



Saturday, April 22, 2006

Flushing Meadows Corona Park, New York City
hosted by Row New York & Sagamore Rowing

Register at regattacentral.com

TRAILER ARRIVAL 5:15AM

REGISTRATION 6:30AM – 8:00AM

Packets (including bow numbers) should be picked up at the registration table.
All waivers not received by April 20, must be submitted at this time.

COACHES AND COXSWAINS MEETING 7:15AM

SCRATCHES 7:30AM

START OF RACING 8:00AM

ORDER OF RACES (times TBA)

1. Boys Varsity 1x
2. Girls Varsity 1x
3. Boys Varsity 2x
4. Girls Varsity 2x
5. Boys Novice 4x
6. Girls Novice 4x
7. Boys Novice 4+
8. Girls Novice 4+
9. Boys Second Novice 8+
10. Girls Second Novice 8+
11. Boys Novice 8+
12. Girls Novice 8+

LUNCH BREAK

13. Boys Lightweight 4+
14. Girls Lightweight 4+
15. Boys JV 4+
16. Girls JV 4+
17. Boys Varsity 4+
18. Girls Varsity 4+
19. Boys Varsity 4x
20. Girls Varsity 4x
21. Boys Lightweight 8+
22. Girls Lightweight 8+
23. Boys JV 8+
24. Girls JV 8+
25. Boys Varsity 8+
26. Girls Varsity 8+



RACE RULES AND REGULATIONS

CATEGORIES

- **Novice:** Any athlete who has rowed for less than one year.
- **Varsity:** This is essentially an open category for all high school students
- **JV & 2nd Novice:** Schools may not enter a second boat without a first boat entered in the same category (i.e. you may ONLY enter a JV 4+ if you have a Varsity 4+ registered). Please note, this includes scratches. If you scratch your first boat, your second boat must move up accordingly.
- **Lightweight:** Boys: 155 lbs Girls: 130 lbs
(all lightweights must weigh in at the registration table)

MEDALS

Four, Five, or Six entries (Gold, Silver, Bronze)
Three entries (Gold, Silver)
Two entries (Gold)

ENTRY LIMITS

- Hot seating is strongly discouraged and no accommodations will be made.
- Each team may enter 3 boats per event. We will try to accommodate additional entries, but they are not guaranteed.
- Please be cognizant of the availability of your rowing shells as dictated by the schedule.

FINALS

All events will be straight finals (no heats).

LAUNCHING AND LANDING

All crews must launch and land in the designated launching and landing areas. In order to limit congestion on the lake, officials will be checking bow numbers to ensure that no crew launches before their event is called.

All rowers are strongly encouraged to wear protective footwear (i.e. aqua socks) for walking the boats in.

PARKING

Please look carefully at the parking lot map. ALL trailers MUST park in designated spots. There is plenty of parking for cars, but cars that are illegally parked will get ticketed by the New York City Department of Parks.

Do NOT arrive with your trailer before 5:15 AM. The Parks Department will NOT allow you in the parking lot.

PLEASE tell parents NOT TO PARK ON THE GRASS. They can drop off supplies, but parking on the grass will result in fines from the parks department. Thank you.



COMPLETE WAIVER AND RELEASE OF LIABILITY AND INDEMNIFICATION AGREEMENT

IN CONSIDERATION of being given the opportunity to participate in New York City Jr Sprints, I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.

2. FULLY UNDERSTAND that: (a.); ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Releasees names below; (c.); there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of the Club and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.

4. HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place, (each considered on of the Releasees herein) from all liability, claims, demands, losses or damages on my account caused or allege to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees, from any litigation's expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim.



COMPLETE WAIVER AND RELEASE OF LIABILITY AND INDEMNIFICATION AGREEMENT

I have read this agreement, fully understand its terms, understand that have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Participant: _____ Date: _____

Address: _____

_____ Phone: _____

Signature (only if age 18 or over)

PARENTAL CONSENT

AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or part by the operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasees, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any may incur as the result of any such claim.

Printed Name of Parent/Guardian: _____ Date: _____

Address: _____

_____ Phone: _____

Parent/Guardian Signature (only if participant is under the age of 18):

THIS AGREEMENT MUST BE SIGNED BY ALL PARTICIPANTS AND RECEIVED OR FAXED BY APRIL 20TH.

Row New York
11-49 47th Ave
Long Island City, NY 11101

Fax: 815-572-0272

DIRECTIONS

FROM EASTERN LONG ISLAND BY AUTOMOBILE

(No commercial vehicles via parkway)

Take the Northern State Parkway West.

At the Queens line it will change to the Grand Central Parkway

As you approach Queens Blvd stay to the right and continue on the Grand Central Parkway towards the Tri-Boro Bridge.

Take Exit 10 to the LI Expway (Rte 495) East. Stay in the right lane and it will become the Exit to the Van Wyck Expway (Rte 678 South).

Take the Van Wyck Expway (Rte 678) South and stay right and take Exit 11 (first exit) to the right into Flushing Meadow, Corona Park, Meadow Lake.

See "IN THE PARK" below

FROM EASTERN LONG ISLAND BY COMMERCIAL VEHICLE (or auto)

Take the LI Expway (Rte 495) West to Queens

Take Exit 22B to the right. (There is a sign for Corona Park Exit 22A. **Do not use this exit.**)

From Exit 22B stay parallel to the LIE on Horace Harding Expway and go to the first traffic light. About 1/4 mile.

Turn left onto College Point Blvd. and go south about 1/4 mi and then bear right onto the entrance for the Van Wyck Expway (Rte 678) South. Stay to the right and do not get on the Expway but continue to the right and enter into Flushing Meadow, Corona Park, Meadow Lake.

See "IN THE PARK" below.

FROM NEW JERSEY AND THE SOUTH

Take the NJ Turnpike (Rte 95) North to the Geo.Washington Bridge.

The Upper Level is best but either level will do.

Stay on 95 North to the Cross Bronx Expressway.

After Exit 2B stay in the right lane and take Exit 6A to the right.

Take Route 678 to the Whitestone Bridge.

See "FROM THE WHITESTONE BRIDGE" below.

FROM UPSTATE NEW YORK

Take the NY State Thruway (Rte 87) South and cross the Tappan Zee Bridge.

After crossing the Bridge stay on the Thruway (87) South.

When it crosses into the Bronx it will change to the Major Deegan (Rte 87) South

Take Exit 7 to the Cross Bronx Expway (Rte 95) North.

Take Exit 6A to the right and then take Rte 678 to the Whitestone Bridge.

See "FROM THE WHITESTONE BRIDGE BELOW"

FROM NEW ENGLAND

FROM NEW ENGLAND

Take Rte 95 to NY State. Take Exit 7 to the left onto Rte 695 South to the Throgs Neck Bridge. Continue on Rte 695 to the Throgs Neck Bridge. Beware the toll barrier arm on the EZ Pass lanes. Cross the Bridge and continue South on the Clearview Expway (Rte 295) South. Take Exit 4 to the right to the LI Expway (Rte 495). The road will divide, stay to the right and take the LI Expway (Rte 495) West. Get off at Exit 22B. See the instructions for "EASTERN LONG ISLAND BY COMMERCIAL VEHICLE" above.

FROM THE WHITESTONE BRIDGE

At the Toll Gate beware the barrier arm in the EZ Pass Lanes
Cross the Bridge and stay in the right lanes and take the Whitestone Expway (Rte 678) South As you approach Shea Stadium stay to the left and take the Van Wyck Expway (Rte 678) South.
Take Exit 11 on the right into the Flushing Meadow/Corona Park. See "IN THE PARK" below.

IN THE PARK

Parking attendants will give directions.

No parking on grass. Use legal spots only.

LEAVING THE PARK FROM THE PARKING LOT

Go South through the parking lot and take the road out of the lot. Make an immediate U-turn left and take the exit bridge over the Expway. There is a sign "LIE, Whitestone Expway & Van Wyck Expway No." Cross the Bridge. At the end of the bridge the road divides. See below.

IF YOU ARE GOING TO THE WHITESTONE BRIDGE

Stay to the left and take the Van Wyck Expway (Rte 678) North. Continue to the Whitestone Expway (Rte 678) North and then to the Whitestone Bridge.

IF YOU ARE GOING TO THE THROGS NECK BRIDGE

Stay to the right onto College Point Blvd. Turn to the right and then take the entrance ramp left for the LI Expway (Rte 495) East. Take Exit 27 North to the Clearview Expway (Rte 295) North to the Throgs Neck Bridge.

IF YOU ARE GOING TO EASTERN LONG ISLAND

Stay to the right onto College Point Blvd. Turn to the right and then take the entrance ramp left for the LI Expway (Rte 495) East. If you are in a non-commercial vehicle you may want to go to the Parkway. From the LI Expway take Exit 27 South onto the Clearview Expway (Rte 295) South. Take the Grand Central Parkway East for LI. Commercial vehicles stay on the LI Expway East.



**FLUSHING MEADOWS
CORONA PARK**

FROM
FINISH

MEADOW LAKE

TO START

**PLEASE PARK ONLY IN LOTS P1 & P2
OR IN DESIGNATED SPOTS ALONG
THE ROAD. VEHICLES PARKED
ILLEGALLY WILL BE TICKETED.**

TO P2 & ADDITIONAL
CAR PARKING

P1

VISITING CLUB LAUNCHING SITES

TRAILER PARKING TRAILER PARKING

CAR PARKING CAR PARKING

BUS PARKING

BUS PARKING

VAN WYCK EXPWY

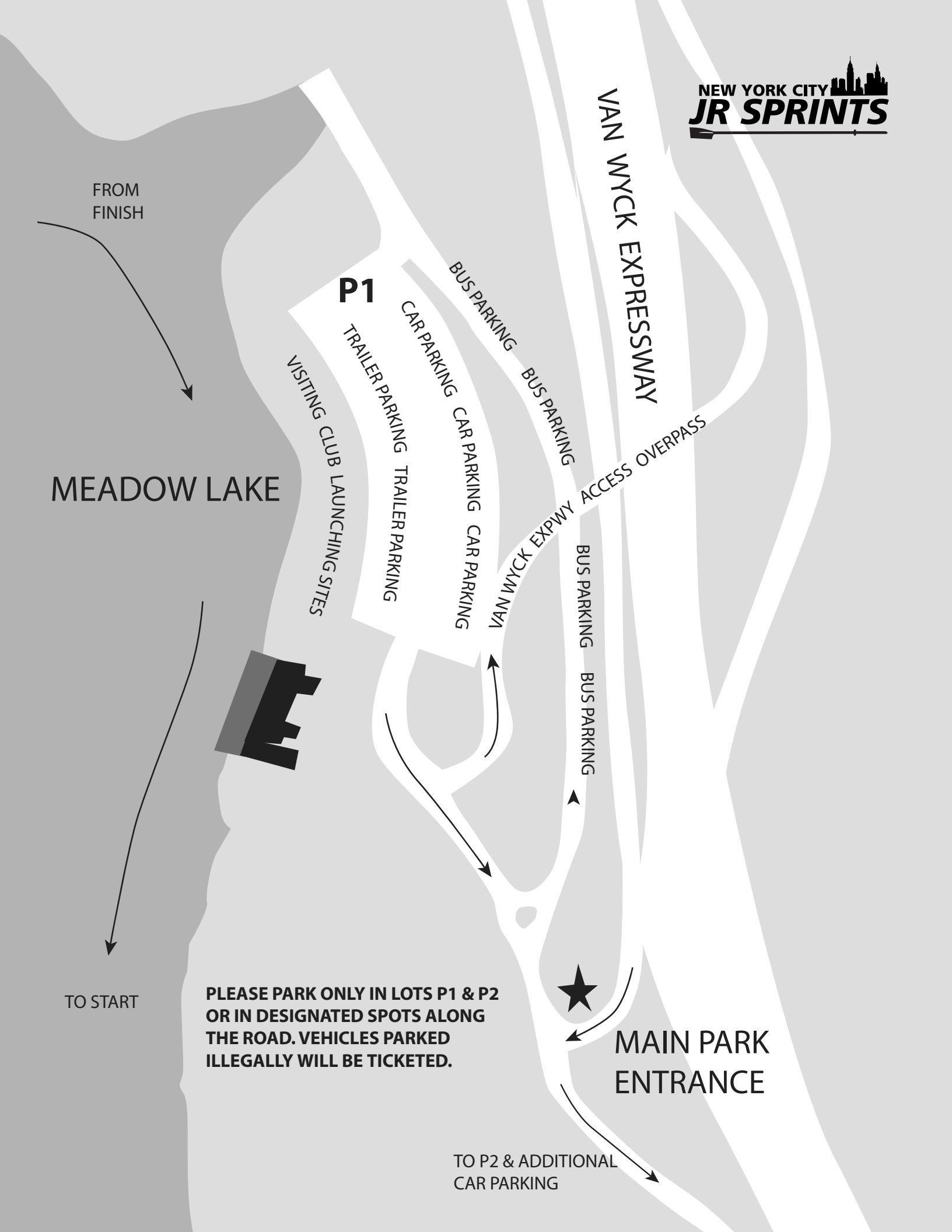
BUS PARKING

BUS PARKING

VAN WYCK EXPRESSWAY

ACCESS OVERPASS

**MAIN PARK
ENTRANCE**



NEW YORK CITY 
JR SPRINTS
RACE COURSE MAP

