

CINCINNATI HIGH SCHOOL INVITATIONAL
Saturday, April 13, 2013
Harsha Lake, East Fork State Park, 2000 meters

Order of events with provisional starting times:

HEATS

- #1 8:00 Boys Varsity 8
- #2 8:20 Girls Varsity 8
- #3 8:40 Boys 2V4
- #4 9:00 Girls 2V4
- #5 9:20 Boys Novice 8
- #6 9:40 Girls Novice 8
- #7 10:00 Girls Varsity 2x

- #8 10:30 Boys Varsity 4
- #9 10:50 Girls Varsity 4
- #10 11:10 Boys 2V8
- #11 11:30 Girls 2V8
- #12 11:50 Boys Novice 4
- #13 12:10 Girls Novice 4
- #14 12:30 Boys Varsity 2x

If there are more than 12 entries in 2V or Novice events, head races will be scheduled; head races will determine the afternoon finalists. There is an alternative schedule based on the use of head races on page four of this packet.

Lunch Break - No one allowed on the water at this time!

Afternoon Finals: To allow adequate rest for athletes doubling in 8's and 4's, the afternoon schedule remains fixed with these times.

FINALS

- #1 1:30 Boys Varsity 8
- #2 1:40 Girls Varsity 8
- #3 1:50 Boys 2V4
- #4 2:00 Girls 2V4
- #5 2:10 Boys Novice 8
- #6 2:20 Girls Novice 8
- #7 2:30 Girls Varsity 2x

- #8 3:30 Boys Varsity 4
- #9 3:40 Girls Varsity 4
- #10 3:50 Boys 2V8
- #11 4:00 Girls 2V8
- #12 4:10 Boys Novice 4
- #13 4:20 Girls Novice 4
- #14 4:30 Boys Varsity 2x

2013 CINCINNATI HIGH SCHOOL INVITATIONAL

1. This regatta will be run with the standard US Rowing rules of racing. Since this regatta is one of the early races of the season the focus of the race is to introduce rowers to safe and fair racing. The course is 2000 meters with a starting platform. In fact, this is the course for the Midwest Junior Rowing Championships, May 18 - 19, 2013.
2. The course is declared a no-wake zone and will be controlled by State of Ohio water police and the East Fork State Park Rangers. Likewise, Park Rangers provide overnight security for the boats and oars. You need to provide your own stands and storage of rigged boats. Because of an impending elimination of our usual trailer parking lot by the Park we have not finished making plans for trailer parking with contingencies for the weather. Trailer parking arrangements will be e-mailed to coaches closer to the date of the event.
3. The order of events follows the sequence on the first page. There are heats in the morning and finals in the afternoon. Please check carefully both the provisional schedule on page one and the alternative schedule on page 4 to ensure that you can make all necessary accommodations for the double use of boats and oars and athletes. If necessary (and it has been necessary in previous years) we will use head races to determine finalists in both the novice and second varsity events. All head races used to qualify for finals will be held in the morning and possibly early afternoon. In order for crews to hot seat, the final scheduled starting times of the races need to be separated by a minimum of 50 minutes.
4. Please practice with your coxswains and crews the techniques of using a starting platform, including the pointing of their bows – i.e., having two sculls with bow's oar or three scull with two's. Also, they need to practice backing into a stationary starting float, at the same time, immediately ready to point the bow. Coxswains (strokes of bow-coxed boats) must also know that they are to have their hands in the air while they are adjusting their point at the start.
5. All rowers must be eligible as high school athletes.

Varsity = any rower eligible as high school athlete.

Second Varsity = any rower not in the first boat of the varsity program. In order to make a second varsity entry; a team must first enter the varsity event, except by arrangement for beginning programs approved by the LOC.

Novice = any rower who began rowing after May 13, 2012.

6. **ENTRIES:** Definitions describing the qualifications for entries are above.
7. **REGATTA FEES:** Eights - \$70.00, Fours - \$60.00 & Doubles - \$40
8. **PAYMENT:** You may pay one of two ways: by check made out to CJRC and mailed to the address below, or by credit card through Regatta Central.
9. **WAIVERS:** Waivers will be handled through Regatta Central. If for some reason you need to submit paper waivers, download and print the waiver from the link on the front page of the CJRC website, www.cjrc.us. All participants must have a waiver on file either on-line through Regatta Central or a paper waiver with CJRC. Paper waivers must be mailed to Amy Ready at the address below by APRIL 6, 2013.
10. **REGISTRATION:** Registration will be conducted through Regatta Central, www.regattacentral.com. If paying entry fees by check, they need to be sent to: **Amy**

Ready, CJRC Registration Coordinator, 2710 Western Row Road, Maineville, OH 45039

DEADLINE FOR ENTRY, WAIVERS AND PAYMENT IS SATURDAY, APRIL 6, 2013.

Questions may be directed to Amy at either amyready1@gmail.com or 513-300-6075.

REGISTRATION MATERIALS MUST BE COMPLETED BEFORE BOATS WILL BE ENTERED INTO HEATS. Late entries, where they can be accommodated, that is if there is room in an existing heat, are charged an additional \$10 per boat.
REFUNDS WILL BE PROVIDED FOR A WITHDRAWAL BY MONDAY, APRIL 8th.

11. **HARSHA LAKE COURSE PRACTICE AND RACE PATTERNS:** Please refer to the maps linked on the CJRC website including the Friday practice pattern, Saturday race pattern and beach area venue. Friday night all boats must be off the water by 8:00 p.m.
12. Registration check-in is on Friday afternoon, from 5:00 -7:00 p.m. and again Saturday morning from 6:30 -7:30 a.m. in the main tent/pavilion.
13. Coaches and coxswains meet at 6:30 a.m. Saturday in the main tent.
14. Bow markers will be provided by CJRC and must be picked up before racing at the bow marker tent as the boat checks in for the race.
15. Directions to East Fork State Park and maps of the regatta race venue and practice and race patterns are available at www.cjrc.us.
16. Results will be available at: www.cjrc.us and www.regattacentral.com.

Registration Questions -- Amy Ready, Registration Chair, at either amyready1@gmail.com or 513-300-6075.

All Other Questions -- Mary Fran Piepmeier, Regatta Director, at either mfpiepmeier@yahoo.com or 513-503-5036.

ALTERNATIVE SCHEDULE 2013*

#1	7:50	Boys Varsity 8	heats
#2	8:20	Girls Varsity 8	heats
#3	8:50	Boys 2V4	head
#4	9:10	Girls 2V4	head
#5	9:30	Boys Novice 8	head
#6	9:50	Girls Novice 8	head
#7	10:10	Girls Varsity 2x	heats
#8	10:40	Boys Varsity 4	heats
#9	11:10	Girls Varsity 4	heats
#10	11:40	Boys 2V8	head
#11	12:00	Girls 2V8	head
#12	12:20	Boys Novice 4	head
#13	12:40	Girls Novice 4	head
#14	1:00	Boys Varsity 2x	heats
LUNCH BREAK			
#1	2:00	Boys Varsity 8	final
#2	2:10	Girls Varsity 8	final
#3	2:20	Boys 2V4	petite final
	2:30		final
#4	2:40	Girls 2V4	petite final
	2:50		final
#5	3:00	Boys Novice 8	petite final
	3:10		final
#6	3:20	Girls Novice 8	petite final
	3:30		final
#7	3:40	Girls Varsity 2x	final
#8	4:20	Boys Varsity 4	final
#9	4:20	Girls Varsity 4	final
#10	4:30	Boys 2V8	petite final
	4:40		final
#11	4:50	Girls 2V8	petite final
	5:00		final
#12	5:10	Boys Novice 4	petite final
	5:20		final
#13	5:30	Girls Novice 4	petite final
	5:40		final
#14	5:50	Boys Varsity 2x	final

*Only in events originally scheduled as headraces will there be petite finals to insure a sprint race experience for all.