

# 1ST ANNUAL NEW ENGLAND JUNIOR & HIGH SCHOOL FALL CHAMPIONSHIP REGATTA

Sunday, October 10th 2010

Hosted By:

Lake Quinsigamond Community Rowing,  
Shrewsbury High School Rowing &  
Arlington/Belmont Crew

Venue:

Donahue Rowing Center  
Lake Quinsigamond  
Shrewsbury, MA

Distance:

Sculling & Novice: 2 miles  
Varsity: 3 miles

## **CRITICAL NOTICES**

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.

### **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 and 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.

## GENERAL INSTRUCTIONS

1. Race Day Registration: Registration is at regatta headquarters at the meeting room at the Donahue Rowing Center. All teams must register between 7:00AM and 8:30AM. Clubs missing waivers, rosters or regatta fees will not be allowed to register.
2. Referees meeting/Coxswains meeting: Will be held at 7:30AM. 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. 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. Program Eligibility: This regatta is open to all junior and high school programs within New England. New England is defined as the following states: Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, Connecticut,
2. High School Eligibility: High Schools are defined as follow:
  - 1) Programs recognized by:
    1. MPSRA
    2. CPSRA
    3. NEIRAThese may include multiple HS towns (ex. Worcester public schools) or Two-town programs (ex. Wayland-Weston) as long as they meet the conditions of the league.
  - 2) Programs not part of a league that can be certified by the principal or athletic director from their school that they are a varsity or club sport and must send letter from school.
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.

## **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: 7:30AM  
Location: Meeting Room at Donahue Rowing Center
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 starboard 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.
10. The course will run from the Narrows to the DRC for novices and sculling events.

The course will run from the south cove to the Worcester side of the big island, straight up through the Narrows and Arch 4 (2<sup>nd</sup> from Worcester shore) of the Rt. 9 bridge, ending at the DRC. The course will be described in greater detail at the mandatory Coaches & Coxswains Meeting.

11. Giving Way: A crew being passed must yield to the overtaking crew. Failure to do so will incur a penalty.
12. Penalties: A 20 second penalty will be applied for failure to give way, dangerous incidents & buoy violations.
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 \$25 fee. The fee will be returned if the protest is ruled in your favor.

## VENUE INFORMATION

1. **Regatta Office:** Located at the Meeting Room at Donahue Rowing Center. Note – spectators are not allowed in the regatta office – coaches and authorized volunteers only!
2. **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. There is no admission fee. Tents must be placed along the fence. No tents will be allowed along the water's edge
3. **Bathroom Facilities:** There no restrooms at the boathouse, and there will be porta-potties available.
4. **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).
5. **Parking:** Parking in the lot next to the DRC will be available for trailers and tow vehicles only. Spectators must park at Shrewsbury High School . A shuttle bus will be available (\$5 donation). Buses must park at the USPS lot across the street from the DRC. Shell trailers will be instructed how to park on arrival. All trailers should be angled in the same direction in the lot (as directed) and parked without extraneous space in between.
6. **Launching and Landing Shells:**
  - All crews should plan to allow 45 minutes to get to the starting line.
  - 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.
7. **Traffic Pattern:** Crews should remain along the Shrewsbury shore when traveling to the starting line and back to the docks after racing. Once crews have reached the marshaling area, a clockwise traffic pattern will be enforced.
8. **First Aid Location:** Will be at the boathouse.
9. **Shell Storage:** There is no rack space available at this venue. All crews should bring their own blocks/slings.

10. Garbage Removal: Please deposit all trash in closed garbage bags.



## REGATTA SCHEDULE

Coxswain meeting 7:30 am

### Sculling

Boys/Girls 4x 8:45 am

Boys/Girls 2x 9:00 am

Boys/Girls 1x 9:15 am

Novice Girls 4 9:45 am

Novice Boys 4 10:00 am

Novice Girls 8 10:15 am

Novice Boys 8 10:30 am

Break to set new distance

Varsity Boys 4 11:30 am

Varsity Girls 4 11:50 am

Varsity Boys 8 12:10 pm

Varsity Girls 8 12:30 pm

Awards 1:30 pm

## MEDALS AWARDED

Medals will be given in all events. Sweep events will be posted and awarded by 1st, 2nd, and 3rd/4th Boats

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

\*\*A special medal will be awarded to the highest placing High School crew in each events containing community rowing clubs.\*\*