

# MASSACHUSETTS FALL STATE CHAMPIONSHIP

Saturday, October 24th 2015

Sponsored By:  
Department of Conservation & Recreation

Hosted By:  
Lake Quinsigamond Community Rowing,  
Shrewsbury High School,  
Worcester Public Schools,  
St. John's School,  
Mystic Valley Regional Charter School

Venue:  
DCR Regatta Point State Park  
Lake Quinsigamond  
Worcester, MA

Distance:  
Sculling & Novice: 2 miles  
Varsity: 2.5 miles

## **CRITICAL NOTICES**

### **COMMUNICATION:**

Will be done via announcements at the Regatta Office.

The regatta will follow USRA's Rules of Rowing. Please make sure your crews understand this information. Crews who are unsafe or arrive late to the line will not be allowed to race.

**There is NO double rowing in sweep events.** However, a rower may row in a sculling and then a sweep event. No special considerations will be given to rowers/coaches for the time of each event.

The Regatta is broken down into two divisions:

- High School/Scholastic Teams
- Club/Community Rowing Programs

See the Eligibility section for definition of these divisions.

Late Arrivals:

- Crews arriving late for their start but before the last crew in their event will be allowed to start after the last starting crew with the addition of a 10 second lateness penalty.
- Crews arriving late for their start after the last crew in the event has started will not be allowed to race.

To avoid any problems, please make sure that novice coxswains are trained and qualified to race. If a novice boat is viewed by the officials to be unsafe, the start official will disqualify them and send them back to the dock.

## **MEDALS AWARDED**

Medals will be given in all events.

Medal Restrictions:

Events with 3 or less entries:	Gold only
Events with 4 entries:	Gold and Silver
Events with 5 or more:	Gold, Silver & Bronze

## GENERAL INSTRUCTIONS

1. Race Day Registration: Registration is at regatta headquarters at the meeting room at the Regatta Point boathouse. All teams must register between 7:00AM and 8:00AM. Clubs missing waivers, rosters or regatta fees will not be allowed to register.
2. Referees meeting/Coxswains meeting: Will be held at 7:15AM. USRowing referees will go over rules emphasizes, points of hazard, and other relevant information.
3. Important features for your equipment:
  - a. All shells must have a bow ball.
  - b. All shells must have heel tie-downs that do not allow the rower to raise heels more than 3" from the footboard.If any of the conditions are not met you will not be allowed to launch.
4. Bow Markers & Bib Numbers: The Regatta Committee will provide bow markers and bib numbers. Bow markers must be returned to the dock-master before leaving the landing dock. Bib numbers must be worn on the outermost garment at race time.
5. Unreturned Bow Markers: Programs will be billed at \$25 for each bow marker they do not return.
6. Order of Event Cancellation: If an event is canceled both the boys and girls events will be canceled together; in each category, smaller boats will be canceled first. The Chief Referee will make the call to cancel.
  - i. Sculling
  - ii. Novice 4
  - iii. Novice 8
  - iv. Varsity 4
  - v. Varsity 8

## ELIGIBILITY

1. Region: This regatta is open to all junior and high school programs in the Commonwealth of Massachusetts
2. High School (HS) is a scholastic championship open to programs which:
  - 1) are SINGLE SCHOOL or District with a SINGLE Athletic Director,
  - 2) row as above for the entire fall under the school name, AND
  - 3) are a HS varsity sport or club sport under direction of the Athletic Director

-Members of the NEIRA are automatically included.

All programs that do not meet the above standard shall race in the Junior division.

Programs that fall under the Junior category include:

1. Local/Regional clubs
2. Multiple school composite programs

All eligibility will ultimately be decided by the Regatta Director, whose decisions are final.

3. Novice Rowers: To row as a novice, a competitor must be no older than a freshman or in his/her first calendar year of rowing.
4. Double Entries: Double entries are not allowed between two sweep events. Double entries of athletes between a sweeps and a sculling event is allowed. **Coxswains will be allowed to double-cox on a limited basis to improve safety.**

## **RULES/INSTRUCTIONS TO COACHES, COXSWAINS & BOWMEN**

1. Compliance with the USRowing Rules of Rowing – The regatta will comply with all US Rowing Rules of Rowing. Please make sure your crews understand this information.
2. Cancellation/Delay – Regatta officials may call for a delay or cancellation of racing due to conditions endangering the safety of rowers, staff or spectators. Final decision for delay or cancellation will be made by the Chief Referee. Following a decision to delay racing, the Regatta Director will announce a revised racing schedule with compressed racing centers. Event cancellation will begin when all remaining events cannot be held by the end of the day and will follow the order posted with the schedule.
3. **Coaches and Coxswains/Bowman Meeting**  
**Time: 7:15AM**  
**Location: Outside the Meeting Room at the Regatta Point boathouse**
4. Warm-ups: We will stick to the schedule. There will NOT be exceptions for any crew hot-seating boats. All schools should note that a crew with one warning for a traffic violation risks disqualification if that same crew receives a second warning for some other infraction. Also, please note the following points:
  - a. Crews warming up must follow directions of the racing marshals.
  - b. Crews should keep the line of buoys to the PORT side of the boat at all times.
5. Voiding: There shall be no urination in the lake; a violation results in immediate disqualification from the regatta.
6. Approaching the Start: Crews and coxswains will be marshaled in the area above the start. Races will be organized south of the start in the 10 minutes before race time. Coxswains must know how to maneuver their boats with both rowing and backing strokes and must follow all directions of the start marshals. Upon arrival in the starting area, coxswains should find the two crews starting directly ahead of them and should remain near these crews as the start time approaches.
7. The Start will be called by the Start Referee: The referee will be on shore (novice & sculling events) or in a launch (varsity events). Crews are expected to follow all directions and to be prepared to cross the start line at full pressure.
8. Equipment Breakage: All crews and scullers are responsible for a complete check of equipment prior to leaving for the start.
9. Course: There will be a large map outside of the boathouse for coxswains to review. Coxswains will use the bridge as a reference and then must keep course once through the bridge. The course will run from the Narrows to the DRC for novices and sculling events. The Varsity course will run from the Shrewsbury

side of the big island, straight up through the Narrows (Novice & Sculling Start) and the Shrewsbury side of the Rt. 9 (Burns) bridge, ending at the DRC. The course will be described in greater detail at the mandatory Coaches & Coxswains Meeting.

**10. There shall be NO PASSING IN THE NARROWS**

11. Giving Way: A crew being passed must yield to the overtaking crew. Failure to do so will incur a penalty.

12. Penalties:

- a. A 10 second penalty will be applied for being late to the start
- b. A 20 second penalty will be applied for failure to give way or buoy violations.
- c. **A 2 minute penalty will be applied for a pass or attempted pass in the narrows.**
- d. If, in the view of the chief referee, **a crew makes a dangerous pass**, including or not including contact with another crew, that crew **shall be excluded**.

13. Protests: In the event of a Protest, it must be made on the water at the end of the race and then presented in writing to the regatta director, Richard Stavros, within one hour of the completion of the race in question along with a \$50 fee. The fee will be returned if the protest is ruled in your favor.

## VENUE INFORMATION

1. Park opens at 5:30am for Trailers, for athletes/spectators at 6:30am
2. Regatta Office: Located at the Meeting Room at Regatta Point State Park. Note – spectators are not allowed in the regatta office – coaches and authorized volunteers only!
3. Spectators: There is significant space available for spectators at the venue. We request that spectators avoid the launching area whenever possible to avoid congestion. Spectators will not be allowed on the docks. **The admission fee for spectators is a \$5.00 donation.**
4. Bathroom Facilities: There are limited restrooms at the boathouse, and there will be porta-potties available.
5. Results: Results will be posted on boards at the boathouse. Complete results will be available after the regatta at [www.row2k.com](http://www.row2k.com).
6. Parking:
  - **There is no parking along N. Lake Ave. due to road construction.**
  - Buses may drop off athletes outside Regatta Point. Bus Parking will be in the overflow Lot of the Hospital.
  - Shell Trailer parking will be available inside the Regatta Point State Park lot. Shell trailers will be instructed how to park on arrival. All trailers should be parked without extraneous space in between.
  - **THERE WILL BE NO PARKING OR UNLOADING OF VEHICLES OTHER THAN BOAT TRAILERS/TRUCKS INSIDE REGATTA POINT STATE PARK** (handicapped cars excluded)
  - Car Parking will be in the UMass Hospital Parking Garage (fee applies)
7. Handicap Parking: Will be located at the small lot by the boathouse inside Regatta Point State Park. Vehicles MUST have a valid Handicap Plate or Placard
8. Launching and Landing Shells:
  - All crews should plan to allow **45 minutes to get to the starting line.**
  - Wet Launching from the beach is allowed. Please be careful of the rock jetty. Hot seating crews should use the beach.
  - Crews will not be allowed to launch more than 60 minutes before their race start time.
  - Upon crossing the finish line, crews should continue to row until they have cleared the course. They should then proceed back to the docks
  - There should be 2 helpers carrying oars to the rowers.
  - Crews should launch their shells as quickly as possible; maximum time on the dock will be restricted to 2 minutes per crew.
  - Approaches to and from the docks must be kept clear. Spectators are not allowed on the dock or along the wall or paved area in the

approach to the docks.

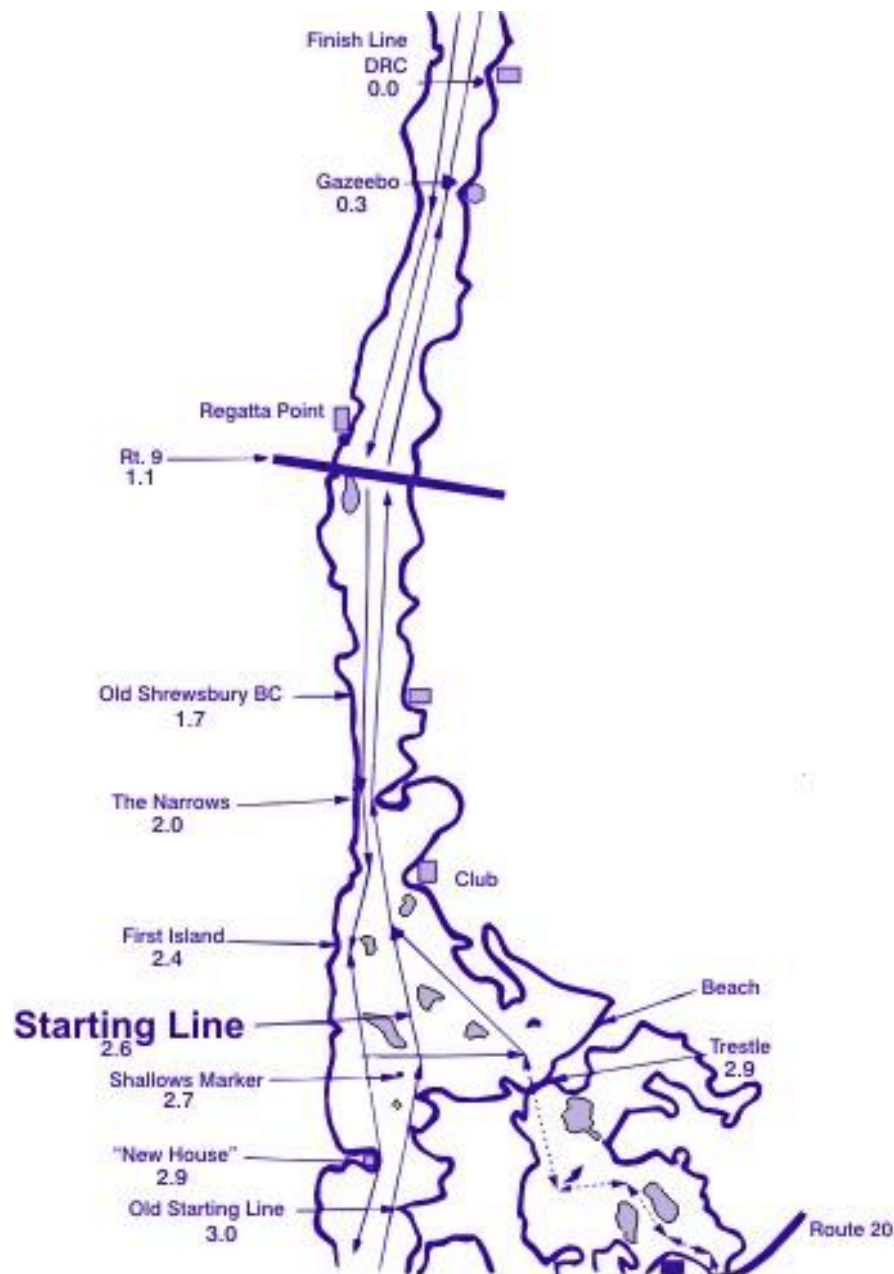
9. First Aid Location: There will be EMT's at the Regatta Point State Park (at the Boathouse) and at the Finish Line (at the Donahue Rowing Center) If you have a problem during or after a race, notify the nearest safety launch.
10. Shell Storage: There is no rack space available at this venue. All crews should bring their own blocks/slings.
11. Garbage Removal: Please deposit all trash in closed garbage bags and leave in dumpsters.



## REGATTA SCHEDULE

break	7:15 AM	Coxswains Meeting
1	8:20 AM	Mens Jr/HS 8x
2	8:30 AM	Mens Jr/HS U15 4x+
3	8:40 AM	Mens Jr/HS 4x
4	8:45 AM	Womens Jr/HS 4x
5	8:55 AM	Mens Jr/HS 2x
6	9:00 AM	Womens Jr/HS 2x
7	9:10 AM	Mens Jr/HS 1x
8	9:20 AM	Womens Jr/HS 1x
9	9:30 AM	Womens Jr/HS U15 4x+
10	9:45 AM	Womens Jr/HS 8x
break		Break
11	10:00 AM	Mens Jr/HS 1st Novice 8+
12	10:10 AM	Mens Jr/HS 2nd/3rd Novice 8+
13	10:20 AM	Womens Jr/HS 1st Novice 8+
14	10:30 AM	Womens Jr/HS 2nd/3rd Novice 8+
15	10:40 AM	Mens Jr/HS 1st Novice 4+
16	10:50 AM	Womens Jr/HS 1st Novice 4+
break		Break to Change Distance (Start)
17	12:15 PM	Mens Jr 1st Varsity 8+
18	12:15 PM	Mens HS 1st Varsity 8+
19	12:25 PM	Mens Jr 2nd Varsity 8+
20	12:25 PM	Mens HS 2nd Varsity 8+
21	12:35 PM	Mens Jr 3rd/4th Varsity 8+
22	12:35 PM	Mens HS 3rd/4th Varsity 8+
23	12:50 PM	Womens Jr 1st Varsity 8+
24	12:50 PM	Womens HS 1st Varsity 8+
25	1:00 PM	Womens Jr 2nd Varsity 8+
26	1:00 PM	Womens HS 2nd Varsity 8+
27	1:10 PM	Womens Jr 3rd/4th Varsity 8+
28	1:10 PM	Womens HS 3rd/4th Varsity 8+
29	1:25 PM	Mens Jr 1st Varsity 4+
30	1:25 PM	Mens HS 1st Varsity 4+
31	1:35 PM	Mens Jr 2nd Varsity 4+
32	1:35 PM	Mens HS 2nd Varsity 4+
33	1:45 PM	Mens Jr 3rd/4th Varsity 4+
34	1:45 PM	Mens HS 3rd/4th Varsity 4+
35	2:00 PM	Womens Jr 1st Varsity 4+
36	2:00 PM	Womens HS 1st Varsity 4+
37	2:10 PM	Womens Jr 2nd Varsity 4+
38	2:10 PM	Womens HS 2nd Varsity 4+
39	2:20 PM	Womens Jr 3rd/4th Varsity 4+
40	2:20 PM	Womens HS 3rd/4th Varsity 4+
break	3:15 PM	TEAM TROPHIES AWARDED

## RACE COURSE MAP:



# Lake Quinsigamond

## Worcester, MA

# Massachusetts State Championship

## Coaches Certification Form

- 1) School/Team/Club Rowing Program Name:  
\_\_\_\_\_
- 2) Is your school/team/club program a member in good standing with USRowing?  
YES\_\_\_\_\_ NO\_\_\_\_\_
- 3) Is your school/team/club program a member in good standing with North American Rowing Association?  
YES\_\_\_\_\_ NO\_\_\_\_\_
- 4) Do ALL the rowers in your program have a signed valid waiver submitted through Regatta Central?  
YES\_\_\_\_\_ NO\_\_\_\_\_ PAPER WAIVERS\_\_\_\_\_  
If NO, they will not be allowed to row in this regatta.  
(Paper waivers will be accepted at the regatta)
- 5) Are you competing as a High School Team?  
YES\_\_\_\_\_ NO\_\_\_\_\_  
-Single School/District  
-Row under School Name  
-HS Varsity/Club Varsity under the AD
- 6) Are your bowballs and heel ties properly and firmly attached to each boat?  
YES\_\_\_\_\_ NO\_\_\_\_\_
- 7) Have you reviewed, and have you reviewed with your coxswains/steering bow seats the No Passing rules as detailed in Rules 10, 11, 12b, 12c, & 12d of the regatta packet  
YES\_\_\_\_\_ NO\_\_\_\_\_

As the representative of the above Rowing Program, I hereby certify that the above answers are true.

\_\_\_\_\_  
Name (print)

\_\_\_\_\_  
Title/Position with the Program

\_\_\_\_\_  
Signature

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Date