



The COOPER CUP

Cooper River, Camden County, NJ

April 25, 2010

Hosted by South Jersey Rowing Club

Letter to Coaches

Regatta Committee:

Joe Sullivan, Regatta Director

Eileen Normoyle, Regatta Committee Chairperson

Dennis Smith, Chief Referee

Ron Bell, President, South Jersey Rowing Club

Dana Anders

John Glace

Joyce Mitchell

Steve Bergmann

Jeff King

John Musial

Steve Dove

Mike Koontz

Jamie Stack

Dear Coach:

South Jersey Rowing Club is proud to host **The COOPER CUP**, which will be held **Sunday, April 25, 2010** on the Cooper River in Camden, NJ.

The regatta is open to Junior Club teams and High School teams. **JV and Novice events will be capped at 12 entries per event. Oversubscribed events will be wait listed.**

Please find enclosed:

1. Regatta information
2. List of events
3. Awards
4. Registration, waivers and entry fee information
5. Rules and regulations
6. Venue information
7. Directions and parking
8. Volunteer information
9. Spectator information
10. Advertisement book

If you need more detailed information, please contact

Joe Sullivan sjrcoachjoe@comcast.net 856-912-1002	Eileen Normoyle normoyles@comcast.net 609-760-8350
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*South Jersey Rowing Club
PO Box 442
Mt. Laurel, NJ 08054*

www.southjerseyrowing.org



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Regatta Information

Date:	Sunday, April 25, 2010
Location:	Cooper River, Camden County, NJ
Race Distance:	2000 m
Start time:	9:00 am Heats will start at 9 am. Finals will start when heats are completed.
Coach/Coxn meeting:	7:00 am at Finish Line
Weigh Ins	There are no weigh ins for lightweights or coxns. You are on your honor to correctly boat your lightweights.

Registration

Entry deadline is April 12, 2010.

This is a USRowing Registered Regatta. As such, all clubs or participants are required to be members of USRowing in order to participate.

Registration is online at **Regatta Central** www.regattacentral.com.

JV and Novice events will be capped at 12 entries per event. Oversubscribed events will be wait listed.

If you have scratches please notify Eileen Normoyle at normoyles@comcast.net as soon as possible so we can accommodate those on the wait list. Also if due to scratches we will condense the number of races per event if possible.

Waivers

Submit USRowing "2009 Release of Liability" through Regatta Central with your registration. Or mail waivers to South Jersey Rowing Club, PO Box 442, Mount Laurel, NJ 08054

Refunds

There will be no refunds if the regatta is cancelled due to inclement weather.

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Order of Finals

Heats start at 9:00 am. There will be heats for varsity events, prior to the start of final events. For JV and Novice events each race will be run as a final.

An official schedule will be released at the close of registration.

Event	Description	Event	Description
1	Women's Novice 1x	18	Men's JV/2 ND Var. 8
2	Men's HS Novice 1x	19	Women's JV/2 ND Var. 4x
3	Women's HS Novice 4+	20	Men's JV/2 ND Var. 4x
4	Men's HS Novice 4+	21	Women's Var LWT 2x
5	Women's HS Novice 2x	22	Men's Var LWT 2x
6	Men's HS Novice 2x	23	Women's Var LWT 4+
7	Women's HS Novice 8+	24	Men's Var LWT 4+
8	Men's HS Novice 8+	25	Women's 1 st Var. 1x
9	Women's HS Novice 4x	26	Men's 1 st Var. 1x
10	Men's HS Novice 4x	27	Women's 1 st Var. 4+
11	Women's JV/2 ND Var. 1x	28	Men's 1 st Var. 4+
12	Men's JV/2 ND Var. 1x	29	Women's 1 st Var. 2x
13	Women's JV/2 ND Var. 4+	30	Men's 1 st Var. 2x
14	Men's JV/2 ND Var. 4+	31	Women's 1 st Var. 8
15	Women's JV/2 ND Var. 2x	32	Men's 1 st Var. 8
16	Men's JV/2 ND Var. 2x	33	Women's 1 st Var. 4x
17	Women's JV/2 ND Var. 8	34	Men's 1 st Var. 4x

If an event does not have two or more entries, the event will be dropped and you will be notified. If the event is dropped you will be notified before the event and can choose to roll the entry into another category.

If an event does not have more than six entries it will be rowed as a straight final.

We reserve the right to combine events if putting 2 events together adds up to 6 or less boats.

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Awards

Varsity Events

1st , 2nd , and 3rd place medals will be awarded

JV and Novice Events

A first place medal will be awarded to the winner of each race. There will not be heats. Each race will be rowed as a straight final.



Venue Information

Parking

The Garden State Scholastic Championships take place on Saturday and is a large regatta. **We will not be able to park our trailers until they clear out.** Please follow the instructions of those directing the parking of trailers. We hope to have the trailers in line one behind the other so there are aisles for crews to walk to and from the trailers and docks easily. The first trailers in should back up to the walkway and continue to pull in next to each other going around the perimeter of staging area. Once we bring the trailers all the way around we will back trailers into place in front of those on the perimeter. Please leave about 12 feet side to side and enough room back to front to get your boats out of the center racks. Once your trailer is parked the truck must move out onto the street in the designated parking area. Please be courteous when parking as we need to get quite a few trailers into this area. Allow room for neighbors.

The street will not be closed this year. Team vehicles, buses and vans, plus tow vehicles with passes will park in the area with the no parking signs in the finish line and staging areas. We will be handing out parking passes as you bring your trailer into the staging area. All parents will park in the street and parking lots going up the course from the finish line area.

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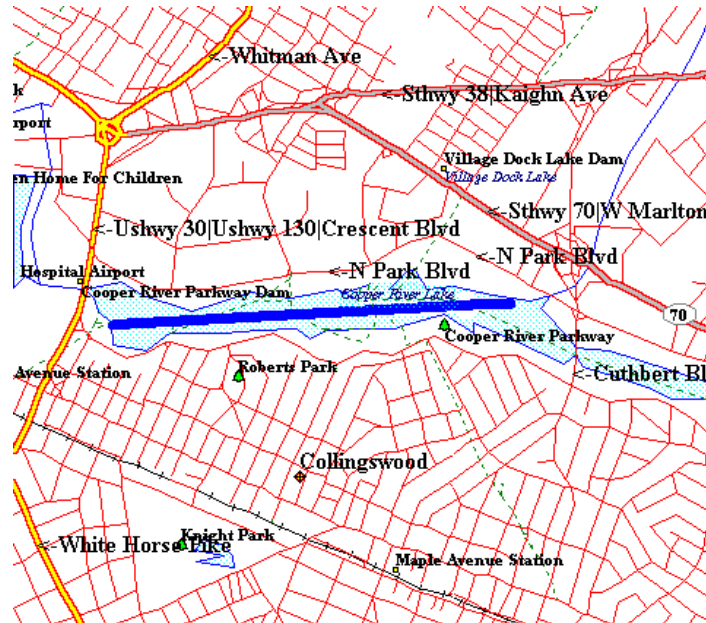
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The race course

Cooper River Park's Olympic-distance 2000-meter straightaway has drawn praise from international rowing experts who say its sheltered, narrow course provides ideal rowing conditions. Cooper River Park has hosted numerous major rowing events, including the Olympic trials and the Intercollegiate

- Six lane buoyed source
- Stake boats
- Spacious viewing area
- Plenty of space for teams



Hotels

[Crowne Plaza](#)

Cherry Hill, NJ
800-496-7621

Walking distance to
course.

[Holiday Inn](#)

Cherry Hill, NJ 08022
856-663-5300

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Rules and Regulations

In addition to the rules of **USRowing**, the following rules will apply. Complete rules of **USRowing** are available in PDF form on their website www.usrowing.org.

Entry rules

1. Any athlete who is a postgraduate or in his 5th year of high school can not participate.
2. Any student who turns 19 by September 1 of the school year can not participate.
3. There will be no refunds unless the event is cancelled. Coaches will be notified of event scratches no less than two days before the regatta.
4. All entries must be accompanied by proper entry fee.

Regatta rules

1. All crews must check in at the registration desk when they arrive. At that time they can clean any bars on their entries such as late fees or missing waivers. The registration desk will be open at 6:45 am throughout the race day on Sunday.
2. Athletes can row in no more than two events.
3. Athletes may NOT row in events that are scheduled less than one hour from each other.
4. Novice boats may not race in varsity events. Rowers in Novice events must have less than one year of rowing experience.
5. All high school/junior races will be 2000 meters.
6. \$50.00 cash shall accompany all protest.
7. There will be a 20-second equipment breakage rule.
8. There must be two crews entered or the event will be canceled.

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9. All questions of eligibility, qualification, and interpretation of the rules will be referred to the Regatta Committee, whose decisions will be final. The USRowing Rule Book is the ultimate source for all rulings.

10. The dock master must be notified of all hot-seat boats before the boat goes out for its first race.

11. The event schedule is subject to change depending on the entries received.

12. All athletes and coaches are reminded that sportsmanlike conduct is expected .

Specifics:

1. All boats shall have their own lane #'s and must be equipped with a bow ball and foot release straps. Each team must provide their own bow numbers. All boats will be checked.
2. Launch when called
 - Have someone carry oars to the dock for your crew
 - Tie in on the water
 - Try to keep it to 90 seconds on the dock.
3. Follow buoys away from the dock
4. Row up to the start staying outside lane 1. Proceed directly to the marshalling area.
 - Under no circumstances should any crew go onto the course until called to your lane at the starting line.
 - The course will be fully buoyed and lanes easily identified.
 - Try to stop if possible when a race is coming down but do not make yourself late to the start.
5. Get most of your warm-up done on land before launching.
6. Once in the marshalling area follow the marshal's instruction. As one event is lining up on the stakeboats the next race shall be sitting next to the course waiting to go to your lane.
7. Boats will enter the course once the previous race clears the breakage zone and go in descending order starting with lane 6 going across first, then lane 5, etc...

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8. Get onto the stake boats quickly and get your point. Be sure that your crews know how to spike the boat around to get their point.
9. Be ready to start at any moment. With a tight schedule the starter can not and will not wait for boats that are not following instructions or are not getting into the stake boats in a timely manner. Count down starts will be used at the starter's discretion.
10. Stakeboat use will be suspended at the starter's discretion if wind is making it difficult to get boats locked on in a timely manner.
11. Races will not be held up for hot seating or crews not in the marshalling area prior to your event being called to the line.
12. The breakage zone is clearly marked, if you break equipment in the zone stop, raise your hand and notify the officials immediately. Jumped slides, crabs, and problems with the cox box do NOT count as breakage.
13. After you cross the finish line stop, follow the buoy line steering your boat toward starboard. Steer well clear of boats launching and proceed to the landing dock.
14. Coaches have someone on the landing dock to get your crews oars off the Dock quickly. Again no more than **90 seconds on the dock**.
15. If after the race you wish to protest you must sit at the finish line and raise your hand. An official will come over and listen to your protest. They will either make a decision there or tell you to write a formal protest and give it to the Chief Referee. If they give you a decision on the water but you still feel that is not acceptable you can appeal to the Chief Referee in writing.
16. Please note that with the tight schedule it is unlikely we will be able to rerow any race. The foul would have to be fairly serious and egregious to warrant a rerow. The best you may hope for is the exclusion of an offending crew.
17. Not being ready to start will not be considered a valid protest. Once you get to the stakeboat you must ready yourself right away. Races will start without you if you can not control your boat.

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Directions

Camden County Boathouse, 7050 N. Park Dr., Pennsauken, NJ 08109.

From the West:

Pennsylvania Turnpike east to the Valley Forge exit. At Valley Forge take I-76 (Schuylkill Expressway) east to Philadelphia. Stay to the left after passing the Girard Avenue Exit. Exit at I-676 (Vine Street Expressway). Follow signs for Ben Franklin Bridge. Go straight ahead after the tollbooth to Admiral Wilson Blvd/Route 30. Do not bear right onto I-676.

Go about one mile and then take the right branch at top of overpass onto Route 130 South. Immediately get in the right lane, and take the jug handle for North Park Drive. Follow North Park Drive about 1.5 miles and trailer only parking is to the right, just before you come to Cuthbert.

From North or South:

Exit New Jersey Turnpike at Exit 4. Go right onto NJ Route 73, North. Exit from Route 73 onto NJ Route 38, West. Exit from NJ Route 38 at Cuthbert Blvd. Go south on Cuthbert Blvd. (Collingswood, Oaklyn).

Pass first traffic light on Cuthbert Blvd. Turn right at the next road onto South Park Drive. Follow South Park Drive to Route 130 and turn right onto Route 130. Take the next right onto North Park Drive. Follow North Park Drive about 1.5 miles and trailer only parking is to the right, just before you come to Cuthbert.

-Or-

From Route 38 South, take Route 130 South. Take the jug handle for North Park Drive. Follow North Park Drive about 1.5 miles and trailer only parking is to the right, just before you come to Cuthbert.

From South:

From I-95 north follow signs to Walt Whitman Bridge (past Philadelphia International Airport and the Philadelphia Naval Base). On bridge stay in right lane and take first right as you come off the bridge. Follow signs to NJ Route 130 north. Stay on Route 130 through one circle (Collingswood Circle). After going under an RR bridge watch for Cooper River on the right (it looks like a lake, not like a river). Take first right after passing the river (the first traffic light). This is North Park Drive. Continue for 2,000 meters. Trailer parking is at the end of the course on the right. **Trailer parking is to the right.**

From North:

From I-95 south follow signs to Betsy Ross Bridge (just past Bridge Street Exit). When you come off the bridge follow signs to NJ Route 130 south. Stay on Route 130 for a few miles to a major intersection. Pass through the intersection still staying on Route 130. At the next traffic light you want to turn left but you must exit from the right (it's a jug handle). This is North Park Drive. Continue for 2,000 meters. **Trailer parking is at the end of the course on the right.**

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Volunteers

If you are interested in helping run The Cooper Cup please contact Eileen Normoyle at normoyles@comcast.net. There are several areas in which you can help.

- Pre-Regatta setup
- Registration – starts early in the morning
- Launch drivers: familiarity with outboard launches is required
- Starting line platform
- **Stake boats**
- Finish line coordinators
- Finish line tower flag bearers
- Dock masters
- T-shirt booth

Spectators

Please take a moment to read the Camden County Park Commission-Cooper River Park Rules which are on the South Jersey Rowing Club website www.southjerseyrowing.org

- Do not drive on the ball fields.
- You may set up your tents before 8:30 AM Sunday. If you choose to set your tents up after these specified times you will have to carry your supplies from the parking areas.
- You may cook for your teams, but you can't sell food or drink to the public. Please use care when using a grill. Properly dispose of coals and waste after you are finished.
- Please leave your area as you found it. It is your responsibility to properly dispose of trash. If you need extra garbage bags come to the finish line and we will provide them for you.
- No tent shall be within 100 feet of the finish line. All tents must be 100 feet from the banks of the river. You cannot set up tents on the ball fields. No vehicles are permitted next to your tent you will be towed by the park police.

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