

**New York State Collegiate Coaches Association  
12 Kales Hill Road Whitney Point, NY 13862**

March 2010

Dear Coaches,

The New York State Collegiate Coaches Association and the Whitney Point Rotary Club we would like to invite your participation in the 20<sup>th</sup> Annual New York State Collegiate Rowing Championships. Racing will once again be held Whitney Point Lake, in Whitney Point, NY on Saturday, May 1st and Sunday, May 2nd, 2010.

Our long time Regatta Director Gerry Lacy has retired to be able to enjoy a well desired rest and time with his family. We fully expect to see Gerry at this year's Regatta as a spectator. The Whitney Point Rotary Club has accepted the responsibilities of Regatta Director in addition to their previous responsibilities of the Local Organization Community.

Fees and schedule remain unchanged from last year. One change we would like to point out is that coxswains need only to weigh in once. This is noted in the [weigh-in section](#). We also ask that you fill out the **Lodging Form** so that our event can receive rebates from the area hotels, thus helping to keep costs down for future years.

Please take note of this year's entry deadline:

**All entries are due no later than Friday, April 16, 2010.**

The New York State Collegiate Coaches Association would like to be fair as possible for all its competing institutions. By the same token, this regatta relies to a large extent on the integrity of the coaches and competitors to follow the rules and regulations and to adhere to the principles of good sportsmanship.

The Post Regatta Coaches Meeting will be held 30 minutes after the last race on Sunday. All coaches are urged to attend. This is the best time to discuss this year's regatta and any changes to be made for the future.

We all look forward to seeing you this year in Whitney Point, NY.

Sincerely,

John Sherman  
Regatta Director

## GENERAL INFORMATION

The staging area for the regatta is located at Dorchester Park on Whitney Point Lake which is located about  $\frac{3}{4}$  of a mile north of the town of Whitney Point. All vehicles will be parked as instructed by the LOC (Local Organizing Committee) at the time of arrival. Please note on your final boating form the number of vans or buses you will be bringing to the regatta.

**Coaches and Coxswain meeting will take place at 6:30 PM on FRIDAY, April 30.**

**This is the only C&C meeting and attendance is required.**

Coaches: Please insure that all coxswains receive the Special Instructions in this packet.

The rules and procedures are outlined in this packet. Please read them carefully, as there are several new changes. We rely on each competitor and coach to fully understand the rules and regulations in order to make this a safe event for everyone.

For more information you can contact the:

**Regatta Director, John Sherman at (607) 321-3720**

## ENTRY RULES AND PROCEDURES

1. All registration forms, rosters, housing request forms, and fees must be received by **Friday April 16, 2010**. Fax entries will not be accepted, no exceptions. Late entries will only be accepted by permission of the N.Y.S.C.R.C Chairman. All approved late entries will be assessed a **\$50.00** late fee per entry and will be seeded accordingly. New heats will not be created for a late entry.
2. All entries must be on official N.Y. State Regatta forms, which may be photocopied. All entries not submitted on the official regatta forms will be returned.
3. All entry fees must accompany entry forms. Make checks payable to **N.Y.S. Collegiate Rowing Championships**. No entries will be accepted without the proper entry fees.
4. Each coach and competitor must execute a Rowing Release and Waiver of Liability, Assumption of Risk and Indemnity agreement. This agreement may accompany entry forms or be turned in when checking in at registration.
5. All entries submitted will be reviewed for legibility, completeness and inclusion of the required entry fees. Incomplete, illegible, or otherwise incorrectly executed entries, or entries, which lack the required funds, will be returned promptly with a brief explanation. However, you will still be required to meet all the deadlines. All entries arriving after the closing date will be returned unopened unless undue hardship can be shown.

## **ENTRY FEES**

The 2010 Institution Registration Fee is **\$370.00**. This fee will include up to two crews. For additional crews, the entry fees are as follows: Eights: **\$185.00**, Fours: **\$125**, Pairs: **\$80**. Overnight lodging is available at the high school for an additional fee. All fees and entry materials are due by **Friday April 16, 2010**.

## **SCRATCHES**

Scratches received in writing on or before the closing date of Friday, April 16, 2010 will have their entry fee refunded. Scratches after this date will constitute a withdrawal from the event. Institutions submitting scratches after the closing date will not be eligible to receive a refund for the event.

## **SUBSTITUTIONS**

In the case of an emergency, an institution may determine a change is necessary within a crew. Any substitutions in line-ups, subsequent to the submission of original line-up sheet, must be approved by the Regatta Director. A revised line-up sheet must be filed with the Regatta Director prior to launch.

## **ELIGIBILITY REQUIREMENTS** (Adopted 6/8/03 – Revised 4/01/08)

1. No individual may compete in more than one event in the regatta EXCEPT for the following: *Lightweight rowers may enter one additional non-lightweight event. Rowers and coxes may double into the Men's and Women's Open Fours or Pairs.* Further exceptions will be considered at the discretion of the Regatta Director.
2. Lightweight Requirements are as follows:  
Men's Events: Crew must average 155 lbs. and cannot exceed 160 lbs. each.  
Women's Events: Crew members cannot exceed 130 lbs. each. No average.
3. Minimum coxswain weight requirements are as follows:  
Men's Events: 120 lbs.  
Women's Events: 110 lbs.
4. 2<sup>nd</sup> Varsity crews must have an entry in the corresponding V8+ event. 2<sup>nd</sup> Novice 8+ crews must have an entry in the corresponding frosh/novice event.
5. All participants must be matriculated at the institution for which they are rowing. NCAA guidelines will be followed. Any concerns about these guidelines should be brought to the attention of the NYSCRC Chairman.
6. Novice: Must either be a freshman or have not rowed in any collegiate institution prior to 5/3/09. An athlete who coxed a novice event may row as

a novice the following year provided s/he meets the aforementioned requirements.

Any violation to eligibility requirements will result in an institutional sanction as determined by the Regatta Director.

### **WEIGH-INS**

Coxswains are required to weight in **ONCE** and may do so on either Friday afternoon (4:30 to 6:30 PM) **OR** Saturday morning (beginning at 6:30 AM). may weigh-in on Friday afternoon from 4:30 to 6:30 PM. Coxes are **required** to weigh in **once**: Friday **OR** Saturday. Weigh-ins will begin at 6:30 a.m. on Saturday, May 2<sup>nd</sup>. Lightweights must weigh-in on **each** day of racing (Saturday and/or Sunday.) Lightweight crew members who exceed the maximum allowable weight by more than 2 lbs. during official weigh-in will be ineligible to participate in the lightweight events.

Crew member wishing to check their weight prior to scheduled times may do so.

### **SEEDING**

Seeding will be completed by the Seeding Committee. Questions should be directed to George Repicky at [grepicky@stlawu.edu](mailto:grepicky@stlawu.edu) or Dan Robinson at Dan Robinson at [iccrew@ithaca.edu](mailto:iccrew@ithaca.edu) . Please ensure results are posted on Row2K.

### **REGISTRATION**

All institutions must register before the beginning of racing on Saturday. The *Registration Trailer* will be open on Friday, May 1<sup>st</sup> from 3:00 - 6:00 p.m. and again on Saturday, May 2<sup>nd</sup> from 7:00 until 9:00 a.m.

### **PRACTICE**

The race course will be available for practice during daylight hours on Friday. The course will also be open for practice from 1PM (or after racing is concluded if racing has been delayed) until 5PM on Saturday. Crews are expected to be under the supervision of their coaching staff. Crews may NOT practice on Saturday if the weather is inclement and racing has been suspended.

### **SAFETY**

All racing shells must be equipped with bow balls, bow number clips, and heel tie downs and will be subject to safety inspection prior to launching on both Saturday and Sunday. Crews not meeting these requirements will not be permitted to launch.

Inclement Weather: The Chief Official, Regatta Chairman, and appointed committee will be responsible for decisions regarding the delay and/or cancellation of racing due to inclement weather.

### **LODGING**

**Coaches are asked to submit the name of the hotel and the number of rooms used for each night. This is needed for the rebates returned by each hotel. Please have this when registering.** Gymnasium housing is available to crews for \$100 per team. Please fill out the form and submit payment with other entry fees. Payment is due on or before **Friday, April 16, 2010**. Canceling your reservation after the 'Scratch Date' will result in the loss of your payment. This site is available on a first come first served basis.

**NYS Championships Schedule  
2010**

**FRIDAY**

**4:30 PM**

Coxes Weigh-in (coxes must weigh-in on FRIDAY OR SATURDAY. Rowers must weigh-in BOTH Saturday and Sunday).

**6:30 PM**

Coaches and Coxes Meeting

THIS WILL BE THE ONLY C&C MEETING. ATTENDANCE IS REQUIRED.

<b>SATURDAY</b>	
6:30 AM	Coxswain and Rower Weigh-in
8:00	Wv8 ht 1
8:08	Wv8 ht 2
8:16	Wv8 ht 3
8:24	Mv8 ht 1
8:32	Mv8 ht 2
8:40	Wv4 ht 1
8:48	Wv4 ht 2
8:56	Mv4 ht1
9:04	Mv4 ht2
9:12	W2v8 ht 1
9:20	W2v8 ht 2
9:28	M2v8 final
9:36	Wlt4 final
9:44	Mlt4 final
9:52	Wn8 ht1
10:00	Wn8 ht2
10:08	Mn8 ht1
10:16	Mn8 ht 2
10:24	Wn4 ht 1
10:32	Wn4 ht2
10:40	Mn4 ht1
10:48	Mn4 ht2
10:56	W2n8 fin.
11:04	M2n8 final
11:12	W2 final
11:20	M2 ht1
11:28	M2 ht2
11:36	Wo4 ht1
11:44	Wo4 ht2

11:52	Mo4 ht1
12:00	Mo4 ht2
<b>SUNDAY</b>	
6:30 AM	Coxswain and Rower Weigh-in
8:00	Wv8 3 <sup>rd</sup> f.
8:08	Wv8 petite
8:16	Wv8 grand
8:24	Mv8 petite
8:32	Mv8 grand
8:40	Wv4 petite
8:48	Wv4 grand
8:56	Mv4 petite
9:04	Mv4 grand
9:12	W2v8 pet.
9:20	W2v8 gr.
9:28	Wn8 petite
9:36	Wn8 grand
9:44	Mn8 petite
9:52	Mn8 grand
10:00	Wn4 petite
10:08	Wn4 grand
10:16	Mn4 petite
10:24	Mn4 grand
10:32	M2 grand
10:40	Wo4 petite
10:48	Wo4 grand
10:56	Mo4 petite
11:04	Mo4 grand

This schedule is preliminary and subject to change. Please contact Dan Robinson at [icrew@ithaca.edu](mailto:icrew@ithaca.edu) with questions regarding the schedule.

If inclement weather prevents the completion of Saturday racing, remaining events will be placed at the beginning of the schedule on Sunday (e.g. 8:00am). **Exception:** Men's & Women's 2- would occur as the last event on Sunday's program.

AWARDS WILL BE GIVEN OUT AFTER EACH FINAL AT THE FINISH

If Sunday's schedule is postponed, the N.Y.S.C.R.C. OFFICIALS will not cancel the regatta before 6:00 pm. Therefore, officials and participants will be expected to wait on any delay caused by weather.

### **SUBMISSION OF FORMS AND FEES**

The Regatta Chairman must receive the following forms and Entry Fees no later than the close of business on **Friday, April 16, 2010.**

- Regatta Registration Form
- Team Rosters
- Housing Request Form
- Entry Fees

The following forms are to be turned in at Registration in Whitney Point:

- Line up Sheets
- Waivers

Please submit the following to the weigh-in official at the Regatta:

- Weigh-in Rosters

## **INFORMATION FOR COXES and COACHES**

Regattas on Whitney Point Lake will be conducted in accordance with the Rules of Racing of US Rowing except as modified in these special instructions.

### **VIOLATION OF SAFETY RULES**

A crew that violated any of the safety rules described below may be assessed a “**warning**” by the Starter or Referee. Such a warning shall be applicable to the next race in which the crew competes. Two warnings will result in exclusion from the next race.

### **Procedures Prior To Race Day**

1. Bow Balls: MANDATORY on the bows of every racing shell unless equivalent provision for visibility and protection against puncture injury is included in the shells basic construction.
2. Follow designated traffic patterns per attached diagram.
3. All practices by crews on Friday MUST be supervised by their own coaches. The L.O.C. will not provide safety launches outside of racing times. NO CREWS SHALL LAUNCH IN DANGEROUS WEATHER CONDITIONS including but not limited to: lightning, high winds, and fog. The LOC and the Head Referee have the final say on practice launching. If either party closes the course to practicing, all crews must land immediately.

### **Race Day Procedure**

Crews will not be able to practice prior to racing on Saturday and Sunday. Crews can practice following racing on Saturday from 1-5PM. Should inclement weather arise, all crews must get off the water immediately. If racing is cancelled or delayed on Saturday, NO CREWS will be permitted to practice on Saturday.

### **Prior to the Race**

1. Check your equipment before launching. Bottom Tape is banned.
2. Check with the Dockmaster to confirm your lane assignment and launching schedule. The Dockmaster is the Referees’ official representative at the staging area and his/her instructions concerning launching must be strictly followed.
3. Bow numbers will be available from the Dockmaster immediately prior to launching and will be collected as soon as the crew lands.
4. Shells departing the float area will be given priority over incoming shells.
5. Crews proceeding to the starting line and warm up area will follow the designated traffic patterns as per the attached diagrams: keeping to the right and off the race course. IMPORTANT: CREWS MUST KEEP RIGHT and row ON THE PADDLE when approaching the starting line.
6. At no time will urinating from the boat be permitted. Violations of this directive will result in immediate disqualification of that crew from the Regatta. Further, the offending TEAM will be suspended from competition the following year in the event for which the offending

crew was entered. NOTE: Offending rowers are subject to arrest and prosecution if caught by the police.

7. If, on the way to the starting line, your shell has any breakage, report said breakage to the Referee, Assistant Referee or Starter and follow his or her instructions. Do not return the dock for repairs unless instructed to do so. If possible, repairs will be made on the water.
8. When reaching the Start, identify yourself to the Starter and remain within voice distance. Your crew must be in position, pointed and ready to race two minutes prior to your scheduled race times. Crews not in position two minutes prior to race time will be charged a false start.
9. Pre-race warm-up should be completed before approaching the starting line. All crews are restricted to rowing on the paddle within 100 meters of the starting line and whenever a race is passing as they row to the start. Watch for the launch wakes after a race has passed.
10. Changes have been made to the warm-up area. New rules & traffic pattern apply above the starting line. A line of buoys parallel to the race course and behind the starter's platform around which crews may continue their warm-up. Keep the buoys a comfortable distance off your port oars. Traffic pattern is still counter clockwise. Crews may circle as time permits. A second outer buoy line along which safety boats will be anchored serves as the outer boundary of the race course and warm-up area. **All crews must stay within this boundary line. Failure to do so will result in an automatic and unappealable disqualification from the race.** Check the map carefully to be sure that you understand the traffic pattern. Both cox and bow should stay alert, as the warm up area will be a very high traffic area with crews moving at high speed.
11. Practice starts on the course are permitted, but only after the previous race has left the start zone. During such practice starts, a crew may row at race speed down the course in its lane only. The crew must remain in its lane while turning, paddling back to the start, and turning again to back into the starting platform. Turn with caution and be alert at all times for other crews.

#### **At the Start**

1. Starting platforms and "bows on line" start will be used for all races.
2. When all crews are in position, the Aligner will bring the crews even and raise a white flag when all the bows are on the line.
3. The Aligner's white flag will remain aloft throughout the starting procedure. If the crews lose alignment at any time, the Aligner will lower the white flag, regain alignment, and then raise the white flag again.
4. When the Starter is satisfied the alignment is complete and that the crews are ready to race, he will poll the crews, beginning with lane 1 naming the crew in lane 1, asking if it is "Ready", then moving on the lane 2, etc. The coxswain should acknowledge readiness with an affirmative wave of the hand. A crew that is not ready will signify so by the bow person's raised hand.

5. When all the crews have been polled and all hands are down, the Starter will begin the countdown start.
6. **THE START:** The Starter will give the following starting commands: "Attention," "Go." The Starter will use an indeterminate pause between the "Attention" and the "Go" command.
7. Coxswains hand will not be recognized once the countdown has begun.
8. IF A CREW FAILS TO LEAVE THE START after the starting commands have been given, the Starter shall stop the race. If the crew's failure to start is not justified, the start may assess the crew with a false start.

### During the Race

1. USRA rules will apply with the additions that are listed below.
2. The referee may stop a race if any one of the following situations occurs:
  - a. **False Start:** A crew may be assessed a warning for any action deemed to be unsportsmanlike in nature, and/or gives one or more crews an unfair advantage over the competitors. A crew, which makes or causes two false starts, shall be disqualified from the Regatta.
  - b. **Collisions:** Between crews within the first 150 meters of the race.
  - c. When, during the first 150 meters of the race, the coxswain or any number of the crew puts up their hand to signal broken or damaged equipment or a rower is thrown out of the boat, jumps a slide or experiences an over the head crab, or equipment is damaged as a result of a crab. A partial crab is not grounds for recalling a race. A buoy on either side of the race course will mark the 150 meter breakage zone.

If the Referee observes any of the above incidents and determines that a race should not continue, he will stop the crews by raising a red flag and sounding an airhorn. The Referee will inspect the affected crew and determine when the race shall be rescheduled and whether or not any penalties are warranted.

3. Any attempt to stop a race for unauthorized reasons may be caused for disqualification.
4. **Exclusions:** A crew that makes or causes two false starts shall be excluded from the regatta. A crew may be excluded for causing a collision, or for causing interference with another crew. A crew may be excluded for unsportsmanlike conduct, by an official or jury.

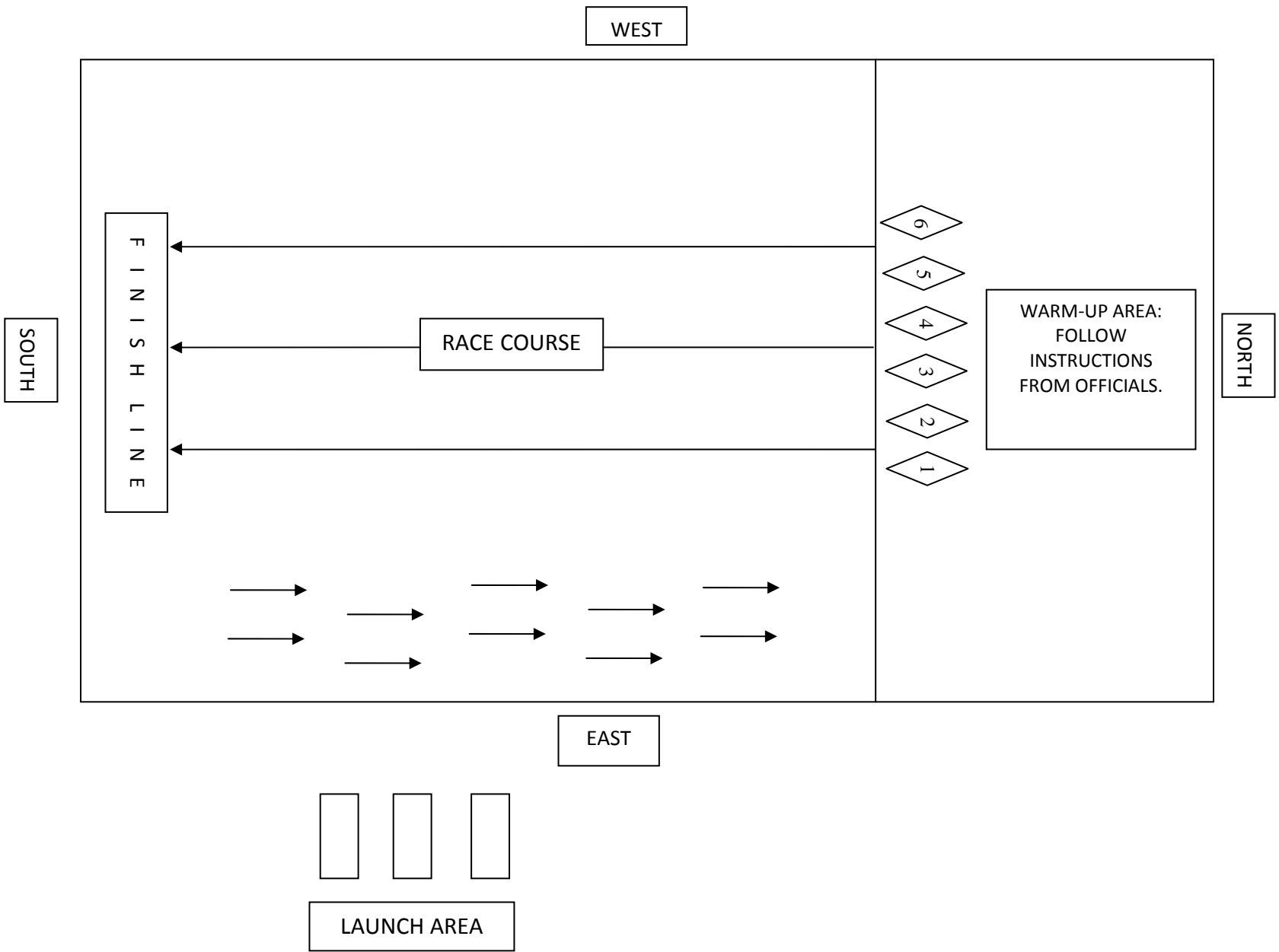
### After the Race

1. Coxswains who carry external weights may be required to display their weight to the Referee at the finish line.
2. After each race, crews must clear the finish line promptly and return to the docking area directly by turning left and rowing back between the course and the shore.
3. Follow the Dockmaster's instructions when approaching the docks. Crews launching have priority over those landing.
4. Coxswains must report to the Dispatched and return any external weight and lane markers.

5. Protests must be registered on the water to an official in accordance with US Rowing rules. If possible, an informal pre-bearing will be given by the Ombudsman as soon as the crews return to the dock. The Ombudsman will act as a moderator to attempt to resolve the conflict in a mutually agreeable way between the protesting crew, other crews involved and the official most directly involved. If this is unsuccessful, or a more thorough investigation is needed, the matter will be formally referred to the Race Committee. A hearing will take place at the conclusion of the session's racing. The formal referral to the Race Committee must be submitted in writing by the team's head coach citing the specific rules applicable and be accompanied by a \$25.00 fee (checks to be made out to the NYSCCRA). Disposition of the protest will follow US Rowing rules including return of the \$25.00 fee if the protest is upheld.

The Race Committee shall be made up of the Chief Referee, Associate Referee, Chief Judge, Chief Starter, and the Regatta Director.

This page intentionally left blank.



**NEW YORK STATE COLLEGIATE ROWING CHAMPIONSHIPS**  
**RETURN THIS FORM WITH ALL ENTRY FEES BY FRIDAY, APRIL 16, 2010 TO:**  
**John Sherman, 21 Kales Hill Road, Whitney Point, NY 13862**

**Regatta Registration Form**

School \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_  
 \_\_\_\_\_

Crew Contact Phone # (\_\_\_\_) \_\_\_\_\_ Fax # (\_\_\_\_) \_\_\_\_\_

Name of Coach \_\_\_\_\_ Home Phone# (\_\_\_\_) \_\_\_\_\_

Home Address \_\_\_\_\_

**REGATTA FEES**

**AMOUNT**

Initial fee for (2) boat registrations (four's or eight's) and insurance.

**\$370.00**

Each extra eight:

**\$185.00**

Each extra four:

**\$125.00**

Each pair:

**\$80.00**

Number of Included Eights # \_\_\_\_\_

Number of Included Fours # \_\_\_\_\_

Each Extra Eight @ \$185.00 x Total # \_\_\_\_\_

= \$ \_\_\_\_\_

Each Extra Four @ \$125.00 x Total # \_\_\_\_\_

= \$ \_\_\_\_\_

Each Pair @ \$75.00 x Total # \_\_\_\_\_

= \$ \_\_\_\_\_

**TOTAL ENTRY FEES:**

**\$ \_\_\_\_\_**

Please write number of entries per event:

( ) Women's Varsity 8

( ) Women's JV 8

( ) Women's Novice 4

( ) Men's Varsity 8

( ) Men's JV 8

( ) Men's Novice 4

( ) Women's Varsity 4

( ) Women's Lt. 4

( ) Women's 2<sup>nd</sup> Novice 8

( ) Men's Varsity 4

( ) Men's Lt 4

( ) Men's Lt Novice 8

( ) Women's Lt 8

( ) Women's Novice 8

( ) Women's Open Pair

( ) Men's Lt 8

( ) Men's Novice 8

( ) Men's Open Pair

( ) Men's 2<sup>nd</sup> Novice 8



**HOUSING REQUEST FORM**  
**\*\*\*\*\*WHITNEY POINT HIGH SCHOOL\*\*\*\*\***

NAME OF SCHOOL \_\_\_\_\_

COACH \_\_\_\_\_ PHONE ( ) \_\_\_\_\_

NUMBER OF PEOPLE NEEDING HOUSING \_\_\_\_\_

REMIT WITH PAYMENT OF \$100

MAIL WITH OTHER ENTRY FORMS BY **FRIDAY, APRIL 16, 2009**

Mail to: **John Sherman, 21 Kales Hill Road, Whitney Point, NY 13862**

NEW YORK STATE COLLEGIATE ROWING CHAMPIONSHIPS

LINE UP SHEET

.....

EVENT: \_\_\_\_\_

NAME OF INSTITUTION: \_\_\_\_\_

COACH: \_\_\_\_\_

MOBILE PHONE # \_\_\_\_\_

.....

NAME  
Please Print

Bow \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

6 \_\_\_\_\_

7 \_\_\_\_\_

Stroke \_\_\_\_\_

Coxswain \_\_\_\_\_

One form for each event entered.

**This form to be turned in at Registration on April 30 or May 1, 2010**

**NEW YORK STATE COLLEGIATE ROWING CHAMPIONSHIPS**

**LIGHTWEIGHT CREWS – WEIGHT-IN ROSTER**

**EVENT:** \_\_\_\_\_

**NAME OF INSTITUTION:** \_\_\_\_\_

**COACH:** \_\_\_\_\_

**Please type or print.**

**Leave weight blank.**

<b>NAME</b>	<b>WEIGHT</b>
<b>Bow</b> _____	_____
<b>2</b> _____	_____
<b>3</b> _____	_____
<b>4</b> _____	_____
<b>5</b> _____	_____
<b>6</b> _____	_____
<b>7</b> _____	_____
<b>Stroke</b> _____	_____
<b>Coxswain</b> _____	_____
<b>Total Weight</b>	_____
<b>Average Weight</b>	_____

**Submitted by** \_\_\_\_\_

**TO BE FILLED OUT AND SUBMITTED TO WEIGH-IN OFFICIAL ON SATURDAY MORNING,  
May 1, 2010 AT THE TIME OF THE WEIGH-IN.**

**ROWING RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT (“AGREEMENT”)**

IN CONSIDERATION of having the opportunity to participate in any way in any (name of Rowing Club and/or Event) \_\_\_\_\_ (“Club”) activities (“Activity”), 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. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the 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 action or inactions of others participating in the activity, the condition in which the activity takes place, or THE NEGLIGENCE OF THE “RELEASEES” NAMED 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. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE USRowing, the Club, their administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place., (each considered one of the “RELEASEES” herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED 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 expenses, attorney fees, loss, liability, damage, or cost which any may incur as the result of such a claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTANDING ITS TERMS, UNDERSTAND THAT I 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 TO 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.

PARTICIPANT’S SIGNATURE	PRINTED NAME	DATE
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Signature & Title of Witness

Club Name

Club Address

\*NOT FOR USE WITH MINORS\*