



# Midwest Junior Rowing Championships

[www.midwestjuniorrowing.org](http://www.midwestjuniorrowing.org), <http://www.facebook.com/MWJRA>

## Midwest Junior Rowing Association Executive Committee

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Dear Coaches and Teams-

Welcome to the **Midwest Junior Rowing Championships!** The 2012 championship races will be held May 19th and 20th in East Fork State Park, at Harsha Lake in Bantam, Ohio. This event is a qualifying regatta for teams from the Midwest District, for the 2012 **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. 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.

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 of MJRA. Our Chief Referee will be Robert Appleyard.

### Please Note these Schedule Changes for 2012:

- The Boys 1V4x has been moved to the last race of each day to allow rowers in the Ltwt 2x to row in the 1V4x.
- A Girls 2V4x category has been added to the schedule.
- The Saturday schedule reflects when the breaks and the Reps will take place.
- The 1<sup>st</sup> boat entry rules will be enforced, which stipulate that only one boat per team can be entered into the 1<sup>st</sup> boat race, with the exception that two entries per team in the Boys and Girls 2x will be allowed.
- The Boys and Girls Novice 1x races have been eliminated and replaced by the Boys and Girls Novice 4x events.

**Also, please be aware that the Saturday and Sunday schedules as shown reflect the number of entries per event that the MJRC experienced in 2011. More or fewer entries may affect the schedule to some degree, in number of heats, including seeding heats for qualifying events, number of petite finals, and the number of Finals Only events.**

Good luck,

MJRA Executive Committee

Cincinnati Junior Rowing Club

## TEAM ELIGIBILITY

- 1) **DUES:** Organizations must have paid their annual dues of \$30.00 by May 12, 2012. Dues are to be paid through [RegattaCentral](#) and will be required in order to make entries into the Championship races.
- 2) **TEAM DEFINITION:** 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, 2012 to and including, June 10, 2012) is a team.
- 3) **OUT-OF-DISTRICT TEAMS:** Due to scheduling constraints, a maximum of two out-of-district boats will be permitted to race in any one event. Out-of-district entries will be accepted on a first-come first serve basis and at the discretion of the local organizing committee. Initial progression calculations will be entirely performance-based, regardless of a crew's home district. In the event a Midwest District crew is bumped from progressing to the final by an out-of-district crew, the LOC will attempt to provide a seven-boat final, with the bumped crew being placed in lane one.

## ENTRY PROCEDURE

- 1) **PACKETS:** Registration packets are available at the Midwest Junior Rowing Association website, [www.mjra.org](http://www.mjra.org).
- 2) **REGISTRATION:** Register entries through [RegattaCentral](#). You must declare whether this event is your qualifying event for nationals on the Registration Form. Every Coach will have a team roster code with Regatta Central for registration purposes. The registration deadline is at or before midnight May 12, 2012.
- 3) **WAIVERS:** Each participant must submit a waiver or have a current waiver on file with USRowing. Rowers may submit an USRowing waiver electronically and be added to your team's roster through the new USRowing Waiver Portal. Each USRowing member organization has received Admin and Club Codes from USRowing. Coaches will need to give their athletes the Club Code and direct them to [rosters.usrowing.org](http://rosters.usrowing.org) to submit their online waiver and update their profile. 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

Mail to: Cindy Muething 3415 Section Road, Cincinnati, OH 45237 [cmuething@msn.com](mailto:cmuething@msn.com) 513.699.0433.

FEES, WAIVERS, AND ENTRY INVOICE FROM RC ARE NEEDED FOR A COMPLETE ENTRY AND THE ENTRY MUST BE COMPLETE FOR YOUR BOATS TO BE ENTERED INTO HEATS. FEES, WAIVERS AND THE ENTRY INVOICE FROM RC are due in the hands of the local organizing committee, Cindy Muething at the above address, by **Saturday, May 12<sup>th</sup> 2011**. If fees, waivers and entry invoice are sent by overnight mail, please indicate that recipient need not sign.

- 4) **ENTRY FEES:** The fees are \$12 per competing athlete (rower and coxswain), even if that athlete enters two events. The fee includes costs of USRowing Sanctioning Fee, medals and plaques. Note: rowers may only enter 2 events (exception allowed—see No. 9)
- 5) **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.
- 6) **SCRATCH FEES:** Any team that scratches an entry after May 13, 2012 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.
- 7) **LATE ENTRIES:** Any entry made after the deadline of midnight May 12, 2012, 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.
- 8) **REVIEW OF ENTRIES AND LANE DRAWS:** Crews can review their entries and lane draws at [www.regattacentral.com](http://www.regattacentral.com) by **noon on Thursday, May 17<sup>th</sup>**.
- 9) **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.**
- 10) **REGISTRATION CHECK-IN:** Hours of registration: Friday, 5-8-PM; Saturday, 6:30 - 7:30 AM.

*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.*

## ATHLETE ELIGIBILITY

- 1) **AGE QUALIFICATION:** A rower or coxswain must be 19 years of age or younger as of May 19, 2012, and must be currently attending high school Grades 9-12.
- 2) **ENTRIES PER ROWER:** A rower may be entered in no more than two events (exception allowed—see No. 9 on page 2), whether rowing or sculling. Coxswains are exempt. However, all must abide by the 50min hot seat rules.
- 3) **CLASSIFICATIONS:** Exceptions to the rules are rare and only made by the Executive Committee of the Association. 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 1<sup>st</sup> and 2<sup>nd</sup> boats below.

**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, 2012, to and including, June 10, 2012) is a team.

**NOVICE** - a novice rower began rowing after Midwest Junior Rowing Championships in 2011. A novice sculler began sculling after the Midwest Junior Rowing Championships in 2011.

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

**1<sup>st</sup> BOAT** - varsity athletes comprise the 1<sup>st</sup> boat, only one entry allowed per team with the exception that two entries per team in the boys and girls 2x are allowed.

**2<sup>nd</sup> BOAT** - the 2<sup>nd</sup> boat is made up of athletes not competing in the 1<sup>st</sup> boat. In order to enter a 2<sup>nd</sup> boat, the team must also be entering a 1<sup>st</sup> 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 1<sup>st</sup> eight may be split into a 1<sup>st</sup> and 2<sup>nd</sup> four. In races where there are only 1<sup>st</sup> and 2<sup>nd</sup> boat events unlimited entries are allowed in the second boat race.

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

- 4) **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.***
- 5) **LIGHTWEIGHTS:**

Boys 160 lbs individual maximum  
Girls 130 lbs individual maximum

#### **WEIGH-IN RULES**

- All lightweight competitors must Weigh-In once **each day they row** at the weigh-in tent 7-10AM Saturday morning and Sunday morning.
- Priority on the scale goes to those entered in earlier races.
- Members of each crew must weigh-in together and be accompanied by a Team 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 a Team Official.
- No one will be allowed to check his weight on the official scale during the official weigh-in times.

## **EQUIPMENT LOGISTICS**

- 1) **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.
- 2) **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.
- 3) **CREW TENTS:** Crews may put-up tents in designated areas. Please refer to the beach area map. Any questions refer to the regatta director.
- 4) **PRACTICE FRIDAY:** Crews will be allowed to practice. The LOC will provide a safety launch on **Friday from 4:00 PM to 8:00 PM.** All crews must follow the following 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. **No launching crews after 7:30PM.**

All crews must sign the Practice log book indicating their crew's departure for and return from practice. The log book will be in the bow marker tent.

- 5) **PRACTICE ON RACE DAY:** There will be no practice time available on race days.
- 6) **WEIGHING BOATS:** Boats will NOT be weighed at this event.
- 7) **QUICK RELEASE:** Check your equipment for race readiness, including the proper tying of heels of shoes (3 inches) and secure bow balls..
- 8) **BOW NUMBERS:** Bow numbers will be provided by the LOC.
- 9) **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.).
- 10) **DIRECTIONS AND MAPS:** Are included at the end of this packet as well as at [www.cjrc.net](http://www.cjrc.net).

## PROGRESSION MODEL

- 1) **PROGRESSION SYSTEM:** For varsity fours and eights only, repechages will provide placements in a, and b level finals. Repechages will be added for any Youth National qualifying event that goes over 21 entries.
- 2) **RESULTS:** All results will be posted online at [www.row2k.com](http://www.row2k.com) with a link from Regatta Central.
- 3) **AWARDS**
  - Medals awarded for FIRST, SECOND, AND THIRD place for all grand final events.
  - AWARD PLAQUES will be given to the winning MJRA team for each event.
  - All Points Trophies are awarded according to the Barnes Scoring System. Separate trophies will be awarded for a sweep and a sculling program.
- 4) **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 that goes to Nationals.
  - Lightweight doubles will have distinct events if there are more 4 or more boats entered in those races.

## SCHEDULE

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

- 1) **REGISTRATION CHECK-IN:** Hours of registration: Friday, 5-8-PM; Saturday, 6:30 - 7:30 AM.
- 2) **COACHES & COXSWAINS MEETING:** Meeting promptly, 6:30 AM, Saturday, in the main tent at the pavilion. Make certain your coxswains and crews have practiced the use of a starting platform.
- 3) **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.
- 4) **ORDER OF EVENTS:** Saturday heats and reps are scheduled to ensure maximums rest for athletes between races and as a result may not perfectly align with the Sunday schedule. Please check BOTH schedules before registering your crews and the heat sheets once they are posted.
- 5) **RACING THE FINALS:** Any crew that enters an event is expected to race through the completion of the events progression. All crews who are in the A and B final are expected to race those finals. Failure to compete in an event in which the crew has entered will result in a 1 year suspension from that particular event at MJRC's.

NUMBER OF ENTRIES	SYSTEM FOR ALL EVENTS except V8's & V4's
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.

## MJRA Sportsmanship Guidelines

There are endless opportunities for us as coaches to teach values and morals to the future generations. What we teach them on the water through endless hours and thousands of strokes will stay with them longer than any single win. When many of us as coaches feel the pressure to win or base their self value on the results of teenagers in boats then it is time to get a better perspective on life. Remember we are educators first and coaches second and one should never miss an opportunity to teach. When the pictures fade and the medals dull in color and get put away in drawers, it will be what you stood for as a coach and a mentor that will be remembered and respected by your athletes not their win- loss record.

Two of the distinctive aspects of the sport of rowing are its "pure" or "amateur" status and the fact that athletes generally come to our sport much later than to others, and thus are less encumbered with parental investment. We are often the first models our athletes have for how to approach rowing; a healthy balance of passion and good humor; a value placed on honest effort, honestly evaluated; a high regard for all who row—regardless of for whom; an appreciation for the fairness of our competitions.

### Conduct of Athletes

Competitors should treat each other with respect. It is important that kids learn to compete vigorously and fairly. It is inappropriate for them to badmouth their rivals.

On the water we should not indulge in gamesmanship. Deliberate false starts, snickering at a crew that is having trouble getting aligned, yelling at the other crew or playing music through the coxswain's amplification system are not acceptable behaviors.

After the races, if shirt bets have been agreed upon, the losing crew should find the winning crew and give up their shirts. If no shirt bet has been made, it is still a good idea for the losing crew to go over and shake hands with the winners. Athletes should be encouraged to spend a few moments talking with each other. Winning crews should be respectful of their opponents.

### Conduct in the Launch

Our races have at least one launch that follows the race. It will contain the starter/race official, who in many cases during the season will be the coach of the home program. That launch needs to be under control at all times, never waking the racing crews or getting so close to the racing boats that they may feel threatened.

It is also very important for sportsmanship reasons and so that the crews can hear any direction that the race official may need to give to them that there be no noise from the launches that follow the race.

Frequently there is a second or a third launch containing assistant coaches and spectators. These other launches must be behind the Official's launch. Spectators may not use their privileged position in launches to cheer for the crews. The launch driver should make sure that all people on board understand that shouting from a launch is a serious lapse of sportsmanship. No coach should shout at his/her crew or at any opponent.

Launches should always make sure when returning from the finish line that they come to a dead stop when passing other crews. If they must pass through the starting zone, they must make sure that they do not wake crews racing or lining up to race.

There is a procedure for expressing displeasure with the way a race has been conducted: a crew may protest the race to the official on the water. It is not appropriate to go beyond that, too badmouth the official or the other crew.

Spectators should be reminded that sportsmanship requires that they cheer for their own crew but do not jeer an opponent. Although our races are often held in public places, we should all try to follow host/guest etiquette.

## VENUE MAPS AND TRAFFIC PATTERNS

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

- I-275 East/South to Beechmont Ave. – Rt 125 (Exit #65)
- Follow Beechmont Ave- Rt. 125 East- for 9.5 miles. You will pass through Withamsville, Amelia, and Mt. Holly. The road name will change names- Stay on Rt 125 East
- Note: As you pass through Amelia watch for the 25 Mph Zone, it is closely patrolled, even at 6AM!
- The Park turnoff is about 2 miles past the United Dairy Farmers on the left.
- At Bantam Road there is a light. Turn left onto Bantam Rd. Drive .2 miles 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 for .6 miles to the lake. You will go down a small hill and the lake will be in front of you. The park is roughly 40mins each of Cincinnati.

