

Greenhead Sprints Indoor Rowing Regatta

Sponsored by the Brigantine Rowing Club

March 6, 2010, 6:30 a.m. to 4 p.m.

North School, Brigantine, New Jersey

Events

All races are 2,000 meters on Concept II ergometers.
Free t-shirts for all competitors.

High School Championship

Coaches put together an eight with two varsity, two junior varsity, two lightweight and two freshmen rowers. Championship eights compete on the ergs from 1 p.m. to 2:30 p.m. The boat speed of each eight is determined by averaging together the time of its rowers. The two fastest crews—one of boys and one of girls—win trophies for their schools. Awards ceremony is 3 p.m.

High School Team Races

High school coaches reserve race times and assign competitors to each race. Race times are available from 6:30 a.m. to 1 p.m., and after 3:30 p.m. A detailed race schedule is included in this packet, and 20 ergs are available in each time slot. Call Anthony Phillips at 609-266-0886 to reserve team times.

Individual Races

Youth, college, open and masters rowers, as well as high school rowers entering on their own, can compete in the Greenhead Sprints. Individual races are scheduled at 8 a.m., 9 a.m. and 3:24 p.m. No reservation is necessary.

Information

Please visit www.brigantinerowingclub.org or call Anthony Phillips at 609-266-0886.

Regatta Medals

High School Championship

All rowers in the two winning boats receive medals. Plus, medals are awarded to the 1st, 2nd and 3rd place boys and girls in each of these categories: varsity, junior varsity, lightweight and freshmen. Competitors in the high school championship are not eligible for medals in other high school events.

High School Competitors

At the end of the regatta, 1st, 2nd and 3rd place medals are awarded to the fastest high school boys and girls in these categories:

- Freshmen
- Lightweight (Boys under 150 lbs., girls under 130 lbs.)
- Junior Varsity (May be freshmen, sophomores, juniors)
- Varsity (All seniors must row Varsity)

Coxswains

Clinic at 10 a.m. Race after High School Championship.

Open and Masters Competitors

The following categories are open to both males and females:

- Youth (grades 7 and 8), lwt and hwt
- College (must be current student), lwt and hwt
- Open (age 19-29), lwt and hwt
- Masters (age 30-39), lwt and hwt
- Senior (age 40-49), lwt and hwt
- Veteran A (age 50-59), lwt and hwt
- Veteran B (age 60-69), lwt and hwt
- Veteran C (age 70-over), lwt and hwt

All times are submitted to Concept II and to *Rowing News* magazine.

How to enter

Pre-register online by March 3, 2010

Registration fee is \$20. Online registration opens Jan. 31, 2010 and closes March 3, 2010. Register, pay and complete your waiver online at www.regattacentral.com.

High school coaches: Call Anthony Phillips at 609-266-0886 to reserve times for your teams by Friday, February 26, 2010. Coaches must fax heat sheets to Anthony Phillips at 609-266-6664 by 5 p.m. Friday, March 5.

Individual competitors may race at 8 a.m., 9 a.m. or 3:24 p.m.—no reservation necessary. All competitors must check in one hour before their race time.

Location

The Greenhead Sprints will take place at the North School in Brigantine. The address is East Evans Blvd. and Lafayette Place, Brigantine, NJ, 08203.

Directions

Take the Atlantic City Expressway to the Brigantine Bridge. Cross the bridge and stay straight until you come to a circle with a lighthouse. Go straight—half-way around the circle—and continue a few blocks to Brigantine Ave. Follow Brigantine Ave. and after 2nd St. South look for Roosevelt Blvd. Turn left onto Roosevelt Blvd. Go a couple of blocks to a circle. Go halfway around the circle. North School is on the right next to a water tower.

Information for High School Coaches

The Greenhead Sprints Indoor Rowing Regatta is the perfect opportunity for high school crews to get taste of the spring racing season. This event is designed to be convenient for you to bring your athletes as a team. Here is how to enter.

- 1. Please have all participating athletes register, pay and complete a waiver online in advance.** Registration is at www.regattacentral.com. The entry fee is \$20. The online registration deadline is March 3, 2010.
2. Your athletes can row in either the High School Team Races or the High School Championship, but not both. You decide who will row in each event.
3. Reserve times for your athletes to compete in the High School Team Races by calling Anthony Phillips at 609-266-0886. In reserving your time slots, keep in mind that 20 ergs are available for each race. Race times are available on a first come, first served basis.
- 4. Athletes must be already registered to compete in the Greenhead Sprints before they are assigned to an event.** To assign athletes to a particular race, complete the High School Team Heat Sheet enclosed in this packet and **fax it to Anthony Phillips at 609-266-6664 by 5 p.m. Friday, March 5.**
5. For the High School Championship, please put together one boat with two freshmen, two lightweights, two junior varsity and two varsity rowers. There are separate events for boys and girls. Use the High School Championship entry form enclosed in this packet and **fax it to Anthony Phillips at 609-266-6664 by 5 p.m. Friday, March 5.**
6. A coxswain's clinic will be presented by Rory Roberts at 10 a.m. A coxswain's race will follow the last High School Championship race. Like all athletes, coxswains must register in advance.
- 7. Please make sure all your rowers are registered in advance, and submit your heat line-ups by 5 p.m. Friday.** Your team's cooperation in submitting information in advance will enable the Greenhead Sprints to run smoothly on race day.
8. All competitors must check in one hour before their race time. Race times are subject to change and could be moved earlier. Please stay in the race area and listen for announcements.
9. Ergometers are provided for athletes to use for warm-up before the start of races. Athletes may not use the competition ergs for warm-up.
10. New ergometers, used only in the competition, are for sale for \$800. For information contact Ed Rehill at 609-266-2025 or rehill1402@comcast.net.

Greenhead Sprints • Race schedule

Race	Time	Type of event	Reserved for
1	6:36 am	High school team	
2	6:48 am	High school team	
3	7:00 am	High school team	
4	7:12 am	High school team	
5	7:24 am	High school team	
6	7:36 am	High school team	
7	7:48 am	High school team	
8	8:00 am	Individual	Individual
9	8:12 am	High school team	
10	8:24 am	High school team	
11	8:36 am	High school team	
12	8:48 am	High school team	
13	9:00 am	Individual	Individual
14	9:12 am	High school team	
15	9:24 am	High school team	
16	9:36 am	High school team	
17	9:48 am	High school team	
18	10:00 am	High school team	
19	10:12 am	High school team	
20	10:24 am	High school team	
21	10:36 am	High school team	
22	10:48 am	High school team	
23	11:00 am	High school team	
24	11:12 am	High school team	
25	11:24 am	High school team	
26	11:36 am	High school team	
27	11:48 am	High school team	
28	12:00 pm	High school team	
29	12:12 pm	High school team	
30	12:24 pm	High school team	
31	12:36 pm	High school team	
32	12:48 pm	High school team	
33	1:00 pm	High school championship	Freshman Girls
34	1:12 pm	High school championship	Freshman Boys
35	1:24 pm	High school championship	Lightweight Girls
36	1:36 pm	High school championship	Lightweight Boys
37	1:48 pm	High school championship	Jr. Varsity Girls
38	2:00 pm	High school championship	Jr. Varsity Boys
39	2:12 pm	High school championship	Varsity Girls
40	2:24 pm	High school championship	Varsity Boys
41	2:36 pm	Coxswains	Coxswains
	3:00 pm	Awards ceremony	
42	3:24 pm	Individual	Individual
43	3:36 pm	High school team	
44	3:48 pm	High school team	
45	4:00 pm	High school team	
46	4:12 pm	High school team	

Greenhead Sprints • High School Team Race Heat Sheet

High School _____ Race Number _____

Erg	First Name	Last Name	Official Use
1			
2			
3			
4			
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17			
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20			

**Greenhead Sprints
High School Championship Race Entry Form**

High School _____

Category	First Name	Last Name
Freshman		
Freshman		
Lightweight		
Lightweight		
Jr. Varsity		
Jr. Varsity		
Varsity		
Varsity		

Registration Form for Greenhead Sprints Indoor Rowing Regatta

Sponsored by the Brigantine Rowing Club

March 6, 2010, 6:30 a.m. to 4 p.m., at North School, East Evans Blvd. and Lafayette Pl., Brigantine, NJ, 08203

Pre-register at www.regattacentral.com by March 3, 2010. Registration fee is \$20.

First Name _____ Last Name _____

Address _____

City _____ State _____ Zip _____

E-mail _____ Telephone _____

School or Club _____

Male Female Age _____ Birthday _____ / _____ / _____

High School Competitors CHECK ONE!

Coxswain

Freshman

Lightweight
Boys—under 150 lbs.
Girls—under 130 lbs.

Junior Varsity

May be freshmen, sophomores, juniors

Varsity

All seniors must row Varsity

Open and Masters Competitors

Weight Class:

Heavyweight

Lightweight
Men—under 165 lbs.
Women—under 135 lbs.

Category:

Youth (grades 7 and 8)

College (must be current student)

Open (age 19-29)

Master (age 30-39)

Senior (age 40-49)

Veteran A (age 50-59)

Veteran B (age 60-69)

Veteran C (age 70 and over)

Waiver

I fully understand that my participation in the Brigantine Rowing Club's Greenhead Sprints Indoor Rowing Regatta will place me at risk of bodily injury, including but not limited to paralysis, stroke, heart attack, and death, as well as loss or damage to personal property. I knowingly and freely accept all such risks, and I for myself, and on behalf of my family, heirs, executors, administrators and assignees, hereby release and hold harmless the Brigantine Rowing Club, the Brigantine Board of Education, the Brigantine School District and/or the Atlantic and Cape May Counties School Business Officials Joint Insurance Fund, and their respective officers, agents, members, employees, agents, successors, and assigns, from all liability with regard to any injury, loss claim, and/or damage to my health, well being or property on account of my participation in the Brigantine Rowing Club's Greenhead Sprints Indoor Rowing Regatta.

In addition, I hereby consent to the Brigantine Rowing Club, the Brigantine Board of Education, the Brigantine School District and their representatives, employees and agents, permission to photograph my participation in the Brigantine Rowing Club's Greenhead Sprints Indoor Rowing Regatta, and authorize that the Brigantine Rowing Club, the Brigantine Board of Education, and the Brigantine School District have unrestricted access to, at their discretion, use, sell, distribute, publish and republish such photographs, together with my name or a fictitious name for publicity and promotional purposes in newspapers, newsletters, magazines, trade journals, booklets, folder and/or other advertising materials and hereby release and waive any claim to financial payment or royalty for my appearing in such photographs.

Signature _____ Print name _____ Date _____

Signature of parent/guardian/coach is required for competitors under 18 years of age

Parent/Guardian Signature _____ Date _____