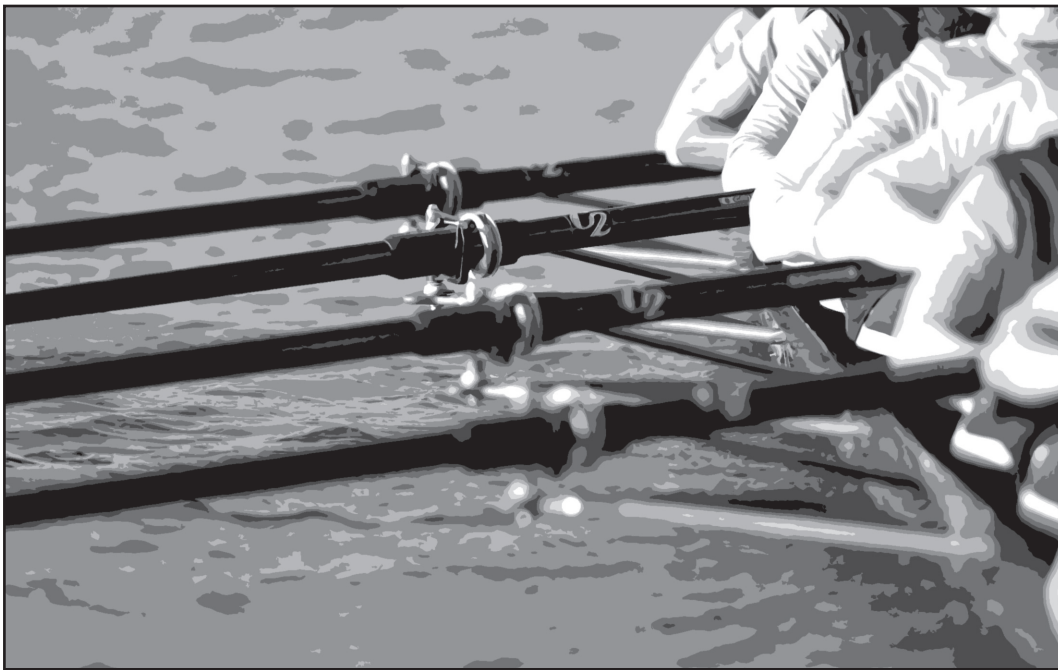


ARAMARK SPRINTS

THE 13TH ANNUAL SOUTH/CENTRAL REGION CHAMPIONSHIPS



SATURDAY, MAY 16 - SUNDAY, MAY 17, 2009
MELTON HILL LAKE
OAK RIDGE, TENN.



*Hosted by the
University of Tennessee*

2009 SCHEDULE OF EVENTS

Saturday, May 16

PRELIMINARY HEATS:

SEMIFINALS:

Open 4+ 9:00 a.m. 9:10 a.m. 9:20 a.m. 9:30 a.m.	Heat 1 Heat 2 Heat 3 Heat 4	Open 4+ 2:00 p.m. 2:10 p.m. 2:20 p.m. 2:30 p.m.	Semifinal C/D 1 Semifinal C/D 2 Semifinal A/B 1 Semifinal A/B 2
Novice 8+ 9:40 a.m. 9:50 a.m. 10:00 a.m.	Heat 1 Heat 2 Heat 3	Novice 8+ 2:40 p.m. 2:50 p.m.	Semifinal A/B 1 Semifinal A/B 2
Varsity 4+ 10:10 a.m. 10:20 a.m. 10:30 a.m. 10:40 a.m.	Heat 1 Heat 2 Heat 3 Heat 4	Varsity 4+ 3:00 p.m. 3:10 p.m.	Semifinal A/B 1 Semifinal A/B 2
Second Varsity 8+ 10:50 a.m. 11:00 a.m. 11:10 a.m. 11:20 a.m.	Heat 1 Heat 2 Heat 3 Heat 4	Second Varsity 8+ 3:20 p.m. 3:30 p.m. 3:40 p.m. 3:50 p.m.	Semifinal C/D 1 Semifinal C/D 2 Semifinal A/B 1 Semifinal A/B 2
Varsity 8+ 11:30 a.m. 11:40 a.m. 11:50 a.m. 12:00 p.m.	Heat 1 Heat 2 Heat 3 Heat 4	Varsity 8+ 4:00 p.m. 4:10 p.m. 4:20 p.m. 4:30 p.m.	Semifinal C/D 1 Semifinal C/D 2 Semifinal A/B 1 Semifinal A/B 2

Sunday, May 17

FINALS

Open 4+ 9:00 a.m.	D Final	Open 4+ 10:20 a.m. 10:30 a.m.	Petite Final Grand Final
Second Varsity 8+ 9:10 a.m.	D Final	Novice 8+ 10:40 a.m. 10:50 a.m.	Petite Final Grand Final
Varsity 8+ 9:20 a.m.	D Final	Varsity 4+ 11:00 a.m. 11:10 a.m.	Petite Final Grand Final
Open 4+ 9:30 a.m.	C Final	Second Varsity 8+ 11:20 a.m. 11:30 a.m.	Petite Final Grand Final
Novice 8+ 9:40 a.m.	C Final	Varsity 8+ 11:40 a.m. 11:50 a.m.	Petite Final Grand Final
Varsity 4+ 9:50 a.m.	C Final		
Second Varsity 8+ 10:00 a.m.	C Final		
Varsity 8+ 10:10 a.m.	C Final		

SEMIFINAL/REPECHAGE & FINALS PROGRESSION

Varsity 8+ (20 entries): four heats of five boats

- The top three in each heat advance to the A/B semifinals
- 4th-5th place teams in each heat go to the C/D semifinals
- In each of the A/B semifinals, the top three finishers advance to the grand final, while 4th-6th go to the petite final
- In each of the C/D semifinals, the top three finishers go to the C final while the remaining boats go to the D final

Second Varsity 8+ (20 entries): four heats of five boats

- The top three finishers in each heat advance to the A/B semifinals
- 4th-5th place teams advance to the C/D semifinals
- In each of the A/B semifinals, the top three finishers advance to the grand final, while 4th-6th advance to the petite final
- In each of the C/D semifinals, the top three finishers go to the C final, while the remaining boats go to the D final

Varsity 4+ (19 entries): three heats of five boats, one heat of four boats

- The top three finishers in each heat advance to the A/B semifinals
- 4th-5th place advance to the C final
- In each of the A/B semifinals, the top three boats advance to the grand final, while 4th-6th advance to the petite finals

Open 4+ (21 entries): three heats of five boats, one heat of six boats

- Only 15 score, as you must be entered in all three Varsity races and be the "A" entry from your school.
- Top four finishers in each heat advance to the A/B semifinals
- In each A/B semifinal, the top three finishers advance to the grand final, while the 4th-6th place teams advance to the petite final
- In each C/D semifinal, the top three finishers advance to the C final, while the 4th-5th place teams advance to the D final

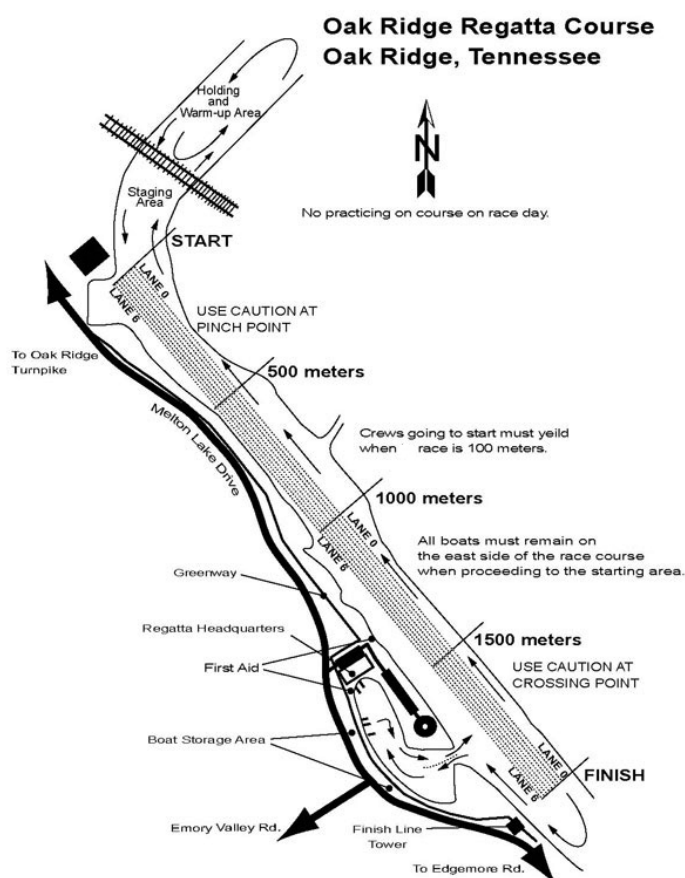
Novice 8+ (18 entries): three heats of six boats

- Only 14 score, as you must be entered in all three Varsity races and be the "A" entry from your school.
- The top four finishers in each heat advance to the A/B semifinal
- 5th-6th place teams advance to C final
- In each A/B semifinal, the top three finishers advance to the grand final, while the 4th-6th place teams advance to the petite final

SCORING SYSTEM

	Varsity 8+	Second Varsity 8+	Varsity 4+	Open 4+	Novice 8+
1st	180	120	60	20	40
2nd	171	114	57	19	38
3rd	162	108	54	18	36
4th	153	102	51	17	34
5th	144	96	48	16	32
6th	135	90	45	15	30
7th	126	84	42	14	28
8th	117	78	39	13	26
9th	108	72	36	12	24
10th	99	66	33	11	22
11th	90	60	30	10	20
12th	81	54	27	9	18
13th	72	48	24	8	16
14th	63	42	21	7	14
15th	54	36	18	6	
16th	45	30	15		
17th	36	24	12		
18th	27	18	9		
19th	18	12	6		
20th	9	6			

ARAMARK CENTRAL/SOUTH REGION SPRINTS



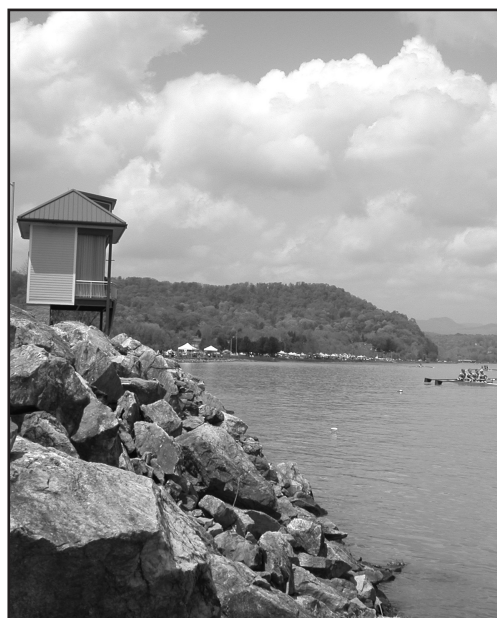
Melton Hill Lake in Oak Ridge, Tenn., will once again host the South and Central Region Championships as the top teams from the two regions will compete for the titles on May 16-17.

When the NCAA decided to add rowing to its docket of sponsored collegiate sports and institute a national championship event, the governing body also divided up the schools that fielded rowing teams into five different regions: New England, Mid-Atlantic, Central, South and West.

With the establishment of the groupings, regional championships were also developed. In the Central Region, Oak Ridge's Melton Hill Lake was chosen as the site of the inaugural competition in 1997 and has hosted ever since. It was selected by the coaches because of its geographically-centralized location and its recognition as one of the nation's best courses.

Unlike the New England, Mid-Atlantic and West Regions, the Central/Southern Region Championships is the only regatta in the NCAA to combine two regions. Likewise, the event is the only regional championship which is limited to intercollegiate programs.

The 2008 Central/Southern Region Championships saw Virginia take home its second consecutive Aramark Cup and South Region title, winning the Varsity 8+ and finishing second in both the 2V8+ and V4+. Meanwhile, Michigan State topped Ohio State in the first eights and claimed the Varsity 4+ title to take the Central Region Championship.



Melton Hill Lake is recognized as one of the top courses in the nation and has served as the host site of the Central/South Region Championships since the inaugural regatta in 1997. A finish tower (left) is located at the end of the course and the lake features ample space on the shoreline (below) for spectators and teams to view the races. In 2007, the venue became the first in the South to host the NCAA National Championships.



2008 ARAMARK CUP

1.	Virginia	407
2.	Michigan State	371
3.	Ohio State	351
4.	Wisconsin	348
5.	Michigan	331
6.	Clemson	320
7.	Notre Dame	315
8.	TENNESSEE	293
9.	Minnesota	264
10.	Louisville	208
11.	Iowa	202
12.	Texas	199
13.	UCF	193
14.	Indiana	145
15.	Miami	132
16.	Kansas State	97
17.	Duke	87
18.	Kansas	78
19.	North Carolina	61
20.	SMU	60
21.	Murray State	54
22.	Eastern Michigan	18

2008 South Region Championship

1.	Virginia	407
2.	Clemson	320
3.	TENNESSEE	293
4.	Louisville	208
5.	Texas	199
6.	UCF	193
7.	Miami	132
8.	Duke	87
9.	North Carolina	61
10.	SMU	60

2008 Central Region Championship

1.	Michigan State	371
2.	Ohio State	351
3.	Wisconsin	348
4.	Michigan	331
5.	Notre Dame	315
6.	Minnesota	264
7.	Iowa	202
8.	Indiana	145
9.	Kansas State	97
10.	Kansas	78
11.	Murray State	54
12.	Eastern Michigan	18

RANKINGS/2009 PARTICIPANTS

USRowing/CRCA Varsity 8+ Poll - May 13, 2009

Participating Teams (Events)

Rank	Team (First-place Votes)	Points	Last Week
1.	Stanford (20)	495	1
2.	Cal	461	2
3.	Michigan State (5)	457	3
4.	Brown	418	4
5.	Yale	395	5
6.	Michigan	390	6
7.	Princeton	338	7
8.	Ohio State	322	8
9.	Washington	288	9
10.	Clemson	279	10
11.	Virginia	248	11
12.	USC	206	12
13.	Oregon State	192	13
14.	Wisconsin	187	14
15t.	Harvard	141	16
15t.	Washington State	141	15
17.	Iowa	100	17
18.	Louisville	92	18
19.	Minnesota	38	20
20.	UCLA	35	19

Eastern Michigan
(V8, 2V8, V4, O4, N8)
Indiana
(V8, 2V8, V4, O4)
Iowa
(V8, 2V8, V4, O4, N8)
Kansas
(V8, 2V8, V4, O4, N8)
Kansas State
(V8, 2V8, V4, O4, N8)
Michigan
(V8, 2V8, V4, O4, N8)
Michigan State
(V8, 2V8, V4, O4, N8)

Central Region

Minnesota
(V8, 2V8, V4)
Notre Dame
(V8, 2V8, V4, O4, N8)
Ohio State
(V8, 2V8, V4, O4, N8)
Oklahoma
(O4, N8)
SMU
(V8, 2V8)
Wisconsin
(V8, 2V8, V4, O4, N8)

South Region

(V8, 2V8, V4, N8)
Tennessee
(V8, 2V8, V4, O4)
Texas
(V8, 2V8, V4, O4)
UCF
(V8, 2V8, V4, O4, N8)
Virginia
(V8, 2V8, V4, O4, N8)



ALABAMA

Location: Tuscaloosa, Ala.
Enrollment: 25,580
School Colors: Crimson & White
Nickname: Crimson Tide
Head Coach: Larry Davis
Assistant Coaches: Marina Traub
Derek Tuten
2008 NCAA Finish: N/A
2008 South Region Finish: N/A



EASTERN MICHIGAN

Location: Ypsilanti, Mich.
Enrollment: 22,638
School Colors: Dark Green and White
Nickname: Eagles
Head Coach: Brad Holdren
Assistant Coach: Kemp Savage
Graduate Assistant Coach: Stacey Van Order
2008 NCAA Finish: N/A
2008 Central Region Finish: 12th



CLEMSON

Location: Clemson, S.C.
Enrollment: 17,585
School Colors: Burnt Orange & Purple
Nickname: Tigers
Head Coach: Richard Ruggieri
Assistant Coaches: Andrew Carter
Erin Ruggieri
2008 NCAA Finish: N/A
2008 South Region Finish: 2nd



DUKE

Location: Durham, N.C.
Enrollment: 6,197
School Colors: Royal Blue and White
Nickname: Blue Devils
Head Coach: Robyn Horner
Assistant Coaches: Jim Lister
Julie Domina
2008 NCAA Finish: N/A
2008 South Region Finish: 8th

2009 PARTICIPANTS



INDIANA

Location: Bloomington, Ind.
Enrollment: 38,247
School Colors: Cream and Crimson
Nickname: Hoosiers
Head Coach: Steve Peterson
Assistant Coaches: Connie Kirsch
 Josh Adam
2008 NCAA Finish: N/A
2008 Central Region Finish: 8th



MIAMI

Location: Coral Gables, Fla.
Enrollment: 15,250
School Colors: Orange, Green & White
Nickname: Hurricanes
Head Coach: Boban Rankovic
Assistant Coaches: Margaret Matia
 Joel Furtek
2008 NCAA Finish: N/A
2008 South Region Finish: 7th



IOWA

Location: Iowa City, Iowa
Enrollment: 30,409
School Colors: Black and Gold
Nickname: Hawkeyes
Head Coach: Mandi Kowal
Assistant Coaches: Chuck Rodosky
 Carrie Callen
2008 NCAA Finish: N/A
2008 Central Region Finish: 7th



KANSAS

Location: Lawrence, Kan.
Enrollment: 30,102
School Colors: Crimson and Blue
Nickname: Jayhawks
Head Coach: Rob Catloth
Assistant Coach: Jennifer Myers
 Kris Baty
2008 NCAA Finish: N/A
2008 Central Region Finish: 10th



KANSAS STATE

Location: Manhattan, Kan.
Enrollment: 23,137
School Colors: Purple and White
Nickname: Wildcats
Head Coach: Patrick Sweeney
Assistant Coaches: Stephanie Riegle
 Grace Riekenberg
2008 NCAA Finish: N/A
2008 Central Region Finish: 9th



LOUISVILLE

Location: Louisville, Ky.
Enrollment: 22,000
School Colors: Red and Black
Nickname: Cardinals
Head Coach: Laura Fogt
Assistant Coaches: Odette Mitchell-Servilio
 Andrea Buch
2008 NCAA Finish: N/A
2008 South Region Finish: 4th

2009 PARTICIPANTS



MICHIGAN

Location: Ann Arbor, Mich.
Enrollment: 37,306
School Colors: Maize and Blue
Nickname: Wolverines
Head Coach: Mark Rothstein
Assistant Coaches: Kate Strum
 Heather Mandoli
2008 NCAA Finish: N/A
2008 Central Region Finish: 4th



MINNESOTA

Location: Minneapolis, Minn.
Enrollment: 48,150
School Colors: Maroon and Gold
Nickname: Golden Gophers
Head Coach: Wendy Davis
Assistant Coaches: John Flynn
 Wendy Wisheart
2008 NCAA Finish: N/A
2008 Central Region Finish: 6th



MICHIGAN STATE

Location: East Lansing, Mich.
Enrollment: 45,520
School Colors: Green and White
Nickname: Spartans
Head Coach: Matt Weise
Assistant Coaches: Christiina Tymoszewicz-Donley
 Scott Travis
2008 NCAA Finish: 6th
2008 Central Region Finish: 1st



OHIO STATE

Location: Columbus, Ohio
Enrollment: 60,347
School Colors: Scarlet and Gray
Nickname: Buckeyes
Head Coach: Andy Teitelbaum
Assistant Coaches: Diana Albrecht
 Bethia Woolf
2008 NCAA Finish: 7th
2008 Central Region Finish: 2nd



NOTRE DAME

Location: Notre Dame, Ind.
Enrollment: 11,603
School Colors: Gold and Blue
Nickname: Fighting Irish
Head Coach: Martin Stone
Assistant Coaches: Joe Schlosberg
 Marnie Stahl
2008 NCAA Finish: N/A
2008 Central Region Finish: 5th



OKLAHOMA

Location: Norman, Okla.
Enrollment: 29,721
School Colors: Crimson and Cream
Nickname: Sooners
Head Coach: LeeAnne Crain
Assistant Coaches: Andy Derrick
 Kris Muhl
2008 NCAA Finish: N/A
2008 Central Region Finish: N/A

2009 PARTICIPANTS



SMU

Location: Dallas, Texas
Enrollment: 10,981
School Colors: Red and Blue
Nickname: Mustangs
Head Coach: Doug Wright
Assistant Coach: Jessi Huber
2008 NCAA Finish: N/A
2008 South Region Finish: 10th



TENNESSEE

Location: Knoxville, Tenn.
Enrollment: 26,400
School Colors: Orange and White
Nickname: Lady Volunteers
Head Coach: Lisa Glenn
Assistant Coaches: Danelle Loebaka
 Jake Hatch
2008 NCAA Finish: 11th
2008 South Region Finish: 3rd



TEXAS

Location: Austin, Texas
Enrollment: 50,006
School Colors: Burnt Orange and White
Nickname: Longhorns
Head Coach: Carie Graves
Assistant Coaches: Caroline King
 Melissa Perrone
2008 NCAA Finish: N/A
2008 South Region Finish: 5th



UCF

Location: Orlando, Fla.
Enrollment: 50,254
School Colors: Black and Gold
Nickname: Knights
Head Coach: Becky Cramer
Assistant Coaches: Susan Cohen
 Mark DeRose
2008 NCAA Finish: N/A
2008 South Region Finish: 6th



VIRGINIA

Location: Charlottesville, Va.
Enrollment: 20,399
School Colors: Blue and Orange
Nickname: Cavaliers
Head Coach: Kevin Sauer
Assistant Coaches: Steve Pritzker
 Sarah Cannon
2008 NCAA Finish: 5th
2008 South Region Finish: 1st



WISCONSIN

Location: Madison, Wis.
Enrollment: 41,507
School Colors: Cardinal and White
Nickname: Badgers
Head Coach: Bebe Bryans
Assistant Coaches: Karen Rigsby
 Megan Cooke
2008 NCAA Finish: 10th
2008 Central Region Finish: 3rd

ALL-TIME ARAMARK SPRINTS RESULTS

2008

Varsity 8+

1. Virginia	6:33.60
2. Michigan State	6:35.80
3. Michigan	6:37.00
4. Clemson	6:38.10
5. Wisconsin	6:40.10
6. Tennessee	6:40.30

Second Varsity 8+

1. Ohio State	6:39.20
2. Virginia	6:42.10
3. Notre Dame	6:43.20
4. Wisconsin	6:44.30
5. Tennessee	6:47.30
6. Michigan State	6:50.10

Varsity 4+

1. Michigan State	7:26.70
2. Virginia	7:28.29
3. Ohio State	7:29.86
4. Minnesota	7:31.19
5. Michigan	7:37.97
6. Clemson	7:41.18

Open 4+

1. Michigan State	7:31.80
2. Ohio State	7:36.90
3. Wisconsin	7:39.00
4. Notre Dame "A"	7:39.70
5. Virginia "A"	7:43.00
6. Michigan	7:49.50

Novice 8+

1. Wisconsin	7:00.50
2. Virginia	7:05.00
3. UCF	7:10.30
4. Clemson	7:14.10
5. Notre Dame	7:14.20
6. Ohio State	7:20.20

Final Team Standings

1. Virginia	407
2. Michigan State	371
3. Ohio State	351
4. Wisconsin	348
5. Michigan	331
6. Clemson	320
7. Notre Dame	315
8. Tennessee	293
9. Minnesota	264
10. Louisville	208
11. Iowa	202
12. Texas	199
13. UCF	193



Melton Hill Lake in Oak Ridge, Tenn., has been the site of all 12 previous South/Central Region Championships. The venue is considered one of the top courses in the nation.

14. Indiana	145
15. Miami (Fla.)	132
16. Kansas State	97
17. Duke	87
18. Kansas	78
19. North Carolina	61
20. SMU	60
21. Murray State	54
22. Eastern Michigan	18

Open 4+

1. Virginia "A"	7:30.00
2. Virginia "B"	7:36.82
3. Wisconsin	7:43.70
4. Louisville	7:46.08
5. Tennessee	7:47.91
6. Michigan	7:50.95

Novice 8+

1. Virginia	6:51.90
2. Kansas State	7:00.30
3. Michigan	7:02.31
4. Wisconsin	7:05.09
5. Michigan State	7:05.95
6. Notre Dame	7:07.96

Final Team Standings

1. Virginia	440
2. Ohio State	366
3. Tennessee	352
4. Wisconsin	346
5. Notre Dame	341
6. Minnesota	339
7. Michigan	306
8. Michigan State	301
9. UCF	294
10. Louisville	285
11. Clemson	225
12. Duke	190
13. Iowa	190
14. Texas	158
15. Indiana	157
16. Kansas	152
17. Miami (Fla.)	99
18. Cincinnati	90
19. Kansas State	88
20. North Carolina	82
21. Eastern Michigan	44

2007

Varsity 8+

1. Virginia	6:30.40
2. Ohio State	6:32.92
3. Notre Dame	6:34.68
4. Tennessee	6:37.10
5. Minnesota	6:37.86
6. UCF	6:40.76

Second Varsity 8+

1. Virginia	6:37.60
2. Minnesota	6:38.71
3. Wisconsin	6:44.07
4. Michigan State	6:46.70
5. Tennessee	6:47.12
6. Louisville	6:53.97

Varsity 4+

1. Virginia	7:22.70
2. Wisconsin	7:33.81
3. Ohio State	7:35.82
4. Minnesota	7:39.07
5. Tennessee	7:39.84
6. Notre Dame	7:43.95

ALL-TIME ARAMARK SPRINTS RESULTS

22. SMU	27
23. Murray State	15

2006

Varsity 8+

1. Notre Dame	6:26.00
2. Ohio State	6:26.82
3. Tennessee	6:27.34
4. Wisconsin	6:28.79
5. Minnesota	6:29.07
6. Michigan	6:31.85

Second Varsity 8+

1. Ohio State	6:34.20
2. Wisconsin	6:36.17
3. Michigan State	6:37.85
4. Michigan	6:39.04
5. Notre Dame	6:42.21
6. Virginia	6:44.35

Varsity 4+

1. Virginia	7:22.00
2. Ohio State	7:26.95
3. Wisconsin	7:29.60
4. Michigan State	7:31.18
5. Minnesota	7:34.35
6. Michigan	7:39.99

Open 4+

1. Ohio State	7:40.70
2. Tennessee	7:44.34
3. Wisconsin	7:45.45
4. Virginia "B"	7:47.73
5. Notre Dame	7:53.93
6. Notre Dame "B"	7:57.54

Novice 8+

1. Wisconsin	6:50.60
2. Michigan	6:52.44
3. Michigan State	6:55.28
4. Virginia	6:58.84
5. Clemson	7:01.18
6. Indiana	7:02.49

Final Team Standings

1. Ohio State	366
2. Wisconsin	361
3. Notre Dame	336
4. Michigan	317
5. Michigan State	312
6. Tennessee	294
7. Virginia	284
8. Minnesota	279
9. Louisville	227
10. UCF	193
11. Duke	185

12. Iowa	144
Kansas State	144
14. Miami (Fla.)	142
15. Texas	136
16. Indiana	102
17. Kansas	98
18. Clemson	86
19. North Carolina	59
20. Cincinnati	54
21. SMU	9

2005

Varsity 8+

1. Ohio State	6:27.50
2. Tennessee	6:29.61
3. Virginia	6:29.91
4. Wisconsin	6:34.91
5. Michigan	6:36.16
6. Michigan State	6:42.41

Second Varsity 8+

1. Virginia	6:33.30
2. Ohio State	6:34.12
3. Michigan State	6:38.96
4. Michigan	6:39.17
5. Wisconsin	6:44.86
6. Notre Dame	6:52.75

Varsity 4+

1. Virginia	7:24.40
2. Michigan State	7:31.94
3. Wisconsin	7:35.84
4. Michigan	7:38.93
5. Notre Dame	7:40.80
6. Minnesota	7:42.80

Second Varsity 4+

1. Ohio State	7:38.90
2. Wisconsin	7:40.54
3. Michigan	7:42.79
4. Virginia	7:48.23
5. Notre Dame	7:49.01
6. Texas	7:51.12

Novice 8+

1. Michigan	7:04.00
2. Virginia	7:08.12
3. Ohio State	7:09.38
4. Clemson	7:11.60
5. Iowa	7:12.47
6. Wisconsin	7:12.77

Second Novice 8+

1. Ohio State	7:21.6
2. Clemson	7:24.7
3. Virginia	7:28.8

4. Cincinnati	7:35.0
5. Tennessee	7:45.9

Final Team Standings

1. Virginia	372
2. Ohio State	366
3. Michigan	327
4. Wisconsin	324
5. Tennessee	304
6. Michigan State	294
7. Notre Dame	262
8. Minnesota	231
9. Indiana	187
10. Clemson	180
11. Texas	172
12. Louisville	171
13. Iowa	144
14. UCF	140
15. Duke	133
16. Cincinnati	77
Miami (Fla.)	77
18. Kansas	67
19. North Carolina	51
20. Kansas State	47
21. SMU	27

2004

Varsity 8+

1. Ohio State	6:34.8
2. Virginia	6:37.3
3. Michigan	6:39.3
4. Tennessee	6:42.9
5. Wisconsin	6:43.5
6. Texas	6:43.8

Second Varsity 8+

1. Virginia	6:44.5
2. Michigan	6:49.4
3. Michigan State	6:50.6
4. Wisconsin	6:50.9
5. Ohio State	6:51.6
6. Minnesota	6:58.8

Varsity 4+

1. Virginia	7:33.1
2. Wisconsin	7:37.0
3. Ohio State	7:38.4
4. Clemson	7:39.3

Second Varsity 4+

1. Michigan	7:42.8
2. Virginia	7:45.9
3. Wisconsin	7:48.5
4. Notre Dame	7:50.2
5. Ohio State	7:53.2
6. Clemson	8:08.0

ALL-TIME ARAMARK SPRINTS RESULTS

Novice 8+

1. Kansas	7:05.3
2. Ohio State	7:09.4
3. Clemson	7:09.7
4. Wisconsin	7:10.8
5. Miami (Fla.)	7:16.0
6. Notre Dame	7:20.7

Second Novice 8+

1. Wisconsin	7:16.1
2. Ohio	7:34.4
3. Virginia	7:43.2

Final Team Standings

1. Virginia	404
2. Ohio State	391
3. Wisconsin	363
4. Michigan	362
5. Michigan State	303
6. Notre Dame	295
7. Tennessee	295
8. Minnesota	264
9. Texas	252
10. Iowa	209
11. Duke	207
12. Kansas	189
13. Miami (Fla.)	175
14. Clemson	149
15. Indiana	126
16. UCF	118
17. Cincinnati	111
18. Louisville	111
19. Kansas State	110
20. Eastern Michigan	95

2003

Varsity 8+

1. Virginia	6:18.7
2. Ohio State	6:19.2
3. Michigan	6:20.7
4. Texas	6:23.1
5. Tennessee	6:24.4
6. Michigan State	6:28.2

Second Varsity 8+

1. Michigan State	6:31.6
2. Michigan	6:33.2
3. Iowa	6:34.9
4. Virginia	6:35.3
5. Ohio State	6:42.5
6. Notre Dame	6:42.5

Varsity 4+

1. Ohio State	7:08.6
2. Michigan	7:09.0
3. Iowa	7:11.8

Second Varsity 4+

1. Notre Dame	7:20.4
2. Ohio State	7:24.1
3. Iowa	7:26.2
4. Michigan	7:26.3
5. Tennessee	7:26.7
6. Michigan State	7:28.0

Novice 8+

1. Virginia	6:38.5
2. Ohio State	6:39.8
3. Duke	6:40.5
4. Texas	6:45.1
5. Michigan State	6:47.3
6. Michigan	6:49.4

Second Novice 8+

1. Ohio State	6:58.1
2. Virginia	7:04.2
3. Michigan State	7:06.2

Final Team Standings

1. Ohio State	76
2. Virginia	70
3. Michigan	67
4. Michigan State	58
5. Iowa	52
6. Tennessee	43
7. Texas	40
8. Notre Dame	35
9. Clemson	10
10. Minnesota	9
11. Duke	4
12. Miami (Fla.)	1
13. Cincinnati	0
14. Eastern Michigan	0
15. Indiana	0
16. Kansas	0
17. Kansas State	0
18. Louisville	0
19. North Carolina	0

2002

Varsity 8+

1. Ohio State	6:33.4
2. Michigan	6:37.5
3. Michigan State	6:37.8
4. Notre Dame	6:43.2
5. Texas	6:46.4
6. Duke	6:47.6

Second Varsity 8+

1. Michigan	6:51.5
2. Michigan State	6:53.8
3. Wisconsin	6:56.2

4. Ohio State	6:57.5
5. Notre Dame	6:59.1
6. Iowa	7:05.7

Varsity 4+

1. Michigan	7:26.9
2. Michigan State	7:30.4
3. Ohio State	7:31.3
4. Kansas	7:33.7
5. Texas	7:34.5

Second Varsity 4+

1. Ohio State	7:35.5
2. Michigan	7:49.1
3. Clemson	7:50.0
4. Kansas	7:54.2
5. Tennessee	7:56.2
6. Notre Dame	7:57.3

Novice 8+

1. Ohio State	6:59.9
2. Michigan	7:02.5
3. Notre Dame	7:07.5
4. Clemson	7:08.2
5. Michigan State	7:14.4
6. Indiana	7:23.5

Second Novice 8+

1. Eastern Michigan	7:07.6
2. Michigan State	7:18.3
3. Ohio State	7:19.8

Final Team Standings

1. Michigan	106
2. Ohio State	88
3. Michigan State	66
4. Notre Dame	19.5
5. Wisconsin	12
6. Eastern Michigan	10
7. Clemson	8
8. Kansas	6
9. Texas	6
10. Duke	2
11. Iowa	1.5
12. Indiana	1
13. Minnesota	1
14. Tennessee	1
15. Louisville	0
16. Cincinnati	0
17. Kansas State	0
18. Miami (Fla.)	0
19. Murray State	0

ALL-TIME ARAMARK SPRINTS RESULTS

2001

Varsity 8+

1. Michigan	6:37.2
2. Ohio State	6:39.8
3. Iowa	6:42.1
4. Michigan State	6:42.4
5. Notre Dame	6:53.9
6. Kansas	7:04.2

Second Varsity 8+

1. Michigan	6:42.6
2. Ohio State	6:50.1
3. Iowa	6:51.2
4. Clemson	6:55.1
5. Michigan State	6:55.6
6. Notre Dame	7:03.6

Varsity 4+

1. Michigan	7:23.6
2. Iowa	7:26.5
3. Ohio State	7:28.8

Second Varsity 4+

1. Michigan	7:32.7
2. Ohio State	7:43.7
3. Iowa	7:44.8
4. Notre Dame	7:56.9
5. Michigan State	7:58.8
6. Clemson	8:01.2

Novice 8+

1. Michigan	6:53.7
2. Minnesota	6:55.2
3. North Carolina	6:59.7
4. Kansas	7:01.8
5. Ohio State	7:12.5
6. Minnesota	6:55.6

Second Novice 8+

1. Duke	7:23.5
2. Tennessee	7:23.8
3. Kansas State	7:24.3

Final Team Standings

1. Michigan	120
2. Ohio State	74
3. Iowa	49
4. Minnesota	16
5. Michigan State	14
6. Clemson	10.5
7. Duke	10
8. North Carolina	8
9. Notre Dame	7.5
10. Kansas	7
11. Tennessee	4
12. Kansas State	2

13. Cincinnati	0
Indiana	0
SMU	0
Texas	0
Tulsa	0

2000

Varsity 8+

1. Michigan	6:34.3
2. Michigan State	6:38.3
3. Ohio State	6:39.1
4. Iowa	6:45.3
5. Texas	6:50.6
6. North Carolina	6:57.5

Second Varsity 8+

1. Michigan	6:42.9
2. Ohio State	6:47.6
3. Michigan State	6:48.5
4. Clemson	6:49.4
5. Iowa	6:58.4
6. Miami	7:03.7

Varsity 4+

1. Clemson	7:33.4
2. Kansas	7:33.7
3. Michigan	7:38.1
4. Michigan State	7:40.2
5. Indiana	7:40.6
6. Ohio State	7:45.6

Second Varsity 4+

1. Ohio State	7:44.7
2. Iowa	7:45.8
3. Clemson	7:50.9
4. Michigan State	7:57.7
5. Michigan	8:01.0
6. Notre Dame	8:01.4

Novice 8+

1. Duke	6:50.4
2. Louisville	6:51.7
3. Iowa	7:01.8
4. Clemson	7:02.2
5. Notre Dame	7:02.6
6. Indiana	7:12.6

Second Novice 8+

1. Louisville	7:17.3
2. Duke	7:25.0
3. Michigan State	7:29.4
4. Tennessee	7:31.9
5. Notre Dame	8:00.0

Final Team Standings

1. Michigan	79
2. Michigan State	54
3. Ohio State	51
4. Clemson	34
5. Duke	28
6. Iowa	27
7. Louisville	26
8. Kansas	16
9. Texas	4
10. Notre Dame	3.5
11. Indiana	3
12. North Carolina	2
Tennessee	2
14. Miami (Fla.)	1.5
15. Creighton	0
Kansas State	0
Murray State	0
SMU	0
Tulsa	0

1999

Varsity 8+

1. Michigan	6:41.0
2. Michigan State	6:42.5
3. Ohio State	6:46.9
4. Iowa	6:52.5
5. Kansas	6:55.4
6. North Carolina	6:56.1

Second Varsity 8+

1. Michigan	6:54.4
2. Ohio State	6:59.3
3. Michigan State	7:02.3
4. Clemson	7:10.8
5. North Carolina	7:11.4
6. Iowa	7:13.3

Varsity 4+

1. Michigan	7:46.9
2. Ohio State	7:50.0
3. Michigan State	7:56.9
4. Iowa	8:00.5
5. Clemson	8:07.9
6. North Carolina	8:15.5

Second Varsity 4+

1. Michigan State	8:26.4
2. Clemson	8:29.6
3. Tennessee	8:42.8

Novice 8+

1. Clemson	6:58.8
2. Michigan	7:05.5
3. Michigan State	7:13.2
4. Kansas State	7:13.8

ALL-TIME ARAMARK SPRINTS RESULTS

5. Ohio State	7:17.0
6. Miami (Fla.)	7:26.5

Second Novice 8+

1. Ohio State	7:23.0
2. Tennessee	7:55.4

Final Team Standings

1. Michigan	106
2. Michigan State	70
3. Ohio State	48
4. Clemson	32
5. Iowa	13.5
6. North Carolina	6
7. Kansas	4
Kansas State	4
Tennessee	4
10. Miami (Fla.)	1
11. UCF	0
Creighton	0
Duke	0
Jacksonville	0
Murray State	0

1998

Varsity 8+

1. Michigan	5:56.60
2. Virginia	5:59.71
3. Michigan State	6:03.32
4. Wisconsin	6:08.38
5. Miami (Fla.)	6:12.62
6. Ohio State	6:14.73

Second Varsity 8+

1. Virginia	6:04.30
2. Michigan	6:05.06
3. Ohio State	6:14.05
4. Michigan State	6:24.63
5. Miami (Fla.)	6:36.59

Varsity 4+

1. North Carolina	6:47.80
2. Iowa	6:51.40
3. Kansas State	6:53.40
4. Michigan	6:53.86
5. Virginia	6:55.56
6. Kansas	6:55.85

Second Varsity 4+

1. Virginia	7:03.64
2. Ohio State	7:16.24
3. North Carolina	7:19.82

Novice 8+

1. Iowa	6:21.40
2. Ohio State	6:24.19
3. Michigan State	6:24.71
4. Kansas State	6:32.89
5. Kansas	6:40.46
6. North Carolina	6:45.46

Second Novice 8+

1. Ohio State	6:36.40
2. Michigan State	6:39.74
3. Kansas	6:40.68
4. Iowa	6:43.86
5. Kansas State	6:47.36

Lightweight 8+

1. Tennessee	6:34.90
2. Kansas	6:36.05
3. Creighton	6:38.30

Final Team Standings

1. Virginia	62
2. Ohio State	56.5
3. Michigan	54
4. Michigan State	43
5. Iowa	42
6. Tennessee	26
7. North Carolina	23
8. Kansas	21
9. Kansas State	14
10. Wisconsin	6
11. Creighton	5
Miami (Fla.)	5
13. Jacksonville	0
Tulsa	0

1997

Varsity 8+

1. Virginia	6:53.9
2. Michigan	7:00.3
3. Ohio State	7:07.4
4. Central Florida	7:39.5

Second Varsity 8+

1. Virginia	7:03.1
2. Ohio State	7:09.8
3. Michigan	7:23.5

Varsity 4+

1. Iowa	7:49.6
2. Ohio State	7:54.4
3. Tennessee	7:56.8
4. Virginia	8:01.6
5. Kansas	8:02.5
6. Central Florida	8:08.1

Novice 8+

1. Virginia	7:09.6
2. Ohio State	7:12.4
3. Michigan	7:15.0
4. Iowa	7:23.7
5. Kansas State	7:27.4
6. Miami (Fla.)	7:32.1

Second Novice 8+

1. Iowa	7:20.3
2. Ohio State	7:25.5
3. Virginia	7:31.5
4. Kansas State	7:32.8
5. Miami (Fla.)	7:48.7
6. Tennessee	8:13.2

Lightweight 8+

1. Tennessee	7:35.7
2. Creighton	7:43.6
3. Kansas	7:47.4

Final Team Standings

1. Virginia	106
2. Ohio State	88
3. Iowa	56
4. Michigan	42
5. Tennessee	39.5
6. Kansas	20
7. Kansas State	9
8. Creighton	6
9. Miami (Fla.)	4.5
10. UCF	4

ROWING ENCYCLOPEDIA

Crew is a noun that refers to one type of rowing. Crew refers to the larger rowing boats, fours and eights, that are typical of collegiate competition. Rowing is the name that the NCAA has adopted for the sport and uses officially in its championships.

Within the collegiate environment, Eights and Fours are the primary events that are contested. Those events are then broken down into Varsity, Junior Varsity, First Novice and Second Novice, as well as a lightweight category - which presents athletes who weigh less than 130 pounds. Varsity athletes are experienced rowers, whether they are a freshman or an upperclassman, while novice are first-time, usually freshmen or sophomore rowers.

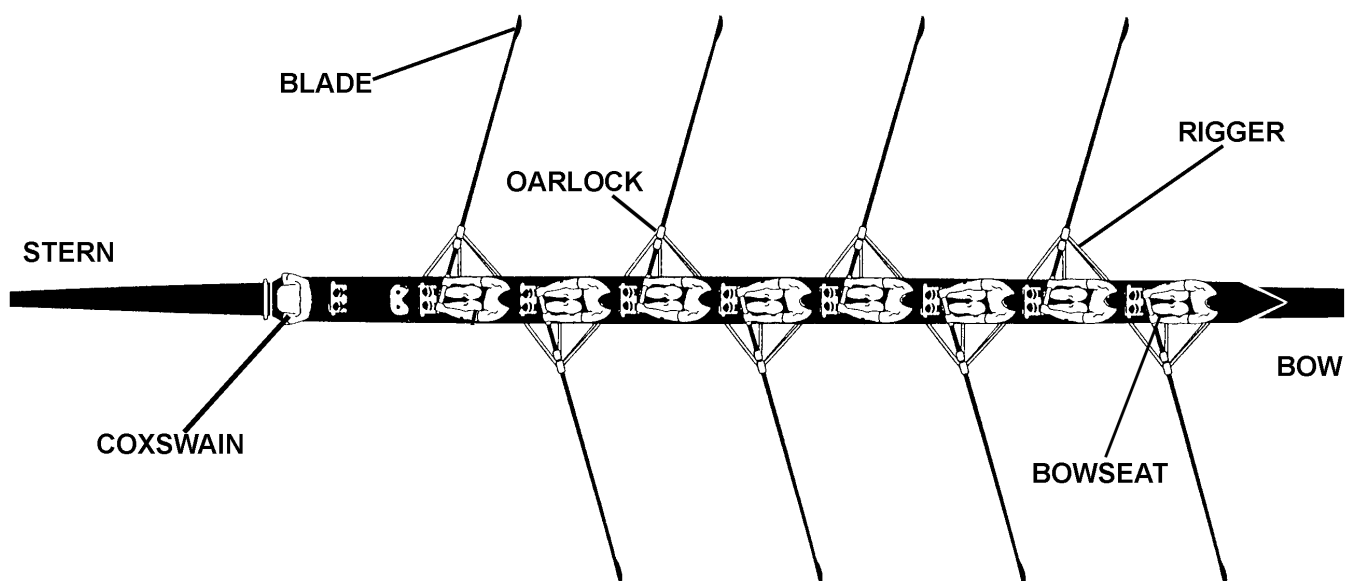
Rowing encompasses sweeping (one oar per person) and sculling (two oars per person). In college rowing, the athletes compete in only sweeping events. The larger boats usually have coxswains, who steer the boat. The minimum and most advantageous weight for a female coxswain is 100 pounds. They can either sit in the front (stern) or back (bow) of the boat.

When watching a team row, look for good timing. See if all the oars and bodies are moving together. Technique and synchronization are keys to being successful. Not only does each member have to do her part, but the crew must always work in synch. All strokes must be simultaneous; one rower can make the difference for the entire crew if they do not work together.

HEAD RACES: Head races are traditionally held in the fall. Boats cross the starting line at full speed, separated by intervals of roughly 15 seconds and usually navigate three miles of river around bends and under bridges. The crew in each event that completes the course in the shortest amount of time wins.

SPRINTS: Sprints are the primary mode of racing in spring regattas. In collegiate competition, these races are contested over 2,000 meters with a course of four to seven lanes. Depending on the venue, the start may be floating or staked and the lanes may be buoyed or unmarked.

INDOOR COMPETITION: An indoor regatta is a 2,000-meter race on ergometers or rowing machines. A rower's primary form of winter training is erging.



ROWING GLOSSARY

Bow: the forward end of the boat which crosses the finish line first; the rower in the seat nearest the forward end of a shell who typically has a quick catch, stable technique and a shorter arc.

Blade: the end of the oar which pulls the boat through the water.

Bucket rigging: two riggers on the same side next to each other instead of alternated.

Coxswain (cox): the person who steers the boat. The coxswain either sits in the stern or lies in the bow giving commands to the rowers.

Ergs: short for ergometer; a land based rowing machine used for training that simulates the rower's action in the boat and measures various items such as power, length, frequency, distance and time.

Head Race: fall races, typically rowing upriver over a winding course covering several miles. Times for the races are based on start finish times, not head-to-head racing.

Lightweight: a crew on which each athlete weighs under a specific amount (130 pounds for women).

Novice: a rower in the first year of competition.

Regatta: the name of rowing events in which several crews compete.

Repechage: a second chance race for those crews which do not automatically advance to the finals of an event.

Rigger: the metal extensions protruding from the sides of the boat.

Run: the distance the shell moves during one stroke.

Sculling: a type of rowing where each rower uses two oars.

Shell: another word for the rowing boat. It seats nine people for an Eight and five people for a Four, and ranges in length from 45 feet for a Four to 58 feet for an Eight.

Sprints: used in collegiate competition, this type of race features a course which is 2000 meters long, usually with four to six unmarked or buoyed lanes and a floating or staked start.

Stern: the back of the boat; the end the rowers face during competitions.

Sweeping: a type of rowing where each rower has one oar.

Varsity: the collegiate rower who competes beyond the novice level.

8+ and 4+: eights (8+) and fours (4+) are the most common collegiate competitions and the two events held at the NCAA Championships. The plus indicates a coxswain on board.

PROGRAM CREDITS

This program was designed by Kelly Hayes, Lady Vol Media Relations. Special thanks to volunteers from the Oak Ridge Rowing Association who help run the Aramark Sprints.

*Good Luck To All Those
Participating in the
South/Central Sprints!*

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