

Welcome to the Grand Rapids Spring Sprints

We have a large number of athletes registered for competition. In order for the event to run smoothly, we ask the following of all coaches, competitors and fans:

Coaches:

- Inside the registration package you will find the following:
 - A master copy of the scorer's sheet for all events. Use these sheets to verify your entries
 - ADD / DELETE form. Use this form to make any changes prior to event start with the scorer's table.
 - Race Rules. Please make yourself and your athletes familiar with the rules
- Please check your entries and make any changes as soon as possible with the scorer's table. **NO CHANGES WILL BE ACCEPTED ONCE RACING BEGINS**
- You are in charge of your own athletes. Please do not allow them to wander the hallways of the school.
- The "old gym" with entrance by the concession stand, is available for use by all team for warm-up, storage, team supplied food, etc.
- Locker room facilities are available and are located in the hallway outside of the main gym.

Athletes:

- The warm-up area (2nd row of ergs) is available to competitors in the next heat **ONLY**
- You are responsible for being at your assigned erg for the start of your race. Arriving late will result in a forfeit.
- You must sign the scores sheet upon completion of your heat. The referee will keep the sheet.
- If, for any reason, your PM3 monitor turns off, immediately notify the referee who will advise you what to do. Do not stop rowing unless notified by the referee.
- Each competitor is responsible for setting their own drag factor.
- Please refrain from wandering the hall of the school. Bathrooms and locker rooms adjacent to the gym are available for your use.
- Good sportsmanship is expected at all times.
- Please try to vacate the race area immediately after completion of your race.

False Start Rules:

- If a false start occurs, the PM3 monitor will display a "False Start" and a "stop" sign will appear. All athletes in the race will be assigned a false start on the first occurrence.
- If a second or subsequent false start should occur, the athlete or athletes causing the false start will be disqualified from the race. (The PM3 monitor will show which lane caused the false start.
- Races will be restarted until a clean start is achieved.

Fans:

- Please refrain from entering the competition area during racing
- Good sportsmanship is expected at all times
- Have fun and enjoy the event

Grand Rapids Spring Sprints

RACE RULES:

- All athletes have been pre-assigned a heat number and lane number. No changes are allowed unless approved by the regatta chairman
- There are 30 competition ergs and 30 warm-up ergs.
- The warm-up area is restricted to athletes competing in the next event ONLY
- Athletes are responsible for obtaining their own proper warm-up. The 'old gym' may be used for additional warm-up.
- Races are scheduled with a 5 minute gap between the completion of one race and the start of the next. Being late for a start will result in a forfeit
- Each competitor must check in with the referee assigned to his/her lane prior to racing.
- Each athlete should verify that their name appears on the PM3 monitor.
- All races will begin at the same time. The starter will ask for everyone to stop rowing and to sit ready. The starting command will be given on the PM3 monitor as describe in the starting sequence handout.
- Each competitor is allowed one (1) person to offer support and/or coaching. That person must stay behind the rower and not interfere with any competitor during the race. Any interference to another competitor will result in the disqualification of your athlete.
- Having more than one coach will result in a time penalty of 10%.
- A second person may assist in holding the erg from the front if the erg shows signs of "walking"
- There is no restriction on the 'drag' setting used, however, the setting may not be changed once a race has begun
- At the conclusion of a race, the referee will record the competitor's elapsed time, sign the scorer's sheet and ask the competitor to sign the sheet. The referee will return the sheet to the scorer's table.

A high school team point trophy will awarded at the conclusion of the day's racing.

Points will be awarded as follows:

1 st place	10 points	6 th	5 points
2 nd	9	7 th	4
3 rd	8	8 th	3
4 th	7	9 th	2
5 th	6	10 th	1

For races with less than 10 competitors, the first place finisher will receive the number of points equal to the number of competitors, each successive finisher receives one less point. If there are 4 entries, the first place finisher receives 4 points, 2nd receives 3, etc. Coxswain races do not count towards the team trophy.

Individual medals will be awarded for 1st, 2nd, and 3rd place for each event at the conclusion of all racing.