

Welcome to the **Midwest Junior Rowing Championships!** The 2008 championship races will be held May 17th and 18th in East Fork State Park, at Harsha Lake in Bethel, Ohio. This event is a qualifying regatta for teams from the Midwest District, for the 2008 **USRowing Youth National Championships**. All races are 2000 meters and events are offered in singles, pairs, doubles, quads and coxed fours and eights for juniors in novice, lightweight, and varsity categories. The course is fully buoyed and has a starting platform. This is the same course used for the **USRowing Youth National Championships** in June. The course itself is declared a "no wake" zone during racing and will be patrolled by the State of Ohio Water Police and East Fork Park Rangers. The **Cincinnati Junior Rowing Club** hosts this event. Visit www.CJRC.net for additional information regarding directions, the regatta venue, practice & racecourse patterns, and hotel accommodations.

All races are conducted under MJRA rules and USRowing Rules of Racing. Exceptions to the rules are rare and only made by the executive committee. Chief referee will be Robert Appleyard.

PROGRAMS ELIGIBLE: MJRA members must have paid their annual dues of \$30.00 and submitted an annual team information update to MJRA by May 4, 2008. See classifications for the MJRA definition of "team".

The intent of the MJRC is to establish the fastest boats within the MJRA district and establish qualifying boats for the USRowing Youth National Championships in June. Only one out-of-district entry will be permitted to race in any event. Out-of-district entries for events will be accepted on a first-come, first serve basis. Out-of-district entries will be placed in the seventh lane that includes six MJRA boats. In all progressions no MJRA boat will be prevented from advancing by an out-of-district team, in these situations the seventh lane will be used. In the event that a tie, protest, or other unforeseen issue requires the inclusion of an in-district crew to be placed as a seventh boat in a final, for which an out-of-district crew has qualified, the out-of-district crew will be eliminated from racing.

Although the objective of allowing an out of district boat to participate in a MJRC race is to escalate race competition, all issues regarding the fairness of accommodating the in-district crew will take precedence over an out-of-district crew.

ENTRIES: Registration packets are available at the Midwest Junior Rowing Association website, www.mjra.org

REGISTRATION: Register entries through Regatta Central: www.regattacentral.com. Every Coach will have a team roster code with Regatta Central for registration purposes. The registration deadline is at or before midnight May 10, 2008.

WAIVERS: Each participant must submit a waiver or have a current waiver on file with USRowing. Rowers may obtain an USRowing waiver electronically and be added to your team's roster on Regatta Central. Share your team roster code number with all athletes who will be included in your entries. Instruct your athletes to go to www.regattacentral.com/athletes/ where they can submit their waiver and obtain an USRowing non-benefit membership number. Submitting waivers in this manner is time saving for the coach and allows the registration coordinator access to all rowers' waivers in an accurate and easily accessible manner. Printed waivers will still be accepted but must be completed with registration information and mailed prior to registration deadline

REGATTA DIRECTOR: Please refer questions to Stephanie Harty, Regatta Director at (513) 871-5791 or E-mail to sbharty@hotmail.com.

ENTRY FEES: As voted by the Association, fees are \$10 per competing athlete (rower and coxswain), even if that athlete enters two events. The fee includes costs of USRowing sanctioning fee, medals, and plaques.

FEES, WAIVERS, AND ENTRY INVOICE FROM REGATTA CENTRAL COMPRISE A COMPLETE ENTRY AND ARE MANDATED BEFORE YOUR BOATS WILL BE ENTERED INTO HEATS

Note: The association receives 10% of the entry fees to help defray the cost of the annual meeting, the coaching clinic and other organizational expenditures. Aside from the 10% the Association does not give or receive money from the Local Organizing Committee. Any income derived from entry fees and concessions go to the Local Organizing Committee, and they are responsible for the providing of sanctioning fee, medals, plaques, and the expenses of the course and officials.

ERRORS ON ENTRIES: The coach of any entry that contains an error will be notified by phone or e-mail and given 24 hours to correct the error. If the time limit passes without resolution satisfactory to the regatta committee, the crew's entry for this particular event will be dropped and will become subject to the Late Entry rule should the coach try subsequently to correct the error and reenter the crew.

LATE ENTRIES: Any entry made after the deadline of midnight May 10, 2008, will be accepted at the discretion of the Regatta Committee based on the availability of a lane and only with a \$25 per boat late fee. **A late entry will not be accepted if it creates a heat.** If entries are sent by overnight mail please indicate that the recipient need not sign.

Mail to: Anne Jaroszewicz 7900 Finley Lane Cincinnati Ohio 45242

SCRATCH FEES: Any team that scratches an entry after May 14, 2007, will forfeit their entry fee. Those scratching after the start of the Regatta will forfeit their entry fee and be assessed a **\$25.00 scratch fee** to be paid prior to competition by any other boat from that team in subsequent races.

HOT SEATING: You may hot seat crews in events 50 minutes apart. Hot seating equipment or rowers is not permitted in events that are less than 50 minutes apart on the race schedule.

RACETRAK.COM: Crews can review their entries and lane draws at www.racetrak.com

REGISTRATION CHECK-IN: Hours of registration: Friday, 5-8-PM; Saturday, 6:30 - 7:30 AM.

BOAT LINE-UP CHANGES: Boat line-ups must be corrected at registration check-in. After this check-in, boat line-up changes can only be made for illness or injury. With any changes, remember that a rower can only participate in two events with the following exception: The MJRA executive committee will allow an individual to race three times only when that person is needed to fill out a boat. The coach will still need to notify the LOC and executive committee prior to the given race. There will be NO mixed gender rowing allowed except for the coxswains.

COACHES & COXES: Meeting promptly, 6:30 AM, Saturday, in the main tent or pavilion area, which will be determined by registration check-in on Friday. Make certain your coxswains and crews have practiced the use of a starting platform.

CLASSIFICATIONS: Exceptions to the rules are rare and only made by the executive committee. Please do not violate the rules. We do not allow composite teams – teams racing must fall under the definition of “team” below. Also, athletes that row in the first and second boat events MUST be your top tier athletes as described in the definitions of 1st and 2nd boats below.

Maximum race day age – A rower must be 19 years of age or younger as of May 17, 2008, and must be currently attending high school Grades 9-12.

Number of events a rower may enter – a rower may be entered in no more than two events, whether rowing or sculling. Coxswains are exempt.

TEAM - a team is considered to represent the usual way the program competes: a club or varsity program that represents a single Organization (being a single high school OR club program), with distinct location, colors, and coaches for the entire competitive season (starting March 1, to and including, June 13, 2008) is a team.

NOVICE - a novice rower began rowing after Midwest Junior Rowing Championships in 2007. A novice sculler began sculling after the Midwest Junior Rowing Championships in 2007

VARSITY - a varsity athlete is a junior competitor on a team.

1st BOAT - varsity athletes comprise the 1st boat, only one entry allowed per team.

2nd BOAT - the 2nd boat is made up of athletes not competing in the 1st boat. In order to enter a 2nd boat, the team must also be entering a 1st boat in the same event. Exceptions: 1-2 year old programs. Coxswains are exempt. Only one entry allowed per team. *Rowers in the first eight may enter the second four so that a 1st eight may be split into a 1st and 2nd four. In races where there are only 1st and 2nd boat events unlimited entries are allowed in the second boat race.

3rd BOAT – the 3rd boat is made up of the athletes not competing in the 1st or 2nd boat. In order to enter a 3rd boat, the team must also enter a 1st and 2nd boat in the same event. Coxswains are exempt. Unlike the 1st and 2nd boat events, there is no limit to the amount of entries per team.

COXSWAINS – May cox in any boat, regardless of male, female, novice or varsity status. There is no weight minimum for coxswains. Coxswains of lightweight crews DO NOT have to weigh-in. Unlike rowers, there is no limit to the amount of events a coxswain may enter. ***Make certain your coxswains and crews have practiced the use of a starting platform.**

LIGHTWEIGHTS – Boys 155 lbs individual maximum, Girls 130 lbs individual maximum. There are unlimited entries allowed in the lightweight events.

All coaches should read the Championship entry packet very closely. The event order and event numbers are different from Saturday to Sunday.

BOAT STORAGE: Please provide your own stands for your boats. Trailers will not be allowed to stay in the beach area. **Once your equipment is unloaded all crews must move their trailers to the trailer storage lot.** Security will be provided overnight Friday and Saturday. All equipment must be removed from the regatta site Sunday evening.

PARKING: There will be designated areas for team buses and vans. Cars must park in paved lots only, and not along the roadways. A shuttle bus will be available to transport spectators from the parking lots throughout the park.

CREW TENTS: Crews may put-up tents in designated areas. Please refer to the beach area map. Any questions refer to the regatta director.

PRACTICE FRIDAY: Crews will be allowed to practice at their own risk **Friday from 2:00 PM to 8:00 PM.** All crews must follow the below traffic pattern: lanes 3 and 4 are dead lanes, crews heading towards the start **must** row outside the course on the north side (farthest from the beach), crews heading from the start to the finish should be in lanes 7, 6 and 5 only (closest to the beach). Please do not bring a launch. Please refer to the enclosed practice pattern map.

WEIGHING BOATS: Boats will NOT be weighed at this event.

WEIGH-IN RULES:

- All lightweight competitors must Weigh-In once **each day they row.**
- Members of each crew must weigh-in together and be accompanied by a Coach or Club Official.
- Crew members are to step on the scales in the order in which they row in the boat, bow to stern.
- Clerk of the Scales or Registrar will communicate only with the Coach or Club Official.
- Weigh-in scales will open 2 hours before and close 2 hours after the time of the **first scheduled lightweight** race of the day. In addition, athletes must weigh-in and meet the required weight no later than 1-hour before the scheduled start of their race.
- No one will be allowed to check his weight on the official scale during the official weigh-in times.
- Priority on the scale goes to those entered in earlier races.

QUICK RELEASE: Check your equipment for race readiness, including the proper tying of heels of shoes (3 inches).

BOW NUMBERS: Teams must provide their own bow numbers 1 – 7. Note - the lane closest to the beach is lane 7.

STARTING PLATFORM: All crews must be able to get aligned on the starting platform. Please make sure your coxswains and crews know how to back onto the platform and maintain a point while locked on. Crews will be expected to know how to “scull” to keep their point (2 sculling with bow’s oar etc.).

RESULTS: All results will be posted online at www.racetrak.com

AWARDS

- Medals awarded for FIRST, SECOND, AND THIRD place for all events. (Exception: Events 1A, 1B, 1C and 15A, 15B, 15C medals awarded to A level Grand Final only)
- AWARD PLAQUES will be given to the winning MJRA team for each event.
- All Points Trophies are awarded according to the Barnes Scoring System.

USROWING YOUTH NATIONAL CHAMPIONSHIPS

- For each event that corresponds to an event at the USRowing Youth National Championships, three (3) invitations will be issued.
- Any team that qualifies for an USRowing Youth National Championship event can substitute up to only 50% of its rowers in the boat.

PROGRESSION SYSTEM: *For varsity eights only, repechages and semi-finals will provide placements in a, b and c level finals. Repechages will be added for any Youth National qualifying event that goes over 18 entries.*

NUMBER OF ENTRIES	SYSTEM
0 - 7	Final Only
8 - 14	2 heats with top 3 finishers from each heat advancing to the finals.
15 - 21	3 heats with the top 2 finishers from each heat advancing to the finals.
22 - 28	4 heats with heat winners advancing to the finals along with the two fastest second place finishers.

SATURDAY HEATS AND REPECHAGES

Note that this order of events is **NOT** the same as that of the finals on SUNDAY. (Event numbers do remain the same.) Please be certain that equipment and athletes can meet the demands of both schedules.

Event	Varsity		Novice		LTWT
1	Girls 1st Varsity 8				
2	Boys 1st Varsity 4				
3	Boys 2nd Varsity 4				
4	Girls Varsity 4 X				
5	Boys Varsity 1 X				
6	Girls 2nd Varsity 8+				
7	Girls 3rd Varsity 8+				
8	Boys 3rd Varsity 4+				
9			Girls 1st Novice 4+		
10			Girls 2nd Novice 4+		
11			Boys 1st Novice 8+		
12	Girls 1st Varsity 4+				
13	Boys 2nd Varsity 2 X				
14	Boys 1st Varsity 2 X				
15	Boys 1st Varsity 8				
16	Girls 2nd Varsity 4+				
17					Boys Varsity LTWT 8+
18					Girls Varsity LTWT 4+
19			Girls 1st Novice 8+		
20			Boys 1st Novice 4+		
21			Boys 2nd Novice 4+		
REP	Girls 1st Varsity 8+				
REP	Boys 1st Varsity 4+				
22	Boys Varsity 4 X				
23	Girls Varsity 1 X				
24			Girls 2nd Novice 8+		
25	Girls 3rd Varsity 4+				
26	Boys 2nd Varsity 8+				
27	Boys 3rd Varsity 8+				
28			Girls Novice 1 X		
29	Boys Varsity 2 -				
30					Boys Varsity LTWT 4+
31					Girls Varsity LTWT 8+
32			Boys Novice 1 X		
33	Girls Varsity 2 -				
34			Boys 2nd Novice 8+		
35	Girls 1st Varsity 2 X				
36	Girls 2nd Varsity 2 X				
REP	Girls 1st Varsity 4+				
REP	Boys 1st Varsity 8+				

SUNDAY FINALS*

C = 3rd Level Final, B = Petite Final, A = Grand Final

Event	Time	Event Name
2B	8:00	Boys 1 st Varsity 4 +
2A	8:08	Boys 1 st Varsity 4+
3	8:16	Boys 2 Varsity 4 +
4B	8:24	Girls Varsity 4 X
4A	8:32	Girls Varsity 4 X
5B	8:40	Boys Varsity 1 X
5A	8:48	Boys Varsity 1 X
6	8:56	Girls 2 nd Varsity 8 +
7	9:04	Girls 3 rd Varsity 8 +
8	9:12	Boys 3 rd Varsity 4 +
9	9:22	Girls 1 st Novice 4 +
10	9:32	Girls 2 nd Novice 4 +
11	9:42	Boys 1 st Novice 8 +
12C	9:58	Girls 1 st Varsity 4 +
12B	10:06	Girls 1 st Varsity 4 +
12A	10:14	Girls 1 st Varsity 4 +
13	10:22	Boys 2 nd Varsity 2 X
14B	10:30	Boys 1 st Varsity 2 X
14A	10:38	Boys 1 st Varsity 2 X
16	10:46	Girls 2 nd Varsity 4
17B	10:54	Boys V LTWT 8 +
17A	11:02	Boys V LTWT 8 +
18B	11:18	Girls V LTWT 4 +
18A	11:26	Girls V LTWT 4 +
19	11:36	Girls 1 st Novice 8 +
20	11:46	Boys 1 st Novice 4 +
21	11:56	Boys 2 nd Novice 4 +
22B	12:44	Boys Varsity 4 X
22A	12:52	Boys Varsity 4 X
23B	1:00	Girls Varsity 1 X
23A	1:08	Girls Varsity 1 X
24	1:18	Girls 2 nd Novice 8 +
25	1:28	Girls 3 rd Varsity 4+
26	1:36	Boys 2 nd Varsity 8 +
27	1:44	Boys 3 rd Varsity 8 +
28	1:52	Girls Novice 1 X
29	2:02	Boys Varsity 2 -

Event	Time	Event Name
30B	2:10	Boys Varsity LTWT 4 +
30A	2:26	Boys Varsity LTWT 4 +
31B	2:34	Girls Varsity LTWT 8 +
31A	2:42	Girls Varsity LTWT 8 +
32	2:50	Boys Novice 1 X
33	3:00	Girls Varsity 2 -
34	3:08	Boys 2 nd Novice 8 +
35B	3:18	Girls 1 st Varsity 2 X
35A	3:28	Girls 1 st Varsity 2 X
36	3:36	Girls 2 nd Varsity 2X
15B	3:44	Boys 1 st Varsity 8 +
15A	3:52	Boys 1 st Varsity 8 +
1C	4:00	Girls 1 st Varsity 8 +
1B	4:08	Girls 1 st Varsity 8 +
1A	4:16	Girls 1 st Varsity 8 +

***Semi-finals for the first Varsity 8+ events will be held, beginning at 8:00 a.m. before the above listed order of events.**

For a more detailed map of East Fork Lake (Harsha Lake) and regatta layout, please visit the Cincinnati Junior Rowing Club website using the following link:

<http://www.cjrc.net/pdfs/harshaLakeMap.pdf>

For additional information concerning lodging, please visit the CJRC website homepage at www.CJRC.net.

Directions to Harsha Lake, East Fork State Park – using Rt. 125

- I-275 East to Beechmont Ave. – Rt. 125. Exit (#65).
There is road construction north and south of this exit.
- Follow Beechmont Ave – Rt. 125 East – for 9.5 miles. You will pass through Withamsville, Amelia and Mt. Holly. The road will change names – Stay on Rt. 125 East.
Note: As you pass through Amelia watch for 25 mph zone, it is closely patrolled, even at 6am!
- The park turnoff is about 2 miles past the Verbargs Furniture Store on the left and the last group of fast food stores. Look for brown park signs as well.
- At **Bantam** there is a light – turn left onto **Bantam**. Drive .2 mile to the East Fork State Park entrance. Turn left into the park, and follow the signs for the Beach.
- Drive about .9 mile, passing a cemetery and church on the left. Turn left where the park signs indicate the Beach and continue on for .6 mile to the lake. You will go down a small hill, and the lake will be in front of you. The park is roughly 1 hour east of Cincinnati.

Map to Harsha Lake, East Fork State Park

