



USRowing Masters National Championship

August 13-16, 2009
Camden, New Jersey
Cooper River

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Dear Athletes and Coaches:

On behalf of USRowing, Cooper River Rowing Association, Rutgers at Camden Alumni and Camden County Parks, we would like to invite you to attend the 2009 USRowing Masters National Championships at the Cooper River in Camden, N.J. USRowing has worked hard to ensure this year's USRowing Masters National Championships is the most enjoyable masters' competition of the year. Below are a few highlighted aspects of the 2009 USRowing Masters National Championships

- The racing format will be heats in the morning and finals in the afternoon. If semifinals are necessary, they will be held in the morning after heats are complete, before the lunch break.
- Events containing less than two entries may be combined with another event or cancelled.
- Medals and combined age-category racing – Medals (gold, silver and bronze) will be awarded for each separate age category in finals where multiple age categories are racing together.
- 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.
- Coxswains rule – You may row under your club name with a coxswain from another crew (you will not be considered composite). You must provide the accurate name of that coxswain and must race with the same coxswain for all races in that particular event. **EXCEPTION:** If rowing in the events denoted as **CLUB** races, all members of the crew (coxswain included) must be from your rowing program and live within 50 miles of your club.
- Online registration – In partnership with RegattaCentral, you will be able to submit your entries and entry payments online via a secure Web site 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 online (saving time and paper)! Visit www.usrowing.org – click “Join/Renew” – click “Sign an online waiver”.

We look forward to seeing all of you at the regatta. If you have any questions, please contact Elizabeth Webb at elizabeth@usrowing.org.

General Information

Regatta Directors:

For questions regarding eligibility, scheduling and regatta rules call 609-751-0706 or e-mail elizabeth@usrowing.org. For membership questions, call 1-800-314-1769 or e-mail members@usrowing.org.

Vendors

609-751-0706 or elizabeth@usrowing.org

USRowing Membership

Every competitor is required to be an individual member of USRowing. In addition, all competing organizations should be organizational members of USRowing. You can register for individual memberships online at www.usrowing.org – click “Join/Renew”. Please note that you must have your athlete’s membership numbers to register at www.regattacentral.com. Be sure to take care of membership renewals at least one month prior to the regatta. **If membership is renewed on site, a \$5/administration fee will apply.**

Race Schedule

Heat schedule will be available on the USRowing Web site, Friday, August, 7, 2009; lane draws will be available 48 hours before racing begins.

Athlete Registration

All athletes must check in to verify membership and ensure paperwork is completed. Each athlete will be issued a wristband with your entry information on it. The wristbands must be worn at all times. Athlete registration will be held at the following times:

Date	Time
Wednesday, August 12	10:00 a.m. – 5:00 p.m.
Thursday, August 13	6:30 a.m. – end of racing
Friday, August 14	6:30 a.m. – end of racing
Saturday, August 15	6:30 a.m. – end of racing
Sunday, August 16	6:30 a.m. – end of racing

Progression System

All events will be run on a 1,000-meter, fully-buoyed, six-lane course with starting platforms.

Entries	Heats	Advance to Finals
1-6	0	Final Only
7-12	2	(3)
13-18	3	(2)
19-24	4 (2 semis)*	(3) from semi
25-36	6 (2 semis)*	(3) from semi

Regatta Schedule

Races that have only one or two entries may be combined with other events or cancelled. **(There is no handicapping at the 2009 Masters Nationals except in parent/child races).** Crews should be in their lanes and locked onto the stake boats two minutes before the start of the race. Please plan accordingly, to launch, warm-up, and check-in with the pre-Start Marshal staging races behind the Start platform 5-7 minutes before your scheduled race time. There will be no shuttling of athletes or coxswains via launches. Races will not be delayed for crews that are late to the line for any reason.

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

Heats will take place in the morning, with finals from morning heats taking place on the same afternoon. If semis are necessary, they will be run after the morning heats before the lunch break.

***All schedules are subject to change; please check back frequently for updates!

Competition Limitations

Rowers may enter a maximum of six events. Coxswains may participate in as many events as time allows. There will be no shuttling of coxswains or rowers to the start.

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

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.

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. (5-310)(g)

Coxswains will be weighed in once during the event, on the first day in which they race, no later than one hour prior to race time. (5-310)(e)

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

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

Coxswains weighing less than the required amounts shall be assigned additional weight necessary to achieve the minimum weight. Each coxswain is responsible for bringing his/her own weight or for bagging his/her own weight on-site. This weight should be carried in all appropriate races coxed by the individual as close to the torso as possible. Failure to follow these rules will result in exclusion of the crew from that event.

Coaches, Coxswains, and Blind Boats Meeting

A mandatory meeting for all coaches, coxswains and at least one member of all blind boats will be held on **Wednesday, August 12, 2009 at 5:00 pm**. Any crew that does not attend is responsible for knowing the information delivered at the meeting. The meeting location will be announced in the confirmation mailing sent to athletes and posted on the USRowing Web site.

On-the-Water Traffic Pattern

Traffic patterns and rules will be posted online and at the regatta site. It is the coaches' responsibility to make sure your athletes understand and follow the

traffic pattern. Crews not following the traffic patterns may be assessed a warning and repeat offenders may be excluded from the race.

Equipment Issues

During all race days and scheduled practice times, no shells may launch without a bow ball. During all race days, no shell may race without its appropriate lane number affixed to its bow. Bow numbers will be provided as crews check-in and clear control commission inspection. Failure to return a supplied bow number will result in a \$10 fee per EACH bow number, charged to the club as per the racing schedule. Issuing multiple bow numbers for a club will NOT be authorized.

All racing shells shall have foot-stretchers and shoes that provide for the quick release of the feet (without the use of hands) in case of emergency. All quick-release ties connecting the heels to the foot-stretchers shall not allow the heel to raise more than three inches (7.5cm) above the footboard to which it is anchored.

A boat in which the body of the coxswain is enclosed or partially enclosed within the hull of the boat shall conform to the following requirements:

a) The opening through which the coxswain enters and exits shall be at least 2.30 ft. (70 cm) long when measured along the longitudinal axis of the boat. For a length of at least 1.64 ft (50 cm), the opening shall be as wide as the inner hull of the boat itself.

b) The inner surface within which the coxswain's body rests shall be smooth and free of any obstacles, devices, or other structures that would hinder quick exit.

Entry Information

Entry Deadline: Wednesday, July 29, 2009

*** REGISTER ONLINE AT ***

www.regattacentral.com

A \$4/per athlete venue fee will be assessed.

Register online at www.regattacentral.com. It is free and quick! Be sure to have your competitors' USRowing individual membership numbers when registering at www.regattacentral.com. Line-up changes made after the registration deadline closes can be made on regattacentral.com. Late entries will only be accepted if they are filled out on a late entry form and e-mailed (elizabeth@usrowing.org) or faxed (609-912-1578) by August 8, 2008. Late entry form can be downloaded from the USRowing Web site.

Late entries may be accepted on site, Wednesday, August 12, until 5 p.m.

No late entries will be accepted after this time. Entries may only be accepted into those events where an extra entry will not change the progression.

Substitutions

Clubs needing to make lineup changes after submitting the original entry form can make changes to their entry at www.regattacentral.com. No changes will be accepted by phone, fax or e-mail. Only 50% of the line-up is allowed to be

substituted once the lineup has been submitted. Changes can be made after that time, but we must have a complete boating or it may not be accepted. If a substitution occurs on the day of the race, a substitution form should be submitted to registration for approval at least one hour prior to the beginning of the first race time. Forms will be available at registration.

Competitor Waiver Forms

As a benefit of your USRowing membership, you only need to sign a waiver once for the entire calendar year. When registering online with RegattaCentral, you will be able to check if USRowing has one on file. If you still need to sign a waiver, please do so online at www.usrowing.org – click “Join/Renew”, click “Sign an Online Waiver”.

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. We will split the races by age categories after the entries have been submitted.

Entry Fees

Boat	Entry Fees	Entry Fees (after July 29)
8+	\$130	\$185
4+/4-/4x	\$90	\$115
2-/2x	\$55	\$75
1x	\$30	\$45

Please note that \$1.00 per person per entry goes to support the Junior National Team.

Fees are non-refundable after Wednesday, July 29, 2009. There will be no exceptions. Payment should accompany entry forms. Please make checks payable to USRowing.

REGISTER ON-LINE AT
*** www.regattacentral.com ***

Scratch Fee

Entry fees will be refunded if the scratches are made before July 29, 2009, on RegattaCentral; if paid by credit card, a 3% refund processing fee will apply. No scratches will be done via e-mail. Those scratching after this time will forfeit their entry fees. Those boats scratching after August 13, 2009, will forfeit their entry fees, as well as pay a \$50 scratch fee, to be paid prior to competition in subsequent races.

General Entry Rules

If fewer than two entries are received or if all entries are from the same organization, the event will be combined with another age category if possible. No competitor may represent two different organizations in the regatta. Boats composed of members from various organizations shall be registered as a composite crew.

Mixed Events

In a mixed event, 50% of the crew must be female. The coxswain may be either gender. There must be an even amount of men and women in each mixed boat to compete at Masters Nationals.

Entry Forms

To register online, please go to www.regattacentral.com.

To send entry forms in writing to USRowing, please neatly print or type the information and use the correct membership number for each athlete. Entry forms are available at the end of this packet. Check your athlete's membership status at least one month prior to the event to allow for timely issuing of membership numbers to athletes. Please note that \$1.00 per person per entry goes to support the Junior National Team.

Entry Confirmation

All contacts listed on the entry form will be e-mailed a confirmation with an updated schedule of events. Please ensure that all e-mails given to RegattaCentral are correct.

Classification by Skill

A rower who is a member of the current year's National Team is not eligible to compete at the 2009 Masters National Championship. Participants are eligible to compete at USRowing Masters Nationals if you have raced and won a medal in any elite or senior event at USRowing Nationals or Canadian Henley.

Medals

The national championship medals shall be awarded according to the order of finish, regardless of nationality, but the records of USRowing shall designate the highest place domestic crew as the National Champion for that event. Gold, silver and bronze medals shall be awarded regardless of the number of entries in the event. Races which combine different age categories will award medals (gold, silver and bronze) to the top three finishers from each separate age category.

Trophies for Event Winners

Trophy Return

If you won a trophy last year at Masters Nationals and are attending the 2009 Masters Nationals, please plan on bringing your trophy with you. If you won a trophy last year and are not planning to attend the Masters Nationals this year, information will be supplied to you concerning return mailing instructions.

Please be sure to insure the trophy for a minimum of \$300. The winning rowing program of the 2008 event will be responsible for replacing any lost or damaged trophy.

Events Fee Form – 2009 USRowing Masters Nationals*(Use only if not registering on Regatta Central)**Please print or type.*

Organization				
Contact Person			Phone (day)	
E-mail			Phone (evening)	
Street Address				
City	State	Zip	Fax	
Mastercard/Visa			Exp Date:	
Boat Type	# of Boats	Cost per Boat	Late Entry Fee (after July 29, '09)	Total Cost
8+		U.S. \$130	U.S. \$185	
4+		U.S. \$90	U.S. \$115	
4-		U.S. \$90	U.S. \$115	
4x		U.S. \$90	U.S. \$115	
2-/2x		U.S. \$55	U.S. \$75	
1x		U.S. \$30	U.S. \$45	
Grand Total				

We strongly encourage you to register at RegattaCentral!

If you are not using RegattaCentral,
Please send entry information to
USRowing Masters National Championships
2 Wall Street
Princeton, NJ 08540
Fax: (609) 924-1578

Entry Form – 2009 USRowing Masters National Championship

(Use only if not registering on Regatta Central)

Please print or type.

Organization		
<i>(Please specify if you are rowing as a composite crew.)</i>		
Contact	Phone	
E-Mail	Event Number _____	
Event Name		
Boat Designation ("A", "B")	_____ of entries	
<i>(This applies to crews who enter more than one boat in an event.)</i>		
ATHLETE'S NAME (Last, First)	AGE (As of Dec 31)	USRowing MEMBER NUMBER
BOW		
STROKE		
COXSWAIN	(Not included in average)	

Average Age _____

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