



CFF Four-Miler Regatta October 8, 2011

Back by popular demand, SPU Crew will be hosting the First Annual CFF Four-Miler. Net proceeds will be donated to the Cystic Fibrosis Foundation. Your support through participation is greatly appreciated!

Date: Saturday, October 8, 2011

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

Entry date: Entries are due Friday, September 30 by 5 p.m. Entries may be submitted online or by mail, e-mail, or fax, provided that originals are finalized and received by this date and time.

Entry fees: Entry fee is \$25 per person including coxswains. Online payment preferred at www.spu.edu/depts/crew/4-Miler.htm. Call-in credit card payments are also available, (206-281-2085), or make check payable to "SPU Crew", and send to 3307 3rd Ave W., Suite 301, Seattle, WA 98119.

Entry Forms: The Four-Miler is not USRowing-sanctioned. **ORIGINALLY SIGNED** (no signature photocopies) 4-Miler waiver forms are required from minors. **USRowing waiver forms will not be accepted.** All forms are located at www.spu.edu/depts/crew/4-Miler.htm.

Awards: Medals will be awarded to all first-place finishers and ribbons to second- and third- place competitors.

1. Coaches/coxswains meeting to be held at 6:30 a.m. in the SPU gym; enter through the shellhouse. All coaches and unaffiliated rowers should attend the meeting in order to receive entry numbers. Single scullers and crews launching from other venues should also attend the meeting to receive entry numbers. You will not be timed if you cross either the start or finish line without a visible entry number. A representative from each boat (coxswain or bow person) should be present to receive instruction regarding rules/regulations of the regatta.
2. Races will start at 8:15 a.m. There will be four flights, with competitors starting approximately every 5 to 15 seconds to allow for each flight to finish before the next begins.
3. Masters crews' average ages are **REQUIRED** on the entry form for time handicapping. Masters entries without a specified age will be calculated as age 27. Handicap is two seconds per year.
4. Lightweights: The honor system will be in force in lieu of weigh-ins. Women: 135 lbs. maximum, men: 165 lbs. maximum (for each rower, 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. NO rowers may abandon shells due to breakage.
6. All shells must have bow balls.
7. A regatta shirt is included with each rower's entry fee.
8. Concessions will be available.
9. Rowers are encouraged to launch from other rowing clubs having access to Lake Union, due to limited parking at SPU and to avoid unnecessary impact on any one neighborhood. Trailer parking at SPU is very limited; please contact the regatta organizers for more information about trailer needs. We ask that all cars park on the street or in SPU lots so there is adequate room for boats and trailers close to the launch area. Early arrival is recommended.

10. Policy on Exclusion of Individuals Who Have **Burkholderia cepacia**: Because of health risks to people with cystic fibrosis (CF), individuals with CF who have had a confirmed positive sputum culture for Burkholderia cepacia (B. cepacia) complex shall not attend Cystic Fibrosis Foundation events, meetings, or offices. This policy is necessary because B. cepacia is contagious to individuals with CF. B. cepacia can be transmitted through casual contact or close proximity with infected individuals. B. cepacia infection in a person with CF can cause serious respiratory illness and, in some patients, may result in rapid decline in lung function, possibly leading to death. While this policy should reduce the risk of B. cepacia cross-infection, there still might still be some individuals with B. cepacia in attendance. B. cepacia is not a known health risk to individuals without CF who are otherwise healthy. The CF Foundation supports research to identify new treatments for B. cepacia. For alternative ways to participate and for more information regarding this policy, please contact the CF Foundation at (800) FIGHT-CF(344-4823) or visit www.cff.org. Consult your CF care center physician with medical questions.
11. All net proceeds go to the [Cystic Fibrosis Foundation's](#) amazingly successful fight to beat this disease! Thank you so much for your participation in this event. If you'd like to make a further tax-deductible donation, do so at this link [donation link](#).
12. Contact the regatta coordinator at CFF4Miler@gmail.com with questions. All information, forms, and links can be found at www.spu.edu/depts/crew/4-Miler.htm