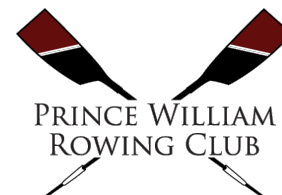


## Prince William Rowing Club's High School ERG Sprints Rules and Guidelines



The 15th Annual Prince William Rowing Club's (PWRC) High School ERG Sprints will take place on **Saturday, 3 February 2018**. Because the event has gotten so popular, we have decided to rotate the venue between the Prince William High Schools with rowing programs. This year, we will hold the event at Woodbridge High School's lower cafeteria. Same-day event registration will open at **9 AM** with the competition running from **10 to 2 PM**.

**Schools invited to participate:** Forest Park, Gar-Field, Hylton, Potomac, Woodbridge, South County, JEB Stuart, and Colgan

**Purpose:** The purpose of this event is to encourage High School students to participate in the sport of crew. This includes supporting local High School rowing programs by giving coaches feedback on their athletes' skills and to provide an opportunity for athletes to demonstrate that they are ready for the water after the long winter conditioning season. Additionally, parents are highly encouraged to join their son and/or daughter in healthy and fun team relays during the sprints. Of course, taking home medals is a great way to start the rowing season.

**Buy a Race ERG!** Prince William Rowing Club has worked an arrangement with Concept2 to offer High School ERG Sprints participants to purchase a race ERG after the competition at a great price. Your Concept2 Model D Indoor Rowers with a PM5 monitor will be used by competitive rowers one day only, **3 February 2018**, at Prince William Rowing Club High School ERG Sprints.

If you purchased these Indoor Rowers directly from Concept2, they would cost \$900 + \$45 shipping + \$39 tax = \$984. After one day of use, the same ERGs are available for **\$800**. That is \$184 savings. These black Model D/PM5 come straight from the Concept2 factor in Vermont with a full warranty and accessories. ERGs will be available for pickup at Woodbridge immediately following the PWRC High School ERG Sprints. PWRC will only have 14 ERGs available for this deal on a first-come, first-serve basis. Priority will be given to High School Crew programs. Payment in-full must be received by **20 January 2018** or your ERG will be given to the next person on the wait list.

**Registration:** We highly encourage coaches to pre-register their athletes and relay teams using the attached registration sheet. We offer same-day registration, but we cannot guarantee entry into their preferred race event due to limited availability of rowing machines (ERGs). Please e-mail the completed pre-registration forms to **Renee Johnson** at [reneej58@gmail.com](mailto:reneej58@gmail.com) races no later than **20 January 2018**.

- **Entries:** Each athlete may enter a maximum of one individual event and two relays. Coxswain races are only for coxswains who did not row (either sweep or sculling) the preceding year. Composite teams (i.e. rowers from two or more schools) are allowed for relay races, and can be arranged on race day with late entries allowed.
- **Ages of athletes** will be as of **3 February 2018**, even if we have to postpone for a snow day.
- **Lightweights.** We will not weigh athletes at the event; just specify whether they are "lightweight" or not. Weight limits are 135 pounds for LW women, and 155 pounds for LW men, as of race day. It will be the coaches' testament that their rower is at or below the weight limit for lightweight events on race day.

## Schedule of Events:

9:00 AM	--	Registration Opens
9:45 AM	--	Opening remarks, review rules, etc.
10:00 AM	1M	Men Freshmen (1500 m)
10:15 AM	1W	Women Freshmen (1500 m)
10:30 AM	2M	Men 16 & under (1500 m)
10:45 AM	2W	Women 16 & under (1500 m)
11:00 AM	3M	Lightweight Men 18 & under (1500 m)
11:15 AM	3W	Lightweight Women 18 & under (1500 m)
11:30 AM	4M	Men 18 & under (1500 m)
11:45 AM	4W	Women 18 & under (1500 m)
12:00 PM	5M	Men Coxswains (500 m)
12:15 PM	5W	Women Coxswains (500 m)
12:30 PM	6R	Mixed relay (500 m each) 2M/2F
12:45 PM – 1:15 PM	7R	Parent/Child relay (250 m each) Event categories: Mother/Son, Mother/Daughter, Father/Son, and Father/Daughter
10 AM-1 PM	8D	3 Minute Crash ( <b>NEW</b> )
Note: Times are approximate and are subject to change.		

## Rules:

1. Safety is our top priority. If an athlete has a health issue, inform the PWRC staff who are stationed on the race floor before their race so they can better respond if an emergency arises. Athletes should be encouraged to not row if they are not feeling up to it.
2. Waivers: All athletes must sign a US Rowing waiver and have it available at check-in. Minors (under 18) must have a parent or guardian's signature. **No exceptions**. Coaches are encouraged to collect these signed waivers and present them to the PWRC staff during registration.
3. Host: This event is hosted by the PWRC at no cost to the athletes or schools.
4. Schedule: Event times are approximate and the schedule is subject to change. Rowers and coaches must allow sufficient time in advance of the scheduled event to accommodate any adjustments in timing that may be required.
5. Warm up: ERGs will be available. All athletes are encouraged to warm-up prior to their event(s).
6. Observers: All participants and observers must stay in the designated observation areas when not competing.
7. Medals will be awarded to first place, second place (minimum of 3 participants), and third place (minimum of 5 participants).
8. Lightweight events are conducted on the HONOR SYSTEM; 135 lbs for women athletes and 155 lbs for male athletes
9. Mixed Relay: Mixed relay teams may be made up of High School rowers or coxswains from a single school or from more than one school (e.g., composite team). Relay entries can be arranged on race day. We will not collect stroke-level data for relay events.
10. Coxswain races are only for coxswains who did not row last season
11. Race Coxswains. Rowers may have one coxswain standing behind them; well clear of other rowers
12. Parent/Child relay! We will end our competition with a 500 m Parent/Child relay (250 m/ea). All relay teams will compete together, but awards will be given to the top finishers for the following categories: Mother/Son, Mother/Daughter, Father/Son, and Father/Daughter.
13. T-Shirts. Look for separate guidance on pre-ordering PWRC High School ERG Sprint T-Shirts.