



2010 Northwest Masters Regional Championship Regatta

Friday – Sunday

June 25-27, 2010

Lake Stevens, Washington

(Please read all of this packet prior to arrival to venue)

Entries are now being accepted for the 2010 USRowing Northwest Masters Regional Championship Regatta. This regatta will be held on Lake Stevens in Lake Stevens, WA. just north of Seattle, WA. Races will be run on a fully buoyed 1,000-meter race course with stake boats. Lake Stevens Rowing Club will host this year's championship.

ENTRY FEES

BOAT TYPE	ENTRY FEE (by May 30)	LATE ENTRY FEE (after May 30)
8+	\$95.00	\$120.00
4+ / 4x	\$75.00	\$100.00
2- / 2x	\$45.00	\$70.00
1x	\$25.00	\$50.00

\$5 VOLUNTEER FEE

In addition to the entry fees listed above, a \$5 volunteer fee is charged to each athlete. All proceeds from this fee will be divided among clubs who provide volunteers to work at the regatta.

IMPORTANT DATES & DEADLINES

May 3	•First Day Regatta Central allows entry input for the regatta
May 30	•Deadline to input entries for the regatta without paying late fees •Closing date for Regatta Central •Last day to scratch entries and receive a full refund of the entry fee
May 31 – June 2	•Organizations scratching entries will be charged the entry fee but no additional scratch fees
June 3	•Entries scratched June 3 or a later date will be charged the entry fee and a \$25 scratch fee.
June 5	•Preliminary schedule to be posted on racetrak.com. •Crews may add additional entries without late fees, into races where there are empty lanes. No additional heats will be added and this is first come first served. Race limits per program and per athlete may be exceeded. Additional entries must be submitted to nwrowing@gmail.com to be accepted. If a crew adds at this point and then scratches their entry, they will be charged the entry fee and a \$25 scratch fee.
June 10	•Lane draws posted on racetrak.com

June 24 – 4:00pm	•Deadline for late entries, which will only be accepted if space is available and the coach submits payments, waivers and lineup form.
June 25 – 6:00am	•Control Commission opens; coxswains and lightweights may weigh in. (estimated)
June 25 – 7:00am	•Coaches & Coxswains Meeting (estimated)
June 25 --9:00am	•Racing begins (estimated)

ELIGIBILITY & MEMBERSHIP

Northwest Region: The USRowing Northwest Region is defined as the states of Alaska, Idaho, Montana, North Dakota, Oregon, South Dakota, Washington and Wyoming. Organizations from other regions and other countries are welcome to enter all events.

Composite Crews: Composite crews are welcome at NW Masters but must be designated as composite crews on lineup forms.

Rules of Rowing 5-203, 5-204: *Composite crews are those that include competitors from more than one club...Once a crew has been entered as a composite crew, it shall remain so, regardless of subsequent substitutions. Only competitors who are bona fide members of a club shall be entered by that club, except that a composite crew may be entered by any of the clubs to which one of the competitors of the crew belongs. A competitor may represent only one club at a regatta. A competitor shall not represent more than two clubs in any calendar year. Individual exemptions from the requirements of this subsection may be granted by USRowing (800-314-4769) to competitors upon showing good cause.*

Question: Jane Doe trains with a sweep-only program named “Montana RC.” She also trains with a separate sculling program named “Missoula Sculling.” May she compete in the eight as “Montana RC” and the quad as “Missoula Sculling?”

Answer: No, Jane Doe may only represent one organization at NW Masters. If Jane Doe has declared membership at “Montana BC,” the eight may enter as “Montana RC.” The quad must enter as “Composite Montana RC/Missoula Sculling”.

USRowing Individual & Organizational Membership: The Northwest Regional Championships are USRowing owned events. Each participant must be an individual member of USRowing. Each program must be an organizational member of USRowing. Contact USRowing with any questions about membership:

Toll Free (800) 314-4769
Office Tel (609) 751-0700

Email members@usrowing.org
Website www.usrowing.org

Athletes from Foreign Rowing Federations: Rowers from other nations must be members of their National Rowing Federation, as recognized by FISA, or members of USRowing. Athletes should list their federation name and membership number on their signed waivers. Example:

Rowing Canada Aviron Membership: Canadian citizens may be individual members of RCA or members of USRowing. Contact Rowing Canada Aviron with any questions about membership:

Toll Free (877) 722-4769
Office Tel (250) 361-4222

Email rca@rowingcanada.org
Website www.rowingcanada.org

ATHLETE RESTRICTIONS

***** As agreed upon at the January Masters Meeting in Olympia, WA*****

Each program is allowed up to 2 entries per event. If there are additional spaces available after the preliminary schedule has been released on June 5, then additional entries may be made. Entries may be made as long as they do not add additional heats and must be submitted to nwrowing@gmail.com

**** As agreed upon at the February 2008 Regional Meeting****

Each Athlete is Restricted to Four Events During the Regatta: An event with heats and finals counts as one event. The Northwest Rowing Council Masters Committee voted on this restriction at the February 2008 meeting to keep the regatta size manageable. **In the event that there are available slots after the entry deadline, the region will be notified and you may enter additional races on a first come first served basis, by emailing nwrowing@gmail.com.**

Each Event will be limited to 14 entries: This is to keep all events to no more than 2 heats.

Coxswain Exemptions: Coxswains are exempt from restrictions on the number of events during the regatta.

RULES OF ROWING DEFINITIONS

Rules of Rowing 4-104(b): *A master is a competitor who has attained or will attain the age of 21 during the current calendar year, rounded down to the nearest whole number. A competitor's age is determined as of December 31 of the current calendar year ("rowing age"). A competitor thus becomes a master on January 1 of the year of his or her 21st birthday. A masters crew shall be comprised exclusively of masters rowers, but the coxswain need not be a master.*

Rules of Rowing 4-104 (b) (1): *Masters crews shall be classified by age, according to the following categories:*

"AA" = 21 to 26 years	"C" = 43 to 49 years	"F" = 60 to 64 years	"I" = 75 to 79 years
"A" = 27 to 35 years	"D" = 50 to 54 years	"G" = 65 to 69 years	"J" = 80 +
"B" = 36 to 42 years	"E" = 55 to 59 years	"H" = 70 to 74 years	

The age category of a masters crew shall be determined by the average age of the rowers in the crew, rounded down to the nearest whole number. The age of the coxswain shall not be counted.

Rules of Rowing 4-104 (b) (2): A Master is a competitor who has attained or will attain the age of 21 during the current calendar year. A competitor's age is determined as of December 31 of the current calendar year, rounded down to the nearest whole number. A competitor thus becomes a Master on January 1 of the year of his or her 21st birthday. A Masters crew shall be comprised exclusively of Masters rowers, but the coxswain need not be a Master.

(2) A Masters crew may compete in a lower (younger) age category but not in a higher category.

"Mixed" Events: One half of the rowers in the boat must be men and the other half must be women. As written in the rule book – "Mixed events must be 50% women excluding the coxswain."

"Novice" Events: All rowers in the boat must be new to rowing as of July 2007. These boats do not require the coxswains to be novices.

"Lightweight" Events: Women will weigh in at no more than 130lbs with no averaging. Men will average 155lbs and no athlete will weigh more than 160lbs. Please note that lightweight events may be combined with open-weight events if there are less than three entries for either classification.

USROWING RULES OF RACING

The regatta will be a USRowing registered regatta, officiated by USRowing referees, and will abide by the USRowing 2010 edition of the Rules of Rowing. Entry Forms and waivers must be fully completed and presented before a team or individual is allowed to compete.

The handbook for *2010 Rules of Rowing* will be available on site for your review. The following is an excerpt from the *2010 Rules of Rowing* and will be enforced:

1. **Bow balls and bow numbers:** Bow balls and bow numbers are required for any boat preparing to race. Boats without bow balls will not be allowed on the race course. Boats shall also be fitted with a "bow clip" to attach a bow number. USRowing will supply bow numbers. Boats without a bow clip to attach a number may be prohibited from racing. Reference Rule #3-105.
2. **Foot Stretchers:** Each shell must be equipped with quick-release footgear or heels attached with strings to allow quick release. Each heel tie must restrict movement to no more than three inches. Reference Rule #3-109.
3. **Bow Coxed Shells:** All bow-coxed shells must meet the *Rules of Rowing* requirements regarding the size of the opening through which the coxswain enters the shell. Reference Rule #3-110.
4. **Quad Races:** All quad races are without coxswains.

The following rules will be waived or amended as follows:

1. Rule 3-104 Minimum Weight of Boats – Waived
2. Rule 4-110 Weighing of Competitors – Amended – See Weigh-Ins Procedure later in this packet.

ENTRY PROCESS

***** New or 2010*** Each club must choose one representative to communicate all lineup changes, scratches, questions and concerns to USRowing.**

Regatta Central: The Northwest Masters Regional Championship will again use this web-based service. You may submit entries and monitor regattas online and receive immediate entry verification. Each regatta has a separate "entry window" with Regatta Central. The window for NW Masters will be May 3, 2010– May 30, 2010.

USRowing Member Numbers: To expedite the process of submitting entries through Regatta Central, you should have USRowing member numbers for all of the athletes you plan to enter. If you do not have all member numbers at hand, you can go back later and enter the numbers you are missing. If you would like a list of members that are in the USRowing database affiliated with your organization, please contact our membership department at (609) 751-0703 or members@usrowing.org. We will be happy to provide a list of the members and their member numbers, expiration dates and verified waivers.

Rowing Canada Aviron Member Numbers: See instructions below

ONLINE WAIVERS

USRowing offers web-based waivers and we encourage organizations to utilize this convenient service. The waiver is good for the entire 2010 year. Please ask your members to have their USRowing individual membership numbers and zip codes ready, and direct them to http://www.usrowing.org/join_renew/membershipoptions/waiver.aspx.

Rowing Canada Aviron Members: You must print up paper waivers (page 20), sign and list RCA member numbers. Please mail or fax to USRowing.

SCRATCH FEE POLICY

***** New or 2010*** Each club must choose one representative to communicate all lineup changes, scratches, questions and concerns to USRowing.**

- **May 30, 2010:** Organizations scratching entries before or on May 30 will receive a full refund of the entry fee.
- **May 31 – June 2, 2010:** Organizations scratching entries May 31 – June 2 will be charged for the entry fee, but no additional scratch fees.
- **June 3, 2010 or a later date:** Entries scratched on June 3 or a later date will be charged for the entry fee and a \$25.00 scratch fee.
- **Scratch Notification:** No phone scratches will be accepted. Only scratches submitted in written form, by e-mail, fax or regular mail will be accepted.
- **Scratching Before the Regatta / Fee Payment:** Fees must be paid by the conclusion of the Coaches and Coxswains Meeting for that organization to compete.
- **Scratching During the Regatta / Fee Payment:** For scratches during the regatta, non-launched boats, or no-shows at the start line, the \$25 fee must be paid within one hour, or additional boats from that organization will not be allowed to launch.
- **Extenuating Circumstances:** Illness, injury, emergency, etc., which prevent participating will be reviewed on a case-by-case basis. Requests for a scratch fee exemption must be made to USRowing Registration headquarters on-site at the regatta.

LATE PAPERWORK & LATE PAYMENTS

Late Entries received after May 30 will be accommodated on a “space available” basis for scheduled heats and finals. Entries will be accepted until June 24 at 4:00 p.m. at the USRowing Registration Tent.

Late Entry Fees: Late Fees are due with entry forms. Entries submitted without late fees will not be included in the regatta schedule. Phone entries will not be accepted. Fax entries will only be accepted with Visa or MasterCard Payment.

Team Rosters and Waivers: If at all possible, please use Regatta Central to submit your rosters and the USRowing website to submit your waivers. These documents may be mailed, but must arrive by June 10, 2010, at the USRowing office in Princeton. Otherwise, your entry will be held until the waivers and rosters arrive, and your crews will be subject to space availability and the late fee.

Outstanding Payments: Any organization with outstanding balances for entry fees or scratch fees at the start of racing will not be eligible to participate in the regatta and any future USRowing events until the fees are paid.

COACHES & COXSWAINS MEETINGS

Friday June 25 (estimate 7:00 am): A meeting will be held two hours before the start of racing at the USRowing Registration tent to review regatta procedures and the race schedule. All organizations and individual competitors are required to send a representative to the meeting. Attendance will be taken. Remaining schedules will be distributed to the public one hour after the meeting.

Saturday June 26 (6:00 am): Head coaches should stop by the tent to get copies of the daily schedules and updated information. Remaining schedules will be distributed to athletes after 7:00 am.

Sunday June 27 (6:00 am): Head coaches should stop by the tent to get copies of the daily schedules and updated information. Remaining schedules will be distributed to athletes after 7:00 am.

HOT SEATING

Hot Seating Part 1: Crews that need to hot-seat should notify the USRowing officials at the control commission tent before launching for the initial race. The hot seating crew will be given priority to change out rowers/coxswains, but the race is still planned to start on time.

Hot Seating Part 2: The actual procedure for hot-seating will be explained at the coaches and coxswains meeting. If your club has any of these conflicts during the regatta it is recommended that a representative from that boat be at the meeting.

Hot Seating Part 3: Even though the regatta will try to accommodate all hot seating instances, no guarantee can be made that you will make it to the line with sufficient time to be included in the race.

MEDALS & TROPHIES

Awards Ceremonies: There will be awards ceremonies for all regatta events. Winning crews should come to the awards tent as soon as results for their race have been made official, to receive their medals.

Medals: First, second and third-place crews will receive medals, regardless of what region the crew is a part of. The highest placing Northwest crew will be declared the Regional Champion

Regatta Concessions: Regatta souvenir t-shirts will be on sale at the regatta.

WEIGH-IN PROCEDURES

Weigh In Once Each Day: All lightweight athletes and coxswains must weigh in once each day in which they compete. All coxswains and athletes must weigh in wearing their team uniform, **INCLUDING COXSWAINS**. Coxswains who must carry weight are required to provide their own additional weight (excluding tools, watches and extra clothing). Control commission officials will verify this.

Weigh-In Schedule at Control Commission: Priority will be given to competitors who are racing within 90 minutes of the scheduled opening time of weigh-ins.

Friday June 25	6:00* am – 2:00 pm
Saturday June 26	5:30 am – 2:00 pm
Sunday June 27	5:30 am – 12:00 pm

**The 6:00 am opening time may change depending on the start of racing.*

Protocol for Athletes and Coxswains Weighing In:

1. Go to the practice scale (location to be determined) to find out if you will need to carry weight and pick up the necessary paperwork.
2. Complete all the necessary paperwork and get your necessary weight before arriving at the official weigh-in location.
3. Go to the official weigh-in scale located at the weigh-in tent with your completed paperwork and correct weight in hand. Please note that there are separate lines for coxswains and lightweight athletes.

SCHEDULE PUBLICATION

June 5 - Preliminary Event Schedule Published: This document will be published on racetrak.com. All questions regarding entries and the schedule should be directed to James Rawson, (503) 473-6239 or nwrowing@gmail.com.

June 10 - Lane Draws Published: This document will be published on racetrak.com.

SCHEDULE OVERVIEW

Centers: All events will run on eight-minute centers. Coaches, please review the procedures to back shells into stake boats, how to correct lines with sculling and other start line procedures well in advance of the championships. If the regatta schedule goes long, we may have to implement a shorter center between races.

Practice Times: This is still to be determined. An answer will be released to the region once this has been figured out.

Combined Age Categories: Many events combine age categories. If there are enough entries in those events, they will be split if time allows. Example: The Men's AB 4+ has 10 boats entered, four boats in the "A" age class and six boats in the "B" age class. The schedule will be altered to allow a Men's A 4+ and a Men's B 4+. In this situation, neither race would have handicap times applied.

INCLEMENT WEATHER SCHEDULE

Inclement Weather Schedule: In the event that inclement weather causes delays in the regatta schedule, changes will take effect in this order:

1. Reduce race centers (all races run reduced time between race starts)
2. Shorten the course to 500m
3. Timed finals (all heats run using finish times to determine final results).
4. Cancel races, at the direction of the USRowing Chief Referee and the USRowing NW Programs Coordinator.

ANTICIPATED SCHEDULE OF HEATS AND FINALS

The schedule below is a mockup, based on 2004-2008 entries. Racing will start at 9:00am on Friday and finish no later 7:00pm. Saturday will run from 7:00am to 7:00pm. Sunday will run from 7:00am to 3:00pm. The schedule is subject to change and some undersubscribed events may be combined. Racing will not run before or after the said times, even in the event that there are weather delays.

FRIDAY RACING

1	Mixed C 4x	19	Mens AA-A 2x
2	Womens A+ Light 2-	20	Womens C 8+
3	Mens F 2x	21	Mens C 2x
4	Mens D+ Light 2x	22	Mens AA-A 8+
5	Womens C+ Novice 1x	23	Womens A 2x
6	Mens B 1x	24	Womens AA 2x
7	Mixed D 4x	25	Mixed E+ 4+
8	Womens B 2-	26	Mens A+ Light 4x
9	Mens A+ Novice 4+	27	Mixed B 4+
10	Womens C Light 1x	28	Mens D 4x
11	Womens E 4x	29	Womens B Light 4+
12	Womens F+ 4x	30	Womens D 4+
13	Mens A+ Light 2-	31	Mens B 2-
14	Mens E+ Light 1x	32	Womens B 1x
15	Womens A+ Novice 4+	33	Womens C Light 2x
16	Mens E 4+	34	Mixed AA-A 8+
17	Mixed B 4x	35	Womens D+ Light 8+
18	Mens A+ Novice 1x		

SATURDAY RACING

36	Mens E 1x	62	Womens AA-A 4x
37	Womens E 2-	63	Womens D+ Light 4x
38	Womens F+ 2-	64	Mixed D 8+
39	Mens C 4+	65	Mixed C 8+
40	Womens C 4x	66	Mens D 2x
41	Womens A-B Novice 1x	67	Mens H+ 2x
42	Mixed F 2x	68	Mens G 2x
43	Mixed G+ 2x	69	Womens D 8+
44	Mens B 2x	70	Mens B 8+
45	Womens AA-A 8+	71	Womens D+ Light 2x
46	Mens D 8+	72	Womens B 2x
47	Womens D 2x	73	Mens E+ 4x
48	Womens B Light 1x	74	Mixed C 4+
49	Mixed AA 2x	75	Womens E+ 4+
50	Mens B 4x	76	Mens C-D 2-
51	Womens B 4+	77	Mixed AA-A 4x
52	Womens D+ Light 4+	78	Womens C 1x
53	Mens E+ 2-	79	Mixed E 2x
54	Womens AA-A Light 1x	80	Mens G+ 1x
55	Womens E+ 1x	81	Mens A 1x
56	Mixed B 8+	82	Womens AA-A 2-
57	Mens C 1x	83	Mens D 4+
58	Mens F 1x	84	Womens D 4x
59	Womens C 2-	85	Mixed E+ 8+
60	Mens AA-A 4+	86	Mixed B 2x
61	Mens C+ Light 4+	87	Mens A-B Light 4+

SUNDAY RACING

88	Mixed AA-A 4+	109	Womens D 2-
89	Womens B 8+	110	Mens B 4+
90	Mens E+ 8+	111	Mens F+ 4+
91	Womens A-B Light 2x	112	Womens B 4x
92	Womens E 2x	113	Womens E+ Light 1x
93	Womens F+ 2x	114	Mens A-C Light 2x
94	Mixed D 4+	115	Womens D Light 1x
95	Mixed A 2x	116	Mens E 2x
96	Mens C 4x	117	Womens E+ 8+
97	Womens C 4+	118	Womens A-C Light 8+
98	Womens AA-A Light 4+	119	Mens C 8+
99	Mens AA-A 2-	120	Womens C 2x
100	Mixed D 2x	121	Mixed E+ 4x
101	Mixed C 2x	122	Womens AA-A 4+
102	Mens A+ Novice 8+	123	Womens C Light 4+
103	Womens A 1x	124	Mens A+ Light 8+
104	Womens AA 1x	125	Womens A-C Light 4x
105	Mens AA 1x	126	Womens D 1x
106	Womens A+ Novice 8+	127	Mens D Light 1x
107	Mens C Light 1x	128	Mens A-B Light 1x
108	Mens D 1x	129	Mens AA-A 4x