



**AMERICAN COLLEGIATE
ROWING ASSOCIATION**
www.americancollegerowing.com

2008 Additional Regatta Information

WAIVERS

Be aware that the waiver being used for the regatta is from the Masters Rowing Association, NOT the USRowing waiver. Bob Jaugstetter had sent it out via email twice, so look for it in your inbox.

DIRECTIONS

Refer to the "Venue" section on the ACRA page on Regatta Central for directions to the course. There is construction on Lincoln, and if you use Google or Mapquest it will likely not be accounted for. The directions on the website are correct.

BRING YOUR BIKES

Just for your information, there is a superb bike path along the river and you can watch the entire race from bike on the opposite side of the river.

WEIGH-IN RULES

The times are 4-7pm Friday and 7-9am Saturday. Keep in mind that you need to weigh-in the day before the event AT THE EARLIEST. Because there are no Lightweight heats on Saturday, lightweight oarsmen may not weigh-in until Saturday. Therefore, Friday afternoon should find only coxswains weighing in.

HOURS

Scales open for unofficial use Noon Friday

Friday, May 23	4:00 pm – 7:00 pm
Saturday, May 24	7:00 am – 9:00 am

All coxswains and lightweights must weigh in once for the weekend. Athletes must be in racing attire.

Lightweight Crews

Women 130.00 lbs max for each individual, no average
Men 160.00 lbs max, 155.00 pound boat average.
Crews must weigh in initially with all members present.

Coxswains

Coxswain minimum weights in racing attire
125.00 lbs for coxswains of men's crews • 110.00 lbs for women's
Sandbags up to 10 lbs will be provided with race number, coxswain's name and school name marked in permanent marker on the bag. These will be kept at the dispatch station during non-competition times.

Weigh-in Procedures

Crews and Coxswains will only have to make one weigh-in during the competition. Crews must weigh-in together in racing attire (shirt & shorts or unisuit).

If any individual is more than 2.00 lbs from the maximum weight, that individual will be excluded from competition.

If an individual is within 2.00 lbs of the max they will have two more tries within one hour of the initial weigh-in to make weight. If the individual fails to make the weight in the one hour or third attempt (whichever occurs first) that individual will be excluded from competition. The entire boat does not need to re-weigh. All weigh-ins must take place within the standard weigh in times.

Men's crews who do not make the 155.00 lbs. average on their first attempt will have two more attempts within one hour of the initial weigh-in. If the crew fails to make the average weight within that hour or by the third attempt (whichever occurs first) that crew will be excluded from competition. All weigh-ins must take place within the standard weigh in times.

Coxswain will weigh in racing attire (shirt & shorts or unisuit). Sand will be provided for coxswains under the minimum up to 10.00 lbs. If an individual requires more they will be responsible for providing the extra weight.

Reporting

Each lightweight crew and coxswain will receive a completed weigh-in card to be presented at Control Commission.

A complete report of lightweight and coxswain weights will be provided by Registration to Control Commission and Officials at the close of weigh-ins on Saturday, 9 am.

PRACTICE TIMES

If you go out in the morning you need to be off the water by 7:30AM. During the morning practice times and Saturday from 3-6pm you must stay on the racing course. Severe storms pop up very quickly and without warning and you are rowing at your own risk during these times.

LAUNCH DRIVERS

We have a need for some drivers for officials. If your team has assistant coaches who may be able to lend a hand with this please inform registration when you arrive so we can get them assigned to a shift.

MEETING FOLLOWING AWARDS ON SATURDAY AT 1PM IN BOATHOUSE

I hope all coaches will make an effort to attend an organizational meeting Saturday afternoon to discuss the future of ACRA and to have discussion and receive feedback.

ACRA PROGRESSION FOR MEN'S VARSITY EIGHTS

Option A or B will be randomly chosen at the conclusion of the heats

Option A

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Semi-Final 1	3rd heat 3	2nd heat 2	1st heat 1	1st heat 3	3rd heat 1	4th heat 2
Semi-Final 2	4th heat 1	2nd heat 3	1st heat 2	2nd heat 1	3rd heat 2	4th heat 3

Option B

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Semi-Final 1	4th heat 2	2nd heat 3	1st heat 1	2nd heat 2	3rd heat 1	4th heat 3
Semi-Final 2	3rd heat 3	2nd heat 1	1st heat 2	1st heat 3	3rd heat 2	4th heat 1

MEDAL PRESENTATIONS FOLLOWING RACES

Those crews who win a medal will receive their medal on the awards dock in front of the grandstands immediately following the race. This will require circling back into the warmup lane and landing at the dock with their bow pointed to towards the start. We would like the coach of the crew to come down to the dock and present the athletes with the medal. The third place crew should come in to the dock first, but not get out of the boat. The second place crew should do the same. The first place crew should get out of the boat on the dock while the coach places the medals around their necks.

LINEUPS

You will notice we did not require lineups to register, though most of you submitted them. If you did not submit your lineup online and your crew makes the final, be sure to get the lineup to registration so their names can be announced while being presented their medal.

TEAM POINT TROPHIES

There are Team Point trophies for men's and women's teams, as well as efficiency trophies for each gender. In our initial Awards document the team needed to enter at least three events.

CUMULATIVE TROPHY

goes to the team with the greatest number of points
no minimum number of entries
no minimum number of athletes

EFFICIENCY TROPHY

minimum of 13 athletes participating (including coxswains)
minimum appearance in the top 7 in at least 2 races (either in grand final or as winner of a petite final)
Efficiency trophy goes to the team with the greatest efficiency percentage
Efficiency Percentage = total actual points divided by the total possible points.
(total possible points would be first place finishes for all boats entered)

POINTS SYSTEM FOR CUMULATIVE POINTS TROPHY AND EFFICIENCY TROPHY WILL BE MADE KNOWN ON THE REGATTA SITE AND PUBLISHED ON THE WEBSITE.