

1,500 meters sprint competition in singles, pairs, doubles, coxed and coxless quads, coxed and coxless fours, and eights for high school aged women and men in novice, freshmen, junior, and varsity categories **on the Second full weekend in May.**

All races will be conducted under these M.S.R.A. rules and the USRowing "Rules of Racing".

PROGRAMS ELIGIBLE TO RACE

The membership of the Association will consist of organizations that are involved in sponsoring "scholastic" rowing for high school aged youth (grades 9-12). To be considered "scholastic", entries racing at the MSRA Championships must be composed of athletes from a single scholastic entity.

Due to US Rowing's Organizational insurance model - MSRA organizational members may sponsor multiple scholastic entities, as long as students of a single scholastic entity, based on its school eligibility list, exclusively race representing that school during the spring season (March-May). This does not preclude composite entries of single high school athletes, if local regattas allow such entries, prior to racing at the MSRA Championships. These composite entries in local regattas shall be listed by the schools composing the crew in heat sheets and results. Whether a program for a single high school has the designation as a varsity sport, is a recognized school activity, or is solely composed of students attending that school without official school designation, it is considered "scholastic."

The Midwest Scholastic Championships are restricted to member, single high school ("scholastic") rowing programs in the following states: Illinois, Indiana, Kentucky, Michigan, Ohio, Tennessee, West Virginia, Wisconsin, and the western half of Pennsylvania. Teams outside these regions, can be permitted to race on a case-by-case basis. Teams must only represent their high school during the spring season (March-May).

Eligibility Criteria to participate in MSRA Championship Regatta

1. Teams must have paid their USRowing organizational membership for the regatta year.
2. Teams must have submitted an annual information update to the Association and paid their annual MSRA dues prior to the start of spring competition, **no later than February 28.**
3. Teams must submit an MSRA Athlete Eligibility List (see below) certifying the students' attendance at a particular school, current grade level, number of semesters previously completed and date of birth. This form must be signed by the school Registrar, Athletic Director or Principal/Headmaster of the school and must be submitted **no later than April 15 of the regatta year.**
4. US Rowing Waivers must be signed and completed online. The LOC will not accept paper waivers.
5. MSRA-owned permanent points trophies and event trophies no longer travel. Any team in possession of one of these trophies will not be allowed to register until the trophy is in the hands of the Regatta Director.

6. Schools that have never been a member of the Association must submit a statement regarding its status at the school (varsity team, recognized school club, ...) on school letterhead in addition to the information update and dues, for consideration.

7. Volunteers are an integral part to the safe and efficient running of MSRA Championships each spring. Whether helping crews launch, overseeing the parking of buses and cars, or sitting on stake boats, **volunteers devote about 1000 hours over the course of our three-day regatta.** Local teams have provided the majority of these volunteer hours over the years; however, due to the growth of MSRA Championships, we need support from the entire membership.

Therefore, as a new requirement in 2023, the LOC and MSRA Board ask that each team fulfill an assigned number of volunteer hours in order to participate in the regatta. This requirement also parallels USRowing's new rule that teams provide volunteers at USRowing-owned events. To fulfill the number of volunteer hours needed for MSRA Championships, membership teams have to provide 10 volunteer hours for every 20 athletes on their roster. Teams under 20 athletes are exempt from this requirement, but may provide volunteers if able.

We need the membership to fulfill 400 volunteer hours.

The following [spreadsheet](#) assigns each team a duty and a number of volunteer hours based off of their 2023 entry roster.

Multiple teams may help with one duty. Another 600 volunteer hours of more specialized duties (first-aid, launch drivers, etc.) are not listed in this document since local teams and the LOC will continue to manage them.

Sign Ups are due by May 1st

Please have the number of [volunteers required for your team](#), submit their information at the below form:

<https://forms.gle/yJKt4EJSemtggm3A>

If you would like to check and see who has signed up from your team, you can click the link below:

https://docs.google.com/spreadsheets/d/18KLdwx9DEazUtAWy9clJY293zh7nyrWsgHI_cSPCQAA/edit?usp=sharing

Please note, if a team's volunteer(s) do not show up for their assigned duty, then that team will not be allowed to launch their crews until the team fills the position.

RACE DECORUM

Athletes, coaches, parents and team representatives are responsible for their behavior while at the race site or on the water. Any abuse directed at volunteers, regatta officials, park staff, or LOC members will be reviewed by the Regatta Director and Executive Committee. Penalties can range from single boat exclusion to entire team exclusion from the current or future Midwest Scholastic Rowing Championships. All penalties and actions will include a letter sent to the administration of the offending school, the SRAA and US Rowing.

ENTRY FEES

\$25/athlete (rowers and coxswains).

ENTRY FEE PAYMENT

All payments must be processed online through regattacentral.com.

ENTRIES & LINEUPS

Age and Consecutive Years -

1. Eligibility is assigned to students in their freshman through senior year (grades 9 through 12).
2. Each athlete has four consecutive years of eligibility beginning in August of their freshman year (9th grade).
3. A rower or coxswain cannot have reached their 19th birthday prior to September 1st of that academic year, unless retained for a maximum of one academic year or having entered kindergarten after their age eligibility, while the four consecutive year limitation remains in effect.
4. After four consecutive years, a student will have completed their athletic eligibility and may no longer participate in the MSRA Regatta.
5. The four consecutive years rule begins with the student's initial enrollment in the 9th grade.
6. Postgraduates or fifth year students are not permitted.

Number of events a rower may enter – A rower may be entered in no more than two events. No entry limit exists for coxswains.

Gender – Per standing rules, boys may participate only in boys' events, and girls in girls' events. Gender identity, for MSRA purposes, will be considered to be what is indicated on the athlete's USRowing Profile, and as listed in the Roster on Regatta Central. The gender rule does not apply to coxswains.

Coxswain – may be of either gender, and of any skill or age classification (notwithstanding the age maximum). There is no weight minimum for coxswains. The gender rule does not apply to coxswains.

NOVICE – an athlete who began rowing after last year's Midwest Scholastic Rowing Championships. The novice starting clock applies to both sweep and scull, regardless of what you started with. For example, a sweep rower cannot claim to be a novice sculler after their first year of sweep and "re-start" the novice clock.

FRESHMAN – must be first year ninth graders (i.e. must have completed only one semester or two trimesters of high school, grades 9-11 by the MSRA regatta date, as submitted on the team's Eligibility roster). The athlete must not be repeating ninth grade.

JUNIOR – must have completed no more than 5 semesters (8 trimesters) of high school by the MSRA regatta date, as submitted on eligibility rosters.

2nd Varsity – In order for a team to enter this event, they must also enter a crew in the corresponding Varsity event.

3rd Varsity – In order for a team to enter this event, they must also enter crews in both the corresponding Varsity and 2nd Varsity events.

"B" entries are only permitted in the following events:

- Any sculling event;
- Novice 8+;
- Varsity Pair;
- Varsity 4-;
- 3rd Varsity 8+.

"C" entries are not allowed in any event.

Eligibility/Team List certifying the students' attendance at a particular school, current grade level, number of semesters previously completed and date of birth. This form must be signed by the Registrar, Athletic Director or Principal/Headmaster of the school.

Penalties for entries that race containing athletes that are falsely reported as eligible, due to age, grade level based on semesters completed (Freshman and Junior categories) or experience as in the Novice category, will include forfeiture of medals, event plaque and all team points. At the discretion of the Executive Committee, and based on a recommendation of the Regatta Rules Committee, additional penalties may include additional requirements to verify athlete eligibility for future Championships, exclusion of the team from that event the next year, and/or the exclusion of the entire team from the Midwest Scholastic Rowing Championship for a period of one or more years. All penalties and actions will include a letter sent to the administration of the offending school, SRAA and US Rowing.

The LOC will ONLY accept the following eligibility form [here](#).

Please read the instructions at the top of the form carefully before submitting.

School Name is required on all documents.

Please submit TWO versions of the document: One as a PDF (signed) as well as the original Excel file.

The deadline for eligibility lists is April 15th of the regatta year to the following email address:

dillonlakeloc@gmail.com

US Rowing Waivers must be signed and SafeSport training, if required by age, completed online. **The LOC will not accept paper waivers.**

A **fine** of \$50/athlete will be imposed for each athlete not in compliance (US Rowing Waiver and SafeSport training required of 18-year olds) by 10:00 Eastern Wednesday night. Fines must be paid to the LOC prior to any crew from that team going on the water.

Boat entries and lineups must be registered through Regatta Central.

1. Lineups are due by 10pm, EST on Thursday prior to the Regatta.
2. Each lineup changes after the deadline, regardless of reason, is subject to a \$25 fee.
3. Midwest Scholastic Rowing Championship is an invitational regatta. Teams must pay their dues and submit their Eligibility Roster in the correct format in order to submit entries. Eligibility Roster deadline remains April 15.

ERRORS ON ENTRIES (entering a rower in more than two events, etc.)

Any entry that contains an error will be notified by phone or e-mail and given 24 hours to correct the error. If the time limit passes without resolution satisfactory to the regatta committee, the crew's entry from that particular event will be dropped, and will become subject to the **Late Entry** rule, should the coach try to subsequently correct the error or re-enter the crew.

LATE ENTRIES

Any entry made after the deadline posted by the Host Regatta Committee, will be accepted at the discretion of the Regatta Committee on a "lane available" basis and only with a \$100.00 per boat late fee. **A Late Entry will not be accepted if it creates a heat.**

SCRATCH FEES

Scratches will be accepted by email at dillonlakeloc@gmail.com until 10pm on Thursday of the regatta week. Teams scratching after the deadline (including not showing-up or late to the start) will be assessed a \$50.00 Scratch Fee, **to be paid prior to competition by any other boat from that team, in subsequent races.** Scratches due to documented medical issues will be accepted without penalty in writing at the Office Trailer by 6am Saturday of the race weekend.

NO REFUNDS

In order to stage the Regatta, the MSRA and the LOC undertake financial obligations in advance of the event. Accordingly, if the Regatta must be canceled, whether in whole or in part, or if the published schedule is altered due to environmental conditions there will be no refunds and no credits issued toward future Regattas.

Once the entry fees per athlete are paid, there is no refund available, even for scratched events.

This Policy applies to all parties (including vendors and sponsors) participating in the Regatta in any and all capacities.

LINE-UP CHANGES, MEDICAL SUBSTITUTIONS

Boating line-up changes may be made after the published Regatta Central entry deadline however the athletes must be listed on the team eligibility list and already be paid entrants for the regatta. Changes in boating line-ups (up to one half of the rowers of the crew as well as the coxswain) must be submitted, in writing, no later than 10pm, EST on Thursday prior to the Regatta.

Official line-ups will be printed on Saturday morning. The athlete line-up must match the official line-up.

After registration closes (10:00 PM on Thursday, EST), only **Medical Substitutions** will be allowed. In the case of athlete illness or injury after the close of Registration, a written note from the Coach must be presented to the Regatta Director stating that the athlete in question is unable to participate. Once an athlete is withdrawn from an event, the athlete may not participate in subsequent events in the Regatta. The following constraints will apply:

- a. The replacement/substitute must be listed on the team eligibility roster but does not have to be a listed alternate on Regatta Central.
- b. The replacement/substitute rower is restricted to the two-event limit. As per standing rules, no athlete will be allowed to participate as a substitute if that would place the athlete in a third race.
- c. A replacement/substitute may not come from rowers in a corresponding higher-level crew.
 - i. No "rowing down" will be permitted for substitutes in the following events: First Varsity 4+ and Second Varsity 4+ (i.e.: in the case of illness or injury, an athlete from 1V4+ {that did not progress} will not be permitted to substitute into the 2V4+).
 - ii. Similarly, there will be no "rowing down" for substitutes in the 1V8+, 2V8+ and 3V8+ categories. In the case of illness or injury, a

replacement/substitute for a rower in the 2V 8+ may not come from rowers who were entered in the 1V 8+ (and did not progress). Similarly, a replacement/substitute for a rower in the 3V 8+ may not come from rowers who were entered in the 1V 8+ or 2V 8+ (and did not progress).

d. If the original athlete is restored to good health, as cleared by a health professional, the athlete may return to competition only after this change is communicated in writing to the Regatta Director.

RACE STARTS

Crews are responsible for being locked on to the starting platform 2 minutes prior to the official published race time. Failure to do so will result in exclusion from the race.

The starter will start the race at any time deemed safe after the 2-minute mark, and as close to it as possible, if alignment is achieved, crews are safely pointed, and the course is clear.

PROGRESSION SYSTEM

Please see the following link for progression:

https://docs.google.com/spreadsheets/d/13rJH6p_TY0zdPKHjhsnerVuCb5jpsLR40TDWO_s_Ogo/edit?usp=sharing

3 to 8 Entries - Final

9 - 16 Entries - 2 Semi Finals. Top 3 crews from each Semi Final advance plus the next two fastest times from either Semi Final to the Final.

17 - 24 Entries 1st Varsity 8+ and Varsity 4x - 3 Heats: top 5 progress from each heat plus next fastest time from all heats to 2 Semi Finals.

17+ Entries all other events - Time Trials: 1-8 straight to final, 9+ eliminated.

28 or more entries in any event will trigger progression to an "A" and "B" Final.

The following events will have B Finals (10 or more entries) : 1st Varsity Eight, 1st Varsity Coxed Fours, Varsity Quads, Varsity Doubles, Junior 8+, Novice 8+, Junior 4+.

AWARDS

- MEDALS awarded for FIRST, SECOND and THIRD place for all events.

- An event must contain at least three entries from different teams to constitute a race.
- AWARD PLAQUES will be given to the winning team for each event, with the exception of B FINALS.
- TEAM POINTS TROPHIES will be awarded for the following: boy's sculling, girl's sculling, boy's sweep and girl's sweep events. In addition a Combined points trophy that requires boy's and girl's entries will also be awarded counting sweep and scull points. An "MSRA Scoring System" will be used to decide team points. Points are awarded in each event. Varsity (1V) classification receive 100%; 2V and Junior events receive 80%; and 3V, Freshman and Novice events 60%. The original trophies no longer travel and will be maintained and engraved by the regatta host.
- EVENT TROPHIES no longer travel and will be maintained and engraved by the regatta host.

MSRA SCORING SYSTEM

Team of the 1st Place Crew Receives

	1V	2V/Junior	3V/Freshman/Novice
1x	10 Points		
2x, 2-	15 Points	12 Points	
4x, 4+, 4-	20 Points	16 Points	12 Points
8+	30 Points	24 Points	18 Points

If less than eight boats race in the Final, points are awarded for the top finisher down.

The points for the second (or subsequent) crew from the same high school with a higher finish order in a final are not awarded, but count as the place order (thus blocking the awarding of those points to any team) in awarding points to other high schools.

B-Finals earn no points.

1V	1st	2nd	3rd	4th	5th	6th	7th	8th
V8	30	24	18	12	9	6	3	1.5
V4+/4-/4x	20	16	12	8	6	4	2	1
V2-/2x	15	12	9	6	4.5	3	1.5	0.75
V1x	10	8	6	4	3	2	1	0.5

2V/Jr	1st	2nd	3rd	4th	5th	6th	7th	8th
2V8/Jr8	24	19.2	14.4	9.6	7.2	4.8	2.4	1.2
2V4+/Jr4+/-/Jr4x	16	12.8	9.6	6.4	4.8	3.2	1.6	0.8

Jr2x	12	9.6	7.2	4.8	3.6	2.4	1.2	0.6
3V/Fr/Nov	1st	2nd	3rd	4th	5th	6th	7th	8th
3V8/Fr8/N8	18	14.4	10.8	7.2	5.4	3.6	1.8	0.9
N4+/N4x+	12	9.6	7.2	4.8	3.6	2.4	1.2	0.6

Weather Contingency Plan {effective 2023}

In the event of bad weather that could jeopardize the safety of competitors, the MSRA has established the following contingency racing plan for the regatta. **Safety and fairness are of central importance.**

It is the responsibility of each program to be aware of the current weather conditions that could put any of the following actions into effect.

A mandatory coaches meeting will be held one hour before the first race on Saturday and Sunday. If weather conditions require a change in the schedule, coaches will be notified at that time. The meeting place will be the regatta headquarters.

At registration, each program must provide a text/phone/lodging contact number, however, it is the responsibility of the head coach to be present at announced coaches meetings.

The decision of the Chief Referee, the members of the Executive Committee and a representative from the LOC on races will be final.

Discussion from school administration, coaches, parents organizations, or athletes will not be permitted. It is the responsibility of each program to inform their coaches, rowers, and parents of these contingency rules which could be put into effect.

Based on recent regattas, our full schedule has required approximately nine hours of preliminary racing (plus a one hour break) on Saturday and four hours of Finals on Sunday. The anticipated scenarios may yield 7/6 hours or less.

Limited racing on Saturday – full racing on Sunday {7+ hours}

Unable to run races Saturday – Race only on Sunday {7 hours}

Limited racing on Saturday and Sunday {6 or fewer hours}

Given any of these situations, **Priority #6 and #7** events would NOT be run.

If weather conditions limit the available amount of time available, racing of events will follow the following list of priorities. Each of the seven components would require ~2 hours}

The only exception to these priorities would be events that have fully launched and on the water. Reasonable completion of those events already fully on the water would occur, with the possibility of changing format (Semifinal to Time Trial), prior to implementation of the Priorities listed below. Events are to be run in the following Priorities, at each stage as weather and time permit.

Priority #1A: Heats/Time Trials (first round) of Varsity events (though we may choose to limit 1x for weather concerns): {SRAA qualifiers} 1V8+, 1V4+, V4x, V2x

Any of these events with 7 or fewer entries will be run as a Final-only using either a traditional race format or a Time Trial.

Priority #1B: Heats/Time Trials of V1x [8-10 events]

Priority #2: Heats/Time Trials (first round) of Junior and Freshman events: {SRAA qualifiers} Jr8+, Jr4+, Jr4x, Jr2x, 2V8+, Fr8+, N4x+

Any of these events with 7 or fewer entries will be run as a Final-only using either a traditional race format or a Time Trial. [14 events]

Priority #3A: A-Finals of Varsity events 1V8+, 1V4+, V4x, V2x, 2V8+

Priority #3B: Finals of V1x [10-12 events]

Priority #4: Finals of Junior and Freshman events: Jr8+, Jr4+, Jr4x, Jr2x, 2V8+, Fr8+, N4x+ [14 events]

Priority #5: Heats/Time Trials (first round) of non-SRAA events: V4-, V2-, 3V8+, N8+, N4+ [10 events]

Priority #6: Finals of non-SRAA events: V4-, V2-, 3V8+, N8+, N4+ [10 events]

Priority #7: B-Finals: 1V8+, V4+, V2x, Fr8+ [8 events]

The Chief Referee, the members of the Executive Committee and a representative from the LOC reserves the right to select events that can be run depending on the time, weather, and safety along with race format.

Potential means of preserving the entire schedule, or at least as much as possible, might resort to options that include the following:

Modified progression with Time Trials, with no Semifinals.

Time Trial: either resulting in final placings or advancing the fastest 7 to a Final.

Combination of Time Trial or 2 Semifinals, advancing the fastest 12 from the Time Trial to 2 Semifinals or beginning with Semifinals (8-14 entries)

If equal conditions allow, the Semifinal winners and 5 next fastest remaining times will advance to the Final. If the Final is not subsequently run, the time order from the Semifinals will be the basis of final placement.

Up to 7 entries: no preliminary rounds, may use a 7-boat final or a Time Trial.

Shortening the course (by as little as possible)

Floating starts

If Unable to run races on Sunday, but all scheduled Time Trials/Semifinals were raced on Saturday:

Award medals/event plaques and trophies (if requirements were met) awarded based on the last fair round completed. Events that were not raced because they were Finals only will not receive medals/event plaques or points.

If Unable to race Saturday and Sunday: The regatta will be considered cancelled and no medals/event plaques or point trophies awarded.

If the **event schedule is compressed** by racing Priority #1 events only, there might be potential conflicts, an effort will be made to provide adequate time between races to avoid those conflicts.

Substitutions in events that have already raced in a heat will be restricted to substitution for Medical reasons. Athletes that have raced in at least a heat of an event that has been canceled still have one of their possible races counted toward their limit of two races, even if the final of that event is not raced.

Other substitutions in events that have not been raced will otherwise be limited to 50% of the crew, but when submitting a written substitution, the document must indicate what other event any substituted athlete has raced in or will be racing in.

Medals/Event Plaque/Event Trophy: Events that have had no races run will not receive medals.

Medals/event plaque/event trophy (when one exists) will be awarded based on time placement in the last fair round [Heat, Time Trial, Semifinal or Final] completed.

Points Trophies

a) Sweep points trophies: The Mens and Womens points trophies will not be awarded unless more than half [117.5 points] of the event points are awarded including the Priority #1 sweep events [1V8, 1V4+, 2V8] for that gender. In this case only the placing of first place is awarded and noted with an * on the record.

b) Sculling points trophies: The Mens and Womens points trophies will not be awarded unless more than half [50 points] of the event points are awarded including the Priority #1A sculling events [V4x, V2x] for that gender. In this case only the placing of first place is awarded and noted with an * on the record.

c) Weaser Combined Points Trophy will only be awarded if the Boys Sweep and Sculling points trophies, and Girls Sweep and Sculling point trophies are all awarded