

The 11th Annual Midwest Masters Sprints
Griggs Reservoir
Columbus, Ohio
Saturday June 15, 2013



welcome

to all rowers, coxswains, and coaches

We would like to welcome you to the 11th 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. This is a USRowing registered regatta.

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 11:59 PM, June 10, 2013.

features of this year's event

- ❖ 900m Sprint race course on Griggs Reservoir, with stake boat start
- ❖ **38** 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.
- ❖ Strict parking requirements. Please take the time to review included maps.
- ❖ **Fully buoyed course**

important web sites

General regatta information: www.regattacentral.com

View and submit entries: www.regattacentral.com

Please review and complete the following materials carefully. All entries must be made through RegattaCentral by 11:59 PM on June 10, 2013.

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

Very truly yours,

2013 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 Fishinger Bridge No standing on Fishinger 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 to host this, and other, regattas in future years.

Protection of personal property

In 2012 two cars were broken into during the regatta and several regatta participants had personal items stolen. Please be sure to bring your personal valuables with you to your team area, or place them inside the locked trunk of your car. Please **DO NOT** leave valuable items, such as purses, GPS units or iPods, visible on the seats or dashboards of your car. It is too easy for criminals to quickly break your car window, grab your belongings and be gone before anyone realizes what is happening. The MMS regatta takes place within a public park, so please guard your valuables appropriately and enjoy your time at the MMS.

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important information: definitions

rec

Rowers in these events should be either novice rowers 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 ever placed either first, second or third in either the US Master Nationals, FISA Masters World Championships, or Royal Canadian Henley Masters 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 2013. 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, 2013.

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+
E	=	55-59			

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

The MMS will use the honor system for lightweight categories. Please be respectful of your competitors and observe the US Rowing weight limits. The MMS staff reserves the right to respectfully request any competitor to weigh in, if it is deemed plausible that their lightweight status is suspect.

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rules

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

mixed boats – deviation from US Rowing rules

The US Rowing rules require that mixed boats be composed of 50% men and 50% women for any given lineup. The Midwest Masters Sprints permits mixed boats to contain more than 50% of any lineup as women. However, every mixed boat must contain at least one (1) man. For example, a Mixed 8+ may contain up to 7 women and 1 man.

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 30 minutes between races to ensure that they will make it to the starting line on time.

race day check-in

Check-in will occur all day at the race site on Saturday, June 15, 2013.

coaches' and coxswains' meeting

The coaches' and coxswains' meeting shall be held on race day at the registration area at the course at 7:30 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 (9:00 p.m.) or before sunrise on Saturday morning (6:00 a.m.).

awards

Gold, Silver, and Bronze Medals will be given in every flight.

questions about submitting entries through Regatta Central

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

other registration questions

Dana Parrish dleeparr@aol.com

regatta-related questions

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

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entry information and deadline

EVERY participant who does not have a 2013 waiver on file with USRowing must turn in a signed waiver form (attached). USRowing members who have faxed their waiver to USRA HQ **and who have added their USRowing ID #'s to their roster on RegattaCentral** do not need to submit separate waivers for this regatta. If you have not faxed a waiver to USRowing, please do so to enable paperless waivers for subsequent USRowing-registered regattas this year.

The waivers will be checked against your RegattaCentral entries, which is a time-consuming process. Submission of all waivers and entry fees by mail prior to the race is preferred by the Registration coordinator as this will reduce race day delays. Any fees or waivers not received prior to race day should be brought to registration area well in advance of the close of registration and shall be sorted into male and female piles and each pile should be organized alphabetically to assist the registration staff.

As previously stated, RegattaCentral will accept entries through midnight on June 10, 2013. After that date, entries will be *viewable* only. Please contact Dana Parrish for any scratches after that date (dleeparr@aol.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:	\$80
Quads/Fours:	\$60
Doubles/Pairs:	\$40
Singles:	\$25

Please make checks payable to GCRA. Thank you!

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

Attn: MMS Regatta
Greater Columbus Rowing Association
PO Box 218131
Columbus, Ohio 43221

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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>

Homewood Suites by Hilton

address 3841 Park Mill Run, Drive, Hilliard, OH 43026
phone (614) 529-4100
web: <http://www.homewoodsuites.com>

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

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directions

from the north

I-71 south to the outerbelt I-270 West.
Take I-270 West to Exit 13 (Fishinger / Cemetery Road).
Turn left at the exit onto Fishinger Road
Follow Fishinger Road to Riverside Drive (first light after crossing the river)
At the intersection of Fishinger Road and Riverside Drive, turn right
Follow Riverside Drive South to the intersection of Riverside Drive and Nottingham
At the intersection of Riverside Drive and Nottingham (next stoplight), turn right into the park.
Go 150 feet on the park access drive and turn left at the T-Intersection
Proceed 750 Meters to the regatta administration area
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 West to Exit 13A (Fishinger / Cemetery Road).
Turn right at the exit onto Fishinger Road
Follow Fishinger Road to Riverside Drive (first light after crossing the river)
At the intersection of Fishinger Road and Riverside Drive, turn right
Follow Riverside Drive South to the intersection of Riverside Drive and Nottingham
At the intersection of Riverside Drive and Nottingham (next stoplight), turn right into the park.
Go 150 feet on the park access drive and turn left at the T-Intersection
Proceed 750 Meters to the regatta administration area
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 at the exit onto Fishinger Road
Follow Fishinger Road to Riverside Drive (first light after crossing the river)
At the intersection of Fishinger Road and Riverside Drive, turn right
Follow Riverside Drive South to the intersection of Riverside Drive and Nottingham
At the intersection of Riverside Drive and Nottingham (next stoplight), turn right into the park.
Go 150 feet on the park access drive and turn left at the T-Intersection
Proceed 750 Meters to the regatta administration area
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 at the exit onto Fishinger Road
Follow Fishinger Road to Riverside Drive (first light after crossing the river)
At the intersection of Fishinger Road and Riverside Drive, turn right
Follow Riverside Drive South to the intersection of Riverside Drive and Nottingham
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waiver

IN CONSIDERATION of being given the opportunity to participate in 2013 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

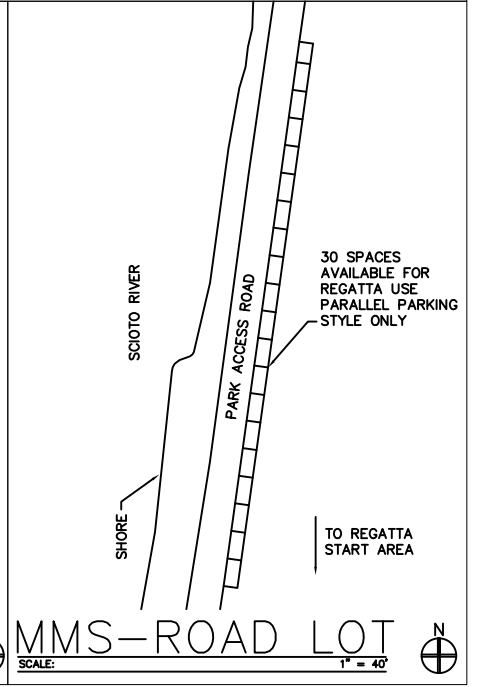
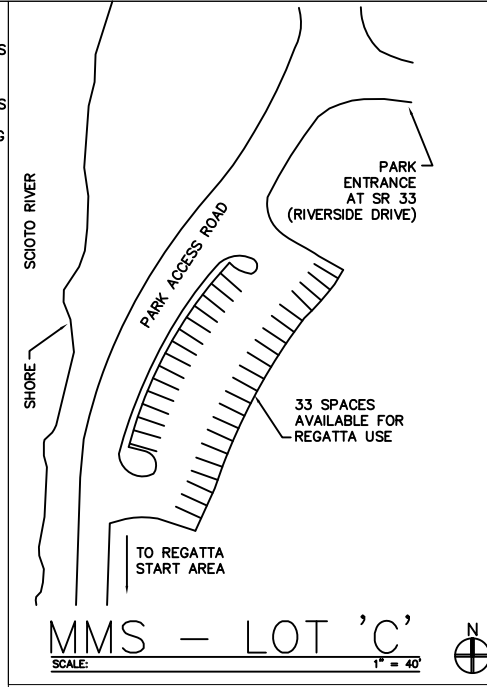
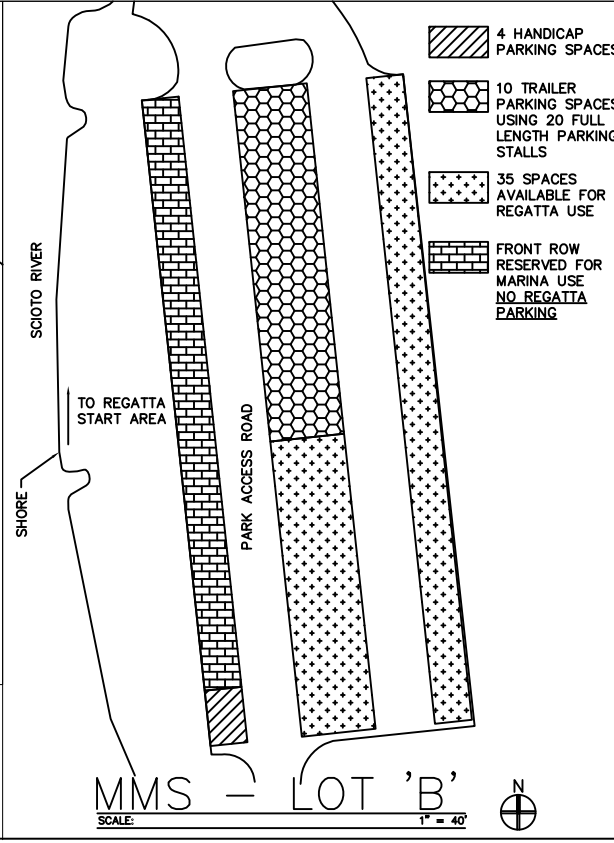
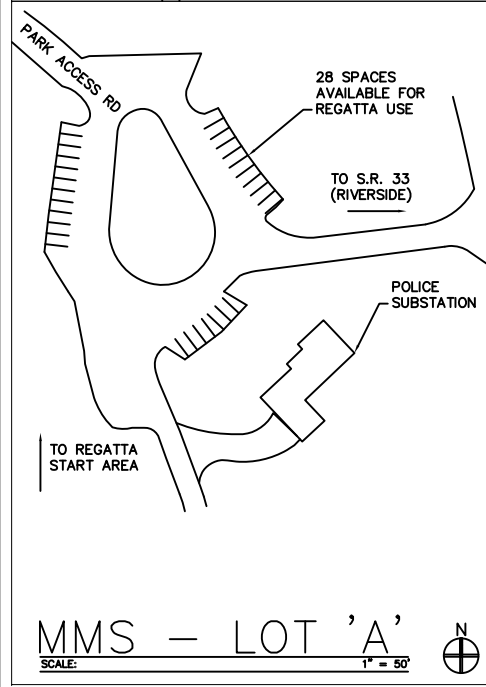
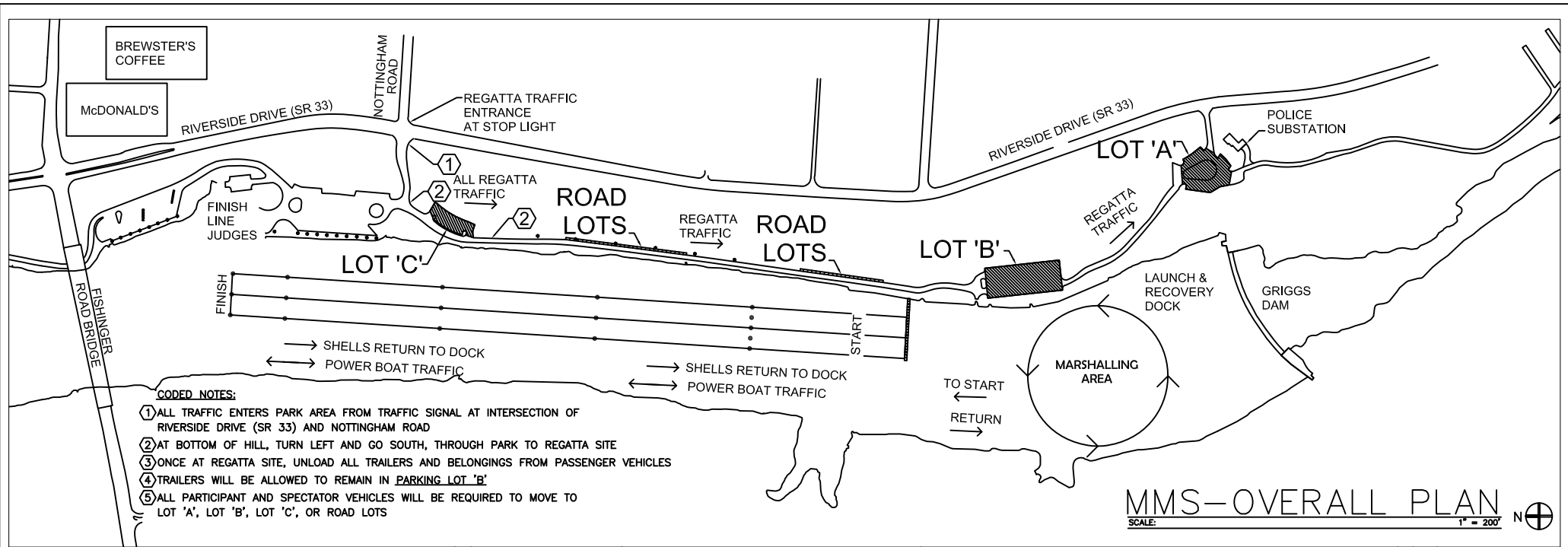
(only if participant is under the age of 18)

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events

preliminary schedule of events

<u>Race#</u>	<u>Event</u>
1	Women 8+ (Race 1)
2	Men 2-
3	Men light 1x
4	Women light 1x
5	Women Rec 8+
6	Men Light 4+
7	Men 4+ AA-B
8	Men 4+ C-J
9	Women light 4+
10	Women 1x AA-B
11	Women 1x C-J
12	Women Novice 1x
13	Mixed Rec 8+
14	Men 1x AA-B
15	Men 1x C-J
16	Men Novice 1x
17	Women 2x
18	Women light 2x
19	Mixed 4+ AA-B
20	Mixed 4+ C-J
21	Men 4x
22	Mixed 4x
23	Women 4+ AA-B
24A	Women 4+ C-J
LUNCH BREAK	
25	Mixed 2x AA-B
26	Mixed 2x C-J
27	Men Light 2x
28	Men Rec 4+
29	Women 8+ (Race 2)
30	Women Rec 4+
31	Women 4x
32	Women 2-
33	Men 8+
34	Mixed Rec 4+
35	Men 2x A-B
36	Men 2x C-J
37	Mixed 8+
38	Men Rec 8+



PLEASE FOLLOW DIRECTIONS FROM PARKING VOLUNTEERS THANK YOU!

GREATER COLUMBUS ROWING ASSOCIATION MIDWEST MASTERS SPRINTS COLUMBUS, OHIO		
SCALE: AS NOTED	APPROVED BY:	DRAWN BY: RVB
DATE: 5/10		REVISED:
COURSE, LANE ASSIGNMENTS, TRAFFIC PATTERN		
PLAN VIEW	DRAWING NUMBER XXXX-XXX-X	