



*Are you up to the Challenge?*

## Mercy Challenge Ergatta

January 15, 2012

Dear Competitor,

Welcome to the 2<sup>ND</sup> Annual **Mercy Challenge Ergatta**, sponsored by Mercy Crew Inc., to be held Sunday, March 11, 2012 at [Our Lady of Mercy High School](#) in Rochester, New York!

Doors open at 7am. Racing to start at 8:00am. Visit [Regattacentral.com](http://Regattacentral.com) to register!

Race spectators are welcomed and encouraged! While at the race please enjoy a wonderful array of refreshments! In addition to race related foods, Mercy Crew Inc. will be holding a good old fashioned bake sale! Be sure to check out the delicious treats!

*Special THANK YOUs! To our Sponsors! - for your generous donations!*

**Thomas S. Clark, DMD, PC**



*To Concept2 - for providing the software and assistance to us with our annual **Mercy Challenge Ergatta!** To Our Lady of Mercy High School, for donating the use of their gymnasium and Gallery for this race! To the Volunteers of Mercy Crew Inc. This event would not be possible without your help!*

*And Thank YOU!, for your participation. Bring your coaches, friends and family! See you at the **Mercy Challenge Ergatta!***

Sincerely,

Justin Lippa, President, Mercy Crew Inc.  
Becky Gordon - Mercy **Challenge Ergatta** Director



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## **Mercy Challenge Ergatta**


# **REGISTRATION & INFORMATION** **PACKET**





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## Mercy Challenge Ergatta

### REGISTRATION


 Registration opens January 15, 2012. Deadline for registration: Midnight EST Saturday, March 3, 2012.


 All participants must have a USRowing waiver on file. **We encourage the waiver be done online at Regatta Central.** Competitors under age 18 must have a parent or guardian's signature. All competitors are asked to submit their best time (or best estimate) for 2000 meters. The race organizers will set up flights that are evenly matched using the times submitted.


 All competitors must check-in at the registration desk prior to their event. Check-in will take place in the Gallery space adjacent to the gymnasium.

### ENTRY FEES / PAYMENT


 Entry Fees are \$15.


 Entry fees are per person, and entitle the registrant to race in one individual event and one Relay event.


 We encourage you to make your payments online via Regatta Central using MC/Visa, or by cash or check payable to [Mercy Crew Inc.](#) prior to the event. No payments will be accepted at the door, unless by prior approval by Becky Gordon - Mercy **Challenge Ergatta** Director


 Per standard practice at other regattas, no refunds will be made after the registration deadline.


### RACE DAY PROCEDURES


 Races are 2000 meters in length except for the Team Relays which will be 3000 meters.

 All competitors must have a signed waiver on file. Competitors under age 18 must have a parent or guardian's signature.

 All races are finals. Events with more than 10 entrants will be run in flights. The fastest overall time from these flights will determine the event champion. No heats will be run.

 All races will be held on Concept 2 Model D ergs. Concept 2 provides the electronic timing system used for this satellite regatta.

 Racers and spectators can watch their performance on a screen during all races.

 Competitors may set their ergometer to the fan setting of their choice, but may not alter these settings after the race has started.








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### RACE DAY PROCEDURES


The race organizers reserve the right to:

-  Change the tentative schedule of events.
-  Combine events that have less than 10 registered participants.
-  Limit the number of events or flights.
-  Suspend the use of the Concept 2 electronic timing system and replace it with a manually timed system.
-  Adjust final race time and schedule based on total number of athletes entered.


### CHECK IN

-  All competitors or coaches must check-in at the registration desk located in the Gallery prior to their event.
-  Competitors should plan to be at [Our Lady of Mercy High School](#) at least 1½ hours before their scheduled race. One hour for any races prior to 9:30am.

### WARM-UP AND RACE PREPARATION INFORMATION

-  A fleet of ergs will be available for warm-ups. They will be separate from the racing ergs. Please come to the on-deck area, dressed (you must wear shirt/ shorts or unisuit) properly warmed up and ready to race. Please limit your warm-up to a maximum of 15 minutes in order to give everyone a chance to warm up. Rowers may not use the ergs designated for racing as warm up ergs. Rowers may set the drag (fan setting) and the heel height of their assigned racing ergometer, but may not otherwise alter the machine.

### ON DECK (MANDATORY PRE-RACE INSTRUCTIONS)


-  Competitors must allow sufficient time to warm-up and be in the on-deck area at least five (5) minutes before their event. Failure to be in this area five (5) minutes before the start of your race may
  - Result in you missing important last minute information
  - Potentially cause a delay in the race schedule
  - Result in you not being able to compete
  - Make you look bad in front of your teammates




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### SAFETY

-  Coaches are asked to be mindful about the following:
- Athletes who are fighting a flu or a cold should not compete
  - Athletes should eat two or three hours before competing, but generally not less than two hours before competing.
  - Athletes should stay hydrated!

### EVENT SPECIFICATIONS/SCHEDULE

  
Medals for 1<sup>st</sup> and 2<sup>nd</sup> place

Masters - A Masters age is determined as of December 31 of the current calendar year.

Open - Any age, any weight, except High school.

Novice - A novice is considered anyone in their first year of rowing and shall not have rowed in any organized regatta (indoor or on water) prior to March 11, 2011, high school only.

### SCHEDULE



- 8:00 Masters Women 30-39
- 8:15 Masters Men 30-39
- 8:30 Masters Women 40-49
- 8:45 Masters Men 40-49
- 9:00 Masters Women 50-59
- 9:15 Masters Men 50-59
- 9:30 Masters Women 60+
- 9:45 Masters Men 60+
- Masters Relay Teams of 3 Men & 3 Women rowing 500 meters each.  
Rowers do not have to be from the same club
- 10:30 Open Women
- 10:45 Open Men
- 11:00 Girls High School Novice
- 11:20 Boys High School Novice
- 11:40 Girls High School Varsity
- 12:00 Boys High School Varsity
- 12:30 High School Relays


**All times are tentative and subject to change based on registrations. Please check the Website prior to race day for updates.**




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## **Mercy Challenge Ergatta**

### **FOOD & LOCKERS**

 There will be plenty of good food available. Please support the Bake Sale! Menus and prices will be posted at the event.

### **CONTACTS & LINKS**

  
Mercy Crew Inc.  
Becky Gordon - **Mercy Challenge Ergatta** Director  
Phone: 585-388-7732  
Cell: 585-738-8860

[www.mercycrew.org](http://www.mercycrew.org)  
E-mail: [vicepresident@mercycrew.org](mailto:vicepresident@mercycrew.org)

Please send us your post-regatta comments so that we can make next year's event even better!

See you at the **Mercy Challenge Ergatta!**