Prince William Rowing Club High School ERG Sprints
Non-PWCS High School Coach and Middle School Parent/Guardian Pre-registration Instructions

HOW TO REGISTER

Pre-registration will be done through Regatta Central. Parents/Guardians may pre-register for individual events, but check first with the team coach to see if the coach will be entering all individual events. Parents/Guardians will register parent/child relays. Parents/Guardians must pre-register for races no later than **2 February 2024** to ensure race sheets are accurate and waivers are complete and accurate. Again, pre-registration for individual and relay events will **CLOSE** at midnight on **2 February 2024**

Regatta Central Registration Link for PWRC HSES

Parents/Guardians will need the following information to register their rower online:

- Rower's individual event **assigned by coach**
- Rower's name and birthday
- Rower's estimated 2K Score

1. **Events Entries:**
   a. Individual entries must be entered one at a time, but can be paid for at the end of entering all events. After entering your first event, you will be given the option to make additional entries prior to checking out. Place "1" in the individual event (i.e. Event 4: Freshmen Women) slot across from the event name. After saving that event entry, you can enter another individual event with another name. Rowers may compete in **only one individual event**.
   b. If you want to enter the parent/child relay, enter a "1" in the appropriate event. Parent/child events will require the name and birthdate of both participants.
   c. There is a $10 registration fee for each individual event registered. There is no registration fee for the parent/child relay event. A debit or credit card will be needed to pay the participation fee for each individual event registered.
   d. Coaches only will register Relay Team(s) and 3-minute crash pairs.
2. **Waivers:**
   a. **All competitors (both students and parents) must complete a waiver! No exceptions.** Minors (under 18) must have a parent or guardian's signature.

      Waiver Form for PWRC HSES

      This link will direct the user to a form where parents and rowers (over the age of 18) can electronically sign a waiver. When completing the waiver, please affiliate the participant to their **High School, not PWRC or PWCA.**
   b. **Middle school participants will need to affiliate with PWCA.**
   c. This waiver is not related to, nor does it take the place of, the USRowing Waiver required by the high school rowing team for the spring high school rowing season. This waiver is for the sole purpose of the PWRC High School ERG Sprints. Although we discourage it, paper waivers will also be acceptable.

3. **T-Shirt Orders:** Shirts are available in both men and women sizes. All shirt purchases will be done 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 Sunday, 28 January 2024** Shirts are not available for sale on the day of the event

   Shirts are not available for sale on the day of the event. 2024 PWRC HSES Shirt Pre-Order Link

Please email questions to **Renee' Johnson** at reneebj58@gmail.com or call 571-330-7089**.**



GENERAL REGISTRATION GUIDELINES.

- **$10 Registration Fee.** A registration fee of $10 for each athlete that competes at the PWRC High School ERG Sprints. Parents are not required to pay a registration fee to participate in the Parent/Child relay. Registration fees will be collected via Regatta Central (if parents register their kids) or via a single check made out to PWRC from each coach/school that chooses to centrally register their team.
- **Register by age on the day of the event.** Athletes should be registered for an individual event corresponding to his/her **age as of 10 February 2024**.
- **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 event 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 11 AM 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 preceding year's High School Spring season (2023).
- **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 1 hour prior to its scheduled start time or at 11 AM for the 3 Minute Crash events. Please keep this in mind if you are planning on putting together a composite team for the mixed relay or 3-Minute Crash.
- **Lightweight.** Lightweight events are conducted on the **HONOR SYSTEM**. We will not weigh athletes at the event; just specify whether they are "lightweight" or not. Lightweight limits are 135 pounds for women, and 155 pounds for men, as of race day. It will be the coaches' testament that their rower is at or below the weight limit for lightweight events on race day.
- **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 relay**s. The parent/child relay is a total of 500 m (250 m each). Participants must be legally related as parent 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, in writing, 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.

Regatta Central Registration

Description	
Men's Events	
01 Men Middle School (500 m)	$10
03 Men Freshmen (1500 m)	$10
05 Men 16 & under (1500 m)	$10
07 Ltwt Men 18 & under (1500 m)	$10
09 Men 18 & under (1500 m)	$10
11 Men Coxswains (500 m)	$10
Women's Events	
02 Women Middle School (500 m)	$10
04 Women Freshmen (1500 m)	$10
06 Women 16 & under (1500 m)	$10
08 Ltwt Women 18 & under (1500 m)	$10
10 Women 18 & under (1500 m)	$10
12 Women Coxswains (500 m)	$10
Parent/Child Relay Events	
14a Parent/Child Relay - Father/Son (250m each)	
14b Parent/Child Relay - Father/Daughter (250m each)	
14c Parent/Child Relay - Mother/Son (250m each)	
14d Parent/Child Relay - Mother/Daughter (250m each)	

Coaches Only Register These Events

Mixed 4 Person Team Ergometers
13 Team - Mixed Relay (500m each, 2M/2F)

Men's 2 Person Team Ergometers
15 Team: Male 3 Minute Crash

Women's 2 Person Team Ergometers
16 Team: Female 3 Minute Crash