



NATIONAL SCHOOLS' CHAMPIONSHIP (NSC)

Entries

- 1) NSC is open to schools from the United States only.
- 2) Rowers/Coxswains will be allowed to race in only one event.
- 3) All Varsity, Second Varsity, and Junior B entries must be made up entirely of athletes attending one high school team. Junior C entries must be made up of athletes from the same community organization. No composite entries.
- 4) All Varsity entries must qualify out of their Regional/State Championships.
- 5) All Junior B & Junior C entries are by petition only. A committee of coaches will determine whether an entry is given admittance into the NSC. "B" boats will be considered. There will be no "C" entries. All boats being considered for petition should send inquiries to petition@nsrowing.org
- 6) A boat looking to be petitioned into the regatta should have at least 2 race results during the season to "show speed".
- 7) For events without a 2nd Boat component, teams may petition for a "B" entry, as long as the entry can show appropriate speed.
- 8) For any "extenuating circumstances" a team can petition the NSRA for a decision.

Alpha Lists

One form should include the names of everyone who will row and will require the signature of a school official. For Junior C Entries, an official for the Community Program must sign for these Middle School athletes. Please send all alpha lists to alphalist@nsrowing.org

Weigh-ins

- 1) Where applicable, the athletes have the option to weigh-in [**with** the entire boat – coach/team Rep. must attend], the day before **or** the morning of the race. Athletes only have to weigh-in **once** for the whole regatta weekend.
- 2) Athletes will be given a second chance to make weight only if they are within 1 pound of the required weight.
- 3) There will be no averaging.
- 4) There will be no coxswain weigh-ins.

Definitions of classes

Varsity = Fastest boat from a school. Athletes cannot have turned 20 years old before the last day of the regatta.

Second Varsity = Next fastest boat from a school in an event. Athletes cannot have turned 20 years old before the last day of the regatta.

Junior B = Athletes cannot have turned 17 before the last day of the regatta. Boats qualify for regatta by petition. All petition inquiries should be sent to petition@nsrowing.org

Junior C = Athletes cannot have turned 15 before the last day of the regatta. Boats qualify for regatta by petition. All petition inquiries should be sent to petition@nsrowing.org

Lightweight = No Boys over 150lbs & and no Girls over 130lbs. Athletes cannot have turned 20 years old before the last day of the regatta.

Entry Fees

Eights - \$140

Fours and Quads - \$90

Doubles and Pairs - \$70

Singles - \$40

Entry Deadlines

- 1) All entries are due Sunday June 1st on www.regattacentral.com
- 2) Late Fees (if accepted) are entry fee x 2.
- 3) Waivers are required for this regatta

Racing

- 1) Junior C events will be raced over 1000m, all other events will be raced over 1500m.
- 2) Starts will be conducted as follows:
 - The starting referee will look for hands up from a coxswain or bow athletes (for coxless boats). If there are no hands...
 - “We have alignment”
 - “Attention.....GO!”

Decorum

- 1) Racing will be conducted under the 2014 edition of USRowing “Rules of Racing” and the Rules stipulated by the NSRA
- 2) The Executive Board of the NSRA reserves the right to remove any person or persons from the regatta site for unsportsmanlike conduct or breaking of the rules.
- 3) Access to the race course by anyone other than race officials or safety personnel is prohibited. Exception to this rule would be for a member of the press or VIP approved by the Executive Board of the NSRA. Notification of this exception must be provided to the Chief Referee prior to access to the race course.
- 4) All questions of eligibility, qualifications or interpretations of any rule shall be referred to the Chief Referee whose decision shall be made in coordination with the NSRA Executive Committee. This decision shall be final and not subject to appeal.



5) All decisions of the NSRA Race Jury with respect to protests shall be final and binding, and not subject to appeal to any outside agency or organization.

Progression System

1. Subject to entries
2. Minimum 3 boats progress from heats

Boat Composition

Crew can only substitute a maximum of 50% of their crews, with approved athletes contained on the Alpha List.



Sweep Qualification Process

NOTE: Championships where there are club and scholastic programs racing, please ignore the placings of any club programs in front you i.e. we are looking for the top scholastic finishes.

Max Number of Entries in Parenthesize

Number, for example “4” = finish in the top 4 boats at your qualifying regatta

To enter the 2nd 8+, 4+, you must have qualified your 1st boat

1st Pair, Junior B (U17) and C (U15) Events are entered by petition (P)

Lightweights: Male, 150lbs max. Female, 130 lbs max

Region	1st 8+ (42)	2nd 8+ (42)	Lwt 8+ (28)	1st 4+ (42)	2nd 4+ (42)	Lwt 4+ (28)	Jr.B 8+ (28)	Jr. B 4+ (28)	Jr. C 8+ (14)	Jr. C 4+ (14)	1st 2- (28)
Florida State RA	4	4	4	4	4	4	P	P	P	P	P
Midwest SRA	4	4	4	4	4	4	P	P	P	P	P
Philadelphia SRA	4	4	4	4	4	4	P	P	P	P	P
NY State SRA	4	4	4	4	4	4	P	P	P	P	P
SNJ SRA (Garden State)	2	2	3	2	2	3	P	P	P	P	P
New England IRA	4	4	0	4	4	0	P	P	P	P	P
Massachusetts PSRA	1	1	0	1	1	0	P	P	P	P	P
Connecticut PSRA	1	1	0	1	1	0	P	P	P	P	P
Virginia SRA	3	3	2	3	3	2	P	P	P	P	P
Washington Metro IRA	1	1	0	1	1	0	P	P	P	P	P
Eastern Virginian SRA	1	1	1	1	1	1	P	P	P	P	P
US Rowing NW Juniors	1	1	1	1	1	1	P	P	P	P	P
US Rowing SW Juniors	1	1	1	1	1	1	P	P	P	P	P
At Large Bids	11	11	4	11	11	4	P	P	P	P	P



Sculling Qualification Process

Max Number of Entries in Parenthesize

Number, for example “4” = finish in the top 4 boats at your qualifying regatta

To enter the 2nd 8+, 4+, you must have qualified your 1st boat

Junior A (U19) singles will qualify from the region’s Varsity Singles event

Junior B (U17) and C (U15) Events are entered by petition (P)

Lightweights: Male, 150lbs max. Female, 130 lbs max

Region	1st 4x (28)	2nd 4x (28)	1st 2x (28)	2nd 2x (28)	Lwt 2x (28)	Jr. B 2x (28)	Jr. A 1x (28)	Jr. B 1x (28)	Jr. B 4x (28)	Jr. C 4x (14)
Florida State RA	3	3	3	3	3	P	3	P	P	P
Midwest SRA	4	4	4	4	4	P	4	P	P	P
Philadelphia SRA	4	4	4	4	4	P	4	P	P	P
NY State SRA	4	4	4	4	4	P	4	P	P	P
SNJ SRA (Garden State)	2	2	2	2	2	P	2	P	P	P
New England IRA	0	0	0	0	0	P	0	P	P	P
Massachusetts PSRA	1	1	1	1	1	P	1	P	P	P
Connecticut PSRA	0	0	0	0	0	P	0	P	P	P
Virginia SRA	2	2	2	2	2	P	2	P	P	P
Washington Metro IRA	0	0	0	0	0	P	0	P	P	P
Eastern Virginian SRA	1	1	1	1	1	P	1	P	P	P
US Rowing NW Juniors	1	1	1	1	1	P	1	P	P	P
US Rowing SW Juniors	1	1	1	1	1	P	1	P	P	P
At Large Bids	5	5	5	5	5	P	5	P	P	P

PRACTICE SCHEDULE

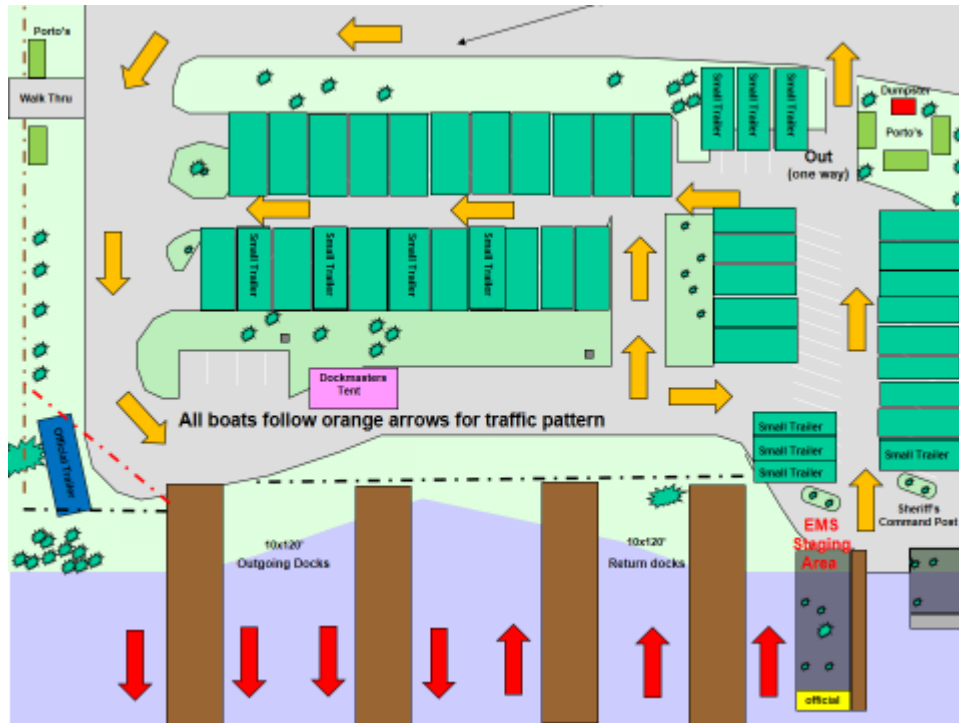
- 1) The racecourse and docks will be in assembly on Friday afternoon. Crews will be allowed on the water, but there is no guarantee that everything will be in place.
- 2) Because the race course may still be in the process of being assembled, the people who are setting up the course and towing the docks have the priority on the water and cannot be asked to watch crews while doing their job.
- 3) Crews **MUST** follow the “Practice Schedule Map” (on the Cox’ page to download) –Failure to do so could result in exclusion from the regatta. Follow instructions please.
- 4) To be sure that your crews are allowed to practice, crews should make arrangements to bring launches and engines. Please contact the LOC if you plan to bring a launch.
- 5) There will be no practice in the mornings before the racing.
- 6) On Saturday evening, the course will be open for coach-accompanied practice ½ hour after the completion of the final race until dusk. Time TBA that weekend.
- 7) Once again...CREWS MAY ONLY PRACTICE IF THERE ARE SAFETY LAUNCHES ON THE WATER!! Coaches, please be prepared to volunteer to be a safety launch driver.



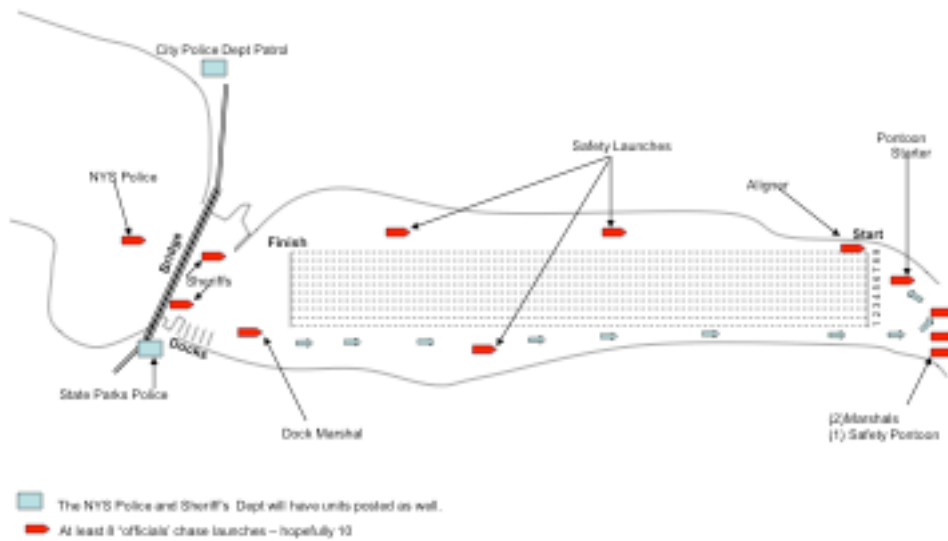
CONTINGENCY PLANS

(TBA)

TRAILER PARKING MAP (NYS BOAT LAUNCH)

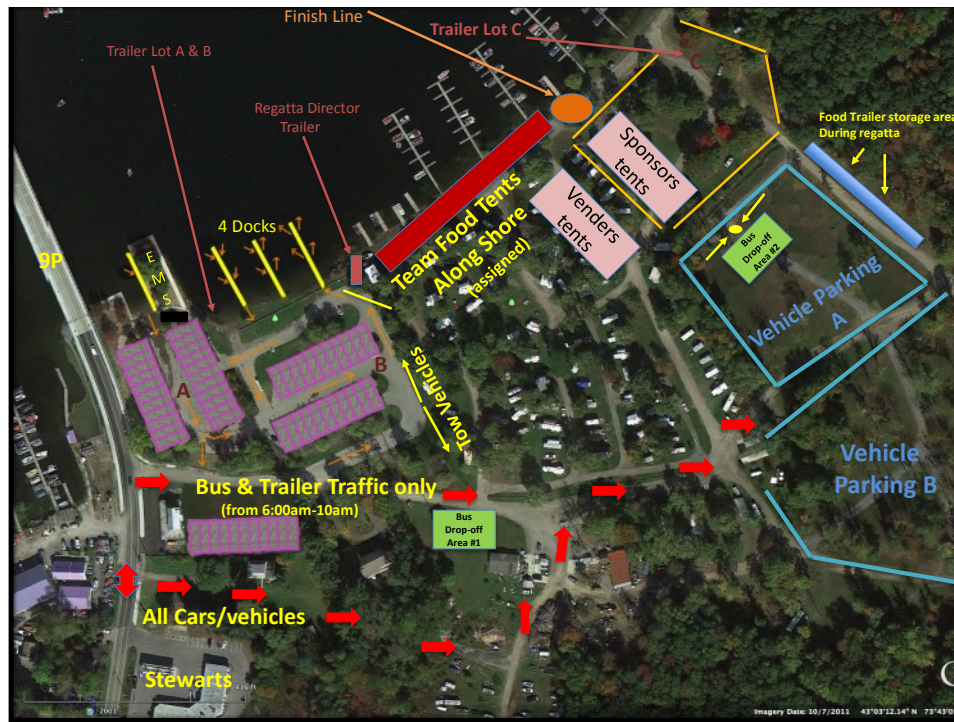


SAFETY MAP (FISH CREEK)



VENUE MAP

(LEE'S PARK + NYS BOAT LAUNCH)





Please send your **SIGNED** Alpha List to:

alphalist@nsrowing.org

ALPHA LIST

NAME	D.O.B		NAME	D.O.B
Example: Joe Smith	1 / 1 / 1997			

AS A SCHOOL OFFICIAL (TEAM OFFICIAL FOR JUNIOR C ENTRIES)

I CERTIFY ALL THOSE LISTED ABOVE ARE IN REGULAR ATTENDANCE AT:

SCHOOL NAME: _____

NAME OF OFFICIAL: _____

E-MAIL OF OFFICIAL: _____

SIGNATURE OF OFFICIAL: _____ DATE: _____