

# 16<sup>th</sup> Annual OHIO VALLEY INDOOR ROWING CHAMPIONSHIPS

Saturday, February 7, 2009  
Marietta College Dyson Baudo Recreation Center

## SCHEDULE OF EVENTS

8:00 a.m.	Registration and Weigh-Ins
9:00 a.m.	HS Girls Novice HS Girls Novice Lightweight
9:30 a.m.	HS Boys Novice HS Boys Novice Lightweight
10:00 a.m.	HS Girls Open HS Girls Lightweight
10:30 a.m.	HS Boys Open HS Boys Lightweight
11:00 a.m.	HS Coxswain 500m Sprint
11:30 a.m.	Masters Open & Lightweight Men Masters Open & Lightweight Women
12:00 p.m.	Coaches' 2,000m Weight Adjusted Challenge
12:30 p.m.	College Men's Freshman/Novice Open College Men's Freshman/Novice Lightweight
1:00 p.m.	College Women's Freshman/Novice Open College Women's Freshman/Novice Lightweight
1:30 p.m.	Men's Open Men's Lightweight
2:00 p.m.	Women's Open Women's Lightweight
2:30 p.m.	College Coxswain 1000m Sprint

Note: "Novice" means first erg contest or first year of collegiate rowing

### Mail or Fax Registration Forms To:

Marietta College Crew  
215 5<sup>th</sup> St  
Marietta, OH 45750  
f. (740) 376-4674

**"Day of" Registration will close 30 minutes prior to scheduled event**

REGISTRATION FEE: \$10.00 per athlete per event  
Cash or Checks Accepted  
Please make checks payable to: MC Friends of Rowing

ANY QUESTIONS SHOULD BE DIRECTED TO  
**Adam Cottrell** or **Chase Graham**  
[ac002@marietta.edu](mailto:ac002@marietta.edu) or [grahamt@marietta.edu](mailto:grahamt@marietta.edu)  
(740) 376-4587 or (740) 376-4107

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## NOTES AND RULES OF THE CONTEST

1. The Concept II Model D (with PM4 monitor) ergometers will be used
    - a. You may use the damper setting of your choice.
    - b. The setting may not be changed during the race.
  2. Participants will be seeded based on ergometer scores (if available) submitted on entry forms, so that each rower will compete against other rowers of comparable abilities, within their special group.
  3. Racing begins at 9:00 a.m.
  4. Concept II World Racing Rules will be followed.
  5. All races will be 2000 meters in length, except for the high school and collegiate coxswains race, which will be 500 meters and 1000 meters respectively.
  6. Anyone entering a lightweight event must be weighed beginning at 8:00 a.m., the morning of the race.
    - a. Women must weigh 135 pounds or less.
    - b. Men must weigh 165 pounds or less.
  7. All veterans will be seeded according to submitted ergometer scores, not age, although we will be recognizing the following age groups: 50-59, 60-64, 65-69, 70-74, etc.
  8. Please submit a best 2000 meter ergometer score for the past two months or a reasonable estimate of that score so that each athlete may be properly placed with rowers of comparable skill.
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## OVIRC ENTRY FORM

*(Please print and use either blue or black ink)*

Best 2000m erg score: \_\_\_\_\_ Weight (if lightweight): \_\_\_\_\_

Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Street Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_

Team (if applicable): \_\_\_\_\_ Sex: M F

Please indicate the event(s) in which you wish to participate:

Frosh/Novice:  High School  Collegiate Masters:  Master  
Lightweight:  High School  Collegiate  Veteran  
Open:  High School  Collegiate  Seniors  
Coxswain:  High School  Collegiate

### Waiver of Liability: (Please read carefully)

In consideration of the acceptance of my entry, I for myself, my executors, administrators and assigns do hereby release and discharge the Marietta College Athletic Department, Marietta College Crew, and all other sponsors and volunteers from all claims or damages, demands and actions whatsoever in any manner arising or growing out of my participations in said events. I attest and verify that I have full knowledge of the risks involved in the event and I am physically fit and trained to participate in the event. I have also read the rules of the contest as listed and hereby agree to adhere to the Ohio Valley Indoor Erg Competition Notes and Rules of the Contest as stated.

Participant's Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Signature of Parent/Guardian

If Participant is under the age of 18: \_\_\_\_\_ Date: \_\_\_\_\_