

2023 Minneapolis Sprints



Entry Packet

Saturday, June 17th

Lake Nokomis, Minneapolis

Hosted by the Minneapolis Rowing Club (a.k.a. Local Organizing Committee)

Dates and Times

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| June 1 | Regatta Central open for entry registration |
| June 11 | Entries due via Regatta Central by 11:59 PM Central |
| June 15 | Schedule and heat/lane assignments posted and emailed out to participating clubs |
| June 17 | 7:00AM Coaches, Cox, and Bow meeting 8:00AM First race |

Bow Numbers

Please provide your own bow numbers 1-6.

Costs

Cost for athletes is \$35 for the rowers and \$10 for the coxswains. Spectating and cheering is free! No refunds after the entry due date (June 10).

Exception: If regatta cancel due to high water/venue concerns and it is announced by Wednesday, June 15, full refunds will be provided.

Race Entries

Race entries are due on Sunday, June 11 at 11:59 PM Central and they can be submitted in Regatta Central ([click here](#)).

For each entry, club must enter full names of all crew and select one name as stroke person. If a club is entering more than one boat in an event, the club must rank each boat (i.e., A, B, C and etc.). Accurate boat rankings will allow us to seed flights in order to allow for more competitive racing.

Rules

USRowing's 2023 Rules of Rowing will govern this event and USRowing licensed referees will officiate this event to ensure fairness and safety. The Chief Referee is Richard Sorensen.

Final Schedule

All races are finals only. No heats. If there are more than 6 entries for an event, the race will be divided into flights and the overall winner will be determined by best overall time. Events with only one entry may be combined with other events. Please see order of events. First event will start at 8:00 AM with 10 minutes center in between events.

Open Gender Event

Minneapolis Sprints will offer one Open Gender event - Open Gender 2x.

The intention behind this event is to create space for nonbinary athletes to compete if they wish to do so outside of binary events. We expect that entire boats of men and women will race in their respective categories to preserve that intention. Athletes are encouraged to compete where they identify.

At least half of the rowers in the boat for the Open Gender 2x event must identify as non-binary.

Inclusion Event

Minneapolis Sprints will offer an Inclusion event- Inclusion 2x Para, one in the morning and another in the afternoon.

Definitions

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|------------------|---|
| Open | Any rower age 19 or over as of the end of this calendar year |
| Junior | Athletes under the age of 19 as of the end of this calendar year |
| Master | Any rower over the age of 21 as of the end of this calendar year. Crew's average age is rounded down to the nearest whole number. Masters will be age adjusted (a.k.a. age-handicapped) based on the USRowing's Age Adjustment System. |
| Women's Events | Exclusively for athletes who identify as a woman at the start of the rowing season and/or those who are assigned as female at birth. |
| Men's Events | Exclusively for athletes who identify as a man at the start of the rowing season and/or those who are assigned as male at birth. |
| Mixed Events | Boat entries in this category must consist of 50% athletes of any gender and 50% athletes assigned as female at birth. |
| Inclusion Events | Boat entries in this category must consist an equal mixture of Para/Adaptive and non-Para/Adaptive rowers. |

Course

Boats will launch on the north end of the lake at the designated beach launching area. This is a water launch - rowers should expect to wade up to mid-thigh. The course is approximately 1380 meters long. Rowers will warm up on the west side of the lake, taking care to avoid the public swimming area. There will be 3 lines of buoys. Boat holders are positioned at the start line on the south end of the lake. Please see attached map.

Parking

Trailers will park in the parking lot at the north end of the lake.

Free parking is available around the lake for those who arrive early and there is a pay parking lot on the west side of the lake. However, this is a public park so there may be other activities going on that day and parking could be limited. Carpooling is greatly encouraged to save space for other competitors and the public.

Incident Weather Information

To ensure the safety of the athletes, officials, regatta personnel and volunteers, the Chief Referee and Local Organizing Committee will monitor the weather continuously during the regatta. Chief Referee and LOC may cancel races due to deteriorating weather conditions or other unforeseen events. They will not postpone or reschedule races to different time to allow thunderstorm, lightening or other severe weather conditions to pass through.

When such situations occur, the Chief Referee and/LOC will announce any cancellations through the on-site public address system, and if needed, ad-hoc meeting with participating club representatives.

There will be no refund of entry fees for canceled races due to deteriorating weather conditions or other unforeseen events.

Drone Policy

In accordance with USRowing's drone policy, anyone interested in utilizing a flying drone at the regatta venue must receive approval from the event's Chief Referee and the Local Organizing Committee.

Order of Events

Minneapolis Sprints, June 17, 2023

- 1 Open Men 4-/4+
- 2 Junior Girls 2x
- 3 Master Men 1x
- 4 Junior Boys 4+
- 5 Open Men 1x
- 6 Open Mixed 2x
- 7 Open Women 4-/4+
- 8 Master Women 1x
- 9 Inclusion 2x Para A
- 10 Junior Boys 2x
- 11 Open Mixed 4x
- 12 Junior Girls 1x
- 13 Open Women 2-/2x

Lunch

- 14 Open Gender 2x
- 15 Open Men 4x
- 16 Open Women 1x
- 17 Junior Girls 4+
- 18 Open Men 2-/2x
- 19 Open Women 4x
- 20 Master Men 2-/2x
- 21 Inclusion 2x Para B
- 22 Junior Boys 1x
- 23 Junior Girls 4x
- 24 Master Women 2-/2x
- 25 Junior Boys 4x

MINNEAPOLIS SPRINTS – LAKE NOKOMIS COURSE

