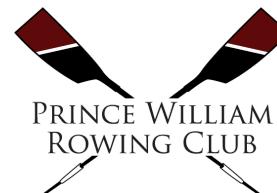


**Prince William Rowing Club High School ERG
Sprints
PWCS Coaches Pre-registration Instructions**



GENERAL REGISTRATION GUIDELINES AND INFORMATION

Pre-registration will be completed through Regatta Central. Coaches must pre-register for all races no later than **Wednesday, 28 January 2026** to ensure heat sheets are accurate.

EVENT REGISTRATION:

- Individual entries must be added one at a time. There is a **\$12 registration fee** for each individual event registered, which will be paid by Prince William County Schools (PWCS) via Prince William Crew Association..
- Team relays require two men and two women to make up the four-person relay team. Composite teams are allowed, but they must still be made up of two men and two women. There is no registration fee for the team relay event.
- Although there is no registration fee for the 3-minute crash and parent/child events, the participants must still be registered with individual names and names of their high schools.

Coaches will need the following information to register a rower:

- List of rower's full names and event(s) they will row
- Rower's year of birth and age as of **7 February 2026**
- Rower's estimated 2K Score
- Relay team members, 3-minute Crash pairs, and Parent/Child participants
- Email and Emergency Contact Information if known

Coaches should read through all [instructions](#) before beginning the pre-registration process. This will help prevent error during the entry of data. **Ensure you have done weigh-ins before registering rowers in the lightweight events. There will be no weigh-ins on Saturday.**

[Instructions for using Registration Google Sheets](#)

NOTE:

***Each school's coach(es) will receive via email a link to a google sheet specific to their school. Please follow any additional instructions received in the email with the google sheet.**

WAIVERS: All athletes must complete a waiver. If over 18 years of age, the athlete completes the waiver. If under 18 years of age, the parents must complete the waiver. The athlete must affiliate their waiver with their school. USRowing membership and waivers are NOT necessary. This waiver is not related to, nor does it take the place of, any paperwork required by Prince William County Schools for participation in crew. This waiver is for the sole purpose of the PWRC High School ERG Sprints. Although we discourage it, paper waivers will also be acceptable.

[Waiver Form for PWRC HSES](#)

T-SHIRT ORDERS: Shirts are available in both men and women sizes. Complete all T-shirt purchases through the Signup Genius link below. Please ensure all your crew families are provided the shirt sales link. **Pre-orders will close at midnight on Tuesday, January 28, 2025** Shirts are \$25 each. **Shirts are not available for sale on the day of the event.**

Please email questions to **Renee' Johnson** at regattas@pwrc.org or call 571-330-7089.

2025 PWRC HSES Shirt Pre-Order Link



REGISTRATION QUICK HITS

- **\$12 Registration Fee.** A registration fee of \$12 for each athlete that competes at the PWRC High School ERG Sprints. The registration fee is covered by PWCS. Parents are not required to pay a registration fee to participate in the Parent/Child relay.
- **Waivers.** All competitors (both students and parents) must complete a waiver! No exceptions. Minors (under 18) must have a parent or guardian's signature. Each rower must affiliate their waiver to their school. Coaches must send their registered rowers and/or parents the following waiver link:

[Waiver Form for PWRC HSES](#)

- **Number of events.** Each athlete may register for **only one individual event** (Events 1-12), however athletes may enter as many relays and/or the 3-minute crash events as they like.
- **2K Times.** During registration, please enter an estimated 2K Personal Best time. We intend to use this information to build the heat sheets by seeding athletes of similar strength.
- **Same Day Registration.** We will still offer same day registration, but registration for each event will **close one hour prior to its scheduled start time.** Registration for the 3-Minute Crash Event

must be completed before 1 PM on the day of the event. This will ensure we are not holding up any events for last minute registrants.

- **Coxswain Races.** Events 11 and 12 are only for coxswains who did NOT row (either sweep or sculling) during the previous High School Spring season (2025).
- **Composite Teams.** (i.e. rowers from two or more schools) Composite teams are allowed for the relay race and crash events and can be arranged on race day. Same day registration will close one hour prior to its scheduled start time. Please keep this in mind if you are planning on putting together a composite team for the mixed relay.
- **Lightweight.** Lightweight events are conducted on the **HONOR SYSTEM**. PWRC will not weigh athletes at the event. Lightweight limits are 135 pounds for women, and 155 pounds for men. It will be the coaches' testament that their rower is at or below the weight limit for lightweight events on race day. **Please weigh your athletes prior to registration for lightweight events.**
- **Mixed Relay.** Mixed relay teams may be made up of rowers from a single school or from more than one school (e.g., composite team). Relay entries can be arranged on race day.
- **Parent/Child.** The Parent/Child relay is a total of 500 m (250 m each). Participants must be legally related as parent/guardian and child. All relay teams will compete together, but awards will be given to the top finishers for the following categories: Mother/Son, Mother/Daughter, Father/Son, and Father/Daughter.
- **Transgender Participation Policy.** Any transgender athlete approved by their high school to row on the team of their preferred gender will be allowed to participate in the events corresponding to their preferred gender at the PWRC High School ERG Sprints. Otherwise, transgender athletes must participate in the PWRC High School ERG Sprints events in accordance with his or her gender at birth.

SCHEDULE

Saturday, February 7, 2026

	7:30 AM	Same Day Registration Opens
1	8:00 AM	Men's Freshmen (1500 M)
2	8:15 AM	Women's Freshmen (1500 M)
3	8:30 AM	Men's Middle School (500 M)
4	8:30 AM	Women's Middle School (500 M)
5	9:00 AM	Men's 16 & Under (1500 M)
6	10:00 AM	Women's 16 & Under (1500 M)
7	10:45 AM	Men's Ltwt 18 & under (155 lb) (1500 M)

8	11:15 AM	Women's Ltwt 18 & under (135 lb) (1500 M)
9	11:45 AM	Men's 18 & Under (1500 M)
10	12:15 PM	Women's 18 & Under (1500 M)
11	12:30 PM	Men's Coxswains (500 M)
12	12:45 PM	Women's Coxswains (500 M)
13	1:15 PM	Mixed Team Relay (500 M each 2M/2F)
14a	1:45 PM	Father/Son Relay (250 M each)
14b	2:00 PM	Father/Daughter Relay (250 M each)
14c	2:30 PM	Mother/Son Relay (250 M each)
14d	2:45 PM	Mother/Daughter Relay (250 M each)
15		Men's 3-Minute Crash (All Day)
16		Women's 3-Minute Crash (All Day)

FEE	DESCRIPTION
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Men's Events

\$12	01 Men's Freshmen (1500 m)
\$12	03 Men's Middle School (500 m)
\$12	05 Men's 16 & under (1500 m)
\$12	07 Men's Ltwt 18 & under (155 pds) (1500 m)
\$12	09 Men's 18 & under (1500 m)
\$12	11 Men's Coxswains (500 m)

Women's Events

\$12	02 Women's Freshmen (1500 m)
\$12	04 Women's Middle School (500 m)

\$12	06 Women's 16 & under (1500 m)
\$12	08 Women's Ltwt 18 & under (135 pds) (1500 m)
\$12	10 Women's 18 & under (1500 m)
\$12	12 Women's Coxswains (500 m)

Parent/Child Relay Events

(Parents or Coaches may register for these events.)

Free	14a Parent/Child Relay - Father/Son (250m each)
Free	14b Parent/Child Relay - Father/Daughter (250m each)
Free	14c Parent/Child Relay - Mother/Son (250m each)
Free	14d Parent/Child Relay - Mother/Daughter (250m each)

Coaches Only Register These Events

Free	13: Team Mixed Relay (500m each, 2M/2F)
Free	15: Men's 3-Minute Crash
Free	16: Women's 3-Minute Crash