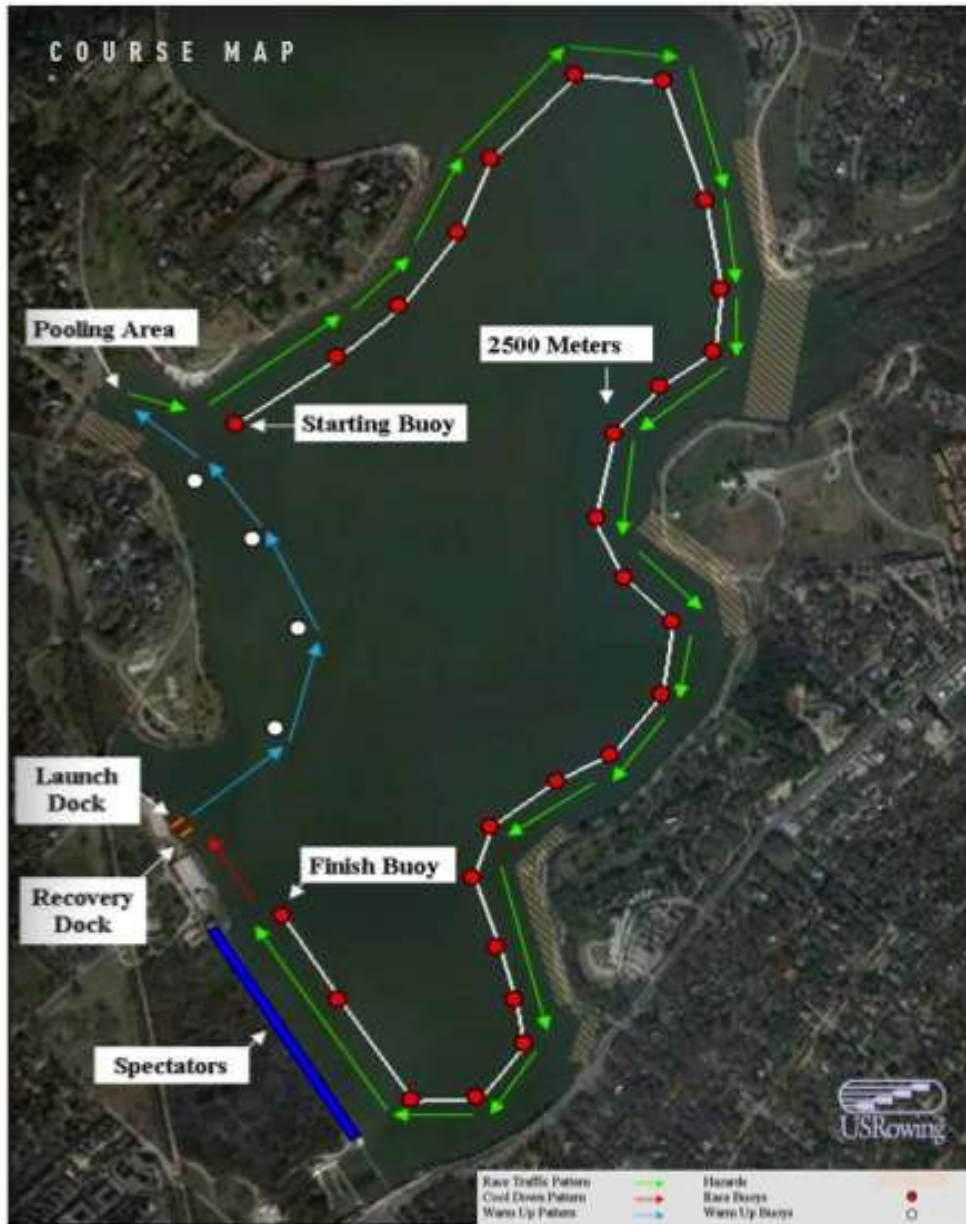


WHITE ROCK 'N ROW 5K

OCTOBER 16, 2010 WHITE ROCK LAKE, DALLAS, TX



SPONSORED BY WHITE ROCK BOATHOUSE.1 PROUDLY SUPPORTED BY JESUIT CREW, HIGHLAND PARK CREW, WHITE ROCK BOATHOUSE JUNIORS & MASTERS

Rules and Regulations

Registration

Online registration, at RegattaCentral.com, closes at midnight, **OCTOBER 9, 2010**. After registration closes, no scratches or substitutions may be made online; any changes made online have no effect. Entries are accepted after the deadline only at the discretion of White Rock Boathouse. Late entries will be charged 150% of the original fee to enter. Late entries are accepted only if accompanied by prescribed entry fees. Late entries must be submitted via e-mail to coaching@whiterockboathouse.com.

Every entry must include each crew member's USRowing Membership ID; free (non-privilege) membership IDs can be obtained from USRowing.org. Competitors who ignore this recommendation risk being unable to get from the finish of one race to the start of their next one. Under no circumstances are races delayed to wait for tardy boats. Entries are accepted in order of submission, and in cases of oversubscription RegattaCentral will maintain a waiting list.

Site

White Rock Boathouse's 1st annual head race rowing event, White Rock & Row, will be held on Saturday, October 16, 2010. The 5000-meter head race races on White Rock Lake and will begin just south of Jackson Point and finish just off of Filter Building. White Rock Boathouse is located at 2810 White Rock Road, Dallas, TX 75214. Trailer parking will be assigned on a first come first serve basis starting Friday night.

Boat Preparation

Protective bow balls are required on ALL shells for safety purposes. Crews are expected to provide their own bow balls. Boats without bow balls WILL NOT be allowed on the water under ANY circumstances.

All shoes must have heel tie downs that do not allow the heel to raise more than three inches above the foot board to which it is anchored.

Port hole covers must be used where intended by the boat manufacturer. Boats lacking port hole covers WILL NOT be allowed on the water.

Bow markers and bib numbers will be provided in race packets.

Ample parking is available for trailers and tow vehicles in a lot on Tokalon & White Rock Road.

Boat Staging on Race Day

Crews should follow the directions of the dock master. Dock time will be limited to 90 seconds per boat. Only competitors will be allowed on the dock. Oars are expected to be with the boat when it comes to the dock. Boats that are not ready to go will not be allowed on the dock till they have all their rowers and oars.

Facilities

Water and restrooms will be provided at the regatta site in the park.

Food

Race day food will be available from White Rock & Row food vendors located on the boathouse grounds.

Awards Description

Medals will be given for first, second, and third place crews in each classification.

Coaches/Coxswains Meeting

The coaches/coxswains meeting will be held at 6:45 AM, Saturday, October 16, 2010 at the Filter Building. All coaches, coxswains, bows, and single rowers are required to attend. This meeting will include course regulations, conditions, changes in schedules or procedures, and updated scratches. The first race begins at 8:00 AM sharp. Boats are scheduled at 15 second intervals with a mid morning break and a lunch break. Adjustments may be made by the officials or regatta committee as necessary. The final schedule of events will be published Friday, October 15.

Scratches

No entry fees will be refunded for scratches made after the entry deadline.

Liability Waivers

Every competitor must have signed a USRowing Release of Liability Waiver. Waivers can be signed online at USRowing.com, and are due by the registration deadline. Any competitor whose online waiver is not signed before registration closes may be required to sign a paper waiver at the regatta site. Under absolutely no circumstances will entries with missing waivers be issued their race packets or be allowed to race.

Regatta Check-in

All crews are required to check-in at the registration desk when they arrive. At that time, they can clear any problems with their entries, such as missing waivers. Entries with registration problems will not be allowed to race. On the regatta weekend, the registration desk will be open from 5:00 PM to 7:00 PM on Friday and throughout the race day on Saturday beginning at 6:30 AM.

Substitutions

An entry in a non-single Junior or Open event may substitute its entire crew. An entry in a Masters event may substitute up to half of its rowers, and also its coxswain. No single-scul (1x) entries may make a substitution. A completed Substitution form must be submitted at the registration desk at least two hours before the event. Complete information is required for every replacement competitor, including full name, USRowing Membership ID number, year of birth (for Masters events), and proof of a signed liability waiver. No substitution may be made in an entry that has already raced in the first heat of its event, unless a member of the crew has experienced a serious illness or accident during the time between the heat and the final.

On-time arrival

Regatta officials can prohibit boats that are late to the starting line from racing. The Dockmaster can prohibit a boat from leaving the dock if in his or her judgment it cannot reach the starting line on time,.

Novice Rower / Coxswain Classification

A junior rower is considered a novice if they started rowing after June 1, 2010 or started competing in junior competition after June 1, 2010. All other rowers or coxswains are considered novices in their first calendar year of competition. Crews entered in Novice events shall include only novice rowers or coxswains.

Second Novice Events

Rowers who compete in First Novice events may not row in Second Novice events. In order for a team to submit a Second Novice entry, they must also have an entry in the corresponding First Novice event.

Novice Coxswains

A novice entry's cox is not required to be a novice.

JV Competition

Rowers who compete in Open or Varsity events may not row in corresponding JV events. For example, rowers from a varsity eight may not also row in a JV eight. In order for a team or club to enter a JV event, that team or club must also have an entry in the corresponding Open or Varsity event. The guidelines for JV sculling events and Junior events are identical.

Mixed Crews

Each mixed crew shall include men and women rowers. Doubles require a crew of one man and one woman, quads/fours crews may have either one man or two, and eights crews may have two, three, or four men.

Men and Women Rowers in Boats

In accordance with USRA rules, all rowers in men's events must be men, and all rowers in women's events must be women. A female rower cannot substitute for a man in any men's event, nor can a male rower substitute for any woman in a women's event. Coxswains are exempt from this rule. Any entry violating this rule will be disqualified.

Lightweight Rowers

Lightweight men must weigh no more than 155 pounds, and lightweight women no more than 130 pounds. Weigh-ins will take place from 6:30am to 9:00am. Each crew must finish its weigh-in between 6:30 AM and 9 AM. Lightweight rowers will be issued wristbands when they make weight, and must wear these wristbands for all lightweight events. Any rower who appears without a wristband will be disqualified.

Lightweight rowers will be allowed to reweigh only if they are within one (1) pound of making weight and only within 1 hour of their first weigh in.

Open Events

Open events may be raced by club, collegiate, or other competitors, all of whom shall be eligible for medals, and for trophy points where appropriate. No person entering in Open events may cross enter into JV events within the same discipline, such as from Open 8+ or 4+ events into JV 8+ or 4+ sweep. Women who are in high school may not compete in open events unless no NCAA varsity crews are entered in the same event.

Juniors

A Junior is a competitor who is and has been continuously enrolled in secondary school as a full time student seeking a diploma. A competitor ceases to be a junior after December 31 of the year of his or her 18th birthday, or of the year in which he or she completes the 12th grade of secondary school, having been a full time student, whichever is later.

Masters Events

Masters' age categories are defined in USRowing's Rules of Rowing. Entries in Masters events must list every rower's **year of birth** in order to compete. Entries listing only ages will not be allowed to compete.

Recreational Single Categories

A recreational single is any boat at least 17 inches wide at the waterline and at most 22 feet long (e.g. Maas Aeros). There will be no exceptions to this recreational ruling.

Crew Representation

No competitor may represent two different organizations in the Regatta. Any crew composed of competitors from different organizations will be categorized as a composite crew.

Dispute Resolution

All questions of eligibility, qualification, and interpretation of the rules shall be referred to the Regatta Committee, whose decisions shall be final.

Duplicate entries

The Regatta Committee is not responsible for detection of duplicate entries. Please coordinate with your club, as entry fees for duplicate entries will not be refunded.

Safety Equipment

Every competing boat shall be properly equipped with a bow ball. Every competing boat shall also be equipped with quick-release shoes and heel ties whose length is three inches or less.

Hot-Seating of Boats

Boats that are to change crews immediately upon arrival at the docks after a race (and go back out to race without being removed from the water) are considered *hot-seat* boats. The Dockmaster must be notified of every hot-seat boat before the boat goes out for its first race. Provided the event numbers of the boat's races differ by at least 6, the coxswain or bowman will be given a hat to be worn upon returning to the docks so that they can be easily recognized and given priority on the dock (no such priority, and no hat, will be given for any boat whose races' event numbers differ by less than 6). Outgoing hot-seating crews must all be waiting at the docks when the hot seat boat arrives. In all cases, crews should follow the instructions of the dock personnel. During the regatta the docks are very crowded; all crews should be practiced at quick launching and boat removal before arriving at the regatta site. Crews may be assessed a 10 second penalty for excessive dock-time.

Schedule Changes

The event schedule is subject to change depending upon the number of entries received. Events may be cancelled or combined if there are fewer than three entries at the entry deadline. Any crew entered in a canceled event will be contacted and offered the option to switch to another event or receive a refund of the registration fee.

USRA Rules

Except as noted above, this regatta follows the Rules of Rowing of the USRA.

Sportsmanship

The Regatta Committee reserves the right to rule on any situation not specifically covered by these guidelines and to penalize or disqualify any competitor or crew that appears to violate the spirit or letter of the rules of competition or sportsmanship, on the water or off.

Penalties

The Start

Crews are required to start in bow number order. Crews that do not start in order will be assessed a 10 second penalty.

Bow Number at the Start

Crews that enter the race course without their bow number will be given a 60 second penalty.

Buoys

Red buoys mark the boundaries of the race course. Crews will be warming up on the interior of the lake and crews will be racing between the buoys and the shore. Crews are to stay between the red buoys and the shore at all times while on the race course and on the interior of the lake while warming up. A crew that has any part of its hull pass on the wrong side of the buoy will be assessed a 10 second penalty for the first 2 buoys and disqualified for more passing on the wrong side of 3 or more buoys. This applies to warm up, cool down or while racing.

Yielding

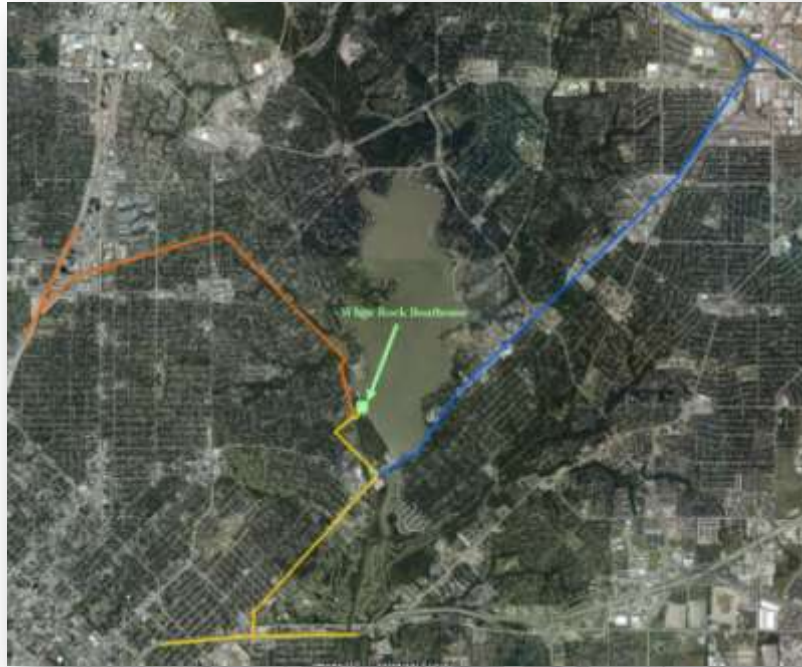
Crews are required to give the faster line to the faster crew. Crews that fail to yield, regardless of event, will be given a 30 second penalty. Failing to yield more than once will result in disqualification.



Schedule

- 101 Mens Jr 4x
- 102 Mens Masters 8+
- 103 Mens Jr Novice 4+
- 104 Mens Masters 2x
- 105 Womens Jr Ltwt 2x
- 106 Womens Masters 8+
- 107 Womens Jr 4+
- 108 Womens Jr 1x
- 109 Mens Jr Novice 1x
- 110 Mens, Womens, Mixed Adaptive 2x
- 201 Mens Masters 4x
- 202 Mens Jr 2x
- 203 Womens Jr 8+
- 204 Mens Jr Novice 8+
- 205 Mens Jr 4+
- 206 Mens Jr Ltwt 4+
- 207 Womens Jr Novice 4x
- 208 Mens Jr Ltwt 1x
- 209 Womens Masters 1x
- 210 Womens Jr Ltwt 1x
- 211 Mens, Womens, Mixed Adaptive 4+
- 301 Mens Jr 8+
- 302 Mens Jr Novice 4x
- 303 Womens Masters 4x
- 304 Womens Jr 2x
- 305 Womens Jr Novice 8+
- 306 Womens Jr Ltwt 4+
- 307 Mens Masters 1x
- 308 Mens Rec 1x
- 309 Mens Jr Rec 1x
- 310 Mens, Womens, Mixed Adaptive 4x
- 401 Mens Jr Ltwt 2x
- 402 Mixed Jr 4x
- 403 Womens Jr 2x
- 404 Womens Masters 2x
- 405 Mens Jr 1x
- 409 Mixed Masters 4+
- 410 Womens Jr Novice 4+
- 411 Womens Jr Novice 1x
- 412 Mixed Adaptive 1x
- 501 Mixed Masters 8+
- 502 Mixed Masters 4x
- 503 Mens Jr Ltwt 4+
- 504 Parent Child 2x
- 505 Womens Jr Rec 1x
- 601 5 Mile Open Water Championship 1x

Directions to White Rock Boathouse



From I-30 (Yellow Line) –

Take the Grand E Exit. Head north on Grand. Take a left on Winsted just before the spillway on White Rock Lake. Take a right on W Lawther and then a right on White Rock Road as the road makes a sharp left. Follow White Rock Road under the bridge. Our boathouse is the second building on your right.

From I-635 (Blue Line) –

Take the Garland Rd Exit. Head south on Garland. Take a right on Winsted just after the spillway on White Rock Lake. Take a right on W Lawther and then a right on White Rock Road as the road makes a sharp left. Follow White Rock Road under the bridge. Our boathouse is the second building on your right.

From US 75 (Orange Line) –

Take the E Mockingbird exit heading East. Then take Williamson south to W. Lawther. Take W. Lawther south (i.e. turn right onto W. Lawther). Pass through 2 stop signs. Continue on W. Lawther. When the road veers to the right you will notice a bridge on your left. Keep right there. Continue through a 3rd stop sign. When the road turns to the right (and becomes White Rock Road) TURN LEFT. You will head down a slight slope, under a disused railway track and then up a slight gradient until you reach the boathouse at the end of the drive on the right.