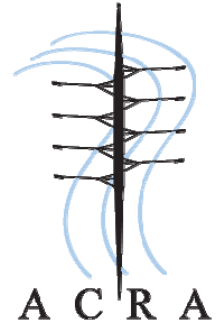




ACRA NATIONAL CHAMPIONSHIP REGATTA 2010

www.americancollegerowing.com



This document should provide the necessary information for entering and attending the 2010 American Collegiate Rowing Association National Championship Regatta. Please read the document in its entirety to ensure that your entries will be accurate and accepted without the need for further information. Entries are not complete without ALL of the following:

1. Institutional membership in ACRA: see “Clubs” section at www.regattacentral.com
2. On-time entry at Regatta Central www.regattacentral.com
3. Payment of entry fees
4. Submission of athlete eligibility form
5. Athlete waivers

The regatta and our organization’s operation are still growing and we appreciate members’ feedback. We will attempt to provide relevant information to all programs as soon as it is available. Please contact me if you have specific questions or suggestions about this packet.

Thank you, and we look forward to receiving your entries and seeing you in Oklahoma. The following table of contents should help you find the answers to specific questions you may have.

Bob Jaugstetter, Registrar / Treasurer, ACRA

bobjaugst@gmail.com

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GENERAL REGATTA INFORMATION

The third **American Collegiate Rowing Association National Championship Regatta** will be held in Oklahoma City, OK on **Saturday and Sunday May 22-23, 2010**. The Chesapeake Boathouse is the local organizing committee.

Please note the following important points:

- 1) For maps and other information: www.chesapeakeboathouse.org
- 2) Shirt betting is to be assumed for both men and women. Failure to follow this rule could be grounds for non-acceptance of future years' entries.
- 3) For lodging, ACRA and Chesapeake Boathouse are working on obtaining a variety of options at good prices. This information will be in the "Lodging" and "Venue" links on the Regatta Central site as soon as it is available.

WAIVERS

Each participant must submit a completed waiver. Waivers may be mailed to:

Mary Jo Hope
Chesapeake Boathouse
725 S. Lincoln Blvd.
Oklahoma City OK 73129

or presented at registration at the regatta site. Participants under age 18 need a parent's or guardian's signature. Waivers are available on the Regatta Central website.

RULES OF RACING

The regatta will operate under the US Rowing Rules of Racing except as altered by ACRA or LOC rules and regulations.

REGATTA MEETING

Each program must have a coaching representative at the regatta meeting on Friday, May 21 at 6pm. This is not a "coaches and coxswains" meeting. The meeting will be at the boathouse. NOTE: The meeting will have a roll call and cover ONLY specific safety instructions and schedule changes. The meeting WILL NOT go over the rules of racing, starting procedures, and boat handling advice. Crews are expected to know the rules and how to handle their equipment to attend a championship regatta.



PRACTICE INFORMATION

NO coaching launches are allowed on the water on Friday, May 21. Traffic patterns will be posted at the boathouse. All coaches, coxswains, captains, etc. must read and be familiar with these rules **prior to launching for PRACTICE OR RACING**. Crews must be off the water by 8:00PM Friday. No crews may launch for practice Saturday evening until all racing is complete. If there is time between Saturday's heats and semis, the regatta committee will post times that the river will be open for practice.

REGISTRATION

Registration will be from 4:00 – 7:00pm Friday, and 7-9am Saturday at the boathouse. Late arriving crews should contact Elizabeth Laurent (405-314-6113) to coordinate an alternate registration time.

WEIGH-INS (see page 7 for full procedures)

Weigh-ins for coxswains and lightweight events will be conducted at the boathouse.

Weigh-ins will begin at 4:00 Friday afternoon until 7:00pm, and resume at 7:00 am until 9:00am on Saturday.

All lightweights are required to weigh in once for the weekend in racing attire. Weight limitations are: women under 130 pounds for each individual, no average; men 160 pounds max, 155 pound boat average. **Crews must weigh in with all members present.**

Coxswain minimum weights in racing attire: 125 pounds for coxswains of men's crews; 110 for women's.

TEAM TENTS

Tents may be erected only at designated sites. Check with the Chesapeake Boathouse LOC prior to tent setup regarding approved locations and anchoring systems.

MEDALS

First, second, and third place medals will be awarded in all ACRA events with four or more entries, first and second for an event with only three entries.

ALL-REGION TEAM CEREMONY

ACRA will honor its Six All-Region Teams approximately ½ hour after the conclusion of racing on Saturday. Everyone including team members, alumni, and parents, is welcome to attend the main ceremony. After the ceremony, athletes who have received an award, their coaches, and parents, are invited to an informal reception with finger foods and soft drinks following.

ENTRY INFORMATION AND RULES

The schedule and fees are available at the Regatta Central site. After you have familiarized yourself with the regatta rules, please make your entries at www.regattacentral.com and make your payment there by credit card, or send a check made out to "ACRA" to:

Bob Jaugstetter, ACRA
P.O.Box 741431
New Orleans LA 70174

- 1) Each organization must complete and submit, with appropriate university signatures, the ACRA Eligibility Certification, available on the ACRA website www.americancollegerowing.com . Forms can be mailed to: Mary Jo Hope at the Chesapeake Boathouse address above.
- 2) The entry deadline is the scratch deadline. All scratches not made online by the deadline must be emailed from the coach's email address to BOTH uofmcrew@gmail.com and bobjaugst@gmail.com . Scratches after the deadline and before 10:00am Eastern time on Friday May 21 will be assessed a scratch fee of \$50 per scratch and no refund of entry fee. Any scratches after Friday at 10:00am, or any no-shows, will be assessed a \$100 scratch penalty. Any team assessed a scratch fee will not be permitted to participate in the regatta until the fee is paid.
- 3) Late entries may be accepted with a penalty fee of \$50 per entry, plus the entry fee. Late entries will not be accepted for the 2010 regatta without extraordinary circumstances and a majority vote of the ACRA Board of Directors.
- 4) A minimum of three entries is required to run an event. ACRA will attempt to place crews from cancelled events in another appropriate event if possible.
- 5) **Waivers** (available at Regatta Central) and the **Athlete Eligibility Form** (available at www.americancollegerowing.com) also should be mailed to Mary Jo Hope as outlined above, or brought to the regatta registration if time does not permit.
- 6) Entries will only be accepted from programs that have paid the annual membership fee. Membership is available at the "Clubs" link on the Regatta Central site.
- 7) Entries must be made online at Regatta Central (www.regattacentral.com). Entry deadline is May 11, 2010. Entries must be **COMPLETED** before midnight Pacific time. This is also the deadline for scratches with refunds.
- 8) Only one entry per event is allowed from each program, with the exception of the sculling events where two entries are allowed, and any other events specifically noted in communications. Note: only the top finisher from a program entering multiple scullers is eligible for medals or points. A Women's Lightweight 8 may enter the JV / Var Ltwt 8

event without a varsity entry from the same program, but must make weight to be eligible to race.

- 9) Doubling of athletes is permitted only to allow a sweep competitor also to compete in a sculling event. Doubling in sweep events is prohibited.
- 10) Second and Third Varsity and Second Novice Entries: An organization must enter and race a Varsity boat of the same size, weight, and gender classification of crew in order to enter a Second Varsity boat, and must enter and race a Second Varsity boat in order to enter a Third Varsity. A First Novice boat is required for a Second Novice entry.
- 11) Program entries will be accepted from only ONE designated representative. Specifically, this means that if a student who rows a single or double outside of a college's recognized program which is entering crews at the regatta, then that program's designated representative needs to submit the sculling entry for it to be accepted.
- 12) The ACRA Executive Committee will have final discretion regarding entries.

This is an attempt to summarize the main guiding rules of the ACRA and may not include all previous rulings. Except as noted above, all rules will reflect previous ACRA procedures. Special rulings may be invoked by the ACRA Executive Board.

INSTITUTIONAL ELIGIBILITY RULES

Institutional Eligibility:

- 1) All collegiate club rowing programs recognized by their respective universities are eligible for participation in the ACRA Championship Regatta.
- 2) The ACRA definition of club:
 - The club is not directly overseen by its institution's athletic department and falls under the institution's Department of Recreational Sports, Campus Recreation, Club Sports, Student Activities, or other similar department as defined by its institution.
 - Club members pay dues, fees, and/or participate in fund-raising, to some degree.
 - The club has student leadership and/or government elected by its membership.
- 3) Varsity programs at institutions that do NOT have membership in the NCAA (for example, NAIA member institutions and Community and Junior Colleges) may attend.

- 4) All programs must meet BOTH the eligibility requirements of their home institution and the ACRA.

ATHLETE ELIGIBILITY / ENTRY RULES

Eligibility for the ACRA Regatta shall be dependent upon the conference rules of the competing institution, and **ALL OF THE FOLLOWING:**

- 1) All participants must be full time undergraduate students and enrolled at the institution they represent. To be considered a full time undergraduate student, he/she must currently be taking courses totaling at least 12 credit hours on the semester basis or its full time equivalent, and must be making normal progress toward his/her first degree. Exceptions to the 12 credit hour rule must be certified by the Academic Office of the involved institution. A student athlete who has received a Baccalaureate or equivalent degree, and who is enrolled in the his or her first year of graduate or professional school of the institution attended as an undergraduate, or who is enrolled and seeking a second Baccalaureate or equivalent degree at the same institution, may participate in ACRA, provided the student athlete has athletic eligibility remaining, and such participation occurs within the time period set forth in number 2 below.
- 2) An ACRA competitor has four years of eligibility, which must be completed during the first 10 semesters or 15 quarters after the student is enrolled in a collegiate institution in at least a minimum fulltime program of studies as determined by the regulations of that institution. Competing for an institution in any one event within the academic year is enough to constitute one year of eligibility.
- 3) Any individual who has raced during the current academic year with a non-ACRA eligible college program will not be eligible for participation in the ACRA Regatta.
- 4) Novice Classification:
 - The ACRA defines novices as those in their first year of collegiate competition.
 - Coxswain turned rower or rower turned coxswain note: An individual who rows or coxswains competitively in any academic year is allowed to change roles in a subsequent year and compete as a novice.
 - Once an individual competes in ANY intercollegiate competition in an academic calendar year, novice eligibility has begun for that season.
- 5) A student athlete who is enrolled in a graduate or professional school of the college or university may participate, provided he/she has eligibility remaining and is within five calendar years of initial fulltime collegiate enrollment.

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- 6) To compete at the ACRA, each athlete must be listed on the program's roster, and certified by the institution's registrar or program administrator (varsity athletics or rec sports level administrator, NOT the head coach or team officers).

7) WEIGH-IN RULES AND PROCEDURES

- Lightweight men: 160 pound individual maximum, 155lb. boat average.
Lightweight women: Under 130 lbs. (129.9 or less) individual maximum, no boat average
Coxswains: Men's Events- 125lbs., Women's Events – 110lbs.
- Scales will be open for unofficial use at 12pm Friday.
- Crews and Coxswains will only have to make one weigh-in during the competition. Crews must weigh-in together in racing attire (shirt & shorts or unisuit).
- Crew weigh-ins are Friday 4pm-7pm. There will be an early morning weigh-in for crews who missed Friday from 7am-9am on Saturday. If there is a final only, the participants must weigh-in Saturday 5pm-6pm.
- If any individual is more than 2 lbs. from the maximum weight, that individual will be excluded from competition. If an individual is within 2 lbs. of the max they will have two more tries within one hour of the initial weigh-in to make weight. If the individual fails to make the weight in one hour or the third attempt (whichever occurs first) that individual will be excluded from competition.
- Men's crews who do not make the 155 lbs. average on their first attempt will have two more attempts within one hour of the initial weigh-in. If the crew fails to make the average weight within that hour or by the third attempt (whichever occurs first) that crew will be excluded from competition.
- Coxswains will weigh-in in racing attire (shirt & shorts or unisuit). Sand will be provided for coxswains under the minimum up to 10 lbs. If an individual requires more they will be responsible for providing the extra weight. Coxswain weights will be kept at regatta headquarters before and after each competition.

Appeals for exceptions to these rules must be entered in writing to the ACRA Eligibility Committee (Gregg Hartsuff, uofmcrew@aol.com, Will Greene, wgreene@sports.rochester.edu) and Paul Bugenhagen, pab031@bucknell.edu prior to the entry deadline. Documentation is required for any request to be considered.

Violations of regulations may be cause for crew or team disqualification. Unusually serious violations may be grounds for even more sanctions.

PROGRESSION SYSTEMS

SEEDED EVENTS

Events: MV8, MLt8, M2V8, MFN8, WV8, WN8.

SEEDING PROCESS

- a) The vote is to be placed by the head coach of each program entered in the event, and not one of the assistants or team officers.
- b) Voting will be conducted either by email or online a week prior to the championship, and initial votes will be viewed by all the head coaches.
- c) The head coach **MUST** vote for his/her own crew in the poll.
- d) Coaches may change their votes within two days of the closing.
- e) After the second day, all voting is final.
- f) At this point all votes **WILL BE MADE PUBLIC**.
- g) Seeded crews will be sorted into heats according to the poll results. **EVERY CREW WILL BE GIVEN A SEED.**

SORTED EVENTS

Events: MV4+, MLt4+, MFN4+, WV4+, WLt4+, WN4+

This is an attempt to separate crews who have remained intact through the racing season and performed well at a major championship regatta. The goal is to create regional and competitive diversity in the heats.

This will be a responsibility of the Regatta Director, and two other designated members of the Championship sub-committee. Finalization of the sub-committee's recommended placements will be made by the Executive Board.

This is not an attempt to place every entered crew. Results will be considered **PRIMARILY** from the Dad Vail regatta, ECAC-NIRC, and WIRA, with consideration given to SIRA, Indianapolis Invitational, NY States, New England Championships, PCRC, and Knecht Cup, with a goal of splitting up crews who competed against each other in the Grand Finals at those events. It is also to prevent the winners of those events from being "stacked" into the same heat. The remainder of the field will be determined by random draw.

The ACRA progression system will be used, with a random draw of lanes to be done after the heats have been determined. Sorted crews will not be assigned to certain lanes.

TIME TRIALED EVENTS

Events: M2-, M2x, M1x, W2-, W2x, W1x

A time trial will be used for any of the above events with 13 or more entries. An initial starting order will be determined by using the same system as SORTED crews, trying to make an effort to place known fast crews to the front. Other crews will be randomly placed behind them.

The time trial will be conducted using two or three lanes. The finals will be sorted in the following way, based strictly on the results of the time trial:



Entries number 1-6: Grand Final only, random draw of lanes
 Entries number 7-12: 2 Sorted Heats, top 3 of each to the Grand Finals (except 7 entry events which will progress 3 and 2 crews from the heats to a five boat final), remainder to Petite Finals
 Entries number 13 or more: Time trial with places 1-6 to the Grand Final, 7-12 to the Petite, 13-18 to the 3rd Level, and so on in 6 slot increments.

CANCELLATION POLICIES

Every effort will be made to retain all events, but in the case of persistent weather some events may be forced to be canceled. The cancellations will occur in the following order:

- 1) Lunch breaks
- 2) All 3rd Level Finals
- 3) All Petite Finals
- 4) All small boats (2-,2X, 1x)
- 5) Novice and Lightweight Fours
- 6) Varsity Fours
- 7) Second and Third Varsity Eights, Novice Eights and Lightweight Eights
- 8) Varsity Eights

ACRA PROGRESSION SYSTEM

# of Entries	Heat	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7
Up to 7 Entries	Heat 1		7	4	1	5		
Last place each heat to petite final	Heat 2			3	2	6		
8-12 Entries	Heat 1	12	8	4	1	5	9	
1-3 to Grand, 4-6 to Petite	Heat 2	11	7	3	2	6	10	
13-14 Entries	Heat 1		12	6	1	7	13	
Heat winner to Grand	Heat 2		11	5	2	8	14	
Final, 2+ to repechages	Heat 3		10	4	3	9		
15-18 Entries	Heat 1	18	12	6	1	7	13	
1-4 to A/B Semi-Finals(2), 5-7 to C/D Semi-Finals	Heat 2	17	11	5	2	8	14	
SF: 1-3 to Grand, 4-6 to Petite	Heat 3	16	10	4	3	9	15	
18-24 Entries	Heat 1	24	16	8	1	9	17	(25)
1-3 to A/B Semi-Final, 4-6 to C/D Semi-Final, 7th to 5th Level Final	Heat 2	23	15	7	2	10	18	(26)
SF: 1-3 to Grand, 4-6 to Petite	Heat 3	22	14	6	3	11	19	(27)
	Heat 4	21	13	5	4	12	20	(28)



ACRA PROGRESSION FOR EVENTS WITH 15-18 ENTRIES

Option A or B will be randomly chosen at the conclusion of the heats

Option A

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Semi-Final 1	3rd heat 3	2nd heat 2	1st heat 1	1st heat 3	3rd heat 1	4th heat 2
Semi-Final 2	4th heat 1	2nd heat 3	1st heat 2	2nd heat 1	3rd heat 2	4th heat 3

Option B

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Semi-Final 1	4th heat 2	2nd heat 3	1st heat 1	2nd heat 2	3rd heat 1	4th heat 3
Semi-Final 2	3rd heat 3	2nd heat 1	1st heat 2	1st heat 3	3rd heat 2	4th heat 1

Please note the racing format: Time Trials, Heats and Semifinals will be raced on Saturday with Finals on Sunday. Depending on the number of entries, some events may be required to row a time trial format instead of heats.

Time Trials (2000 meters) will be run in the 1x, 2x, and 2- events if the entries number 13 or more. The results of the time trial will place crews directly into finals (top 6 to Grand Finals, 7-12 to Petite Finals, etc.)

Should conditions dictate, the Fairness Commission, composed of the ACRA Executive Board and the Head Referee or his/her designated representative, will have the authority to reassign lanes to prevent a disadvantage for higher seeded crews.

One of two progression alternatives will be chosen at random at the conclusion of each set of heats to place crews into semifinals.



ACRA RACING SCHEDULE

(subject to change based on final number of entries)

Saturday

8:30 – 12:30 Heats for all events

2:30 – 5:00 Semifinals for events with more than 14 entries

5:30 – 7:00 (if necessary) C and/or B finals

Sunday

7:30 – 8:20 C Finals

8:30 – 9:20 B Finals

Grand Finals

9:30 Women's 1X

9:40 Men's 1X

9:50 Women's 2X

10:00 Men's 2X

10:10 Women's 2-

10:20 Men's 2-

10:30 Men's Novice Ltwt 4

10:40 Women's Novice Ltwt 4

10:50 Men's Novice 4

11:00 Women's Novice 4

11:10 Men's 2nd Novice 8

11:20 Men's Novice 8

11:30 Women's Novice 8

11:40 Men's JV 8

11:50 Women's JV and Ltwt Varsity 8

12:00 Men's Ltwt Varsity 4

12:10 Women's Ltwt Varsity 4

12:20 Men's Varsity 4

12:30 Women's Varsity 4

12:40 Men's Ltwt 8

12:50 Women's Varsity 8

1:00 Men's Varsity 8



CONTACTS:

ACRA Regatta Questions

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ACRA Eligibility Questions send email to ACRA Eligibility Committee:

Gregg Hartsuff, uofmcrew@aol.com
William Greene, wgreene@sports.rochester.edu
Paul Bugenhagen, pab031@bucknell.edu

Oklahoma City Area Questions

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