Deadline: Saturday, March 6<sup>th</sup>, 2010

Late Registration Deadline: Wed. March 9<sup>th</sup>, 2010

Race Times will be determined upon the number of entries received.

**Venue Information:** Bill Frederick Park is located at 3140 Hiawassee Road, Orlando, Florida, 32835: phone # 407-299-5594. There will be a \$4 per vehicle fee to enter the park. There will be ample vehicle parking available. Parking for spectators will be marked on the day of the race. It may differ from the Youth Regatta parking the day before so please pay attention to directions from OARS volunteers on race day. Masters may bring their shells to the regatta site anytime after Friday at 3:00 p.m., noting that the park closes at 6:00 p.m., both Friday and Saturday. You will not be allowed on the water at the race site before the race on Saturday due to the high volume of traffic from the Youth teams on site. Please make parking attendants aware of the fact that you are a Master rower competing on Sunday so they will have you park in the appropriate area to prevent having to move on Saturday.

**Directions:**

*From Tampa:* I-4 East toward Orlando. Exit Sand Lake Rd and turn left at the end of the ramp. Go to the 2<sup>nd</sup> light, which is Turkey Lake Rd, turn right and follow 3-4 miles until it intersects with Conroy Road. Turn left of Conroy. Go approximately 1/2 mile to the intersection of Hiawassee Rd. Turn right. Go approximately 3/4 mile on Hiawassee. Bill Frederick Park is on your right.

*From Miami:* I-95 north to the Beeline Expressway/Rt 528 West (toll) Follow the signs to I-4 East toward Orlando. The first exit after ramp on to I-4 is Sand Lake Road. Stay in right lane, it exits on to Sand Lake Road ramp. Turn left on to Sand Lake road at the end of the ramp. Go to the 2<sup>nd</sup> light, which is Turkey Lake Rd, turn right and follow 3-4 miles until it intersects with Conroy Road. Turn left of Conroy. Go approximately 1/2 mile to the intersection of Hiawassee Rd. Turn right. Go approximately 3/4 mile on Hiawassee. Bill Frederick Park is on your right.

*From Orlando and North:* I-4 West. Exit on Conroy Road. Go straight on Conroy to Hiawassee. Turn right. Go approximately 3/4 mile on Hiawassee. Bill Frederick Park is on your right.

**Friday Practice:** The course will be open on Friday March 12<sup>th</sup> from 3:30 – 5:30 p.m. with all teams needing to exit the park by 6:00 p.m. Please e-mail us ahead of time to let us know if you are planning on attending this practice. There will be many youth teams on the water at that time.

**Concessions:** On Sunday there will be no concessions other than coffee, fruit and pastries, so be prepared with water and food for your personal race day needs. There will be extra water on site for purchase.

**AT THIS TIME PARK ENTRANCE TIME ON SUNDAY WILL BE 6:00 A.M.**

**Accommodations:** Primitive cabins, which accommodate groups of up to 10 people, are available at TLP. Call TLP to arrange for rental. Overnight camping is also available in the park on a first come first serve basis. There are many hotels in the area. You may call any major hotel chain and ask for hotels near Universal Studios or Sea World.

Here are a few in the vicinity:

Clarion : 407-351-5009

Doubletree Resort : 407-351-1000

Best Western : 407-226-9119

Hampton Inn : 407-351-6716

Entries: Your registration must be submitted on [www.regattacentral.com](http://www.regattacentral.com) by Saturday, March 6<sup>th</sup>. There will be a \$10.00 late fee for late in-person registrations on race day.

Your registration **must** include the following.

On-line entry form

Waivers ( use the US Rowing waiver)

Birthdate for handicapping

**Entry Fees- No FEE CAP from Youth Regatta Applies**

\$1.00 Insurance Fee per rower

\$1.00 per rower dock rental fee per rower

Please bring this fee separately if you paid for your races on Regatta Central.

Entry Fees: Eights - \$80.00; Fours - \$60.00; Doubles - \$40.00; Quads - \$60.00;  
Singles – \$25.00

**Doubling:** As much doubling as you can manage! **No lineup changes after check-in on race day.** All lineup changes MUST include birthdate/age for handicapping or team will forfeit handicap seconds.

**Cancellation of Events:** Events with only one entry at the registration deadline will be eliminated and the team will be notified in advance of race day. If, on race day, scratches reduce a race to one entry, the single entry will be allowed to row down the course for time, or added into another race with lanes available. We will make every effort to get all registered racers on the water.

**Coxswains Meeting:** The coxswains meeting will be held in the registration area. Representatives from each team must attend. Please listen for the call for the meeting. It will be held approximately 1 hour before the first race.

**Race Information:** 1,000 meters, Floating start. All attempts will be made to seed heats not only by handicaps but times based on the prior spring regattas, as available, to make racing as exciting and fair as possible.

**Bow balls, bow markers, and shoes:** No boat will be allowed on the water without a bow ball and quick release shoes. Heel ties must be in place and secure. **Please bring your own bow markers** and place them on your boat before you launch.

**Cancellation due to inclement weather: the race officials will determine Cancellations** the day of the race.

**Awards:** Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place, all heats. There will be no medal ceremony. Rowers or coxswains may pick up their medals once the official times have been posted.

**Order of Events:**

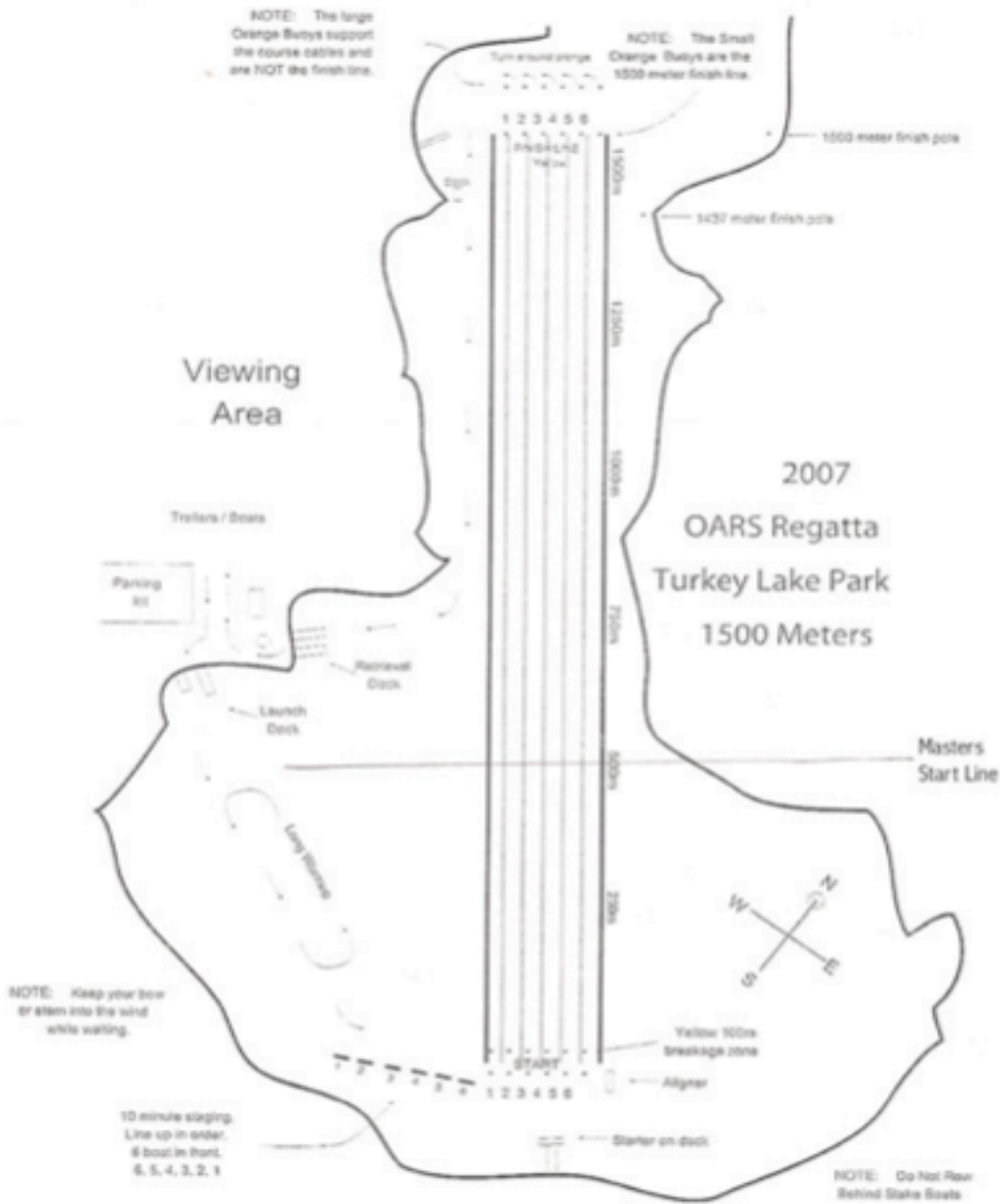
All attempts at scheduling have been made so that people rowing multiple races we have adequate recovery time. Please do not contact the regatta chair to request a change in race times.

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This is the general layout of the race-course. If the winds are not conducive to a floating start from this direction, the course MAY be reversed.

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# OARS MASTERS REGATTA



Turkey Lake Sprint Race Course