



USRowing and the Oklahoma City Boathouse Foundation are proud to present the 2011 USRowing Masters National Championship from August 11-14, 2011. This regatta is an opportunity for masters rowers from across the country to come together and compete for national championships in more than 200 categories.

This year promises to be an exciting event at one of the nation's premiere venues. The festivities will include a two-story beer garden in the recently opened Devon Boathouse with balcony seating and views of the entire race course, the debut of the Chesapeake Energy Finish Tower, and a variety of entertainment opportunities in the nearby Bricktown section of downtown Oklahoma City.

USRowing would like to thank the Oklahoma City Boathouse Foundation, its supporters, and volunteers for hosting this year's regatta.

Venue Information

Venue – Oklahoma River, Oklahoma City, Okla.

Location: Oklahoma River Boathouse District

725 S Lincoln Blvd.

Oklahoma City, OK 73129

Course: The course is a 1,000 meter, 7-lane, fully-buoyed course with stakeboats. Crews must be able to back into a stakeboat.

The 1,000-meter start is located under the I-35 W/E bridge. Crews will travel under the I-35 E/W bridge soon after the start.

USRowing Membership:

The USRowing Masters National Championship is a USRowing-owned event.

Each participant is required to be a current, full-privileged individual member of USRowing. Each participant must also have a signed waiver on file for 2011.

Each competing organization is required to be a current organizational member of USRowing.

Organizations and individuals can activate or renew their memberships by visiting <http://www.usrowing.org/join.aspx> or by calling the Membership Services Department at (800) 314-4769.

Memberships should be handled prior to arriving for the event. Any memberships completed on-site will include an additional \$5 administrative fee.

If you have questions regarding the status of your organizational or individual memberships, please contact our Membership Services Department at (800) 314-4769 or members@usrowing.org. We will be happy to provide a list of members and their member numbers, expiration dates and verified waivers.

Waiver:

USRowing waivers are available online. Please visit the [Join/Renew page of the USRowing website](#) or [RegattaCentral](#) to submit your online waiver.

Credentials:

Credentials will be issued to competitors once registration is complete, membership and waiver information is verified, and all fees are paid in full.

Each competitor must report to the USRowing desk to secure his or her individual credential. Coaches and team representatives will not be allowed to collect multiple credentials for their crews.

Each competitor will receive a wristband with his or her name, affiliation, and list of events. This wristband must be fastened by a USRowing representative. Wristbands should not be removed until a competitor has completed all events for the regatta.

Competitors will be required to show credentials in order to pass through Control Commission and launch for racing sessions.

Lost credentials may be replaced at the USRowing registration table and are subject to a \$10 administrative fee.

Eligibility:

Master: 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.

A rower who is a member of the current year's national team shall not be eligible to compete in the current year at the Masters National Championships.

Entry Information:

No paper entries will be accepted for this event. All entries must be made online at RegattaCentral. Initial registration will be available beginning April 1, 2011, and ending Sunday, July 31, 2011. No refunds will be given once the initial registration period has ended.

All entry fees must be paid in full by Sunday, July 31, 2011. After this date, unpaid entries will be considered late entries and subject to the additional fees associated with such designation. Payment arrangements may be made by contacting alvin@usrowing.org prior to the deadline.

Crews with an outstanding balance will not be allowed to compete until the balance is paid in full.

Entry Fees:

Boat Class	Amount	Late Entry Fees (Applicable Aug. 1)
8+	\$135	\$150
4+/4x	\$95	\$110
2-/2x	\$60	\$75
1x	\$35	\$50

Entry fees become non-refundable on August 1, 2011.

Late Entries:

Beginning August 1, 2011, late entries may be accepted in events where additional entries will not change the progression.

Late entry requests must be submitted via the "Waitlist" feature on RegattaCentral.

As space becomes available, crews will be accepted into events in the order they are listed on the waitlist.

Accepted crews will be notified via e-mail only. No phone calls will be made to notify crews that their entries have been accepted. USRowing and RegattaCentral are not responsible for missed e-mail messages.

Accepted entries must be submitted no later than 48 hours after notification, or 5:00 p.m. on Wednesday, August 10, 2011, whichever occurs first. Accepted entries must include visible lineups in order to be valid.

If an accepted entry is not submitted within 48 hours of notification, the crew's acceptance will expire, and the available space will be offered to the next organization on the waitlist.

After 5:00 p.m. on Wednesday, August 10, 2011, all late entry and waitlist requests will expire.

Scratches:

Entries may be scratched without penalty until the end of the initial registration period on July 31, 2011.

Beginning August 1, 2011, no refunds will be given for entries that are scratched.

USRowing must be notified in writing for all scratches after August 1, either via e-mail or on site.

E-mail notification will be accepted until the 5:00 p.m. on Wednesday, August 10, 2011.

A \$50 scratch fee will apply to all scratches made after 5:00 p.m. on Wednesday, August 10, 2011.

Crews that fail to notify USRowing of a scratch at least one hour prior to the scheduled start time of the race in question may have the scratch fee assessed to the RegattaCentral account that submitted the entry.

Lineup Changes:

Beginning August 1, 2011, only 50% of a crew's lineup, not including the coxswain, may be substituted, with the exception of single sculls.

Substitutions cannot be made for single scull entries except for cases of illness or injury as described in the USRowing Rules of Rowing.

No lineup changes will be accepted via e-mail.

All substitutions must be made by submitting a change form to the USRowing registration desk.

A crew submitting a substitution is responsible for ensuring that the average age of the crew remains within the bounds of the event in which it is participating.

Each lineup change requires that the incoming and outgoing competitors, including coxswains, have their credentials updated by a USRowing representative.

Affiliation:

A competitor shall represent only one club at a regatta.

Composite Entries:

Composite entries are allowed to compete at the USRowing Masters National Championships in events other than "Club" events.

Composite entries must include the affiliation of each member of the crew.

With the exception of Club Event races, crews may row under their club name with a coxswain from a different club (the boat will not be considered composite). Crews must provide the accurate name of that coxswain and must race with the same coxswain for all races in that particular event.

Event Limits:

No competitor (excluding coxswains) shall enter more than six events at the Masters Nationals. If a competitor violates this limit, the competitor shall forfeit all medals won and be ineligible for the following year's Masters National Championships. In addition, the boat in violation will forfeit its medals. Coxswains may participate in as many events as time allows.

Event numbers will be listed on athlete credentials to track each athlete's participation. For this reason, each line-up change requires all athletes involved to have their credentials updated by a USRowing representative.

Club Events:

In order to compete in Club Event races, all members of the crew (including coxswain) must be from the same club and live within 50 miles of that club.

Mixed Events:

Mixed events must be 50% women, excluding coxswains.

Rules:

USRowing's Rules of Rowing will govern this event. All member organizations should have received a copy of the 2011 Rules of Rowing.

An online version is available at <http://www.usrowing.org/About/RulesofRowing.aspx>

USRowing licensed referees will officiate the event to ensure fairness and safety.

The following rules will be waived for this event:

- Rule 3-104 Minimum Weight of Boats

Weigh-Ins:*Lightweights*

Lightweight weigh-ins will occur once a day, no more than two hours and no less than one hour before the competitor's first race.

Competitors shall be weighed in racing uniform, without shoes or other footgear.

Athletes must have their credentials in order to be allowed to weigh-in.

Lightweight Men:

Max 160 lbs. (no average)

Lightweight Women:

Max 130 lbs. (no average)

Coxswains

Coxswains will be weighed in once during the event, on the first day in which they race, no later than one hour prior to that race.

Coxswains shall be weighed in racing uniform, without shoes or other footgear.

Coxswains must have their credentials in order to be allowed to weigh-in.

Coxswains failing to meet the minimum weight standards listed below must carry deadweight to make up the difference in accordance with the 2011 USRowing Rules of Rowing.

Weighted vests cannot be worn as deadweight.

Coxswain for Men's and Mixed Events

Minimum 120 lbs

Coxswain for Women's Event

Minimum 110 lbs

Age Categories:

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

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 a coxswain shall not be counted. The ages of individual rowers need not fall within the age category, so long as each rower is a master and so long as the average age of the crew falls within the applicable category.

Individuals whose age places them in the AA category (age 21-26) may now compete in any age category where the average age of the boat falls within that specific age category.

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

If there is more than one entry in a given age category, no handicap shall be used. No handicapping will take place at Masters Nationals.

Equipment:

All equipment used in competition must meet the USRowing Rules of Rowing requirements for equipment, with the exception of the waived rule listed above. Each organization is responsible for ensuring that its equipment meets these standards.

Crews must provide their own bow balls. Bow balls must meet the requirements set forth in the USRowing Rules of Rowing.

Bow numbers will be provided to crews when they pass through Control Commission to launch for racing sessions. Bow numbers must be properly affixed to the shell in order for a crew to be allowed onto the race course.

Any equipment not meeting these standards, or judged to be unsafe by a USRowing official, will not be allowed onto the water.

Electronic Devices:

Per the approved rule changes for 2011, crews will be allowed to bring electronic devices on the water.

Cell phone use is prohibited from the time a crew reaches the launching area to the time they leave the recovery area, except in the case of an emergency.

Crews seen using cell phones in non-emergency situations may be excluded from competition.

Outside Assistance:

Crews are reminded that they are not to receive outside assistance during a race except from the unaided voice.

Progression:

USRowing Progression System "A"				
Entries	Heats	Advance	Semifinals	Advance
1-6	0			Final Only
7	2	All but last	-	-
8-12	2	3	-	-
13-15	3	2	-	-
16-18	3	4	2	3
19-24	4	3	2	3
25-36	6	2	2	3

Coaches, Coxswains, and Blind Boat Meeting:

The Coaches, Coxswains, and Blind Boat Meeting will be held at 5:00 p.m. on Wednesday, August 10, 2011. All crews are responsible for any information disseminated at this meeting.

Schedule Information:

Each event will go through its entire progression on the same day. Heats will take place in the morning leading into finals the same afternoon. Any necessary semifinals will be run after the morning heats, but before the lunch break.

Racing will take place all day Thursday, Friday, Saturday, and Sunday.

Races that have only one or two entries may be combined with other events or cancelled.

Inclement Weather Policy:

The Chief Referee, USRowing, and the LOC will work together to monitor the weather continuously during the event.

Should it be determined that schedule changes are necessary due to weather concerns, the following weather plan will be utilized:

Communication Plan

- a. Weather-related schedule changes will be announced utilizing the following media.
 - i. Posted on the results board at the regatta site.
 - ii. Announced over the on-site sound system.
 - iii. Posted online via Twitter, Facebook, RegattaCentral, and the USRowing National Championships event website.
 - iv. Via text message. Coaches and athletes can register to receive weather related text messages by texting "USRowing" to 313131. This service will only be used for weather related messages.

Teams are responsible for staying updated on announced schedule changes.

Please direct any questions about schedule changes to USRowing at the registration area.

Schedule Changes will be made with the following priorities

- Delay racing either later the same day or to the next day, if time is available.
- Begin racing earlier than previously announced. Announcement will be made no later than 3 hours before racing or 9:00 p.m. the evening before in the case of morning racing.
- Omit a round of the event. The composition of the next round will be determined on the basis of the results of those rounds that have been completed. If grand finals must be omitted, medals will be awarded based on the times of the last completed round of the event.

- Cancel regatta.

Under no circumstances will races be run after August 14, 2011.

Medals:

Gold, silver, and bronze medals shall be awarded regardless of the number of entries in the event.

When a race consists of only one entrant per age category, a gold medal will automatically be awarded upon completion of the race.

Trophies:

Competitors who are in possession of trophies from the 2010 Masters National Championship are responsible for returning those trophies.

Trophies may be shipped to the USRowing office at 2 Wall Street, Princeton, NJ 08540. Shipped trophies must arrive no later than Monday, August 1.

Crews competing at the 2011 Masters National Championships may return 2010 trophies on site. These returns must be made no later than the 5:00 p.m. on Wednesday, August 10, 2011.

Organizations or individuals wishing to donate a new trophy for an event should contact USRowing via e-mail (alvin@usrowing.org) for a list of events still seeking trophies.

Order of Events:

Event #	Event Name
Thursday, August 11 (Events 1-50)	
1	Mixed B 4+
2	Mixed D 2x
3	Mixed F 2x
4	Men's Hwt. A 1x
5	Women's Open AA 1x
6	Men's Hwt. C 4+
7	Women's Open C 8+
8	Men's Hwt. E 1x
9	Women's Open E 2x
10	Men's Hwt. G 2x
11	Women's Ltwt. D-J 4x
12	Women's Club C 4x

13	Mixed F-J 8+
14	Women's Ltwt. C 4+
15	Men's Hwt. AA 4+
16	Men's Hwt. B 2-
17	Women's Ltwt. B 1x
18	Men's Hwt. D 2-
19	Women's Club D 8+
20	Men's Ltwt. F 2x
21	Women's Open F-J 4+
22	Men's Hwt. H 2x
23	Women's Open D-J 2-
24	Mixed E 4x
25	Men's Ltwt. A-C 4x
26	Women's Open AA-B 4-
27	Mixed D 8+
28	Men's Club A 4+

29	Women's Club A 4+
30	Men's Hwt. C 4x
31	Women's Open C 4x
32	Men's Hwt. E 2-
33	Women's Ltwt. E 1x
34	Men's Hwt. F-J 8+
35	Women's Club B 4x
36	Mixed LTA 2x
37	Men's Ltwt. D-J 4x
38	Men's Hwt. AA-A 4x
39	Women's Open AA-A 4x
40	Men's Ltwt. B 1x
41	Women's Open B 8+
42	Men's Hwt. D 1x
43	Women's Open D 2x
44	Men's Hwt. F 1x

45	Women's Open F 2x
46	Men's Hwt. I 1x
47	Mixed A 4+
48	Mixed C 4+
49	Men's Club E-J 8+
50	Parent Child, M/S, F/D 2x
Friday, August 12 (Events 51-100)	
51	Mixed E 4+
52	Mixed C 2x
53	Mixed A 2x
54	Men's Hwt. I-J 2x
55	Women's Open F 1x
56	Men's Ltwt. F 1x
57	Women's Open D 8+
58	Men's Ltwt. D 1x
59	Women's Open B 2x
60	Men's Hwt. B 4+
61	Women's Ltwt. A 4+
62	Men's Ltwt. A-C 4+
63	LTA 1x
64	Women's Ltwt. E-J 4+
65	Men's Club D 8+
66	Men's Ltwt. G 1x
67	Women's Club E-J 4x
68	Men's Hwt. E 4x
69	Women's Club C 4+
70	Men's Club C 4+
71	Women's Open AA 2x
72	Men's Hwt. A 8+
73	Women's Club B 8+
74	Men's Hwt. B 4x
75	Women's Open D-J 4-
76	Men's Club E 4+
77	Women's Ltwt. C 2x
78	Men's Ltwt. H-J 2x
79	Women's Ltwt. F-J

	1x
80	Men's Hwt. F 2-
81	Women's Ltwt. D 1x
82	Men's Ltwt. D 2x
83	Women's Ltwt. B 2x
84	Men's Ltwt. B 2x
85	Women's Open AA- A 2-
86	Men's Hwt. AA 2x
87	Women's Ltwt. E 2x
88	Mixed F-J 4+
89	Women's Open G-J 1x
90	Men's Hwt. G-J 4x
91	Women's Open E 1x
92	Men's Ltwt. E 1x
93	Women's Open C 4+
94	Men's Hwt. C 1x
95	Women's Open A 2x
96	Men's Hwt. A 2x
97	Men's Hwt. E-F 4-
98	Men's Hwt. D 4-
99	Mixed B 8+
100	Parent/Child F/S 2x
Saturday, August 13 (Events 101-150)	
101	Mixed B 2x
102	Mixed D 4x
103	Mixed F 4x
104	Men's Ltwt. A 1x
105	Women's Open A 4+
106	Men's Hwt. C 2x
107	Women's Open C 1x
108	Men's Hwt. E 2x
109	Women's Open E 8+
110	Men's Hwt. G 1x
111	Women's Ltwt. D 4+
112	Men's Club G-J 4+
113	Women's Ltwt. A-C 4x

114	Men's Hwt. AA-A 4-
115	Mixed A 8+
116	Men's Hwt. B 8+
117	Women's Open B 4x
118	Men's Hwt. D 4+
119	Women's Club D 4+
120	Men's Hwt. F 4+
121	Women's Club E-J 8+
122	Men's Hwt. H 1x
123	Men's Hwt. C 2-
124	Men's Club A-B 8+
125	Mixed G-J 4x
126	Women's Ltwt. B 4+
127	Women's Ltwt. D 2x
128	Men's Hwt. AA 1x
129	Women's Ltwt. A 1x
130	Men's Ltwt. C 2x
131	Women's Club C 8+
132	Men's Hwt. E 8+
133	Women's Club E 4+
134	Men's Hwt. G-J 2-
135	Men's Ltwt. D-J 4+
136	Women's Ltwt. F-J 2x
137	Mixed TA w/fixed seat 2x
138	Women's Open C 2-
139	Men's Club C 8+
140	Men's Hwt. B 2x
141	Women's Open B 4+
142	Men's Hwt. D 2x
143	Women's Open D 1x
144	Men's Hwt. F 4x
145	Women's Open F-J 4x
146	Men's Hwt. J 1x
147	Women's Club A 8+
148	Mixed C 4x
149	Mixed E 2x
150	Parent/Child M/D

	2x
Sunday, August 14 (Events 151-199)	
151	Mixed G 2x
152	Mixed E 8+
153	Mixed C 8+
154	Women's Open AA 4+
155	Men's Ltwt. I-J 1x
156	Women's Club F-J 4+
157	Men's Hwt. F 2x
158	Women's Open D 4+
159	Men's Hwt. D 8+
160	Women's Club B 4+
161	Men's Hwt. B 1x
162	Mixed A 4x
163	Mixed LTA 4+
164	Mixed H-J 2x
165	Men's Club A-D 4x

166	Men's Ltwt. G 2x
167	Women's Open E 4x
168	Men's Ltwt. E 2x
169	Women's Ltwt. C 1x
170	Men's Ltwt. C 1x
171	Women's Open A 8+
172	Men's Hwt. AA-A 2-
173	Women's Open B 2-
174	Men's Ltwt. A 2x
175	Men's Hwt. B-C 4-
176	Men's Hwt. G-J 4-
177	Women's Open C 4-
178	Men's Ltwt. H 1x
179	Women's Open F-J 8+
180	Men's Club F 4+
181	Women's Open D 4x
182	Men's Hwt. D 4x

183	Women's Open B 1x
184	Men's Club B 4+
185	Men's Club D 4+
186	Women's Club A 4x
187	Women's Ltwt.. A 2x
188	Women's Club D 4x
189	Women's Open G-J 2x
190	Men's Hwt. G-J 4+
191	Women's Open E 4+
192	Men's Hwt. E 4+
193	Women's Open C 2x
194	Men's Hwt. C 8+
195	Women's Open A 1x
196	Men's Hwt. A 4+
197	Men's Club E-J 4x
198	Mixed D 4+
199	Mixed B 4x

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