

Falcon Fremont Four-Miler

November 3rd, 2007

Due to popular demand, SPU Crew will be hosting the annual Falcon Fremont Four-Miler once again.

Date: Saturday, Nov. 3, 2007

Where: Lake Washington Ship Canal/Lake Union, Seattle, WA.
Seattle Pacific Univ./Ewing Park viewing area

Entry date: Entries are due Friday, Oct. 19th. Mail, E-mail and fax entries will be accepted up through this date.

Entry fees: A non-refundable entry fee will be charged for each entry. Eights \$55, Fours and Quads \$40, Pairs and Doubles \$25, Singles \$20.
Make checks payable to "SPU Crew." 3307 3rd Ave W. Suite 301 Seattle, WA 98119.

////////////////////SPECIAL: All crews coming from Canada, Oregon, Eastern Washington, Idaho, and points farther, are encouraged to attend by paying half price on all entry fees.////////////////////

Entry Forms: The Four-Miler is not USRowing sanctioned. ORIGINAL 4-Miler Waiver forms are required, no photocopied signatures, USRowing waiver forms will no longer be accepted.

Awards: Medals will be awarded to all first place finishes and ribbons to second and third place finishes. Some perpetual trophies are also awarded.

1. Races will start at 8:15 a.m. Coaches/coxswains meeting at 6:30 a.m. in the lower SPU gym, enter through the shellhouse. All scullers should attend the meeting in order to receive entry numbers. You will not be timed if you cross either the start or finish line without a visible shirt entry number.
2. There will be four flights with competitors sent off every 5 seconds to allow for each flight to finish before the next begins. This should improve timing and results as well as relieve some dock congestion.
3. Masters crew average ages are REQUIRED on the entry form for time handicapping. Masters entries without a specified age will be considered to be 27. Handicap is 1/2 second per mile per year.
4. Lightweights. Honor system weigh-ins. Women: 135 lbs max., men: 165 lbs. max, no average. A scale is available for challenges on questionable crews.
5. All competitors should be Red Cross float test certified. It is the responsibility of the entering organization to verify this. There will be NO rowers abandoning shells due to breakages.
6. All shells must have bow balls.
7. Long sleeve regatta shirts will be on sale on race day.
8. Concessions will be available.
9. Parking is limited so please park in designated areas only. We ask that all cars park on the street or in SPU lots so there is adequate room for boats and trailers in the park area. Early arrival is recommended.

Schedule Falcon 4 Miler 2007
(Draft)

				F-3	10:35	M LW 8	3-1
F-1	8:15	M OP 8	1-1		:36	M MST 2X	3-2
	:17	M JR 8	1-2		:37	M NOV 8	3-3
	:18	Mix MST 8	1-3		:38	M LW NOV 8	3-4
	:20	W JR 8	1-4		:38	MIX MST 4X+	3-5
	:22	M LW 4	1-5		:39	M OP 4X+	3-6
	:23	W OP 4	4-5		:39	W LW 8	3-7
	:25	W MST 4	1-7		:40	M NOV 4	3-8
	:26	MIX 2X	1-8		:42	MIX 4X+	3-9
	:27	M REC 1X	1-9		:43	M LW NOV 4	3-10
	:27	W REC 1X	1-10		:44	W JR 4	3-11
					:44	W MAST 2X	3-12
					:46	W LW NOV 8	3-13
F-2	9:25	M MST 8	2-1				
	:26	M MST 4X+	2-2				
	:27	W MST 8	2-3	F-4	11:40	W OP 8	4-1
	:30	W MST 4X+	2-4		:42	M OP 4	4-2
	:31	W OP 4X+	2-5		:43	M OP 2X	4-3
	:32	M JR 4	2-6		:46	M MST 4	4-4
	:33	M OP 1X	2-7		:49		
	:34	M2-	2-8		:50	W NOV 8	4-6
	:35	M MST 1X	2-9		:52	W JR NOV 8	4-7
	:37	M LW 1X	2-10		:53	M LW NOV 4	4-8
	:39	W OP 1X	2-11		:53	Mix MST 2X	4-9
	:39	W LW 1X	2-12		:54	W OP 2X	4-10
	:40	W MST 1X	2-13		:54	W LW NOV 4	4-11
	:41	W NOV 4	2-14				

**Flight times are subject to some minor change, all other race times are estimated based on previous regatta's number of entries in each category.
Final schedule will be distributed on race day.**

ENTRY FORM

Organization _____

Contact person _____

Phone: Day _____ Evening _____ E-mail _____

Fax # (if you want a schedule prior to race day): _____

<u>Eights</u>	<u>Fours</u>	<u>Doubles/Pairs</u>
M OP 8 _____	M OP 4 _____	M2X _____
M NOV 8 _____	M NOV 4 _____	M MST 2X _____*
M LW 8 _____	M LW 4 _____	MIXED 2X _____
M MST 8 _____*	M MST 4 _____*	W2X _____
M JR 8 _____	M JR 4 _____	W MST 2X _____*
M LW NOV 8 _____	M LW NOV 4 _____	Mix MST 2x _____*
Mixed 8 _____	Mixed 4 _____	
W OP 8 _____	W OP 4 _____	<u>Quads (coxed only)</u>
W NOV 8 _____	W NOV 4 _____	M4X+ _____
W LW 8 _____	W LW 4 _____	M MST 4X+ _____*
W MST 8 _____*	W MST 4 _____*	W4X+ _____
W JR 8 _____	W JR 4 _____	W MST 4X+ _____*
W JR NOV 8 _____	W LW NOV 4 _____	Mix MST 4X+ _____*
W LW NOV 8 _____	Mix MST 4 _____*	Mix 4X+ _____*
Mix MST 8 _____*		

Singles

M OP 1X _____
M MST 1X _____*
M LW 1X _____
M REC 1X _____
W OP 1X _____
W MST 1X _____*
W LW 1X _____
W REC 1X _____

We are willing to enter other categories if there are at least two entries in each proposed category

Other:

Fees: Eights \$55, Fours and Quads \$40, Pairs and Doubles \$25, Singles \$20.

Checks payable to "SPU Crew" send to SPU Crew 3307 3rd Ave W. Suite 301 Seattle WA 98119

ENTRIES DUE BY 19 OCTOBER!!!

The attached waiver with original signatures must be turned in prior to launching.

USRowing Waivers will NOT be accepted. Only SPU Waivers will be accepted.

Phone (206-281-2931), Fax (FAX# 206-281-2266), and e-mail (falcon4miler@yahoo.com) entries are acceptable, but original forms and fees must be received before racing.

*Masters event age listings:

Event	Average Age	Event	Average Age
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____