

The Fifth Annual Midwest Masters Sprints
Griggs Reservoir
Columbus, Ohio
Saturday June 16, 2007



welcome

to all rowers, coxswains, and coaches

We would like to welcome you to the Fifth Annual Midwest Masters Sprints. We appreciate your interest in this regatta and all of your support making it feasible to continue an annual spring Midwest Regatta. The goals set for this regatta by the Midwest Masters Group are 1) to build a greater sense of community among Midwest rowers and 2) to improve our overall competitiveness. Since this is a USRowing registered regatta, we encourage all participants join USRowing prior to this regatta, see <http://www.usrowing.org> to join.

internet registration

All of the registration for this year's regatta will be done on-line through RegattaCentral, www.regattacentral.com. The entry window will be open through midnight Saturday, June 9, 2007. If you do not have internet access please contact the registration coordinator, Deb Stoner (mstoner@columbus.rr.com) at 614-777-8751 to assist you with registration.

features of this year's event

- ❖ 950m Sprint race course on Griggs Reservoir, with stake boat start
- ❖ **34** flights are planned. All flights are a final.
- ❖ Singles, doubles, pairs, quads, fours and eights events
- ❖ Masters, including allowance for AA participants. We will follow the latest age averaging rules as outlined by US Rowing.
- ❖ Medals awarded for first, second, and third place finishers in all flights in a medals ceremony after the last event.
- ❖ Strict parking requirements. Please take the time to review included maps.
- ❖ Web page for Midwest Masters Regatta
- ❖ **Buoyed course**
- ❖ Continued awarding of annual Points Trophy

important web sites

General regatta information: www.columbusrowing.org/regattas/midwestmasterssprints

View and submit entries: www.regattacentral.com

Please review and complete the following materials carefully. All entries must be made through RegattaCentral by midnight on Saturday, June 9, 2007.

GCRA looks forward to hosting your crew at the Midwest Masters Sprints!

Very truly yours,

2007 Midwest Masters Sprints Regatta Committee

important information: regatta site

In order to be able to host the regatta this year and the viability of future regattas on Griggs Reservoir the following special rules will need to be adhered to strictly by all, participants, coaches, and fans:

parking

No parking on the grass or in non-designated lots. No vehicles, including trailers shall be parked on the grass or in parking lots other than those designated for the regatta. After dropping off gear and competitors, passenger vehicles will be required to move to a remote parking lot. There is no fee to park in the lots; however, there will NOT be a shuttle bus. Please see the attached site map for location of the remote parking lots and directions. Competitors are encouraged to drop off gear, including coolers, bags, etc., before moving cars to the remote lots. **TRAILERS ARE TO BE PARKED IN THE LOT NEXT TO REGATTA HEADQUARTERS.** Violators will be ticketed and towed by the police. If parking guidelines are not adhered to, this regatta will no longer be permitted by the City of Columbus.

observation

There will be no observation of races from the bridge. No standing on the Fishinger Road Bridge is permitted.

trash

Please help us keep the park clean. Trash bags will be included with your race day packet. Please keep all areas of the park clean and dispose of all trash, litter or waste properly. This is critical to future regattas on the Reservoir. Violations of any of the above rules will negatively affect GCRA's ability host this and other regattas in future years.

important information: definitions

rec

Rowers rowing in these events should be either novice rowers (defined below) or rowers who row for fun and occasionally race, but have no intention of competing at Masters Nationals or other highly competitive regattas. Typically, these crews practice no more than two to three times a week. Any rower who has placed either first, second or third in either the US Master Nationals, FISA World Championships, or Royal Canadian Henley is not eligible to row in the rec category.

masters

This regatta will follow the latest revisions to the USRowing age handicap system. As of the date of print of this packet, this system is:

Age Categories

A master is a competitor who has attained or will attain the age of 21 during 2007. Average age of the crew determines eligibility. The age category of a masters crew shall be determined by the average age of the crew, always round down. Age is determined as of December 31, 2007.

Age Categories:

AA	=	21-26	F	=	60-64
A	=	27-35	G	=	65-69
B	=	36-42	H	=	70-74
C	=	43-49	I	=	75-79
D	=	50-54	J	=	80+

An age handicap system will be implemented in any flight where more than one age class of rowers is competing. All boats will be classified according to the average age of all the rowers in the boat for handicap purposes. Any master's entrant failing to indicate a birth date on the entry form will be entered as a 21-year-old competitor.

lightweight

Men 160 lbs. individual maximum
Women 130 lbs. individual maximum

Weigh-ins will take place at the Registration Area from 7:00am to 10:00am. Lightweights only need to weigh in once, even if they are rowing multiple races throughout the day.

rules

United States Rowing Association Rules of Racing shall apply, unless otherwise noted.

hot-seating

Hot seating (of equipment or personnel) will be performed at the crew's risk of missing an event. A crew needing to hot-seat rowers or equipment should let the dockmaster know prior to launching. Flights will not be delayed due to hot-seating.

equipment and bow numbers

Bow Numbers must be used. Crews are responsible for bringing their own bow numbers to the regatta. This race will have up to five lanes so each crew should have a sufficient number of bow numbers for all its races. Bow balls and quick release foot stretchers are required on all shells.

race times

An initial schedule of events and times is attached. A final schedule will be provided on the website after the registration window closes and will be available on race day. We will make every effort to run the races as listed in the final schedule and therefore, if boats arrive late at the starting line after all of the boats in their flight have started, they will not be allowed to race the course. "Hot-seating" of rowers, coxswains, and/or boats that delays the start time of a race will not be permitted. As a guideline, rowers, coxswains or boats should have at least 40 minutes between races to ensure that they will make it to the starting line on time.

race day check-in

Race Day check-in will occur at the race site on Saturday, June 16, 2007 from 6:00 - 8:30 am.

coaches' and coxswains' meeting

The coaches' and coxswains' meeting shall be held race day at the registration area at the course at 7:00 a.m. A race schedule, a map of the course and general rules will be included in competitor registration packages.

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contact information

equipment storage

Shell trailer storage the night before the regatta must be arranged. To make prior arrangements, please contact:
Ryan Briggs **614-554-3624 / ryan@briggsengineering.net**

practice on friday evening or saturday morning

Competitors wishing to practice Friday may do so if they follow these instructions:

- ❖ We have very strict traffic patterns on the Reservoir that must be followed. If any crew wishes to practice on the course on Friday evening, please contact:
Ryan Briggs **614-554-3624 / ryan@briggsengineering.net**

- ❖ No rowing is permitted after sundown on Friday night (9:01 p.m.) or before sunrise on Saturday morning (6:02 a.m.).

awards

Gold, Silver, and Bronze Medals will be given in every flight. Anyone interested in donating trophies for the event, please contact our Regatta Director:

Ryan Briggs **614-554-3624 / ryan@briggsengineering.net**

questions about submitting entries through Regatta Central

Support@regattacentral.com *(Please, no regatta-related questions)*

other registration questions

Deb Stoner **mstoner@columbus.rr.com**

regatta-related questions

Ryan Briggs **614-554-3624 / ryan@briggsengineering.net**

entry information and deadline

Waivers

There are two preferred methods to submit waivers, depending on each athlete's USRowing status. Also, a third option if the first two are not used. Select the appropriate method below to submit the waiver(s)

1. Individual USRowing Memembers (ONCE-A-YEAR ONLINE)

Athletes who have a current individual membership with USRowing may sign their waiver online at the USRowing website. This needs to be done just once a year and can be done as part of renewing the membership. **IMPORTANT:** These athletes must also provide their USRowing Member# to the person that submits their entry and that person (e.g. coach or entry coordinator) must add the number to the athlete's record on their RegattaCentral roster. This allows RegattaCentral to synchronize with USRowing and include the athlete's waiver status on the waiver compliance reports.

2. All other athletes (Once-A-Year ONLINE)

All athletes who are not current individual members of USRowing may also submit their waiver online at. To begin the process, the coach or other person that submits entries for the athlete) or the athlete themselves if they're an individual sculler) must log into RegattaCentral and click the 'SEND WAIVER' link in the roster section of their homepage. They'll be prompted for the email address of each athlete in their roster. Once the steps are completed RegattaCentral will email a unique encrypted link to each athlete and the athlete may click the link in that email to submit the waiver via their browser. The online waiver is valid for all USRowing registered regattas in the current calendar year so this process must be completed just once a year.

3. Paper Waivers (PAPER)

Traditional paper waivers may be provided in lieu of the two online methods described above. The waiver must be received before the regatta. A waiver is provided in this packet.

As previously stated, RegattaCentral will accept entries through midnight on Saturday, June 9, 2007. After that date, entries will be *viewable* only. Please contact Deb Stoner for any scratches after that date (mstoner@columbus.rr.com)

Each scheduled flight will include up to five boats. Slots will be filled according to the following criteria: 1) One boat per event from each club registering on a first come first served basis until all slots are filled, 2) Empty slots will be filled by a club's second boat on a first come first served basis and so on. Therefore, you may not be able to race more than one boat in an event. When registering, please designate your entries in order of preference (A, B, C) so that if some boats have to be scratched to allow all clubs to participate we scratch your lower preference boat(s) first. We will try to accommodate as many entries as possible given the lane constraints and time constraints of the regatta. We will let you know as soon as possible after the entry deadline what boats have made it in to what events. Refund will be made for any entries we have to scratch due to time constraints.

entry fees

Eights:	\$70
Quads/Fours:	\$55
Doubles/Pairs:	\$35
Singles:	\$25

Please make checks payable to GCRA. Thank you!

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Please send your entry materials in advance of race day to:

Deb Stoner

4200 Dublin Road

Columbus, OH 43221

mstoner@columbus.rr.com

hotel information

Refer to the following resources for hotel information:

Motel 6

directions I-270 N at exit #13-B, I-270 S at exit #13, Cemetery Rd.
address 3950 Parkway Ln, Hilliard, OH 43026
phone (614) 771-1500
web: http://www.motel6.com/reservations/motel_detail.asp?MotelId=1094

Homewood Suites by Hilton

address 3841 Park Mill Run, Drive, Hilliard, OH 43026
phone (614) 529-4100
web: <http://www.homewoodsuites.com/en/hw/hotels/index.jhtml;jsessionid=44H1VC0Y2EOMHJ31AOSMHZQ?ctyhocn=CMHHIHW>

Comfort Suites

address 3831 Park Mill Run Dr., Hilliard, OH, US, 43026
phone (614) 529-8118

Ramada Dublin approx 15 minutes from course Interstate 270 and St Rt 161
phone (614) 764-3993

Ramada Hilliard approx 10 minutes from course Interstate 70 and Rome Hilliard Road
phone (614) 878-9245

Wellesley Inn Tuttle Crossing approx 10 minutes from course 5530 Tuttle Crossing
phone (614) 760-0245

Marriott Tuttle Crossing approx 10 minutes from course 5805 Blazer Parkway
phone (614) 791-1000

Days Inn 10 minutes. 5510 Trabue Road (near Interstate 70 and Rome Hilliard Road)
phone (614) 878-8844

Best Western 10 minutes 1133 Evans Way Interstate 70 and Rome Hilliard Road 614-
phone (614) 870-2378

directions

from the north

I-71 south to the outerbelt I-270 west.
Take I-270 to Exit 13 (Fishinger / Cemetery Road).
Turn left off the exit.
Follow Fishinger Road to Riverside Drive
(first light after crossing the river), turn right.
Turn right into the park.
Follow any signage or the directions of any parking volunteers.

from the south

I-71 north to the outer-belt I-270 west.
Take I-270 to Exit 13A (Fishinger / Cemetery Road).
Turn right off the exit.
Follow Fishinger Road to Riverside Drive
(first light after crossing the river), turn right.
Turn right into the park.
Follow any signage or the directions of any parking volunteers.

from the east

I-70 west through Columbus to the outer-belt I-270 north.
Take I-270 north to Exit 13A (Fishinger / Cemetery Road).
Turn right off the exit.
Follow Fishinger Road to Riverside Drive
(first light after crossing the river), turn right
Turn right into the park.
Follow any signage or the directions of any parking volunteers.

from the west

I-70 east to the outerbelt I-270 north.
Take I-270 north to Exit 13A (Fishinger / Cemetery Road).
Turn right off the exit.
Follow Fishinger Road to Riverside Drive
(first light after crossing the river), turn right
Turn right into the park.
Follow any signage or the directions of any parking volunteers.

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waiver

IN CONSIDERATION of being given the opportunity to participate in 2007 Midwest Masters Sprints I, for myself, my personal representatives, assigns, heirs, and next of kin: ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.

FULLY UNDERSTAND that: (a.); ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Releases names below; (c.); there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of the Club and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.

HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place, (each considered on of the Releasees herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees, from any litigation's expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim.

I have read this agreement, fully understand its terms, understand that have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Participant _____ Date _____

Address _____ Phone _____

Signature _____
(only if participant is over the age of 18)

PARENTAL CONSENT: AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and abilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or part by the operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any may incur as the result of any such claim.

Printed Name Participant: _____ Date _____

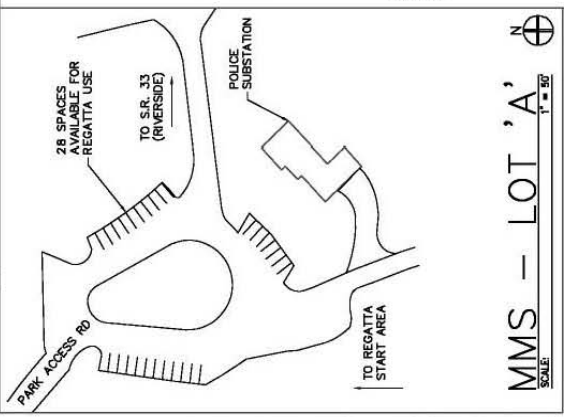
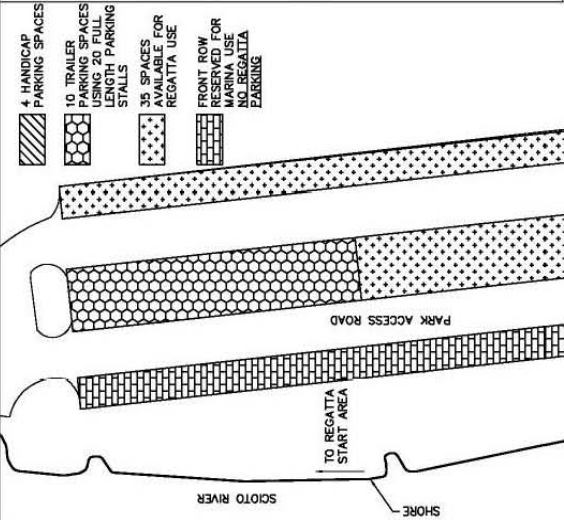
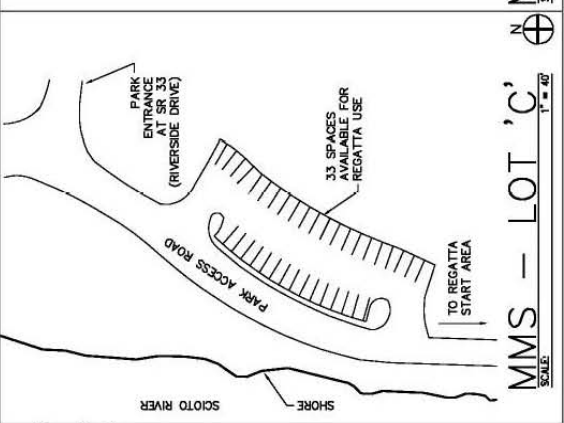
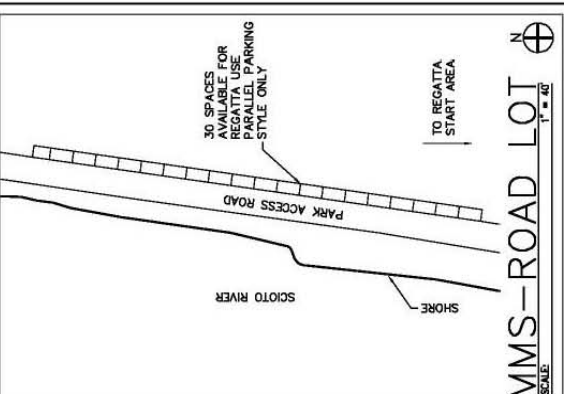
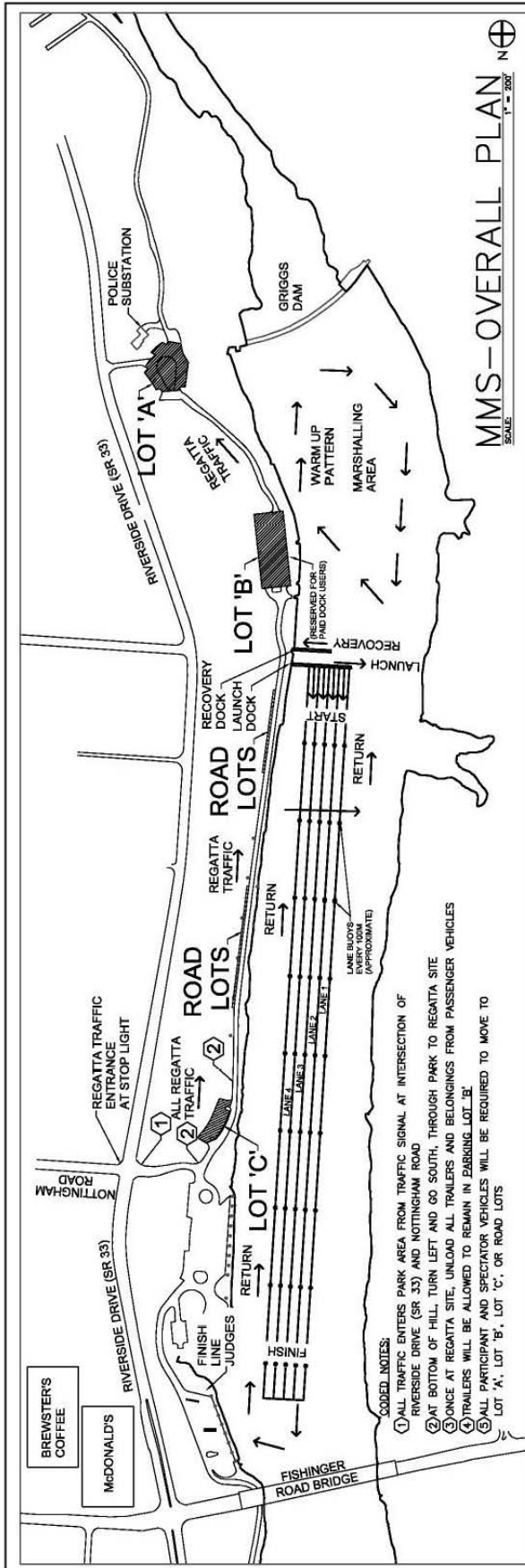
Address _____ Phone _____

Parent/Guardian Signature _____
(only if participant is under the age of 18)

events

preliminary schedule of events

Scheduled Time	Event No.	Event
8:00 AM	1	Women Rec 8+
8:10 AM	2	Men Lt 1x
8:20 AM	3	Women Lt 1x
8:40 AM	4	Men 1x (A-B)
9:00 AM	5	Men 1x (C-D)
9:10 AM	6	Women Lt 4+
9:20 AM	7	Women 1x (AA-B)
9:30 AM	8	Women 1x (C-J)
9:40 AM	9	Mixed Rec 8+
9:50 AM	10	Men 4+ (A-B)
10:00 AM	11	Men 4+ (C-D)
10:10 AM	12	Women 2x
10:20 AM	13	Women Lt 2x
10:30 AM	14	Mixed 4+ (A-B)
10:40 AM	15	Mixed 4+ (C-D)
10:40 AM	16	Men 4x
11:00 AM	17	Mixed 4x
11:10 AM	18	Women 4+ (A-B)
11:20 AM	19	Women 4+ (C-J)
11:30 AM	20	Mixed 2x (A-B)
11:40 AM	21	Mixed 2x (C-J)
		LUNCH BREAK
12:10 PM	22	Men Lt 2x
12:20 PM	23	Men Rec 4+
12:20 PM	24	Women 8+
12:30 PM	25	Men 2-
12:40 PM	26	Women Rec 4+
1:00 PM	27	Women Lt 4x
1:20 PM	28	Women 4x
1:30 PM	29	Men 8+
1:40 PM	30	Mixed Rec 4+
1:50 PM	31	Mixed 8+
2:00 PM	32	Men 2x (A-B)
2:20 PM	33	Men 2x (C-J)
2:30 PM	34	Men Rec 8+



<p>PLEASE FOLLOW DIRECTIONS FROM PARKING VOLUNTEERS. THANK YOU!</p> <p>BRIGGS ENGINEERING</p>		REGISTERED VOLUNTEER: BRIGGS ENGINEERING COLUMBUS, OHIO	
		DATE: 5/27/07 APPROVED BY: _____ COURSE: LANE ASSIGNMENTS, TRAFFIC PATTERNS PLAN VIEW	
DRAWING BY: RMB REVISIONS:		DRAWING NUMBER: 24500-100-01	

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