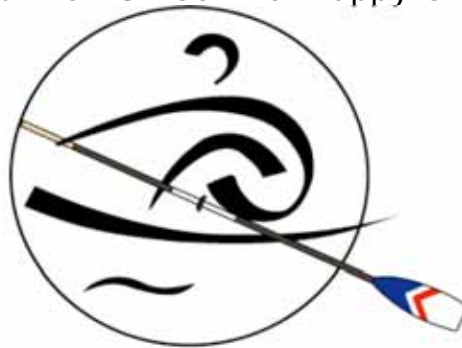


Saturday March 31, 2007
7:00am to 5:00pm
Host: Lake Lanier Rowing Club

You are cordially invited to join the competition and fun at the
Site of the 1996 Olympic Rowing Regatta

In this brochure you will find information on the 2007 Lanier Sprints,
events and instructions on how to participate.

If you have any questions or need information, please contact the Lake
Lanier Rowing Club at 770-287-0077 or Kappy Griffith (803) 917-6764



Lake Lanier Rowing Club
WWW.LLRC.WS
770-287-0077

[Important NEW WAIVER: Please click on this link and complete. US Rowing waiver is NOT acceptable at the Lanier Sprints 2007](#)

[Lake Lanier Sprints 2007 Waiver](#)

Please check the websites below for changes and updated information:

www.regattacentral.com to register www.llrc.ws for other regatta information

Entries

LLRC prefers that all registration take place on Regatta Central. The entry deadline is March 24, 2007. After registering on line, either pay online or send your entry fee payable to the Lake Lanier Rowing Club by March 25, 2007 to:

Lake Lanier Rowing Club
3105 Clarks Bridge Rd.
Gainesville, GA 30506

Complete entries must be received by Saturday March 25, 2007. Use regular or overnight mail for payments, waivers, manual entries, etc.

Your Complete Entry must include:

- 1 Separate entry forms for each boat for each event entered
- 2 Completed waivers for each competing member of your club, including coxswains.
Note: if you register with Regatta Central and you have the requisite waivers on file with US Rowing, no additional waivers are needed.
- 3 A summary sheet showing events entered and payment amounts and identifying a contact person and phone number.
- 4 A credit card charge or check payable for the total fee to Lake Lanier Rowing Club.
Note: Payments can be made by credit card with Regatta Central.

Your entry must be complete for you to receive your racing packet at the Coaches and Coxswains meeting.

Please note! Entrants must complete registration materials using the name of the club or school for whom they row throughout the year.

Entry Fees

The regatta committee has placed a cap of \$800 for school Crews. Make checks payable to the Lake Lanier Rowing Club.

Singles: \$25 per event, per boat
Doubles/Pairs: \$35 per event, per boat
Fours/Quads: \$55 per event, per boat
Eights: \$75 per event, per boat

A \$25.00 scratch fee will apply to each entry scratched after the Friday coaches and coxswains meeting.

Cancellation Policy

In the event the regatta course/site becomes unfit or unsafe in the opinion of the race management due to weather or other unforeseen events, the regatta will be cancelled. No refunds will be given.

Classifications

Youth (under 19): A rower or coxswain who does not attain the age of 19 during the current calendar year or who is continuously enrolled in a secondary school seeking a diploma. A Youth rower must be in high school.

Youth (under 16): A rower or coxswain who does not attain the age of 16 during the current calendar year or who is continuously enrolled in a secondary school seeking a diploma. A Youth rower must be in high school.

College: Events open to students enrolled full time in an undergraduate academic program at their institution.

College Novice: All college novice rowers shall be in their first year of rowing at the college level. (However, the coxswain does not need to be a novice). Previous experience in sculling will not count toward a sweep event, and previous experience in sweep rowing will not count toward a sculling event.

Open: No restrictions on age or experience.

Lightweight: Men – Maximum 165 pounds Women
– Maximum 135 pounds

Masters: Under 40 years inclusive as of the current calendar year, plus the USRA approved "AA" Masters category for rowers aged 21-26 as of the current calendar year.

Senior masters: 40-59 years inclusive as of current calendar year

Veteran Masters: 60 years and older as of current calendar year

Waivers

All competitors must sign a liability waiver. Competitors under the age of 18 must sign and have a parent or legal guardian sign an individual minor's waiver. Racing packets will not be released until completed and signed waivers have been turned in.

Merchandise Sales

Sales of merchandise will be permitted only by advance arrangement with the Lake Lanier Rowing Club. For your merchandise to be sold you MUST contact the Lake Lanier Rowing Club at 770-287-0087 and complete a vendor agreement.

Parking

The Tower side of the venue is available for parking of vehicles and buses.

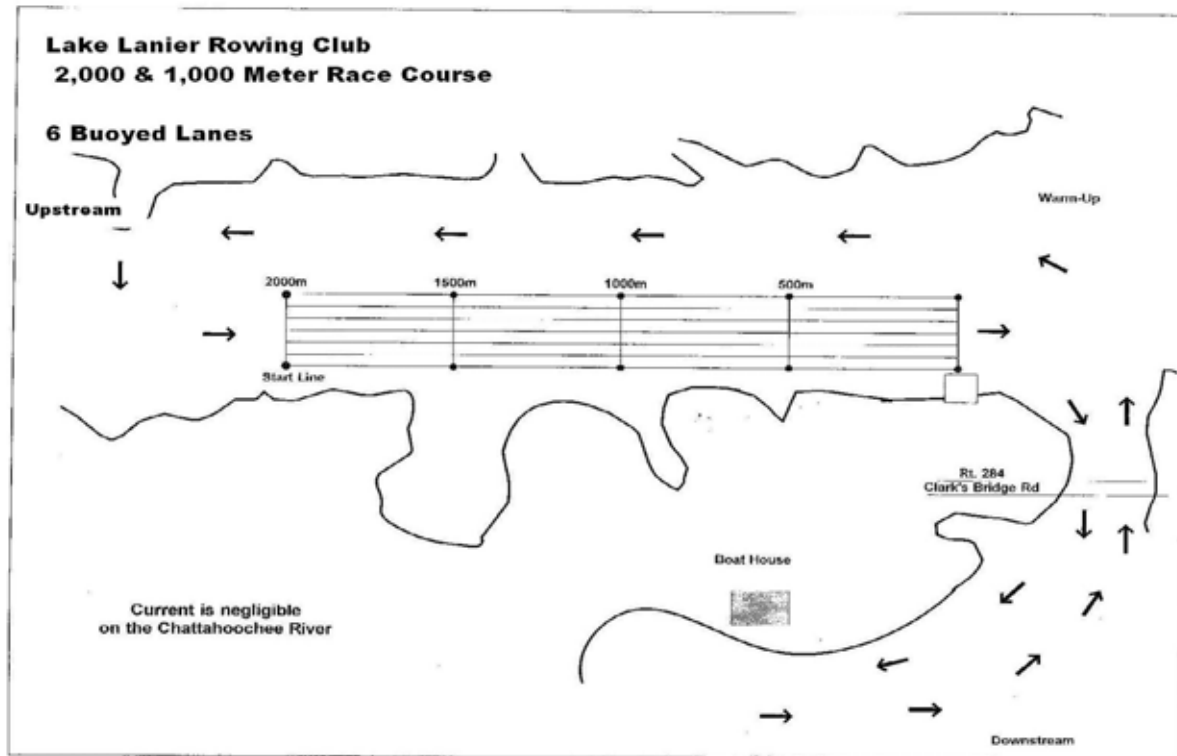
Overnight Boat Storage

Clarks Bridge Park adjacent to the Lake Lanier Rowing Club boathouse is available for crew trailers. This area is easily accessible to the launching dock. Security will patrol the area during the night before the regatta.



Race Course

A 2000 metered buoyed racecourse, with start platforms, finishes at the permanent grandstands in front of the Olympic Tower. Masters races and mixed events and the other 'mid-day' events will be 1000 meters from a floating start.



Practice

The course will be open for practice Friday March 25, 2005. Participants are asked to do so from 12:00pm until dark.

Masters Handicap

The Lanier Sprints will be utilizing the standard USRowing handicap algorithm in all masters and veterans events. The "AA" Masters category will be reverse-handicapped.

Regatta Meeting

The Lanier Sprints Coaches and Coxswains Meeting is set for 7:00pm Friday, March 30th, at the boathouse upper level. All scratches must be turned in on Friday night. There will be a second Coaches and Coxswains Meeting on Saturday morning at 7:00am at the boathouse upper level for those teams unable to attend the meeting on Friday evening.

Check In/Registration

Registration will begin Friday March 30, 2007, 4:00pm – 8:00pm, Saturday March 31, 2007 7:00am – 9:00am in the upper level of the boathouse.

Changes to Events

Please stay alert to the possibility of schedule changes. The regatta committee reserves the right to combine or cancel events based on the number of entries received. The committee also reserves the right to delay or advance the starting times for any event.

If any boat is being scratched from an event, Registration should be notified at least one hour prior to that event's posted starting time. There will be no refunds for scratches.

Lightweight Weigh-In

Weigh-in for members of lightweight crews will take place on Friday, 5:00 to 8:00pm and Saturday 7:00 to 9:00am upstairs in the boathouse.

Control Commission, Safety & Dock

The dock captain has absolute authority over the dock area. Shells will be inspected for quick-release shoe retainers, per rule 3-109, bow balls and coxswains opening.

Equipment Adjustments

All equipment adjustments must be made in the storage area prior to launching.

Bow Numbers

Please be prepared to provide your own bow numbers. Bow numbers will be available for a rental fee of \$5.00.

Launching

Out going boats will have their own launch dock. The dock captain will direct the returning crews to the appropriate docks.

Getting to the Starting Line

It is the coxswain's responsibility to get the crew to the starting line on time. Boats warming up should proceed up river and follow the east side shoreline.

Race Rules

US Rowing Rules of Racing will be followed except as noted at the coaches and coxswains meetings.

Protest Procedure

The protesting boat's cox must announce initial protests to the racing officials while the boat is still on the water.

Once off the water, oral protests may be presented to the Chief Referee, if the Chief Referee is not available, to the Race management Coordinator. If the protest cannot be resolved informally, a formal protest must be filed.

A formal protest must be filed in writing within 60 minutes following the start of the event for which the protest is filed. It may be filed with the Race Management Coordinator.

A \$25.00 fee must accompany the formal protest. (The fee will be refunded if the protest is successful.)

The formal protest will be referred to the Chief Referee. The chief Official will consider each protest as time allows.

Pending a decision regarding the protest, no results will be posted for the event under protest.

All decisions regarding protests will be completed within one hour of the last race of the day.

Points Trophy

Points Trophies will be awarded to the youth program and college program (club or school) compiling the greatest number of points

Medals

First, second and third place finishers are awarded medals. Winners not claiming their medals by the end of race day will be contacted by mail.

Race Trophies

To be determined

Accommodations

When booking rooms at any hotel in the Gainesville-Hall County area, please be sure to identify yourself as coming to town for the Lanier Sprints (rowers, parents, spectators, etc.). We are working with the local hotels to determine the impact of rowing on the local economy and want rowing to get as much credit as possible.

For the best rates call the Gainesville-Hall County Convention and Visitors Bureau: (Toll Free) 1-888-536-0005

Gainesville:

Hampton Inn – 770-503-0300, 450 Jesse Jewel Parkway Best Value Inn – 770-534-0303, 809 Jesse Jewel Parkway Best Western Lanier Center – 770-531-0907, 400 E.E. Butler Parkway GuestHouse Inn and Suites - 770-535-8100, 520 Queen City Parkway Quality Inn and Suites - 770-536-4451, 726 Jesse Jewell Parkway Ramada Limited – 770-287-3205, 766 Jesse Jewel Parkway Super 8 Motel – 770-533-9009, 541 Dorsey Street Heron Cove Guest House – 770-536-0200, 3527 Southview Circle

“within viewing distance of the LLRC Boat House” **Oakwood** -All motels are approximately 12 miles from LLRC Boat house Admiral Benbow Inn – 770-531-9929, 4500 Oakwood Drive Comfort Inn – 770-287-1000, 3469 Mundy Mill Road Country Inn Suites – 770-535-8080, 4535 Oakwood Road Jameson Inn – 770-533-9400, 3780 Merchants Way

SCHEDULE OF EVENTS
LANIER SPRINTS – March 31, 2007

1000 meters

7:30 or 8:00 AM (depending on number of participants)

1. Men's Masters 1x
 - (A) LWT
 - (B) A-B
 - (C) C-D
 - (D) E-F-G
2. Men's Masters 2-
3. Women's Masters 1x
 - (A) LWT
 - (B) A-B
 - (C) C-D-E
4. Men's Masters 8+
5. Women's Masters 8+

2000 meters

8:30 – or 9:00

6. Women's Collegiate Varsity 2-
7. Women's HS 1x
 - (A) LWT
 - (B) Under 16
 - (C) Over 16
8. Men's 1x
 - (A) Open
 - (B) College
 - (C) LWT
 - (D) Novice
9. Women's HS Novice 4+
10. Men's Jr 8+
11. Men's Collegiate (Varsity) 8+
12. Women's Collegiate Novice 4+

10:00 AM

13. Men's Jr 1x (lightweight and novice added by request)
 - (A) Over 16
 - (B) Under 16
14. Men's Collegiate 2-

15. Women's 1x (will add novice by request.)
(A) Open
(B) Collegiate
(C) LWT
16. Men's Collegiate Novice 4+
17. Women's Collegiate Varsity 8+
18. Women's HS 8+

11:00 AM

19. Men's Jr 4+
20. Women's HS 2x
21. Men's Collegiate Varsity 4+
22. Women's Collegiate Novice 8+
23. Women's Open/Collegiate 2x (no HS)
24. Men's Collegiate/Open LWT 8+

NOON *(possible break)*

25. Women's HS 4x
26. Men's Jr Novice 4+
27. Women's Collegiate/Open LWT 8+ (no HS)
28. Men's Collegiate/Open 2x
29. Women's Collegiate Varsity 4+
30. Men's Collegiate Novice 8+

1:00 PM - FINALS

- FINAL – MEN'S COLLEGIATE VARSITY 8+
FINAL – WOMEN'S COLLEGIATE VARSITY 8+

1:00 PM - continued

31. Men's Jr 2x
32. Men's Collegiate/Open LWT 4+
33. Women's HS Novice 8+
34. Women's Collegiate/Open LWT 4+ (no HS)
35. Men's Jr Novice 8+

1000 METER REGATTA

2:00 PM

36. Woman's Masters 4x
37. Mixed HS 2x (1K event)
38. Men's Masters 2x
(A) A-B
(B) C-D

(C) E-F-G

39. FUN- Men's Open/Collegiate 8+ (1K event)
40. Mixed Masters 4+
41. Mixed HS 8+ (1K event)
42. Mixed Masters 2x
43. Men's Rec 1x (1K event)
44. FUN – Women's Open/Collegiate 8+ (1K event)
45. Mixed Masters 8+
46. Mixed HS 4x

3:00 PM

47. Coxwain's 4+ (Steer or weigh under 120) (1K event)
48. Women's Masters 2x
49. Men's Masters 4+
50. Mixed Open/Collegiate 8+ (1k event)
51. Women's Rec 1x (1K event)
52. Women's HS Novice 1x (1K event)
53. Men's Masters 4x
54. Mixed Open/Collegiate 2x (1K event)
55. Women's Masters 4+
56. Mixed Open/Collegiate 4+ (1K event)
57. Masters/Jr 2x (parent child or reasonable substitute.)
58. Mixed Masters 4x

4:00 PM

FINALS

Entry Form (Copy as many as you need)

Organization Name _____ **Contact Person**

Phone: Home _____ **Work** _____ **Fax** _____
email _____

EVENT # _____ **Event Name** _____

College or University in which enrolled: _____
(Collegiate scullers only)

Lineup Name USRowing # Age(master/youth)

(Please print clearly)

Bow

2

3

4

5

6

7

Stroke _____

Average

Cox

Fees: Eights	\$75.00
Fours/Quads	\$55.00
Pairs/Doubles	\$35.00
Singles	\$25.00

Make checks payable to: Lake Lanier Rowing Club
Send Checks to: 3105 Clarks Bridge Rd.
Gainesville, GA 30506

Lake Lanier Sprints Traffic Pattern

