



2010 IRC Summer Dash!
July 31, 2010
Eagle Creek Park, Indianapolis, IN

Dear Athletes and Coaches:

Thank you for attending the 2010 IRC Summer Dash! The 6 lane, fully-buoyed 1000m course on Eagle Creek in Indianapolis, Indiana is one of a many highlights of this regatta:

- An Overall Masters Team Points Award banner will be awarded. A Team Point Banner will also be awarded (masters, opens and juniors).
- Events containing less than three entries will be combined with another event. If your club would like to add an additional event and can guarantee three entries, please contact Bernadette Teeley exec_dir@indyrowing.org.
- Handicapping will be used for this event.
- No competitor (excluding coxswain) shall enter more than six events.
- Medals will be awarded for 1st, 2nd and 3rd place regardless of number of entries in the event.
- Weigh-ins will be based on the honor system for this event: although a scale will be provided to check your weight. The Chief Referee reserves the right to check the weight of any lightweight competitor or coxswain at any time.
- Registration will open Thursday July 1, 2010; Registration Deadline is July 24, 2010th at midnight PST.
- On-line registration –please register on regattacentral.com. Onsite registrations will be permitted, as long as space is available without adding additional heats. Late Entry fee is \$10 + event fee.

The IRC Summer Dash will begin at 9:30am., with coaches and coxswains meeting at 8:00AM. The course will be open for practice on Friday, July 30 from 4pm-6pm. The IRC Masters are hosting a BBQ with live music on Friday night and all participants are welcome to attend! Visit our website for more information.

Events for this regatta:

Novice/Rec. Masters: **Men:** 1X, 4+, 8+

Women: 1X, 4+, 8+

Mixed: 4+, 8+

Masters: **Men:** 1X, Ltwt 1X, 2X, Ltwt 2X, 4X, 2-, 4+, 8+

Women: 1X, Ltwt 1X, 2X, Ltwt 2X, 4X, 2-, 4+, 8+

Mixed: 2X, 4X, 4+, 8+

Open: **Men:** 1X, 2X, 4X, 4+, 8+

Women: 1X, 2X, 4X, 4+, 8+

Mixed: 8+

Junior **Men:** 1X, 4+, 8+

Women: 1X, 4+, 8+

Mixed/ Novice: 8+

- a. **Registration:** Registration will open two hours prior to racing on Saturday July 31, 2010.
- b. **Coaches and Coxswain Meeting:** Athlete meeting will be held one hour before racing. This is subject to change based on the racing schedule.
Location: Launch docks
- c. **Please note that competitors and spectators may be required to pay the park entrance fee.** This City gate fee is required of all competitors, spectators and IRC rowers who use Eagle Creek Reservoir. The gate is staffed at about 7:00AM, competitors dropping off boats on Friday will not be charged. The Indy Parks gate fee is \$5/ car.

Definitions:

Junior: Rowers must be 18 years of age or younger as of December 31, 2010 OR have just completed attending high school this academic year ('09-'10)

Novice/ Rec Master-individual who started racing sweep or scull after Jan.1, 2009, and meets the Masters' definition below or whose skills are at the developmental level, experience is limited.

Master -individual who has the age of 21, during the current calendar year. A competitor's age is determined as of December 31 of the current calendar year. The age of a crew is determined by the average of the crew rounded down to the highest contained

integer. The Coxswain's age shall not be counted. Each member of the crew with the exception of the coxswain must be within the masters' age limitations.

Mixed-one half of the rowers are male. One half of the rowers are female. Please note the spirit of the mixed novice-rec events, some substitutions will be allowed in the event that the team needs to be out of ratio in order to make the entry. This event is a great opportunity to introduce new rowers to the sport!

Age Categories

Average age of the crew determines eligibility. The age category of a masters crew shall be determined by the average age of the crew, always round down. Age is determined as of December 31.

Age Categories:

AA	=	21-26	F	=	60-64
A	=	27-35	G	=	65-69
B	=	36-42	H	=	70-74
C	=	43-49	I	=	75-79
D	=	50-54	J	=	80+
E	=	55-59			

Lightweight and Coxswain Weigh-Ins

Weigh-ins will be based on the honor system for this event; although a scale will be provided to check your weight. The Chief Referee reserves the right to check the weight of any lightweight competitor or coxswain at any time.

Lightweight Men = no more than 160 lbs. each rower

Lightweight Women = no more than 130 lbs. each rower

THERE ARE NO CREW AVERAGES FOR LIGHTWEIGHT MEN OR WOMEN.

Coxswains for men's and mixed crews = at least 120 lbs.

Coxswains for women's crews = at least 110 lbs.

Each coxswain is responsible for bringing his/her own weight.

Bow Balls and Quick Release footgear, Safety: Bow-balls are required equipment. Check all boats to ensure that they are equipped with quick release foot gear as described in the 2009 Rules of Rowing. Bow Coxed boats are to also be in compliance with the rules.

Boat trailers, storage, and parking: Outdoor storage racks are provided for teams near the launch docks. Only course and LOC boats will be permitted on the water during the regatta time frame.

Other Items: We will be using Floating Starts from the 1000m mark and racing to the finish tower, finish line. A proper warm-up traffic pattern will be posted. Please read it and observe it.

Waivers: A Waiver must be on file for all athletes. Please fill out an online waiver on [regattacentral](http://regattacentral.com), or download the [IRC waiver](#).

Fees: Single: \$25; Doubles/Pairs: \$40; Fours/ Quads: \$60; Eights: \$80

Accommodations/Directions:

OFFICIAL HOTEL OF THE SUMMER DASH—thank you!



BY CHOICE HOTELS

Clarion Inn and Suites Northwest
7001 Corporate Drive
Indianapolis, IN 46278
(317) 298-3700

Book [ONLINE](#): click on Rates/Packages. Choose dates and select "Special Rate/Corp ID" the drop in "Best Available Rate" drop down list . The IRC code is 00069125

Directions to Eagle Creek Park:

Traveling from the Northwest

I-65 South to I-465 South. Exit 71st Street. Travel West into Park. Once in park, follow signs to Eagle Creek Beach Dr. approximately seven minutes into the park. Turn right onto Eagle Creek Beach Dr.

Traveling from the East

I-70 to I-65 North. Take the Lafayette Rd exit. Turn right onto Lafayette Rd. Turn left at light onto 56th St. Park will be on the right. Once in the Park turn left at your first opportunity onto Eagle Creek Beach Dr.

Traveling from the Northeast

I-65 South to I-465 West. Take the 71st exit and turn right (west) onto 71st. this will take you directly into the park. Once in park, follow signs to Eagle Creek Beach Dr. approximately seven minutes into the park. Turn right onto Eagle Creek Beach Dr.

Traveling from the West

I-74 or I-70 east to I-465 North. Take the 56th St. exit. Turn left at light. Park will be on the right. Once in the Park turn left at your first opportunity onto Eagle Creek Beach Dr.

Traveling from the South

I-65 North to Lafayette Rd. Take the Lafayette Rd exit. Turn right onto Lafayette Rd. Turn left at light onto 56th St. Park will be on the right. Once in the Park turn left at your first opportunity onto Eagle Creek Beach Dr.