

Cromwell Cup 2004

REGATTA PACKET

Welcome!

Thank you for attending this year's Cromwell Cup Regatta! Please read the entry packet and adhere to the procedures for this year's regatta. We hope you enjoy your racing.

All questions can be directed to the registration / information desk on the 2nd floor of the boathouse.

Important: Regatta Volunteers are wearing NAMETAGS - if you have questions please ask them - or go to the registration and information desk.

Coaches/Coxswains Meeting – 6:30 am:

Please have at least 1 coaching representative and all competing coxswains attend this *mandatory* meeting to outline the racing and, most importantly, safety procedures for the Regatta.

Bow Numbers:

All visiting crews are responsible for supplying their own bow numbers. Please check the heat sheet (see online link below) for your lane assignment (It will be between 1 and 4 as we have a 4-lane race course)

Weigh-ins:

All weigh-ins are on the honor code before racing. You can be challenged on your weight and will have to be within 2 pounds of weight if challenged by official or rower. Regatta director will determine eligibility of rower being challenged.

Men: 165 lbs.

Women: 135 lbs.

Riverside Sprints launching and Receiving area:

Launching

- *Oars down first*
- Shoes to be placed in container
- Boat enters docking area Stern First
- Boat Leaves Docking area Bow First
- Cox or Coach to accompany boat at all times
- **90** sec rule to launch boat (please make effort to launch and depart doc in 90 sec.)

Please follow dock masters commands

You may obtain a bow number from the dock master. Please return all bow numbers after racing.

Hot seating:

You will have 2 min to hot seat a boat. Please have oars and rowers available at hand to make process quick and easy. If more than 3 people are hot seating (including coxswain) you will have to remove boat from docking area and re-launch once everyone has arrived.

You risk being disqualified if rules are not followed. Dock master and regatta director are in charge of the dock.

Coaches are to leave dock area once boats are on the water and oars are in oar locks, no pre race speeches on the dock. Let them race! Coaches will not be allowed on dock until crew has landed. You risk disqualifying your program from racing for not following strict dock master rules.

Traffic Pattern:

Please see attached map to review traffic pattern

Warm up area traffic must follow counter clockwise pattern between Weeks Bridge and Anderson Bridge. Please be aware of other crews and boat traffic going through bridges.

You may go upstream past Anderson Bridge to completely warm up before returning to pre-race staging area.

Be aware there will be bridge marshals on each bridge commanding boats going up the racecourse to stop or proceed. Listen to bridge marshals - they are watching out for your safety. Bridge marshals will disqualify crews on the spot for not adhering to commands; you will have no opportunity to protest violations of safety procedures.

Docking /Receiving

Please row through finish line area and row around the buoy indicated on the traffic pattern map. You have 60 seconds to turn around and head back to the dock. You risk disqualification if you do not follow these procedures. If you need medical attention raise hand or call out to race officials, finish line officials or MDC rangers.

90 seconds – you have 90 seconds once arrived on dock to remove put oars aside and leave the receiving area. You risk disqualification if crew is slow on the dock.

Racing:

Please be on time for your race. We will make every effort to always catch up in the program. So, please be aware of the time and show up 5 min early for your race. No one will hold a race for you; if you miss it you may not enter another heat and cannot go down the course for time. If you miss your race due to hot seating or miscalculation of timing **YOU MISS YOUR RACE.**

Protests of race are to be filed upon race completion *on the water* to the referee who will report to the finish line the race is under protest. For any protest to be considered by regatta officials, a protest must also be submitted in writing to the registration desk on the second floor of the boathouse accompanied by a \$25 protest fee.

Note that all races should be assumed to be ON TIME unless the Regatta Director has announced an official delay. If there is an official delay, you will be notified by the Dock Master or Race Marshals as you launch or warm up. Regardless, you should plan to be between the Weeks Footbridge and the starting line 5 minutes before the start of your race, or you risk missing your event.

Starting Commands:

Riverside is implementing a floating command procedure. Please be aware of the commands below.

- Aligner will call boats to line and align them
- Once alignment is called hands will not be recognized
- **You are responsible for your own point**

Commands:

(Countdown Start)

5-4-3-2-1

Attention

(pause)

ROW/ GO

Jumped starts will not be called back. You will be disqualified for jumping the start. You will be notified at finish of the race if you are disqualified. Any protest of disqualification must be made to the referee upon completion of race while still *on the water*. The referee will notify finish line officials that the race is under protest. Additionally, official protests must be submitted *in writing* to the registration desk on the second floor of the boathouse accompanied by a \$25 protest fee.

Again, once racing you are responsible for your own point. The referees and launches are there for your safety. Please follow their commands. Should you drift off-course, they will announce your lane and wave a flag to the direction you should head. Do not argue with the referees or starting officials - you will be disqualified on the spot with no opportunity to protest your event.

Scullers and Straight Boats:

Be aware of your points. Look back and judge your lane throughout your race. You are responsible for your point behind you as well as in front of you. You risk disqualification for not following safety procedures on the racecourse. Referee's launch has final say if you violate safety procedures. You have no opportunity to protest if safety infractions occur.

Finish / Completion of race:

Please row through finish line area and row around the buoy indicated on the traffic pattern map. You have 60 seconds to turn around and head back to the dock. This is a safety measure as races are run on close centers and the finish line must be clear of traffic for oncoming boats. You risk disqualification if you do not follow these procedures. If you need medical attention raise hand or call out to race officials, finish line officials or MDC rangers.

Rest rooms:

Riverside boathouse rest rooms are not available due to construction; please use Porto potties on side of boathouse.

Parking:

See attachment

Scheduling:

Final Race Schedule and Lane Assignments will be provided on race day at the registration table. Note: schedule can be changed due to time constraints. Heat and final sheets to be provided throughout the day.

Heat Sheet currently online at <http://www.riversideboatclub.com/heatsand.htm>.

Heats – No changes in heat lanes or times will be allowed

Finals – No changes in final lanes or times will be allowed

REGATTA PARKING

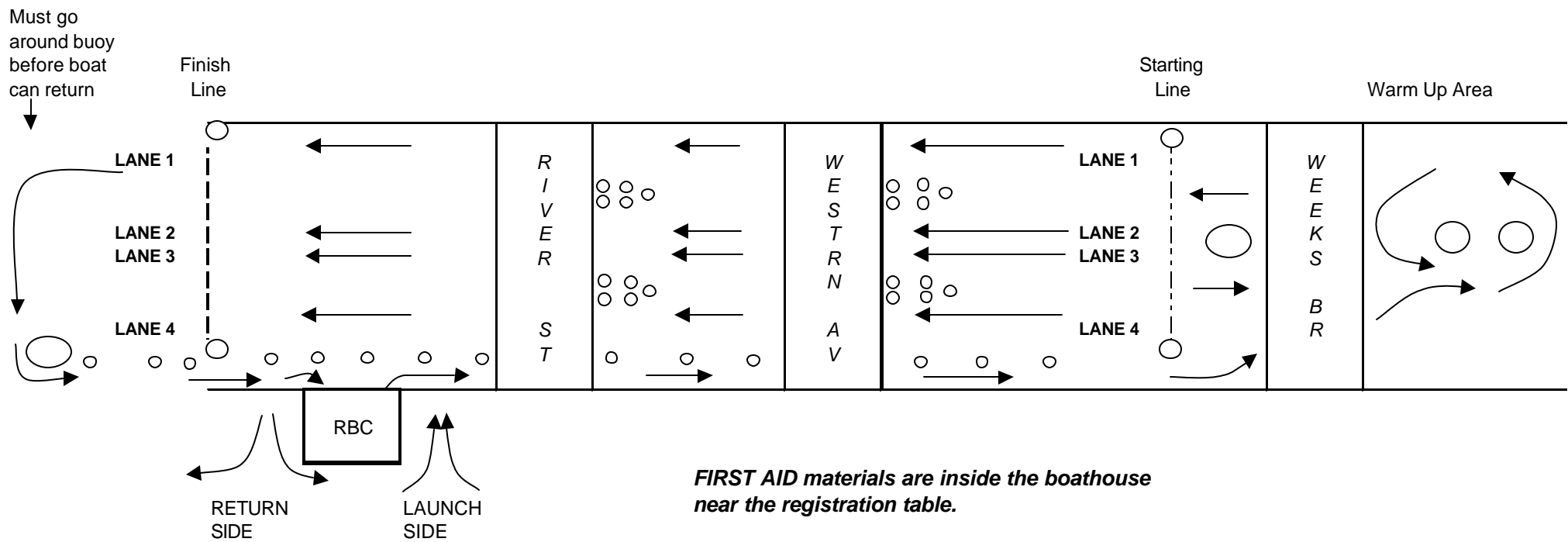
- During all Riverside Regattas, parking in the lot next to Riverside Boat Club is reserved for TRAILERS and CAR TOP BOATS ONLY.

WHERE YOU MAY PARK:

- Sundays only (2004 REGATTA ON SUNDAY!) – City of Cambridge on-street parking is legal for non-residents (any side street, do NOT park on Memorial Drive)
- The Morse School – Across from the pool and the Sunoco Station, there is an elementary school. Parking there on weekends is legal, UNLESS THEY HAVE A FARMERS MARKET SCHEDULED (markets typically on Saturdays only). Watch for signs.
- The "Horseshoe" – across from the Shell Station near Magazine Beach, adjacent to the pool.
- Magazine Beach ball fields – Next to the BU Bridge (stay right of the overpass when you travel past Riverside on your right, entrance shortly after). Several parking spaces exist between the ball fields and the pumping station.
- City of Boston streets – on street parking is legal in Allston, on the other side of the river. Western Ave is the most accessible location, and can be reached by crossing the Western Ave. Bridge, 2 bridges above (west of or upstream of) Riverside.

THOU SHALT NOT PARK:

- Anywhere on the grass
- In the MicroCenter/Strawberry's/Trader Joes parking lot. They tow.
- At the Radisson or Polaroid, unless we obtained express permission to do so.
- Any parking lot associated with a business that has not given us permission.



First call at Boathouse is 50 minutes before start of race
 Second call at Boathouse is 35 minutes before start of race
 Last call at Boathouse is 20 minutes before the start of the race

Race protests must be written on 5x8 card. Please see dockmaster for 5x8 card and protest instructions. Protests must be done immediately after the event.

Parking lot reserved for trailers and boat drop off only per MDC!
 Vehicles are not permitted to park on the grass.

First call by bridge marshal is 20 min. before race.
 Second call by bridge marshal is 10 min. before race.
 Last call by bridge marshal is 5 min. before race.

The starting command is: *Attention, Go!*
 A countdown start may be used at referees discretion.

4 heats, only winner progresses to final.
 3 heats, winner of each heat progresses + one
 2 heats, top two finishers progress to final.