

Mercer Lake Sprints

Event Rules: Please read the following event descriptions carefully. The goal of PNRA is to run a regatta that is safe, fair and highly competitive.

- No school will be allowed to enter a second boat without entering a first boat in that event. For example, a school must have an entry in the Varsity 8 in order to enter a boat in the Second Varsity 8. This goes for all boat classes and applies to each category within an event (must have a second boat entry in order to have a third boat, etc.).
- **Varsity Eight:** The top event for eights. The "Varsity Eight."
- **Novice:** Rowers and coxswains are considered novice if their first competition in the rowing discipline (sweep or sculling) is within the previous 12 months of the date of the Mercer Lake Sprints (USRowing Rule 1-202(m)).
- **Lightweight:** There will be no averaging for lightweight events. Boys must weigh no more than 150lbs. and girls must weigh no more than 130lbs. Athletes' weights will be on the coach's honor.
- **Coxswains:** There will be no weight restrictions for coxswains and no weigh-ins.
- **Awards:** The top three places in each Final (not Heat) and each Flight will receive awards. These awards should be picked-up by the crew or the coach at the awards dock after the race has been declared official.

Entry Limits:

- The race schedule will not be changed to accommodate athletes who are doubling up or teams that are hot seating shells. Please plan accordingly.
- Each event will be subject to entry limits
- Events will close when all lanes are full. The lanes will be drawn on a first come, first serve basis. For questions on individual event entry limits please contact Regatta Director, Kris Grudt at krisgrudt@rowpnra.org.
- Athletes can row in no more than two events in the same day.
- Athletes may NOT row in events that are scheduled less than one hour from each other.
- IF AN EVENT DOES NOT HAVE THREE OR MORE ENTRIES, the event will be dropped and you will be notified. Anyone who is part of an event that is dropped will be contacted before the event and you can choose to roll that entry into a higher category (ex= second double dropped, then second double rows in varsity category).
- IF AN EVENT DOES NOT HAVE MORE THAN 7 entries, it will be rowed as a straight final. "B" entries will be mixed with all of the "A" entries. "B" entries does NOT mean a separate event.