



## 2017 Minneapolis Sprints

### Entry Packet

Saturday June 17<sup>th</sup>

Lake Nokomis, Minneapolis

Hosted by the Minneapolis Rowing Club

### Dates and Times

June 10<sup>th</sup> – Entries due

June 15<sup>th</sup> - Schedule and heat/lane assignments posted and emailed out to participants

June 17<sup>th</sup>- 7:30 am Coaches, cox, and bow meeting

8:00 am First race

### Bow Numbers:

Please provide your own bow numbers 1-6.

### Costs:

Cost for athletes is \$25 for the day. Spectating and cheering is free!

### Race Entries:

Race entries are due June 10<sup>th</sup>. Entries can be submitted on Regatta Central. Entries for each club must include number of boats in each event, stroke name and, if submitting more than one entry in an event, boat ranking (A,B,C etc.). Accurate boat rankings will allow us to seed flights in order to allow for more competitive racing.

### Final Schedule:

All races are finals only, no heats. If there are more than 6 entries race will be divided into flights and overall winner will be determined by best time. Events with only one entry may be combined together. Open and Master 2-/2x and Open 4-/4+ will be run at the same time. Please see attached schedule

**Categories:**

- Junior: Athletes under the age of 19 as of the end of this calendar year
- Open: Any rower over the age of 19 as of the end of this calendar year
- Novice: First competition in ANY boat within one year of this regatta
- Master: Any rower over the age of 21 as of the end of this calendar year. Masters will be age handicapped based on the United States Rowing Association's Handicap System.

**Course:**

Boats will launch on the north end of the lake at the designated beach launching area. Rowers should expect to wade up to mid-thigh. The course is approximately 1380 meters long. Rowers will warm up on the west side of the lake, taking care to avoid the public swimming area. There will be 3 lines of buoys as well as a fixed starter station and boat holders at the south end of the lake. Please see attached map.

**Parking:**

Trailers will park in the parking lot at the north end of the lake.

Free parking is available around the lake for those who arrive early and there is a pay parking lot on the west side of the lake. However this is a public park so there may be other activities going on that day and parking could be limited. Carpooling is greatly encouraged to save space for other competitors and the public.

**Lodging:**

There are several hotels located near the Minneapolis-St. Paul airport that are conveniently located for this race.

- Holiday Inn Express & Suites Minneapolis Airport-Mall Area  
1601 American Blvd E, Bloomington, MN 55425
- AmericInn Hotel & Suites Bloomington East – Airport  
1200 E 78th St, Richfield, MN 55423
- Minneapolis Airport Marriott  
2020 American Blvd E, Bloomington, MN 55425

**Order of Events**  
Minneapolis Sprints  
June 17, 2017

- 1 Open Men's 4- / 4+
- 2 Junior Girls 2x
- 3 Junior Boys 4+
- 4 Open Men's 1x
- 5 Master Men's 1x
- 6 Mixed 2x
- 7 Open Women's 4- / 4+
- 8 Junior Girls 1x
- 9 Junior Boys Novice 2x
- 10 Junior Girls 4+
- 11 Open Women's 1x
- 12 Master Women's 1x
- 13 Mixed 4x
- 14 Junior Boys 2x
- LUNCH BREAK
- 15 Open Women's 4x
- 16 Open Men's 2-/2x
- 17 Master Men's 2-/2x
- 18 Junior boys 1x
- 19 Junior Girls 4x
- 20 Open Women's 2-/x
- 21 Master Women's 2-/2x
- 22 Men's Novice/Rec 1x
- 23 Junior Boys 4x
- 24 Junior Girls Novice 2x
- 25 Women's Novice/Rec 1x
- 26 Open Men's 4x

# MINNEAPOLIS SPRINTS- LAKE NOKOMIS COURSE

