



## **2009 USRowing Midwest Masters Championship Regatta**

**August 1, 2009**

**Eagle Creek Park, Indianapolis, Ind.**

The 2009 USRowing Midwest Masters Championship Regatta will be held August 1, 2009 at Eagle Creek Park in Indianapolis, Indiana.

This regatta is an USRowing owned and registered regatta. Each individual participant must be a current individual member of USRowing, and as a registered regatta, each club must be an organizational member, as per rule 5-203 of the 2009 Rules of Rowing. Participants from outside the Midwest Region are welcome to participate, competing for medals only. Team points will be scored only by Midwest Organizations.

Special Classifications: **Novice/Recreational Master** and **Master** will be used for this event. Please refer to definitions of these classifications provided in this information.

### **Events for this regatta:**

**Novice/Rec. Masters:**           **Men:** 1X, 4+, 8+

**Women:** 1X, 4+, 8+

**Mixed:** 4+, 8+

**Masters:**                       **Men:** 1X, Ltwt 1X, 2X, Ltwt 2X, 4X, 2-, 4+, 8+

**Women:** 1X, Ltwt 1X, 2X, Ltwt 2X, 4X, 2-, 4+, 8+

**Mixed:** 2X, 4X, 4+, 8+

**Open:**                           Parent/Child-Family 2x

Dear Athletes and Coaches:

On behalf of USRowing and Indianapolis Rowing Center we would like to invite you to attend the 2009 USRowing Midwest Masters Championship Regatta on Eagle Creek in Indianapolis, Indiana. USRowing and IRC have worked hard to ensure this year's event is enjoyable. **Below are a few highlighted aspects of the 2009 USRowing Midwest Masters Championship Regatta.**

- Registration will open Friday May, 1, 2009; Registration Deadline is Monday July 20<sup>th</sup> at midnight PST.
- Beginning in 2009 an Overall Team Points Award will be given.
- Events containing less than three entries will be combined with another event. If your club would like to add an additional event and can guarantee three entries, please contact Bernadette Teeley [exec\\_dir@indyrowing.org](mailto:exec_dir@indyrowing.org).
- Handicapping will be used for this event.
- No competitor (excluding coxswain) shall enter more than six events at the USRowing Midwest Masters Championship Regatta.
- Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place regardless of number of entries in the event.
- AA Category – “AA” refers to anyone who obtains the age of 21 by December 31, 2009. 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.
- Weigh-ins will be based on the honor system for this event: although a scale will be provided to check your weight. The Chief Referee reserves the right to check the weight of any lightweight competitor or coxswain at any time.
- On-line registration – In partnership with RegattaCentral, you will be able to submit your entries and entry payments online via a secure website at no additional cost. You can check memberships, view entry lists and confirm waiver submissions.
- Sign an online waiver! With your USRowing member number and password you can easily sign the USRowing waiver on-line (saving time and paper)! Visit [www.usrowing.org](http://www.usrowing.org) – click “Join/Renew” – click “Sign an online waiver”.

- a. **Registration:** Registration will open two hours prior to racing on Saturday August 1st. Racing will tentatively be scheduled to begin at 9am but is subject to change. USRowing individual membership is required and must be taken care of prior to arriving on site. **Any USRowing membership renewed on site will be assessed a \$5 administration fee.** Membership can be done online at [http://www.usrowing.org/join\\_renew/membershipoptions/index.aspx](http://www.usrowing.org/join_renew/membershipoptions/index.aspx) or contact the USRowing membership office at 1-800-314-4769. Waivers are signed at the time of membership and are not required for this regatta. Organizational membership is also a requirement for all boats larger than a single. If your rower has not yet signed a waiver for the year, please have them do so online at the link given above.
- b. **Coaches and Coxswain Meeting:** Athlete meeting will be held two hours before racing Saturday August 1<sup>st</sup>, 2009. This is subject to change based on the racing schedule. Location TBD

**2009 Midwest Masters Regional Championship Regatta  
Order of Events (Actual times are dependent upon total entries)**

**Event:**

1 Mixed Master 2x	16 Women's Novice/Rec. 4+
2 Men's Master 2-	17 Mixed Master 4x
3 Women's Master 4+	18 Men's Novice/Rec. 4+
4 Men's Master 1x	19 Women's Master 2-
5 Men's Novice/Rec. 1x	20 Men's Novice/Rec. 8+
6 Women's Master Ltwt. 2x	21 Men's Master 2x
7 Men's Master 8+	22 Women's Master 4x
8 Women's Master 1x	23 Men's Master Ltwt. 1x
9 Women's Novice/Rec. 1x	24 Mixed Master 4+
10 Mixed Novice/Rec. 8+	25 Women's Master 2x
11 Men's Master 4+	26 Men's Master 4x
12 Women's Master 8+	27 Women's Novice/Rec. 8+
13 Men's Master Ltwt. 2x	28 Women's Master Ltwt. 1x
14 Mixed Novice/Rec. 4+	29 Parent/Child-Family 2x
15 Mixed Masters 8+	

**Definitions:**

**Novice Master**-individual who started racing sweep or scull after Jan.1, 2009, and meets the Masters' definition below.

**Recreational Master**-individual whose skills are at the developmental level, experience is limited, and who has trained and/or practiced No More than three (3) times per week this calendar year on average and meets the Masters' definition below.

**Master** -individual who has attained the age of 21, during the current calendar year. A competitor's age is determined as of December 31 of the current calendar year. The age of a crew is determined by the average of the crew rounded down to the highest contained integer. The Coxswain's age shall not be counted. Each member of the crew with the exception of the coxswain must be within the masters' age limitations.

**Mixed**-one half of the rowers are male. One half of the rowers are female.

### **Age Categories**

A master is a competitor who has attained or will attain the age of 21 during 2009. 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, 2009.

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			

### **Lightweight and Coxswain Weigh-Ins**

Weigh-ins will be based on the honor system for this event; although a scale will be provided to check your weight. The Chief Referee reserves the right to check the weight of any lightweight competitor or coxswain at any time.

Lightweight Men = no more than 160 lbs. each rower

Lightweight Women = no more than 130 lbs. each rower

**THERE ARE NO CREW AVERAGES FOR LIGHTWEIGHT MEN OR WOMEN.**

Coxswains for men's and mixed crews = at least 120 lbs.

Coxswains for women's crews = at least 110 lbs.

Each coxswain is responsible for bringing his/her own weight.

**Bow Balls and Quick Release footgear, Safety:** Bow-balls are required equipment. Check all boats to ensure that they are equipped with quick release foot gear as described in the 2009 Rules of Rowing. Bow Coxed boats are to also be in compliance with the rules.

**Boat trailers, storage, and parking:** Indianapolis Rowing Center is in charge of the parking and storage layout. Please cooperate with their directions. Our access to the facilities begins at noon on Friday, JULY 31, 2009. Please be considerate of other activities in the park area. No coaching launches will be permitted on the water Saturday. Only course and LOC boats will be permitted on the water during the regatta time frame.

**Other Items:** We will be using Floating Starts from the 1000m mark and racing to the finish tower, finish line. A proper warm-up traffic pattern will be posted. Please read it and observe it.

**Waivers:** A Waiver must be on file for all athletes. If you have not yet signed the waiver for 2009, please do so on-line at [www.usrowing.com](http://www.usrowing.com).

**Entries:** Entry Forms, All Fees, and certain waivers are due to the USRowing office on or before the entry deadline of Monday, July 20<sup>th</sup>. You are encouraged to submit your entries online at [www.regattacentral.com](http://www.regattacentral.com).

**Entry Form – Midwest Masters (Use this form only if not using RegattaCentral.)**

*If at all possible, please register on-line at [www.regattacentral.com](http://www.regattacentral.com). If you are unable to use RegattaCentral, please print or type to complete the form below.*

<b>Organization</b>  <i>(Please specify if you are rowing as a composite crew.)</i>		
<b>Contact</b>	<b>Phone (day)</b>	
<b>E-Mail</b>	<b>Event Number</b>	
<b>Event Name</b>		
<b>Boat Designation ("A", "B") <i>This applies to crews who enter more than one boat in an event.</i></b>		_____ of _____ <b>Entries</b>
<b>ATHLETE'S NAME (Last, First)</b>	<b>AGE</b>	<b>USRowing NUMBER</b>  <small>(If you don't know your number, please give us a call)</small>
<b>Bow</b>		
<b>Stroke</b>		
<b>Coxswain</b>	<b>Age needed only for juniors</b>	

USRowing Midwest Masters, 2 Wall Street, Princeton, NJ 08540, and Fax: (609) 924-1578, Office: (609)-751-0705 or email to [elizabeth@usrowing.org](mailto:elizabeth@usrowing.org) (Fax & e-mail entries will be accepted with a MasterCard or Visa)

**Events Fee Form – Midwest Masters (Use this form only if not using RegattaCentral.)**

PLEASE REGISTER ON-LINE at [www.regattacentral.com](http://www.regattacentral.com). All entries should be completed by Monday, July 20<sup>th</sup> 2009. To ensure accurate processing of your organization's entries, please neatly print or type all information.

*A scratch fee of \$25.00 will be enforced for all entries scratched on site.*

If paying by check, please make payable to USRowing. All checks must be payable in U.S. funds drafted on a U.S. bank.

<b>Organization</b>				
<b>Contact Person</b>			<b>Phone (day)</b>	
<b>E-mail</b>			<b>Phone (evening)</b>	
<b>Street Address</b>				
<b>City</b>	<b>State</b>	<b>Zip</b>	<b>Fax</b>	
<b>MasterCard/Visa</b>			<b>Exp.</b>	
<b>Boat Type</b>	<b># of Boats</b>	<b>Cost per Boat</b>		<b>Total Cost</b>
8+		U.S. \$80		
4+/4x		U.S. \$60		
2-/2x		U.S. \$45		
1x		U.S. \$25		
<b>Grand TOTAL</b>				

## Accommodations/Directions

The Indianapolis Rowing Center would like to thank you for attending! To make the trip a bit easier for you to organize, simply contact Nicole Robinson at Courtyard by Marriot Northwest, and she will assist you with your team's hotel arrangements. The hotels listed below are offering special rates for this event, and are located at the North end of Eagle Creek, about 12 minutes from the course.



Courtyard by Marriott Northwest (Park 100)  
7226 Woodland Dr.  
Indianapolis, IN 46278  
317-297-7700 (ask for **Nicole**)  
317-387-1628 (FAX)

*Discounted Rates include hot breakfast (before you leave!)  
12 minutes from course.*

Ask for the IRC rate or use the specific links below.

[www.courtyardnw.com](http://www.courtyardnw.com)

[Reserve a king bed room now!](#)

[Reserve two doubles now!](#)



Residence Inn Northwest (Intech Park)  
6220 Digital Way  
Indianapolis, IN 46278  
317-275-6000 (ask for Mary Kate)  
Ask for the IRC Rate  
[www.residenceinnnw.com](http://www.residenceinnnw.com)



**Holiday Inn Express**  
**Indianapolis-Northwest-Park 100 Hotel**  
7220 Woodland Drive  
Indianapolis, Indiana 46278  
317-298-3178 (ask for Christina)  
Ask for the IRC Rate  
[www.hixindy.com](http://www.hixindy.com)



**Hampton Inn Indianapolis  
Northwest - Park 100 Hotel**  
5860 West 73rd Street  
Indianapolis, Indiana 46278  
317- 290-6000 (ask for Sharita)  
Ask for the IRC Rate  
[www.hamptonnw.com](http://www.hamptonnw.com)

### **Directions to Eagle Creek Park**

#### Traveling from the Northwest

I-65 South to I-465 South. Exit 71<sup>st</sup> Street. Travel West into Park. Once in park, follow signs to Eagle Creek Beach Dr. approximately seven minutes into the park. Turn right onto Eagle Creek Beach Dr.

#### Traveling from the East

I-70 to I-65 North. Take the Lafayette Rd exit. Turn right onto Lafayette Rd. Turn left at light onto 56<sup>th</sup> St. Park will be on the right. Once in the Park turn left at your first opportunity onto Eagle Creek Beach Dr.

#### Traveling from the Northeast

I-65 South to I-465 West. Take the 71<sup>st</sup> exit and turn right (west) onto 71<sup>st</sup>. this will take you directly into the park. Once in park, follow signs to Eagle Creek Beach Dr. approximately seven minutes into the park. Turn right onto Eagle Creek Beach Dr.

#### Traveling from the West

I-74 or I-70 east to I-465 North. Take the 56<sup>th</sup> St. exit. Turn left at light. Park will be on the right. Once in the Park turn left at your first opportunity onto Eagle Creek Beach Dr.

#### Traveling from the South

I-65 North to Lafayette Rd. Take the Lafayette Rd exit. Turn right onto Lafayette Rd. Turn left at light onto 56<sup>th</sup> St. Park will be on the right. Once in the Park turn left at your first opportunity onto Eagle Creek Beach Dr.