

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

Test your strength and stamina by pulling 2,000 meters on a Concept II ergometer. Spectators can watch on a wide-screen video monitor, cheering as you pull towards the finish line. Up to 20 rowers compete in each race. **Free T-shirts for all competitors.** The premier indoor event in South Jersey is sanctioned by USRowing.

Events

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.

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.

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.

Location

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

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

1st, 2nd and 3rd place medals are awarded to 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.

Information

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

Ergs for sale

New ergometers, used only in the competition, are for sale for \$800. For information contact Ed Rehill 609-266-2025 or rehill1402@comcast.net.