



# 5<sup>TH</sup> ANNUAL SHOEBIE CUP INVITATIONAL

HOSTED BY MOUNT SAINT JOSEPH ACADEMY & MAINLAND REGIONAL HIGH SCHOOL  
MARCH 27, 2010 - CONSHOHOCKEN, PA



## **Why the Shoebie Cup, you ask?**

Most people in the area have heard the term “Shoebie” if they have ever set foot on the South Jersey shore. Day-trippers from Philly have historically been called “Shoebies” for generations...

This regatta started as a friendly competition between the Mount and the fast crews from the Jersey shore. These girls compete against each other routinely throughout the year, and many spend summers together at the shore. So, for one day a year, we’ll flip the coin and let the girls from Jersey come to Philly and be reverse shoebies for a day!

## **The Sara LaSalle-Tarantin Cup**

The Senior 8+ Trophy is named in honor and memory of Sara Lasalle-Tarantin. Sara was the mother of one of the Mount captains and Senior 8+ members, Marissa ‘04, and a strong supporter of Mount Crew. Sara’s spirit lives on in the passion these young ladies have for life and for rowing.

## **The Chase Cup**

The Freshman 8+ Trophy is named in honor of two crazy Freshman coaches who share not only a last name but a passion for instructing young women in the formative stages of their rowing careers – Chris Chase from Saratoga, and Stuart Chase from the Mount.

## **Racing Notes**

- Coaches and coxswains meeting at 8:00am
- The point values for each race is consistent with the PSRA point system
- Lane 1 is closest to the launching area and lane 3 is closest to the opposite shore. Lane 1 will be approximately 1/3 of the way across the river.
- Heading to the starting line, crews should row single file on the boathouse side of the river until they get above the starting line. The starting line is marked by black and white poles on either side of the river. It will be a floating start with an aligner. Crews may row upriver for 500m for warm up.
- Races are 1500m long. Each 500m is marked by poles on either bank. The launching dock is approximately 500m left in the course. There will be a flagger at the finish line, which is at the end of the train station parking lot.
- After finishing the race, crews will row single-file and very carefully along the boathouse side of the river back to the docks.
- Results will be posted on [www.row2k.com](http://www.row2k.com)
- We will have limited room for coaches and parents in following launches
- Parents and rowers should follow instructions to park offsite. Officials, coaches and trailers will be able to park on site. There are no parking passes.
- The finish can be clearly viewed from the train station parking lot. To get there is a short walk on Washington St.
- Our dock and boathouse is 500m to go. From our property you can see 2/3 of the course.
- Coaches and boat trailers park on the property.

**SHOEBIE CUP INVITATIONAL  
REGATTA SCHEDULE**

		<b>Lane 1</b>	<b>Lane 2</b>	<b>Lane 3</b>	<b>Lane 4</b>
8:00	Coaches/Coxswains Mtg.				
<b>9:00</b>	<b>Junior Four Heat 1</b>	Radnor	Merion Mercy	Mount	
9:10	Junior Four Heat 2	Mount		Radnor	
<b>9:20</b>	<b>Junior 8/2nd 8 Heat 1</b>	Mount2V		Mainland2V	
9:30	Junior 8/2nd 8 Heat 2	MainlandJV		MountJV	
<b>9:40</b>	<b>Fresh/Nov 4 Heat 1</b>	Saratoga	Mount	Merion Mercy	
9:50	Fresh/Nov 4 Heat 2	Radnor	GA	Saratoga	
<b>10:00</b>	<b>Nov 8 Final 1</b>	Mainland		Mount	
10:10	LW Four Final 1	Mount	Merion Mercy	Lower Merion	
<b>10:20</b>	<b>Varsity Four Heat 1</b>	GA		Merion Mercy	
10:30	Varsity Four Heat 2	Merion Mercy		Lower Merion	
<b>10:40</b>	<b>Varsity 8 Heat 1</b>	Mount		Radnor	
10:50	Varsity 8 Heat 2	Mainland		Merion Mercy	
<b>11:00</b>	<b>Lightweight 8 Final 1</b>	Radnor	Merion Mercy	Mount	
11:10	Fresh 8 Heat 1	Mount		Saratoga	
<b>11:20</b>	<b>Fresh 8 Heat 2</b>	Radnor	Merion Mercy	Mainland	
		<b>Lunch</b>			
12:47	Junior Four Petite				
<b>12:55</b>	<b>Junior Four Final</b>				
1:03	Junior 8/2nd 8 Petite				
<b>1:11</b>	<b>Junior 8/2nd 8 Final</b>				
1:19	Fresh/Nov 4 Petite				
<b>1:27</b>	<b>Fresh/Nov 4 Final</b>				
1:35	Nov 8 Final 2	Mount		Mainland	
<b>1:43</b>	<b>LW Four Final 2</b>	Lower Merion	Merion Mercy	Mount	
1:51	Varsity Four Petite				
<b>1:59</b>	<b>Varsity Four Final</b>				
2:07	Varsity 8 Petite				
<b>2:15</b>	<b>Varsity 8 Final</b>				
2:23	Fresh 8 Petite				
<b>2:31</b>	<b>Fresh 8 Final</b>				
2:39	Lightweight 8 Final 2	Mount	Radnor	Merion Mercy	
<b>3:00</b>	<b>Trophy Presentation</b>				

Winners to finals, losers to petite  
 In 6 boat event fastest 2nd place time to final  
 PSRA points system will be used to compile points  
**Lane 1 closest to WBC**