

## 2010 Cincinnati Indoor Rowing Championships

### An Official Midwest satellite regatta of the Crash – B Sprints

Sunday, February 7, 2010

Notre Dame Academy  
1699 Hilton Drive  
Park Hills, KY 41011

**This is an official qualifying event for the World Indoor Rowing Championship, (C.R.A.S.H. - B Sprints) in Boston, Sunday February 14, 2010.** Athletes qualifying according to times established by Concept2 ([www.concept2.com](http://www.concept2.com)) will win free travel to Boston for this event.

**Entry Packets:** Packets are available online at [www.cjrc.net](http://www.cjrc.net). Entry forms can be filled out and submitted from this web page, if desired, but **fees and waivers must be mailed to the address below.**

**Registration Fee:** \$15.00 before or on Saturday, January 31, 2010.

\$20.00 after January 31, 2010

There is a cap of \$300.00 for any school, club or organization.

**How to Register:** Entry forms can be downloaded and mailed in, or submitted on-line at [www.cjrc.net](http://www.cjrc.net). All participants must also download and complete the US Rowing release of liability form with the appropriate signature(s). This waiver can be found at the CJRC website (click the light blue “waiver” near the upper right hand corner on the regatta information page), or at [www.usrowing.org](http://www.usrowing.org).

**REGISTRATION FEE AND WAIVERS ARE TO BE MAILED TO THE ADDRESS BELOW BEFORE OR ON JANUARY 31, 2010.**

Please make check payable to **CJRC (Cincinnati Junior Rowing Club)**. Mail **check and waiver** to:

**Cincinnati Indoor Rowing Championships**  
c/o Anne Jaroszewicz  
7900 Finley Lane  
Cincinnati, OH 45242

**PLEASE NOTE: THIS IS A NEW LOCATION FOR THIS REGATTA. Notre Dame Academy is just off I-75 South, just 5 minutes south of Cincinnati in Northern Kentucky.** See <http://www.ndapandas.org/> to download directions and a map to the school. (Once you arrive at the Notre Dame Academy website, click the “About NDA” tab, then and click the “Directions to NDA” link in the left column.)

**Crash-B Qualifying Format:** First race (High School Novice) begins at 8:20 AM. Except for the coxswain and four-oared events, all races are 2000 meters. **Concept II Model D Ergometers** will be used. Video performance monitors allow athletes and spectators to watch the boats move along the course. Rowers may use the damper setting of their choice; the setting may not be changed during the race. Each competitor will row only once in a Finals – Only format, competing in a twelve person race.

**Row for Fun Format:** Organizations may combine four rowers of their choice to compete as a four (without additional cost). Organizations may enter as many fours as they have rowers willing to race again. Distance of four-oared races is 500 meters. *New this year: Organizations or individuals can also*

*combine for some races including: father/son, mother/daughter, a doubles event, and possibly others. These can be signed up for the day of the event.*

**High School Event participants:** (age 14-18). Must have been born on or after September 1, 1995 and be enrolled in high school (or lower grade) as of race day. No one under the age of 14 may row in the Crash-B Sprints.

**High School Novice participants:** Must have started rowing no earlier than June 1, 2009. There is no Crash-B division for novice.

**Lightweight divisions:** There are lightweight divisions within the Open, College Varsity, High School Varsity, and Master, Senior, and Veteran events. Maximum weights: 165 pounds for men; 135 pounds for women. Weigh-in begins at 8:00am and is available throughout the day.

**Masters:** (30-39), Seniors (40-49), and Veterans (50+) will be seeded according to their submitted erg scores, not age. We recognize for prizes the traditional age divisions for veterans: 50-59, 60-69, 70-79, and so on.

**Erg Scores:** Please be sure to help by providing a likely 2000 meter score so that you can race with people of similar speed.

**Coxswain Events:** Maximum weights of 130 pounds for men, 120 pounds for women. Distance: 1000 meters.

**4- Oared Races:** Four individuals may row together and combine to make one boat. Competitors in the 4-oared races, 500 meters long, will have already rowed in their individual events.

**2-Oared Races:** Two individuals may row together and combine to make one boat. Two-oared races will be 300 meters long.

**EVENTS:** Approximate starting times for each division – the order of events will remain set. For your own planning, the actual starting times will not be earlier than what is listed below. Please include an email address with registration. Every attempt will be made to contact you if these times are much later which is determined by the number of registrations per division. Check for updates on our website.

**High School Novice:** 8:20 am

**Master, Senior, Veteran Open:** 9:00am

**High School Varsity:** 9:30am

**Coxswain: College, High School and Open:** 10:30 am

**High School Four: following coxswain races:**

**College Novice:** 12:00noon

**College Varsity:** 1:00pm

**College Four: following college varsity**

**Row for Fun races will be run following the High School, and again after the college races.**

**AWARDS:** Medals go to the first three in each division, regardless of the heat in which that time is attained. 2010 Cincinnati Indoor Rowing Championships T-shirts will be available at the race.

We will NOT have used ergs for sale this year.

## Entry Form 2010 Cincinnati Indoor Rowing Championships

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Estimated 2000 meter erg score \_\_\_\_: \_\_\_\_\_. Affiliation, if any: \_\_\_\_\_

Min. Sec.

There are lightweight divisions within each category EXCEPT for Novice Events #1, #2, #15 and #16. *Indicate lightweight status by writing LWT after appropriate category.*

\_\_\_\_ 1 Novice High School Men

\_\_\_\_ 2 Novice High School Women

\_\_\_\_ 3 Master Men (30-39 years – Age \_\_\_\_ ) LWT \_\_\_\_

\_\_\_\_ 4 Master Women (30-39 years – Age \_\_\_\_ ) LWT \_\_\_\_

\_\_\_\_ 5 Senior Men (40-49 years – Age \_\_\_\_ ) LWT \_\_\_\_

\_\_\_\_ 6 Senior Women (40-49 years – Age \_\_\_\_ ) LWT \_\_\_\_

\_\_\_\_ 7 Veteran Men (50+ - Age \_\_\_\_ ) LWT \_\_\_\_

\_\_\_\_ 8 Veteran Women (50+ - Age \_\_\_\_ ) LWT \_\_\_\_

\_\_\_\_ 9 Open Men LWT \_\_\_\_

\_\_\_\_ 10 Open Women LWT \_\_\_\_

\_\_\_\_ 11 High School Varsity Men LWT \_\_\_\_

\_\_\_\_ 12 High School Varsity Women LWT \_\_\_\_

\_\_\_\_ 13 Coxswain Men \_\_\_\_ college \_\_\_\_ high school \_\_\_\_ open

\_\_\_\_ 14 Coxswain Women \_\_\_\_ college \_\_\_\_ high school \_\_\_\_ open

\_\_\_\_ 15 Novice College Men \_\_\_\_\_ 16 Novice College Women

\_\_\_\_ 17 College Men LWT \_\_\_\_ \_\_\_\_\_ 18 College Women LWT \_\_\_\_

**Registration Fee:** \_\_\_\_\_

**Fee and waiver need to be mailed to the below address by Saturday, January 31, 2010.** You may also mail the entry form or submit your entry through our web page [www.cjrc.net](http://www.cjrc.net). **Mail to: Cincinnati Indoor Rowing Championship, c/o Anne Jaroszewicz, 7900 Finley Lane, Cincinnati, Ohio 45242.**