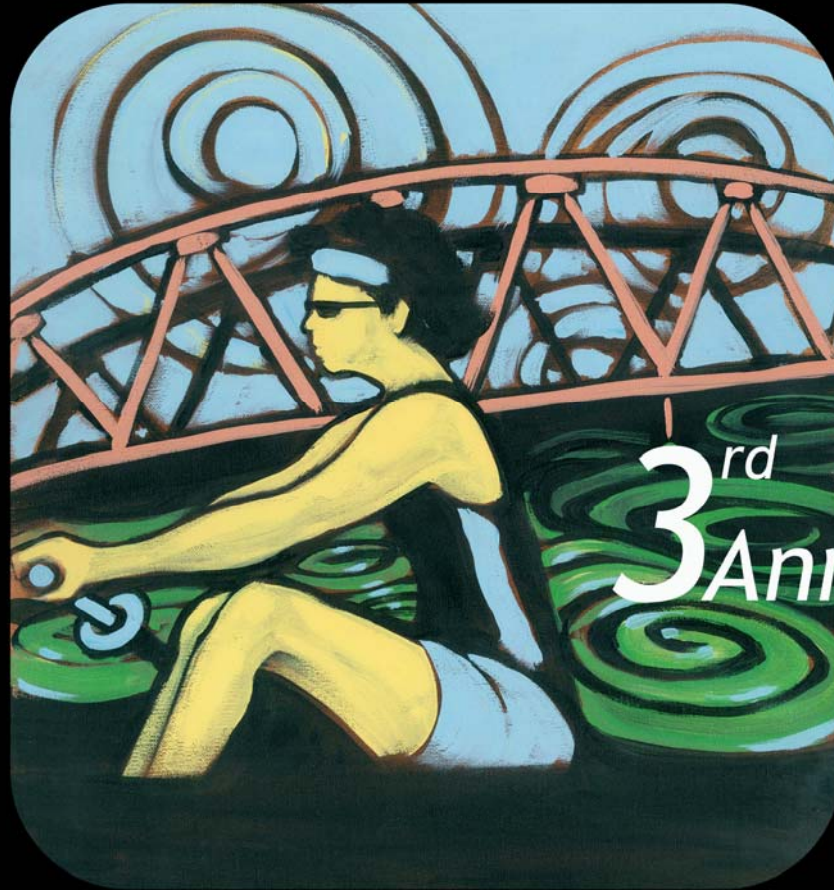


LIFT BRIDGE REGATTA



3rd
Annual

FAIRPORT, NY

September 23, 2007

Lift Bridge Regatta
Race Packet



Rules:

- Course:** The Lift Bridge Regatta is rowed over a 5,500 meter course beginning at the guard gate east of the Interstate 490 bridge and finishing in the Village of Fairport, just west of the historic Lift Bridge. There will be no passing zones under ALL bridges on the Liftbridge course. Generally speaking there will be a tail/crosswind and a tail current.
- Launch Site:** Boats are to launch from the docks at the FCC Boathouse. Priority will be given to boats launching for an event. All boats should launch no later than 45 minutes prior to the start of their event. A Dock master will be present to expedite boat traffic. ALWAYS launch and dock with the bow pointed away from the village (upstream). **There is a 60-second limit for time on the dock, the dock-master can and will impose penalties for excessive time on the dock.** Proceed upstream to the Start, keeping the orange buoys that mark the racecourse to your port side, and enter the right guard gate, marked with a yellow arrow. After passing through the gate, boats should proceed to the end of the flight and turn towards the start, staying in the proper bow number order. Proceed to the start when told to do so by the race officials.
- It is your responsibility to make sure that you do not interfere with any boats racing upstream. Interfering with any boat racing down the course will result in a major 30 second penalty.
- Buoys:** Orange buoys mark the course. Keep the orange buoys to port at all times both going up the canal to the Start and on the course. Green buoys mark hazards. Do not try to put your oars over a green buoy as it might have drifted and you could hit the hazard it is marking. Do not attempt to go between a green buoy and the shore, even on your way up to the starting line!!!! The wide area commonly known as the oxbow area will have a large buoy marking the course. DO NOT cut this buoy, 10-second penalty.
- Start:** Each entrant is responsible for arriving at the marshalling area ten minutes prior to the start of their event. Boats will be started in order by bow number at approximately 10 second intervals (~15-20 second for Novice). Late-arriving boats may lose their starting position or be excluded from the race at the discretion of the Starter.
- To do your warm-ups, move past the orange buoys marking the marshalling area at the Start. Make sure you do not continue upstream out of earshot of the marshals.
- Novice Start:** Novice races will start at the power lines approximately half way through the course. The finish line is the same for all events.
- No Passing Zone:** Participants will not be allowed to pass or attempt to overtake another boat while under ANY of the Bridges along the Race Course. You must yield into a single file line in these zones with the boat in the lead position having priority in the queue. Violation of this rule will constitute a major (30 second) violation.



Finish:

Participants not passing between the two finishing buoys with bow marker intact are subject to exclusion from the race. Once beyond the finish line, boats MUST continue rowing to through Parker Street Bridge before turning. This is so you do not block the other crews as they cross the line. Impeding boats that are still racing constitutes a major (30 second) violation.

To return to the docks move to the north side of the canal dock carefully with safety in mind and LISTEN for the Dock-master's instructions. Interference at this point could result in a 30 second penalty. You may be held, prior to the finish so not to interfere with racing boats. Once again, proceed to the dock with orange buoys on your portside. Pay extra caution as you row under the Route 31F Bridge. **There will be no hot seating of boats. The race will not be held to accommodate hot seating of rowers.**

Weights:

Lightweight: Girls 135#, Boys 165#

No weigh-in -- stick to the honor rule.

Registration:

Competitors must register by Thursday September 20, 2007. Payment is also due at this time. If you do not register during the designated registration times, you will not be allowed to race. Any rare exceptions are at the discretion of the Local Organizing Committee, confirmed by the USRA Chief Referee.

Bow markers:

Bow markers must be picked up at the Registration desk (one per boat per race). All boats launching must have their bow markers secured. Bow markers will be collected at the launch site.

Bow clips:

All boats must have a bow clip to which a bow-marker can be secured. Bow clips will be available at the Registration desk for a nominal charge.

Bow ball:

All shells MUST be equipped with a bow ball.

Heel straps:

All boats MUST have heel straps securely in place at launch time per USRA rules.

Penalties & Protests:

1. Any boat being overtaken must grant the right-of-way to the upcoming boat. An overtaken boat should begin to yield NO LATER THAN the point at which the overtaking crew is within one boat length of their stern.
2. Boats must proceed upstream within the restraints of course buoys.
3. Boats not observing course rules and/or impeding other crews shall be penalized at the discretion of Regatta officials.

Minor Violations: 10 second penalty (e.g., cutting a buoy)

Major Violations: 30 second penalty (e.g., not granting right of way)

4. Protests must be reported to the Dock master immediately upon docking and then submitted in writing to a USRA official at the Lift



Bridge Regatta headquarters containing a concise statement describing the facts that underlie the protest (including a visual description of the incident in question, bow numbers of protesting and protested crews, and names of witnesses, if any) and the relief that the crew seeks. The protest will include the individual signature of a protesting crew member (usually the cox on a sweep boat) and will be accompanied by a check for \$25 made out to the Fairport Crew Club or \$25 in cash. The written protest will be submitted to a USRA official at the regatta not more than thirty minutes after finishing that event.

Race Schedule:

Coaches and Coxswain Meeting @ 8:15am

First Even Launch Time: 8:45 am

First Event Start Time: 9:30

Event		Launch	Race
1	Men's Open 1x	8:45 AM	9:30 AM
2	Men's Masters 1x		9:35 AM
3	Women's Open 1x		9:40 AM
4	Women's Masters 1x		9:45 AM
5	Men's Rec 1x		9:50 AM
6	Women's Rec 1x		9:55 AM
7	Girl's Varsity 8+	9:30 AM	10:15 AM
8	Girls Varsity Ltwt 8+		10:15 AM
9	Boy's Varsity 4+		10:25 AM
10	Boy's Varsity Ltwt 4+		10:25 AM
11	Men's Masters 8+ 8+		10:50 AM
12	Women's Masters 4+ / 4x	10:15 AM	11:00 AM
13	Boy's Novice 8+		11:05 AM
14	Men's Open 2x		11:10 AM
15	Men's Masters 2x		11:15 AM
16	Girl's Novice 8+		11:20 AM
	Colonial Bell Leaves	11:55 AM	12:30 PM
17	Boy's Varsity 8+	11:45 AM	12:30 PM
18	Boy's Varsity Ltwt 8+		12:30 PM
19	Women's Masters 8+		12:40 PM
20	Girl's Varsity 4+		12:50 PM
21	Girl's Varsity Ltwt 4+		12:50 PM
	Colonial Belle Return	1:00 PM	
22	Mixed 2x	12:30 PM	1:15 PM
23	Men's Masters 4+		1:25 PM
24	Women's Open 2x		1:30 PM

Rev. 9/17/07

Course Map



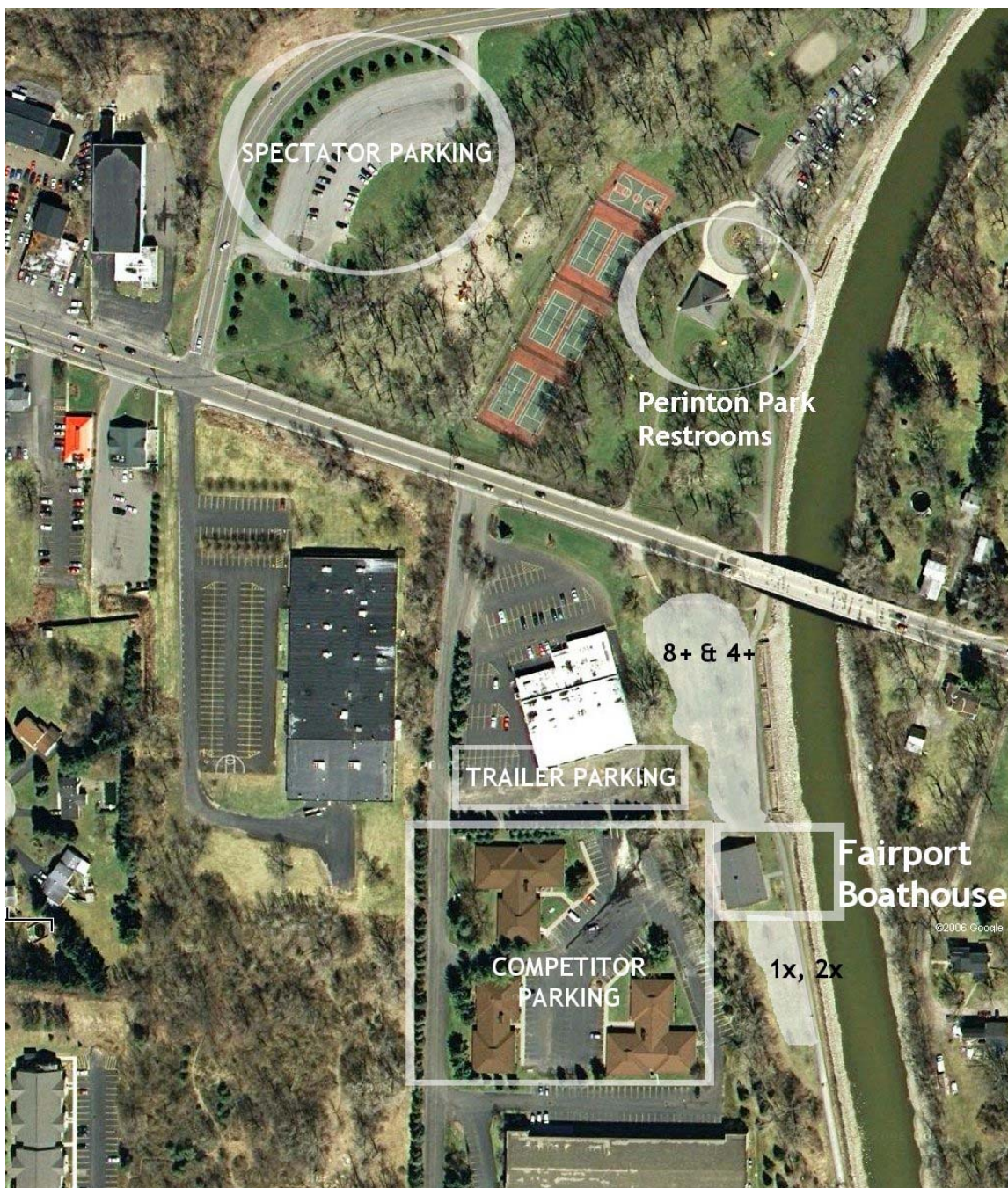
Venue Info:

Commercial Food Vendor will be on site.

The Fairport Crew Boathouse is roughly 2/3 through the race. Launching and Docking will be done at the FCC docks. The boathouse is located on a portion of Perinton Park which extends from 2/3 through the race to the finish at the Lift Bridge in Fairport.

The Erie Canal towpath runs the entire length of the race and beyond. Only a part of the path is paved. The rest is crushed rock.

We request that ALL spectators park their cars in the Lower Lot of Perinton Park which is located on the North Side of Fairport Rd. When heading East on Fairport Rd, make a left on O'Conner Road immediately before heading up the hill and crossing the Erie Canal.





Restrooms are available in Perinton Park and in the boathouse. We ask that all spectators use the Perinton Park restrooms and reserve the boathouse restrooms for athletes. Please refrain from bringing dogs to this race.