

CONNECTICUT PUBLIC SCHOOLS ROWING CHAMPIONSHIPS

AT LAKE WARAMAUG ON MAY 16, 2010

CREW ENTRIES – CLOSING DATE, APRIL 15, 2010

No late entries will be accepted after May 1, 2010

NAME OF CONNECTICUT HIGH SCHOOL: _____

NAME OF HEAD COACH: _____

HOME TELEPHONE NUMBER: _____

USRowing Membership Number _____

EVENTS TO BE ENTERED

- FIRST GIRLS EIGHT _____
- SECOND GIRLS EIGHT _____
- THIRD GIRLS EIGHT _____
- FIRST NOVICE GIRLS EIGHT _____
- GIRLS FOUR _____

- FIRST BOYS EIGHT _____
- SECOND BOYS EIGHT _____
- THIRD BOYS EIGHT _____
- FIRST NOVICE BOYS EIGHT _____
- BOYS FOUR _____

MEMBERSHIP FEE - \$250.00/SCHOOL _____

ENTRY FEES - \$10.00/boat _____

TOTAL AMOUNT DUE _____

MAIL AND PAYABLE TO:

Connecticut Public Schools Rowing Association
c/o Will Thompson
28 South Fair Street
Guilford, CT 06437

ELIGIBILITY RULES FOR ENTRY:

1. All crews must be made up of students attending the same Connecticut Public High School and the Rowing Program must be acknowledged and administered by their school as a club or varsity sport.
2. Each team will follow its schools athletic department student and coaching eligibility requirements.
3. There will no "B" crews in any event except the Boys and Girls Fours
4. No more than 2 athletes may be used to fill in a boat, they may only move up, and only if there are no other athletes on your roster.
5. 1st and 2nd boats are required to have raced 2 different CPSRA schools on 2 different dates at the same boat level. 3rd and novice boats are required to have raced one CPSRA school at the same boat level. Fours are required to have at least one race during the season, against another competitor; it does not need to be a CPSRA school. Races must be side by side 1000-2000 meter sprint races.
 - a. Seeding Race Results should be turned into the seeding committee as soon as possible. All results must be turned in by Sunday, May 9, 2010.
 - b. It is the coach's responsibility to make sure that the 1st boat is the school's fastest possible boat, that the 2nd boat is the second fastest boat, 3rd boat is the third fastest boat, etc. Boatings should always be made based with an eye toward making the higher level boat as fast as possible. Novice crews must be comprised of athletes who are in their 1st year of scholastic rowing.
 - c. Racing Crews must race boats at the same boat level they will be racing at on regatta day. 1st boat sees 1st boat, 2nd boat sees 2nd boat, 3rd boat sees 3rd boat, Novice boat sees Novice boat.
6. Each program entering must be USRowing members and must provide their membership number on the entry form.
7. Entries will only be accepted that contain all pieces (Waivers, money, entry form, emergency roster and USRowing membership number.) Late entries will not be accommodated if they cause the need for extra heats.

PLEASE CONTRACT ANN CARABILLO FOR ANY QUESTIONS YOU MAY HAVE REGARDING THE REGATTA @ 860-651-9542 OR @ acarabillo@sbcglobal.net