



**ORLANDO CITY CHAMPIONSHIP
SATURDAY, APRIL 21, 2012**

**BOONE EDGEWATER LAKE BRANTLEY LYMAN NOR OARS SORA WINTER PARK
HOW TO ENTER**

Please return all enclosed forms by the appropriate deadline. Boatings must include the legal names of competitors (as it appears on photo ID and NOARA waiver)
Boatings must include potential substitutes for those substitutes to be eligible.
NOARA waivers must be completed for each competitor including potential substitutes.
All forms are included in this document.

HOSTING ORGANIZATION

Winter Park Crew

VENUE

Turkey Lake at Bill Frederick Park

<http://www.cityoforlando.net/fpr/Html/Parks/BillFrederick.htm>

SCRATCH POLICY

Scratches made after April 14th entry deadline will be assessed a \$50 fine per event.

KEY DATES

Team entry and roster forms deadline: Midnight, Saturday, April 14
Please email final line ups to orlandocitychampionship@gmail.com by Thursday, April 19th
Teams without completed forms and fees will be unable to launch on race day.

NOARA Waivers must be completed online by Thursday, April 14.

<http://www.noara.org/index.php?>

[option=com_chronocontact&chronoformname=waiver_fl_scholastic](http://www.noara.org/index.php?option=com_chronocontact&chronoformname=waiver_fl_scholastic)

Fees and invoices will be emailed to all teams by April 5, 2012

Fees due to Crew Boosters of Winter Park by April 14, 2012

Make checks Payable to: Crew Boosters of Winter Park, Inc.

P.O. Box 1003 Winter Park, FL 32790

For additional financial information, please contact the regatta directors.

REGISTRATION & WEIGH IN:

Registration will open at 6:30 am on Saturday, April 21st.

Weigh begins at 6:45am

REGATTA DIRECTORS

Brian & Meggen Wilson orlandocitychampionship@gmail.com

407-286-2873

COACHES AND COXSWAINS MEETING:

The coaches and coxswains meeting will begin at 7:00 am at Registration. Coaches are responsible for preparing their coxswains for races.



RULES- PAGE 1

THE ORLANDO CITY CHAMPIONSHIP REGATTA WILL FOLLOW ALL USROWING AND FSRA RULES AND GUIDELINES.

REGATTA RULES AND REGISTRATION

The 2012 Orlando City Championship will be hosted by Winter Park Crew at Bill Frederick Park on Turkey Lake, Saturday, April 21st. By submitting entries to this regatta, your organization acknowledges and will abide by all USRowing and FSRA regatta rules and guidelines.

Races are 1500 meters or as close to this distance as the race venue safely allows.

Doubling limits: Rower – 1 event only; Coxswains – maximum 2 events.

Males may not row in female events. Females may not row in male events. Coxswains are exempted from this limitation.

Composite crews (rowers and/or coxswains from two or more FSRA Member teams in the same boat) are not permitted.

Teams cannot enter a 2nd Varsity 8+ without entering a 1st Varsity 8+.

Teams cannot enter a 3rd Varsity 8+ without entering a 2nd Varsity 8+.

Junior events may be entered independently of all other categories.

Lightweight events may be entered independently of all other categories.

Freshman events may be entered independently of all other categories.

Junior events are restricted to competitors in the 11th grade (junior year) or lower who have not attained the age of 18 years prior to September 1st of the current academic year.

Freshman events are restricted to competitors in the 9th grade (freshman year) or lower.

3rd Varsity 8+ "B" entries are allowed full progression including winning of medals.

Bow coxed boats will have openings sized in accordance with the Rules of Rowing of the United States Rowing Association. Boats not so equipped will be barred from launching.

All boats will carry a bow number of their assigned race lane for identification. Each team must bring their own bow numbers.

SAFETY

Boats will be checked at the dock for bow balls and quick-release shoes. Boats without the required safety features will not be allowed to race.

MEDICAL ISSUES

Safety is a priority and any health-related issues and necessary accommodations should be addressed to the Regatta Director at the time line ups are submitted. On each Line Up Form, please indicate, if applicable, any medical conditions (exp. Asthma) for your rower. This information will be passed to the officials prior to races and to officials at the finish line. The Regatta EMT will also have a copy the Line Up Form.



RULES- PAGE 2

TEAM & ROSTER REQUIREMENTS

The Orlando City Championships requires all entries represent a single organization that is a current member of the FSRA. The enclosed Team Roster Form must be completed, signed by the coach, and submitted by **Saturday, April 14**. This form will be available to all coaches for review.

The Line-Up form is due by **Thursday, April 19th**.

Racing will be conducted under the USRowing "Rules of Racing" and FSRA Rules. All teams must be in good standing with the FSRA and all delinquent fees and dues must be paid prior to any entry being accepted from that team. All competitors must be bona fide students in grades 6-12 in regular attendance at day classes in the State of Florida whose scholastic eligibility meets the requirements of their respective schools, both athletic and academic.

New rowing programs will not be allowed special entry exceptions.

MEDALS & TROPHIES

Coaches may claim awards after each event has been verified by the officials and results committee. First, second, and third place medals will be awarded. Medals will also be awarded to first, second and third place Middle School boats. Coaches: pick up your medals at the Regatta Headquarters. Points will be based on the new FSRA State Championship guidelines.

[Link to 2012 FSRA Points Table](#)

WEIGH-IN PROCEDURES

Make sure all competitor names, including the names of substitutes, are properly registered. All rowers and an adult team representative must be present, by boat, dressed in their team uniform (uni) for weigh-ins. No weight allowance given for items the athlete is wearing during weigh-in.

Coxswains do not weigh in.

All substitutes will weigh in with their boat mates. Weigh-ins will be conducted as a yes/no system without actual weight being announced.

Re-weighs will only be allowed if the rower is within one (1) pound of the event maximum and must be done within the weigh-in time window.

Rowers making weight must attach the lightweight wristband to their "outside" hand before leaving the weigh-in area.

Wristbands are to remain in place until the conclusion of competition.

Problems with wristbands must be brought to the attention of the weigh-in official.

Lightweight male rower maximum weight: 160 lbs. (no averaging)

Lightweight female rower maximum weight: 130 lbs. (no averaging)



MISCELLANEOUS INFORMATION

SOCIAL MEDIA

Follow the OCC at Twitter
<https://twitter.com/#!/OrlCityChamps>
or on Facebook <https://www.facebook.com/profile.php?id=100000425448497>

MIDDLE SCHOOL

Middle School exhibition races will be held at the end of the other races.
All Middle School Rowers are required to have their completed NOARA waivers to compete.

LOST & FOUND

Lost and Found is at the Regatta Headquarters.

SPECTATOR PARKING

Parking will be available at Turkey Lake Park for spectators. There will be a \$5 parking fee collected by the City of Orlando.

TRAILER PARKING

All boat trailers will be parked in the grass lot close to the launching area. Boats and equipment may be set up in this same area.

PROGRAMS

Free Event Schedules & Programs will be handed by Crew Boosters of Winter Park in the parking area. Extra copies will be available at the Regatta Headquarters.

TEAM TENT AREA

All teams will have space along the sidewalks at Turkey Lake Park. Tent space is available on a first come, first serve basis.

PLEASE CLEAN UP AFTER YOUR TEAM AND GUESTS

Please be sure to thoroughly clean (remove wet socks, bottles, etc.) your tent and trailer area.
Please assist us by leaving Bill Frederick Park in pristine condition.

VENDORS/T-SHIRTS

Food concessions will be available on site. T-shirts will be available the day of the race for \$20.



TENTATIVE SCHEDULE

8:00 MV8

8:10 WV8

8:20 M2ND8

8:30 W2ND8

8:40 MF4

8:50 WF4

9:00 ML8

9:10 WL8

9:20 MJUNIOR8

9:30 WJUNIOR8

9:40 MV4

9:50 WV4

10:00 M3RD8

10:10 W3RD8

10:20 MJUNIOR4

10:30 WJUNIOR4

10:40 MF8

10:50 WF8

11:00 ML4

11:10 WL4

11:20 MS8+A

11:30 MS8+B

11:40 MS8+C

(subject to change)



TEAM ROSTER FORM

LIST ALL ATHLETES FROM YOUR ORGANIZATION THAT WILL COMPETE
IN THE ORLANDO CITY CHAMPIONSHIP INCLUDING COXSWAINS.

TEAM ROSTER FOR: _____

Rower Name	Rower Name	Rower Name

***I HAVE READ AND UNDERSTAND THE RULES FOR THE ORLANDO CITY CHAMPIONSHIP:** _____
COACH _____
TEAM _____ DATE _____

*** PLEASE SIGN & SCAN/EMAIL THIS FORM BY APRIL 14, 2012 TO ORLANDOCITYCHAMPIONSHIP@GMAIL.COM**



EVENT ENTRY LIST

TEAM NAME: _____

COACH: _____

COACHES CELL PHONE: _____

TEAM MAILING/BILLING ADDRESS: _____

CITY/ZIP: _____

“B” ENTRIES WILL BE ALLOWED AS LONG AS IT DOES NOT CREATE A SECOND HEAT AND WILL BE AWARDED ON A FIRST COME FIRST SERVE BASIS AND WILL NOT COUNT FOR POINTS. PLACE AN “X” IN THE ENTRY BOX TO REGISTER FOR AN EVENT. SCRATCHES WILL BE ASSESSED A \$50.00 FEE.

Event	Mens	Womens
8:00 Men's Varsity 8		
8:10 Women's Varsity 8		
8:20 Men's Second 8 (2V)		
8:30 Women's Second 8 (2V)		
8:40 Men's Freshmen 4		
8:50 Women's Freshmen 4		
9:00 Men's Lightweight 8		
9:10 Women's Lightweight 8		
9:20 Men's Junior 8		
9:30 Women's Junior 8		
9:40 Men's Varsity 4		
9:50 Women's Varsity 4		
10:00 Men's Third 8 (3V)		
10:10 Women's Third 8 (3V)		
10:20 Men's Junior 4		



Event	Mens	Womens
10:30 Women's Junior 4		
10:40 Men's Freshmen 8		
10:50 Women's Freshmen 8		
11:00 Men's Lightweight 4		
11:10 Men's Lightweight 4		
11:20 Middle School Mixed 8+ A		
11:30 Middle School Mixed 8+ B		
11:40 Middle School Mixed 8+ C		

PLEASE SCAN/EMAIL THIS FORM BY APRIL 14, 2012 TO:
ORLANDOCITYCHAMPIONSHIP@GMAIL.COM



LIGHTWEIGHT WEIGH-IN FORM

WEIGH-IN GUIDELINES

1. WEIGH-INS BEGINS AT 6:45 AM.
2. A COACH OR ADULT REPRESENTATIVE MUST BE PRESENT DURING WEIGH-IN.
3. RE-WEIGH ALLOWED IF ATHLETES ARE WITHIN 1 LB OF THE EVENT MAXIMUM.
4. THE WHOLE BOAT WEIGHS IN AT THE SAME TIME.
5. NO WEIGHT ALLOWANCE FOR UNIFORM.
6. ATHLETES WILL WEIGH-IN WEARING RACING UNIFORM.
7. ALTERNATES WILL WEIGH IN WITH THE TEAM. WRIST BANDS WILL BE PLACED ON ROWER AFTER WEIGH-IN. DONOT REMOVE WRISTBANDS UNTIL COMPETITION IS OVER FOR THE DAY.
8. THE WEIGH-IN OFFICIAL WILL NOTIFY THE REGATTA DIRECTOR OF THOSE WHO DO NOT MAKE WEIGHT.
9. BOY'S WEIGHT, 160 LBS., No AVERAGES. GIRLS WEIGHT 130 LBS., No AVERAGES.

EVENT: _____

TEAM: _____

Rower:	first name	last name
1		
2		
3		
4		
5		
6		
7		
8		
Alternate		
Alternate		

THIS COMPLETED FORM IS REQUIRED AT WEIGH IN



EVENT LINE UP FORM

TEAM: _____

EVENT NAME: _____

ROWER NAME	SEAT #	MEDICAL CONDITION (IF APPLICABLE)
Alternate:		

COACH: _____

PLEASE SCAN/EMAIL THIS FORM BY MIDNIGHT, APRIL 19,2012
TO: ORLANDOCITYCHAMPIONSHIP@GMAIL.COM