

**14th Annual
GRAND RAPIDS HIGH SCHOOL
ROWING INVITATIONAL
Saturday, April 18, 2009
Hosted by
Forest Hills Central High School Rowing**

Contacts:

Mark Azkoul

330 State Street
Grand Rapids, Michigan 49503
616-774-0738
mazkoul@azkoul.com

Don LeBlanc

950 Pine Valley
Ada, Michigan 49301
616-682-0181
rower 22@msn.com

Dear Coaches:

Enclosed is your entry packet for the ***14th Annual Grand Rapids High School Invitational Regatta***. This year's event will take place on ***SATURDAY, APRIL 18, 2009***. The entry packet includes a tentative list of events, rules, housing information, and entry form. Please reply to let us know your plans as soon as possible. **All rules governing the Midwest Scholastic Rowing Association will apply.**

We would appreciate a response as soon as possible (by phone, letter or e-mail to let us know whether or not you intend to participate.

Please email a response to Mark Azkoul at mazkoul@azkoul.com. **Please put "GRHS Regatta" in the subject of your email.**

Thank you for your continued interest in and support of our annual event. We look forward to hearing from you.

Respectfully,



Mark Azkoul

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Entries:

One entry form is attached. If you need more sheets, please photocopy.

All entries must be submitted with entry and housing fees by Thursday April 9 to:

***Mark Azkoul
330 State Street S.E.
Grand Rapids, Michigan 49503
616-774-0738***

NO LATE ENTRIES WILL BE ACCEPTED!
Teams not paid in full will not be allowed to launch.

Your entries must include:

1. Entry form signed by the coach.
2. Eligibility list certifying student's eligibility **AND GRADE**. This form must be typed on a form sanctioned by your state **or** on your high school stationery, and signed by your athletic director or principal. **Handwritten lists are not acceptable.**
3. US Rowing Waiver (copies of signed waivers are sufficient).
4. Entry fees.
5. Housing fees (if you plan to stay at FHC High School).
Omitting any one of the above items will disqualify your entry.

Rules:

- An oarsperson may enter a maximum of 2 events (coxswains excluded).
- A minimum of 3 entries must be received in order for a race to be run.
- Weigh-Ins: No weigh-ins will be held, but we expect coaches to follow these guidelines:
WOMEN: Lightweight 130lb MAX
MEN: Lightweight 155lb MAX
- **Junior Oarsman:** May be a Freshman, Sophomore, or Junior in high school.
- **Novice Oarsman:** First year of high school rowing, regardless of rowing experience.

Heats:

All heats are 1,000 meters. You will be notified prior to the regatta if you have heats. Heats will run before finals. In events where heats are necessary, every effort will be made to allow for athlete recuperation.

Entry Fees:

Eights.....	\$35.00
Fours	\$25.00
Doubles.....	\$15.00
Singles	\$10.00
MAXIMUM	\$350.00

A Scratch/Late Entry fee of \$25.00 each will be assessed after Lane Draws are completed. Late Entries will not be allowed if additional heats are required.

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Medals:

To enable entry fees to be held at last years rates, medals will be awarded for 1st place finishes only. 2nd and 3rd place finishes will be awarded ribbons.

- Events with **five or more** crews; Gold medals and silver and bronze ribbons will be awarded.
- Events with **four** crews; Gold medals and silver ribbons will be awarded.
- If only **three** crews enter an event, only gold medals will be awarded.
- Every member of a medal/ribbon-winning crew will receive a medal/ribbon.
- Medals/ribbons will not be awarded for the 500 meter Dash events.

Team Trophies:

The Don and Claudia LeBlanc Men's and Women's team trophies will again be awarded based on the following point system:

Eights	9 points for 1 st	4 points for 2 nd	2 points for 3 rd
Fours	5 points for 1 st	2 points for 2 nd	1 points for 3 rd
Doubles & singles	No points		

Housing: Forest Hills Central High School Gymnasium

5901 Hall St. SE
Grand Rapids, MI 49546
(616) 493-8700

Cost: \$2.00 per student

AT LEAST ONE ADULT CHAPERONE PER 20 STUDENTS.

DIRECTIONS TO HIGH SCHOOL:

From Chicago: I-94 East to I-196 East to Cascade Road **East** exit; turn left on Hall Street. School is on left side of road, approximately 1 mile.

From Detroit: I-96 West to Cascade Road **East** exit. Turn left on Hall Street. School is on left side of road, approximately 1 mile.

DIRECTIONS TO RACE COURSE:

I-96 West to US 131 North to Ann Street exit (east) to Monroe Avenue North; take to Riverside Park (Boat Launce 2 entrance).

The racecourse will be open for rowing after 4:00pm, Friday, April 18.

Hotels/Motels:

Within 5 minutes:

AmeriHost Inn	I-96 at Walker Rd. exit	616-791-8500
Raddison Inn	US 131 at Ann St. exit	616-363-9001
President Inn	I-96 at Plainfield Rd. exit	616-363-0800

Within 15 minutes:

Days Inn	I-96 at 28th St. (east) exit	616-949-8400
Budgetel Inn	I-96 at 28th St. (east) exit	616-956-3300

Parking:

Parking at the Race Course is extremely tight. All boat trailers will be parked in the designated staging parking lot. One support trailer will be allowed to park within the Regatta area, **placed by Regatta staff.** The access road between parking areas, east of the staging area and headquarters must be kept clear for emergency use. **No parking or loading will be allowed. Bring a cart to transport your supplies.**

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LIST OF EVENTS

(Tentative, pending entries)

Event No.	Event Name
1.	Senior Women Lwt. 8+
2.	Senior Men 155lb 8+
3.	Senior Men 2x
4.	Junior Women 8+
5.	Junior Men 4+
6.	Senior Women Lwt. 4+
7.	Novice Women 8+
8.	Senior Men 1x
9.	Senior Women 4+
10.	Senior Men 4+
11.	Novice Men 8+
12.	Senior Women 1x
13.	Senior Men 155lb 4+
14.	Junior Men's 8+
15.	Senior Women 2x
16.	Junior Women 4+
17.	Senior Women 8+
18.	Senior Men 8+
19.	Senior Women 8+ 500 Dash*
20.	Senior Men 8+ 500m Dash*

* Does not count toward 2-race maximum and will be held shortly after the Sr 8+ finals. Athletes will stay on the water and wait at the 1000m mark until the official indicates for them to do otherwise. NO ENTRY REQUIRED. If you want to race, tell your Sr 8+'s to stay on the water.

Hot seating: Allow 2 races between desired events to prevent slowdown of regatta.

INVITED SCHOOLS

MICHIGAN

1. Ann Arbor Huron HS - Ann Arbor
2. Ann Arbor Pioneer HS – Ann Arbor
3. Carlson HS - Gibraltar
4. Cranbrook Kingswood Crew
5. Crestwood HS
6. GR Crew - Grand Rapids
7. East Grand Rapids HS - Grand Rapids
8. Forest Hills Central HS - Grand Rapids
9. Forest Hills Eastern HS – Grand Rapids
10. Forest Hills Northern HS - Grand Rapids
11. Grosse Ile HS - Grosse Ile
12. Hackett HS - Kalamazoo
13. Lowell HS - Lowell
14. Mount Carmel HS – Wyandotte

15. Northview HS - Northview
16. Riverview HS - Riverview
17. Rockford HS - Rockford
18. Roosevelt HS – Wyandotte
19. Saline HS - Saline
20. Southgate Anderson HS – Southgate

ILLINOIS

21. Woodlands Academy
22. Ignatius HS - Chicago

INDIANA

23. Culver Academies - Culver

