



## **11<sup>th</sup> Annual Mid-Atlantic Rowing Conference Championship**

Saturday, April 27, 2019 – Gifford Pinchot State Park, Lewisberry, PA

To: Mid-Atlantic Rowing Conference Coaches

From: Carol Bower, Commissioner

Date

RE: 2019 Mid-Atlantic Rowing Conference Championships

Enclosed you will find information on the 2019 Mid-Atlantic Rowing Conference Championships to be hosted by the Susquehanna Rowing Association on Saturday, April 27<sup>th</sup>. Regatta information is enclosed to help you plan for your event.

**EVENT:** 2000 meter straight course with stake boats at start and clearly marked at finish. The venue does not have docks so be prepared to beach launch and return. The venue is located at the Quaker Day Use area of Gifford Pinchot State Park. Programs are allowed to arrive on Friday afternoon. Please be mindful of those installing the stake boats and buoy lines if you go out for a row.

**Members of the Mid-Atlantic Rowing Conference (MARC):** Adrian College, Bryn Mawr College, Bucknell University, Cabrini University, Catholic University, Franklin and Marshall College, Johnson & Wales University, Marietta College, North Park University, Ohio Wesleyan University, Stockton University, St Mary's College of Maryland, and Washington College.

**ENTRY RULES AND REGULATIONS:** Priority entries into capped events of this regatta is for member programs of the MARC. Club or club-varsity men's teams who have NCAA DIII varsity women's counterparts within the conference will also be guaranteed entries. Programs that are not MARC members may enter all events (so long as there is space) except for the Varsity Women's 8 and the 2<sup>nd</sup> Varsity Women's 8.

MARC members must race in the Varsity 8 event if they bring 8 rowers and a coxswain to this event.

**ENTRY DEADLINE:** Monday April 15<sup>th</sup> at midnight. Teams wishing to enter after that date will pay a \$500 late fee to the MARC and will only be permitted to enter events that have open spaces or will not cause an additional heat to be added to the schedule.

Racing in two events, or "doubling up," will be permitted as long as the schedule permits it. However, the schedule WILL NOT be changed to accommodate doubling. Coaches are not to contact the regatta

organizer in hopes to change the schedule to accommodate their boats. *Be advised, if there is a schedule change due to bad weather (see bad weather plan later in this memo) this could affect your ability to hot seat.* Also, boats with rowers doubling up in them will disqualify one of the boats from earning points towards the overall team prophylaxis.\*

\*The men's team championship will permit boats with doubled rowers (V4 to 2V8/V8) to earn points towards the overall team trophy. See point system below.

#### IMPORTANT DATES:

4/15/19	All Conference forms due	Email Bill McClean ( <a href="mailto:william.mclean@jwu.edu">william.mclean@jwu.edu</a> )
4/15/19	Entry Deadline for all events	Enter using Regatta Central website
4/15/19	Certificate of Insurance to:	Bob Deffner, Gifford Pinchot State Park, 2200 Rosstown Road, Lewisberry, PA 17339 And John Sweppenhiser, Susquehanna Rowing Assoc. 438 North 2 <sup>nd</sup> Street, Wormleysburg, PA 17043
4/17/19	Coaches Poll due	Tarin Summy ( <a href="mailto:tstauf13@gmail.com">tstauf13@gmail.com</a> )
4/17/19	All Conference names due	Bill McLean
4/25/19	Boat Line-ups/waivers due	Submit via Regatta Central
4/27/19	Coach/Coxswains meeting Coxswain weigh ins.	7:00 AM Gifford Pinchot State Park
TBA	Conference call for post championship coaches meeting	

#### RACE APPLICATION FEES:

MARC Members: Women's teams \$450, Men's Teams \$400.

Nonmember teams: \$200

**New!!** Pay with credit card on Regatta Central on their "Overview" page. Be sure to pay application fee before you pay race entry fees.

**RACE ENTRY FEES:** Submit via Regatta Central

MARC member race fees: \$85 for 8's; \$60 for 4's; \$40 for 2s

Nonmember race fees: \$100 for 8's; \$75 for 4s and \$50 for 2s

#### PRELIMINARY SCHEDULE OF RACE TIMES:

7:00	Coach's & Coxswains Meeting/Coxswain Weigh-ins begin
8:00	Women's Varsity 8, Heat 1
8:10	Women's Varsity 8, Heat 2
8:20	Men's Varsity 8, Heat 1
8:30	Men's Varsity 8, Heat 2
8:40	Women's 2 <sup>nd</sup> Varsity 8, Heat 1

8:50 Women's 2<sup>nd</sup> Varsity 8, Heat 2  
 9:00 Men's 2<sup>nd</sup> Varsity 8, Heat 1  
 9:10 Men's 2<sup>nd</sup> Varsity 8, Heat 2  
 9:20 Men's Varsity 4, Heat 1  
 9:30 Men's Varsity 4, Heat 2  
 9:40 Men's Varsity 4, Heat 3  
 9:50 Women's Varsity 4, Heat 1  
 10:00 Women's Varsity 4, Heat 2  
 10:10 Men's Novice 4, Heat 1  
 10:20 Men's Novice 4, Heat 2  
 10:30 Women's Novice 4, Final  
 10:40 Women's 2-, Final  
 10:50 Men's 2-, Final

11:00 – 12:00 Break. Awards presented to winners of the Women's Novice 4 and the Men's and Women's 2-'s.

12:00 Women's 3rd Varsity 8/Novice 8, Final  
 12:10 Men's 3<sup>rd</sup> Varsity 8/Novice 8, Final  
 12:20 Women's Club 2<sup>nd</sup> Varsity 8/Novice 8, Final  
 12:30 Women's Club Varsity 8, Final  
 12:40 Men's Novice 4, Petite Final  
 12:50 Men's Novice 4, Grand Final  
 1:00 Women's Varsity 4, Petite Final  
 1:10 Women's Varsity 4, Grand Final  
 1:20 Men's Varsity 4, Petite Final  
 1:30 Men's Varsity 4, Grand Final  
 1:40 Women's 2<sup>nd</sup> Varsity 8, Petite Final  
 1:50 Men's 2<sup>nd</sup> Varsity 8, Petite Final  
 2:00 Women's 2<sup>nd</sup> Varsity 8, Grand Final  
 2:10 Men's 2<sup>nd</sup> Varsity 8, Grand Final  
 2:20 Women's Varsity 8, Petite Final  
 2:30 Men's Varsity 8, Petite Final  
 2:40 Women's Varsity 8, Grand Final  
 2:50 Men's Varsity 8, Grand Final  
  
 3:30 Awards Ceremony

**Bad Weather Plan:** The Chief Referee, in consultation with the MARC Competition Committee and the LOC, may call for a Delay, Re-order of events, or cancellation of racing due to conditions endangering the safety of the rowers, staff or spectators.

Procedure: Following the decision to cancel events due to weather delays, events that must be cancelled will be designated in the following order:

1. 2's 2. WN4, MN4 3. WV4, MV4 4. M2V8 5. W2V8
6. Cancellation of Regatta

Following the decision to reorder the schedule for afternoon finals, the Regatta Director will announce the following schedule:

WV8 F (Time to start TBD, stay on 10' centers)  
MV8 F  
WJV8 F  
MJV8 F  
WV8 PF  
MV8 PF  
MJV8 PF  
MV4 F  
MV4 PF  
WV4 F  
WV4 PF  
MN4 F  
MN4 PF

**Shirt Bets:** All competitors MUST bet shirts at the regatta. Schools with boats that do not present betting shirts to the winner of their event at the end of the racing risk not being invited to race in future regattas.

**LAKE TRAFFIC:** Traffic pattern will be reviewed at the coxswains meeting. All crews going to the start (northbound) must keep to the launch-side shore of the lake (northwest shore). Caution should be used when rowing to the start to stay out of Lane 1. At the 1000m mark, a safety buoy line will separate the race course from the warm-up area. Crews traveling to the start should proceed in single file staying close to the shore. UNDER NO CIRCUMSTANCES should crews approach the area surrounding the starting line if a race is lining up. Traffic patterns and venue map can be found on the last two pages of this document.

**COURSE INSTALLATION:** Three buoy lines separating lanes 1-2, 3-4, & 5-6 will be installed. There will be stake boats for each lane.

**LANE ASSIGNMENTS:** A coach's poll will be held on **WEDNESDAY, APRIL 17, 2019** to determine seeding and lane assignments. Coaches should email Tarin ([tstauf@gmail.com](mailto:tstauf@gmail.com)) by 5:00pm with their rankings of ALL varsity boats.

**Rules:** U.S. Rowing Rules apply.

**LINE-UPS & USROWING WAIVER:** Please submit your competition line-ups through regatta Central. All participating rowers and coxswains are required to complete the annual USRowing Waiver by utilizing your club's access code or USRowing member number. Full waiver instructions can be found on page six of this document.

**BOW NUMBERS:** each boat is required to have a bow number for each event. Schools are asked to bring bow numbers with them to the Championship Regatta.

**EMTs/FIRST AID:** EMTs and an ambulance will be present throughout the regatta. If you need medical assistance the EMT's are stationed in front of the Snack bar/restroom facility.

**COXSWAIN WEIGH-INS:** Coxswain weigh-ins will begin at 7:00 am. Each team is responsible for bringing their own bags for sand, which can be obtained (and returned to) from the playground area.

**COACHES AND COXSWAINS MEETING:** The coaches and coxswains meeting will be held at the snack bar/restroom facility at 7:00 am.

**OFFICIALS:** USRowing Officials will be used, and the regatta has been registered with USRowing.

**SAFETY:** Safety motor boats for the race officials and general regatta safety will be provided by MARC Member programs and SRA.

**VIDEO RECORDS:** A camera will be running for the finals in all events, even those deemed "not close" by the finish line staff.

**STAKE BOAT HOLDERS:** The SRA is working with local groups to secure stake boat holders for the regatta. If additional volunteers are needed, Tarin Summy will reach out to head coaches to secure spares or injured athletes to serve in the role of necessary.

**Media Launches and Drones:** the Conference Commissioner, working in conjunction with the chief referee and the LOC, is charged with the approving the use of any and all drones at the regatta venue both on shore and in the field of play. Anyone wishing to operate a drone at the regatta venue, including media, competing organizations (including athletes, coaches, support personnel, parents, or fans), or spectators, must have prior approval from the Conference Commissioner. Any drones operating in the field of play must be controlled from a media launch with an experienced drone operator and launch driver. The drone itself must remain at least 10 meters behind the crew in its lane and at least five meters above the highest point of the referee launch. In addition, all media launches, with or without drones, must keep an appropriate distance behind and/or away from the racing crews to not cause a wake and inhibit their speed.

**AWARDS:** At the conclusion of the Championship the top 3 finishers of all races will be recognized with medals. If an event has 4 or less entries only the 1<sup>st</sup> place finisher will receive a medal. The men's and women's team champions, respectively, will be recognized with trophy presentations. The all-

conference and academic all-conference team members (pre-selected by each coach) will also be recognized.

**TEAM CONFERENCE CHAMPION:** The Conference Champion Cup will be awarded to the strongest overall men's team and strongest overall women's team based on the points earned for crews during the regatta. Points counting towards the men's team trophy is based on the results of the 1<sup>st</sup> varsity 8, 2<sup>nd</sup> varsity 8, and varsity 4. Points counting towards the women's team trophy is based on the results of the 1<sup>st</sup> varsity 8 and the 2<sup>nd</sup> varsity 8.

#### **Women's Point System**

Event	V8	2V8
Place	Points	
1 <sup>st</sup>	45	18
2 <sup>nd</sup>	42	16
3 <sup>rd</sup>	39	14
4 <sup>th</sup>	36	12
5 <sup>th</sup>	33	10
6 <sup>th</sup>	30	8
7 <sup>th</sup>	27	6
8 <sup>th</sup>	24	4
9 <sup>th</sup>	21	2

#### **Men's Point System**

Event	V8	2V8	V4
Place	Points		
1 <sup>st</sup>	36	18	6
2 <sup>nd</sup>	33	16	5
3 <sup>rd</sup>	30	14	4
4 <sup>th</sup>	27	12	3
5 <sup>th</sup>	24	10	2
6 <sup>th</sup>	21	8	1

For the women's team points, the lowest placing 2v8 will always earn 2 points with each higher placing boat earning 2 more points than the one below. The lowest placing V8 will always earn 3 points more than the highest placing JV8, with each higher placing boat earning 3 more points than the one below. For the men, the lowest placing V4 will always earn 1 point with each higher placing boat earning 1 more point than the boat below. The men's system will work the same as the women's with the lowest placing men's JV8 earning 2 points more than the highest placing V4.

In the event of a tie in total points, the top finisher in the V8 race of the tied teams will break the tie. Should the MARC Championships be cancelled for any reason, the AQ will be determined by a vote of the head women's coaches from each member program. The vote will take place at the championship site, and coaches are not permitted to vote for their own team. When voting, coaches should primarily

consider which team will represent our conference the best at the NCAA Championships. Coaches are only permitted to vote for 1 team. Ties will be broken by another vote between the tied teams.

### **All – Conference Team**

Coaches may name two rowers (per team, per gender) to the MARC Varsity All Conference Team. Please email the form to Bill McLean (see important dates).

### **Academic All – Conference Team**

For the academic all-conference award, names should be submitted using the following criteria: 1) rower or coxswain must have a cumulative 3.5 minimum GPA (through fall semester); 2) must be in their 2<sup>nd</sup>, 3<sup>rd</sup>, or 4<sup>th</sup> year of eligibility; 3) must have been in at least 75% of varsity competitions OR compete at the conference championship.

### **MARC Coach of the Year**

At the Awards Ceremony, the MARC Coach of the Year will be determined by a vote from the head coaches. The Coach of the Year Award is intended to recognize a head coach that fits one or more of the following criteria: *Outstanding success during the current season, outstanding success at the conference championships, demonstrated great team improvement from the prior season, fulfilled team's potential, and demonstrated a high level of professionalism and integrity as a coach.*

**Post Championship Coaches Meeting:** Will be held by conference call within the following week of the regatta.

### **Directions to Gifford Pinchot State Park:**

From Harrisburg, take the Lewisberry Exit (35) of I-83 south, then PA 177 south; or by US 15 south to Dillsburg, then to PA 74 south.

From York, take PA 74 north or I-83 north. From I-83, take the Newberrytown Exit (32), PA 382 west to PA 177 south.

**GPS DD:** Lat. 40.087 Long. -76.888

Note: Use the "Quaker Day Use" entrance to the park

### **For additional information please contact the following:**

Carol Bower, Conference Commissioner phone: (610) 639-4333 or [cbower@brynmawr.edu](mailto:cbower@brynmawr.edu)

Tarin Summy, Regatta Manager [tstauf13@gmail.com](mailto:tstauf13@gmail.com)

## **USRowing Waiver of Liability Instructions**

All participating rowers and coxswains are required to complete the annual USRowing Waiver by utilizing your club's access code or USRowing Member Number.

### **All Athletes:**

1. Go to <https://membership.usrowing.org/>
2. Under the 'Individuals' box (left side of page) select 'join.'
3. Enter athlete information (please ensure athletes enter the 'club code' provided to you by USRowing so they will be added to your roster)
4. Select 'search.'

### **New Athletes**

1. If an athlete is new, they will automatically be directed to the next step (select 'Basic membership') and then follow steps to complete waiver/membership
2. Athletes will receive email confirmation when process complete

### **Returning Athletes:**

1. Select 'login' next to your USRowing record (take note of your 'Member Number' as that is also your username)
2. Complete login – if you do not have a password, select 'forgot password' and reset link will be emailed to you
3. Once password reset, login
4. Select a 'membership type' (most athletes only need the 'basic' free membership)
5. Complete member information and hit 'submit'
6. Follow steps to complete waiver process
7. Athletes will receive email confirmation when process is complete.