

2019 Minneapolis Sprints



Entry Packet

Saturday June 15th

Lake Nokomis, Minneapolis

Hosted by the Minneapolis Rowing Club

Dates and Times

June 8th - Entries due via Regatta Central

June 13th - Schedule and heat/lane assignments posted and emailed out to participants

June 15th - **7:00** am Coaches, cox, and bow meeting

8:00 am First race

Bow Numbers:

Please provide your own bow numbers 1-6.

Costs:

Cost for athletes is \$30 for the day. Spectating and cheering is free!

No refunds after June 8th entry due date. ***Exception: If regatta cancel due to high water/venue concerns and announced by Wednesday, 6/12, full refunds will be provided.**

Race Entries:

Race entries are due June 8th. Entries can be submitted on Regatta Central.

https://www.regattacentral.com/regatta/?job_id=6398

Entries for each club must include number of boats in each event, stroke name and, if submitting more than one entry in an event, boat ranking (A,B,C etc.). Accurate boat rankings will allow us to seed flights in order to allow for more competitive racing.

Final Schedule:

All races are finals only, no heats. If there are more than 6 entries race will be divided into flights and overall winner will be determined by best time. Events with only one entry may be combined together. Please see attached schedule. First event to start at 8am we are anticipating 10 minute event timing.

Categories:

- Junior: Athletes under the age of 19 as of the end of this calendar year
- Open: Any rower age 19 or over as of the end of this calendar year
- Master: Any rower over the age of 21 as of the end of this calendar year

Course:

Boats will launch on the north end of the lake at the designated beach launching area. This is a water launch - rowers should expect to wade up to mid-thigh. The course is approximately 1380 meters long. Rowers will warm up on the west side of the lake, taking care to avoid the public swimming area. There will be 3 lines of buoys as well as a fixed starter station and boat holders at the south end of the lake. Please see attached map.

Parking:

Trailers will park in the parking lot at the north end of the lake.

Free parking is available around the lake for those who arrive early and there is a pay parking lot on the west side of the lake. However this is a public park so there may be other activities going on that day and parking could be limited. Carpooling is greatly encouraged to save space for other competitors and the public.

Order of Events
Minneapolis Sprints, June 15, 2019

- 1 Open Men 4-/4+
- 2 Junior Girls 2x
- 3 Master Mens 1x
- 4 Junior Boys 4+
- 5 Open Men 1x
- 6 Mixed 2x
- 7 Open Women 4-/4+
- 8 Junior Girls 1x
- 9 Junior Boys 2x
- 10 Master Womens 1x
- 11 Mixed 4x

Lunch

- 12 Open Men 4x
- 13 Open Women 1x
- 14 Junior Girls 4+
- 15 Open Men 2-/2x
- 16 Open Women 4x
- 17 Master Mens 2-/2x
- 18 Junior Boys 1x
- 19 Junior Girls 4x
- 20 Open Women 2-/2x
- 21 Master Womens 2-/2x
- 22 Junior Boys 4x

MINNEAPOLIS SPRINTS- LAKE NOKOMIS COURSE

