



The Wichita Rowing Association

The 19th Annual Wichita Frostbite Regatta

Sunday, November 7, 2010

ENTRY DEADLINE: Entries must be received by Friday, October 29, 2010 Email your entries, on form provided, to Wichita_frostbite@yahoo.com. Entry fees and signed releases (if required – see next note below) should be mailed to:

Frostbite Regatta
c/o Pamela Wood
3000 W Douglas, Apt 624
Wichita, Kansas 67203

- **RELEASE FORMS:** If your crew/club is a U.S. Rowing member, you **DO NOT** need to provide signed release forms for athletes. If your crew/club is not a U.S. Rowing member, you **MUST** mail completed and signed release forms for your athletes.
- **QUESTIONS:** Email all questions to Pamela Wood at Wichita_frostbite@yahoo.com. Pam's cell phone number is (918) 845-1178.
- **ENTRY FEE:** Fees for the Frostbite Regatta are as follows: \$25 per participant, with a team entry cap of \$700.00. **Fee is per participating member of the crew/club; and they may row as many races as desired – schedule permitting.** There will be no entries taken over the phone. Late entries will be accepted on race day, if possible. There will be a \$5.00 per person late fee assessed. Checks should be made out to the "Wichita Rowing Association" (FEIN 51-0176810).
- **REGATTA MEETING:** The regatta meeting will be held at the Riverside Tennis Center (Central & Nims Street) at 7:30 a.m. sharp, Sunday, November 7th. All coaches and coxswains are required to attend. **One representative from each club must attend the meeting.**
- **ACCOMMODATIONS:** Free accommodations can be found at the *Heskett Center Gym* on the campus of Wichita State University from 6:00 p.m. Saturday to 7:00 a.m. on Sunday. Crews must be out of the facility by 7:00 a.m. on Sunday. ****Bring your own towels for showering.** For those participants and spectators seeking hotel accommodations, *The Hyatt Regency* is just minutes from the race venue. For the special Frostbite rate of \$79 + tax per night, visit www.hyattregencywichita.com for details.
- **FIRST AID:** A First Aid station will be located at the PA tent. The Wichita Fire Department will also be on standby for medical emergencies.
- **AWARDS:** Medals will be awarded to all first, second and third place crews.
- **SCOREKEEPING:** Race scores will be posted as quickly and efficiently as possible on a board located outside of the Tennis Center building.



- **CLEAN UP:** Please help us keep our Park beautiful! Waste containers will be provided throughout the Regatta area. Please be a good sport and leave your area clean. Thank you!
- **BOAT STORAGE:** Shells can be stored in the Riverside Tennis Center parking lot the night prior to the Regatta. Security will be provided after 6:00 p.m

- **CLASSIFICATIONS:**

Varsity: University or college club or crew.

Novice: A novice is defined as a rower or coxswain who is in their first year of rowing. Any boat containing a rower or coxswain who is not a novice will not compete in a novice event.

Open: Men - All rowers may compete in this category.

Women - All rowers with the exception of Juniors may compete in this category. This restriction is in accordance to NCAA rules.

Masters: 27 years and older.

Juniors: Must be enrolled as a full-time high school student on the day of the regatta.

Recreational Single: A recreational single shall be no more than 24 feet long and at least 17 inches wide at the water line.

Lightweight:

Women – Maximum individual weight is 135 lbs

Men – Maximum individual weight is 165 lbs

There will be no weigh-ins (you are on the honor system).

Mixed: Must have the same number of each gender rowing the shell.

- **NOVICE 8 RACES:** Teams must have an entry in the First Novice 8 race before they may enter the Second Novice 8 race. (Unless they are juniors racing up a classification)
- **RACE DISTANCE:** 1.7 miles on the Little Arkansas River through Riverside Park.
- **COURSE:** The course will be fully buoyed from start to finish. Arches on the bridges will have markers showing warm-up and race lanes. Caution must be exercised by all crews in regards to bridges and buoyed shallow areas.
- **SCHEDULE:** Boats will not be allowed to row outside their scheduled times. Any boat missing its assigned starting position because of being late to the line is assigned a late penalty (10 seconds). If the boat arrives before the last boat in its event has started, it may race with the assigned penalty. If the boat arrives after the last boat in its event has already departed, it may not race and sequenced after a subsequent race to return to the return dock.
- **FINISH LINE:** After crossing the finish line, continue downstream 100 meters to make room for all boats finishing the race after you.
- **BOWMARKERS:** To insure proper identification of crews, bow markers are required on all boats. Bowmarkers will be provided and must be returned to dockmaster immediately after the race has concluded. Crews failing to return Bowmarkers will be assessed a \$5.00 fee.
- **BOAT REQUIREMENTS:** Bow balls consistent with U.S. Rowing Rules of Rowing are required on all racing shells. Failure to have a bow ball will result in a scratch. For safety, quick heel release devices are also required on all boats. All of these items are the responsibility of the crew. Coaches are responsible for ensuring their athletes are familiar with rowing safety.



- **BUOY PENALTIES:** Buoy penalties will be assessed when the blades cross the buoy (red buoys) lines separating the return lanes from the race lanes. These penalties apply to boats in either the return or race lanes. Penalties will be assessed when the blades cross the shallow buoy (yellow buoys) lines while the boat is racing. Penalties are 10 seconds for each buoy.
- **OTHER PENALTIES:** Fail to yield = 30 second penalty; Interference = exclusion; Unsportsmanlike conduct = disqualification. Definitions are per U.S. Rowing guidelines with final decision to assess penalty from regatta's chief official.

*****IMPORTANT***** Due to the narrowness of the Murdock Street Bridge, there is a no passing zone 200 meters north of the bridge through the bridge. An official will be placed 200 meters north of the bridge to monitor traffic flow. The overtaking boat must be at least even with the boat they are passing prior to the start of the no passing zone. **If boats pass in a no passing area, whether they interfere with another boat or not, the official may exclude them from that race's results.**

- **PROTESTS:** All protests must be made within 30 minutes of the finish of the race. A \$25.00 protest fee must be turned in at the registration table at the Riverside Tennis Center. The fee will be returned if the protest is upheld.
- **CALLING OF EVENTS:** First call of events will occur one hour prior to the event. Boats will launch in numerical order. It is the rowers/coxswains responsibility to launch on time. The race is a flying start, in single file. Line up in the staging area in order of your bow marker numbers from lowest to highest. Cross the starting line at race pace, as directed by the starter.
- **DOCKS:** Each crew will be allotted 90 seconds to launch or land their boat on the dock. Make your equipment adjustments in the boat storage area or on the water. No adjustments will be permitted on the dock.
- **SPORTSMANSHIP:** A crew may be excluded in an event's race if they show poor sportsmanship or use inappropriate language. Crew members/crews that are excessive violators may get disqualified from further events at this regatta.
- **OVERTAKING:** When passing another boat, the overtaking boat has the right of way, but is obliged to make it apparent to the boat ahead on which side it wishes to pass. The boat being overtaken must give the overtaking boat room to pass, usually on the inside corner. If, in the opinion of the officials, insufficient room is given, an interference penalty will be assessed. No boat should press its right of way to the point of collision. Respect for the safety of other competitors must be shown at all times.
- **FOR MORE INFORMATION:** For more information, email Pamela Wood at wichita_frostbite@yahoo.com or call at (918) 845-1178.

SEE THE FROSTBITE REGATTA'S OFFICIAL WEBSITE AT www.wichitarowing.org FOR REGATTA UPDATES!

****This is a U.S. Rowing sanctioned event.**

