

ERG THROWDOWN I

The Real Super Bowl Pre-Game

Sunday, February 7, 2010

Endicott College
Post Center - Field House
376 Hale St
Beverly, MA

1:45-6:00PM



Payment and Registration:

Team Relays - \$12/team

All other events - \$12/person

Please register online at <http://regattacentral.com> Payment must be received before the event begins. No refunds will be given for scratches. Please pay via credit card through Regatta Central or via check at the registration table the day of the event. Checks should be made payable to Endicott College Crew.

Waivers

This event will use the paper US Rowing waiver, but is not a US Rowing sanctioned event. All rowers under the age of 18 must also have a parental signature. Waivers should be submitted to the registration table.

The waiver is available at <http://www.regattacentral.com/regatta/waivers/usrowing.html>

Weight Divisions

Lightweight and coxswain entrants must weigh-in the day of the event by the scorers table prior to his/her event. Competitors must weight in wearing no less than their racing gear, minus shoes (shorts and shirt or uni). The following define lightweight rowers:

Lightweight Men: 165 lbs. or less

Lightweight Women: 135 lbs. or less

Men's Coxswains: 130 lbs. or less and primarily act as coxswain

Women's Coxswains: 120 lbs. or less and primarily act as coxswain

Age Divisions\Handicapping

Junior: Open to high school students and rowers aged 17 and under.

Masters: Age 30+

The masters category will be handicapped 1000m races based on the USRowing handicapping system.

Team Relay

Each relay teams shall be compromised of 6 rowers, including at least 3 female competitors. The erg will be set for 3000m and each rower will be row 500m. Teams may pull on the erg handle while transitioning competitors and may assist holding the competitors feet, but only rowers on the 6-person team may contribute.

Race Day Procedures

Rowers will be assigned an ergometer on the competition floor for their race. The ergs must be manually set to the proper distance and the damper setting must remain fixed through the event. The race judge will call out, "Ready all, Row." Rowers are to begin racing on the call. All rowers must have a coxswain next to them to write down his/her rower's time on a provided note card. EACH RACE TIME MUST BE VERIFIED\COLLECTED BY THE RACE JUDGE BEFORE THE MONITOR IS RESET. Failure to get a time verified is an automatic disqualification. It is the responsibility of the rower to be warmed up before his/her race. A few ergs and the track above the competition area will be available for warm-up.

Medals:

Medals will be awarded to the top three finishers in each individual event: gold for first place, silver for second place, and bronze for third place. Last place medals will not be awarded if an event has 3 competitors or less.

Only gold medals will be awarded for the team relays.

Safety:

An Endicott College athletic trainer will be on hand to help with any on-site emergency medical needs. They will be located next to the scorers table.

Concessions:

Snack food and beverages will be sold on the main level of the Post Center.

Directions

From Route 128 North (Exit 45 on Route 95):

Take Exit 17 (Grapevine Road, Beverly Farms). Turn right off the exit ramp and right again after 1.5 miles onto Haskell Street (by the cemetery). Proceed to the end, at stop sign, turn right onto Hale Street-Route 127. Travel 1.5 miles on Route 127 to Endicott College. The main entrance to campus is the second entrance on the right. Once you're on campus, take a left and follow the road through campus to the Post Center at the very top of the hill.

From Route 128 South:

Take Exit 17 (Grapevine Road, Beverly Farms). Turn left off the exit ramp and follow directions above.

From I-84, Hartford, New York City, or I-90, Albany:

Take the Mass Pike to Exit 14, Weston. Follow I-95 North to Exit 45, Route 128 North, toward Gloucester. Follow directions above from Route 128 North.

From Maine:

Follow Route 95 South to Route 1 South to Route 62 East to Route 128 North. Follow the directions above from Route 128 North.

From Vermont, New Hampshire:

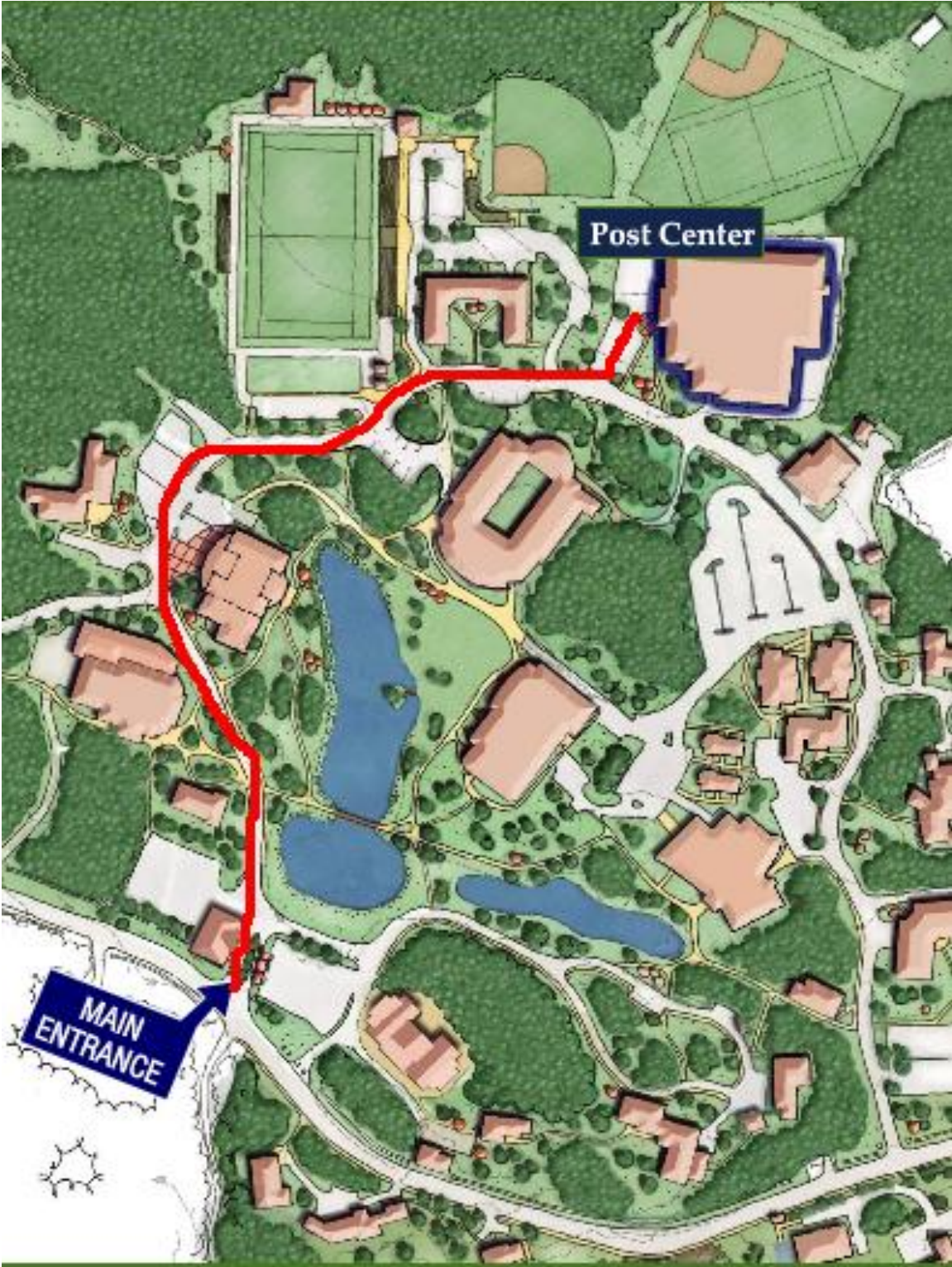
Follow Route 89, take Route 93 South to Route 95 North to Exit 45, Route 128 North, toward Gloucester. Follow directions above from Route 128 North.

From Boston:

Follow Route I-93 North to I-95 North to Exit 45, Route 128 North, toward Gloucester. Follow the directions above from Route 128 North.



Endicott College Campus Map



Parking

Parking is available directly in front of the Post Center (site 15 on the map below) and in the G Lot, located directly across from Physical Plant (16). If you are unable to find a vacant spot in the G Lot, there are multiple lots near the athletic facilities to fit your needs.



Contact Information

For more information, please contact the regatta coordinator, Brian Chorney, at:
Email: bchorney@endicott.edu
Phone: (207)-232-9510

Event Schedule

Start times are subject to change based on number of entries. Please recheck Regatta Central up until the event date for updated start times. We will try to notify all registrants of any time change via email.

Event #	Time	Event Name	Distance
1	1:45 pm	Masters Women	1000m
2	2:00 pm	Masters Men	1000m
3	2:15 pm	Junior Novice Women	2000m
4	2:35 pm	Junior Novice Men	2000m
5	2:55 pm	Junior Ltwt Women	2000m
6	3:10 pm	Junior Ltwt Men	2000m
7	3:20 pm	Junior Open Women	2000m
8	3:40 pm	Junior Open Men	2000m
9	4:00 pm	Novice Women	2000m
10	4:20 pm	Novice Men	2000m
11	4:40 pm	Ltwt Women	2000m
12	4:50 pm	Ltwt Men	2000m
13	5:00 pm	Open Women	2000m
14	5:20 pm	Open Men	2000m
15A	5:40 pm	Coxswain Women	1000m
15B	5:40 pm	Coxswain Men	1000m
16	5:50 pm	Mixed Team Relay	6x500m