

**New York State Collegiate Coaches Association
12 Kales Hill Road Whitney Point, NY 13862**

February 2014

Dear Coaches,

The New York State Collegiate Coaches Association and the Whitney Point Rotary Club we would like to invite your participation in the 23rd Annual New York State Collegiate Rowing Championships. Racing will once again be held Whitney Point Lake, in Whitney Point, NY on Saturday, May 3rd and Sunday, May 4th, 2014.

Race schedule will be the same as last year. Racing will begin at 4:00 PM Saturday afternoon and at 8:00 AM Sunday. Last year's race schedule can be found later in this package as a guide. As always teams need to remain flexible to schedule changes based on weather or scratches. This schedule allows teams flexibility as to when they plan on arriving in Whitney Point.

Fees have changed for 2014 with the elimination of the Institutional Fee. Fees are based on boat entered. Per boat fees remain the same as last year \$185 per 8, \$125 per 4 and \$80 for Double/Pair. **Entry deadline to register boats is Friday, April 25th, 2014.** This is much later than in the past and will be a firm deadline to prevent additional late registration fees. We have contracted with RegattaWorks to provide timing services.

A mandatory coaches and coxes meeting will be held on Saturday, May 3rd at 2:30pm. This meeting is MANDATORY. It is a safety and rules clarification meeting. Attendance will be taken. Coaches are responsible to insure their team is properly represented. The Post Regatta Coaches Meeting will be held 30 minutes after the last race on Sunday. All coaches are urged to attend. This is the best time to discuss this year's regatta and any changes to be made for the future. Please bring / volunteer team members to assist the LOC capacities – timing, starting platform, etc.

We all look forward to seeing you this year in Whitney Point, NY.

Sincerely,

John Sherman
Regatta Director

Registration

1. Regatta registration is via RegattaCentral web site.
2. All registration, roosters, housing requests and fees must be completed by Friday April 25, 2014. Entries after this date must be approved by NYSCRC Chairperson. A \$50 late fee will be assessed. New heats will not be created for late entries.
3. Each coach and competitor must execute a waiver release form. The form is located on this web site under the "Waiver" selection.

Scratches

Scratches received in writing on or before the closing date of Friday, April 25, 2014 will have their entry fee refunded. Institutions submitting scratches after the closing date will not be eligible to receive a refund for the event.

Substitutions

In the case of an emergency, an institution may determine a change is necessary within a crew. A revised line-up sheet must be filed with the Regatta Director prior to launch.

Eligibility

1. No individual may compete in more than one event in the regatta EXCEPT: Lightweight athletes (including coxes) may enter one additional open event. Thus the only doubling is with lightweight and open boats. Further exceptions will be considered. Contact the Regatta Director.
2. Lightweight Requirements are as follows: Men's Events: Crew members cannot exceed 160 lbs. each. Women's Events: Crew members cannot exceed 130 lbs. each.
3. Minimum coxswain weight requirements are as follows: Men's Events: 120 lbs. Women's Events: 110 lbs.
4. 2nd Varsity crews must have an entry in the corresponding V8+ event. 2nd Novice 8+ crews must have an entry in the corresponding frosh/novice event.

5. All participants must be matriculated at the institution for which they are rowing. NCAA guidelines will be followed. Any concerns about these guidelines should be brought to the attention of the NYSCRC Chairman.
6. Novice: Must either be a freshman or have not rowed in any collegiate institution prior to 5/4/13. An athlete who coxed a novice event may row as a novice the following year provided s/he meets the aforementioned requirements.

Any violation to eligibility requirements will result in an institutional sanction as determined by the NYSCRC Chairperson.

Weigh-in

Weigh-ins will begin at 2:30 PM Saturday, May 3rd. Coxes only need to weight in once. All lightweight crew members must weigh-in on each day of racing. Lightweight crew members who exceed the maximum allowable weight by more than 2 lbs. during official weigh-in will be ineligible to participate in the lightweight events.

Seeding

Seeding will be completed by the Seeding Committee. Questions should be directed to George Repicky at grepicky@stlawu.edu or Dan Robinson at iccrew@ithaca.edu.

INFORMATION FOR COXES and COACHES

Regattas on Whitney Point Lake will be conducted in accordance with the Rules of Racing of US Rowing except as modified in these special instructions.

VIOLATION OF SAFETY RULES

A crew that violated any of the safety rules described below may be assessed a “**warning**” by the Starter or Referee. Such a warning shall be applicable to the next race in which the crew competes. Two warnings will result in exclusion from the next race.

Procedures Prior To Race Day

1. Bow Balls: MANDATORY on the bows of every racing shell unless equivalent provision for visibility and protection against puncture injury is included in the shells basic construction.
2. Follow designated traffic patterns per attached diagram.
3. All practices by crews on Friday or Saturday morning MUST be supervised by their own coaches. The L.O.C. will not provide safety launches outside of racing times. NO CREWS SHALL LAUNCH IN DANGEROUS WEATHER CONDITIONS including but not limited to: lightning, high winds, and fog. The LOC and the Head Referee have the final say on practice launching. If either party closes the course to practicing, all crews must land immediately.

Race Day Procedure

Crews will not be able to practice after 2:30 PM Saturday and no practice on Sunday. Should inclement weather arise, all crews must get off the water immediately. If racing is cancelled or delayed on Saturday, NO CREWS will be permitted to practice on Saturday.

Prior to the Race

1. Check your equipment before launching. Bottom Tape is banned.
2. Check with the Dockmaster to confirm your lane assignment and launching schedule. The Dockmaster is the Referees’ official representative at the staging area and his/her instructions concerning launching must be strictly followed.

3. Bow numbers will be available from the Dockmaster immediately prior to launching and will be collected as soon as the crew lands.
4. Shells departing the float area will be given priority over incoming shells.
5. Crews proceeding to the starting line and warm up area will follow the designated traffic patterns as per the attached diagrams: keeping to the right and off the race course. IMPORTANT: CREWS MUST KEEP RIGHT and row ON THE PADDLE when approaching the starting line.
6. At no time will urinating from the boat be permitted.
7. If, on the way to the starting line, your shell has any breakage, report said breakage to the Referee, Assistant Referee or Starter and follow his or her instructions. Do not return the dock for repairs unless instructed to do so. If possible, repairs will be made on the water.
8. When reaching the Start, identify yourself to the Starter and remain within voice distance. Your crew must be in position, pointed and ready to race two minutes prior to your scheduled race times. Crews not in position two minutes prior to race time will be charged a false start.
9. Pre-race warm-up should be completed before approaching the starting line. All crews are restricted to rowing on the paddle within 100 meters of the starting line and whenever a race is passing as they row to the start. Watch for the launch wakes after a race has passed.
10. Check the map carefully to be sure that you understand the traffic pattern. Both cox and bow should stay alert, as the warm up area will be a very high traffic area with crews moving at high speed.
11. A practice start on the course are permitted, but only after the previous race has left the start zone. During such practice starts, a crew may row at race speed down the course in its lane only. The crew must remain in its lane while turning, paddling back to the start, and turning again to back into the starting platform. Turn with caution and be alert at all times for other crews.

At the Start

1. Starting platforms and “bows on line” start will be used for all races.
2. When all crews are in position, the Aligner will bring the crews even and raise a white flag when all the bows are on the line.
3. The Aligner’s white flag will remain aloft throughout the starting procedure. If the crews lose alignment at any time, the Aligner will lower the white flag, regain alignment, and then raise the white flag again.
4. When the Starter is satisfied the alignment is complete and that the crews are ready to race, he will poll the crews, beginning with lane 1 naming the crew in lane 1, asking if it is “Ready”, then moving on the lane 2, etc. The coxswain should

acknowledge readiness with an affirmative wave of the hand. A crew that is not ready will signify so by the bow person's raised hand.

5. When all the crews have been polled and all hands are down, the Starter will begin the countdown start.
6. **THE START:** The Starter will give the following starting commands: "Attention," "Go." The Starter will use an indeterminate pause between the "Attention" and the "Go" command.
7. Coxswains hand will not be recognized once the countdown has begun.
8. IF A CREW FAILS TO LEAVE THE START after the starting commands has been given, the Starter shall stop the race. If the crew's failure to start is not justified, the Starter may assess the crew with a false start.

During the Race

1. USRA rules will apply with the additions that are listed below.
2. The referee may stop a race if any one of the following situations occurs:
 - a. **False Start:** A crew may be assessed a warning for any action deemed to be unsportsmanlike in nature, and/or gives one or more crews an unfair advantage over the competitors. A crew, which makes or causes two false starts, shall be excluded from the event.
 - b. **Collisions:** Between crews within the first 150 meters of the race.
 - c. When, during the first 150 meters of the race, the coxswain or any number of the crew puts up their hand to signal broken or damaged equipment or a rower is thrown out of the boat, jumps a slide or experiences an over the head crab, or equipment is damaged as a result of a crab. A partial crab is not grounds for recalling a race. A buoy on either side of the race course will mark the 150 meter breakage zone.

If the Referee observes any of the above incidents and determines that a race should not continue, he will stop the crews by raising a red flag and sounding an airhorn. The Referee will inspect the affected crew and determine when the race shall be rescheduled and whether or not any penalties are warranted.

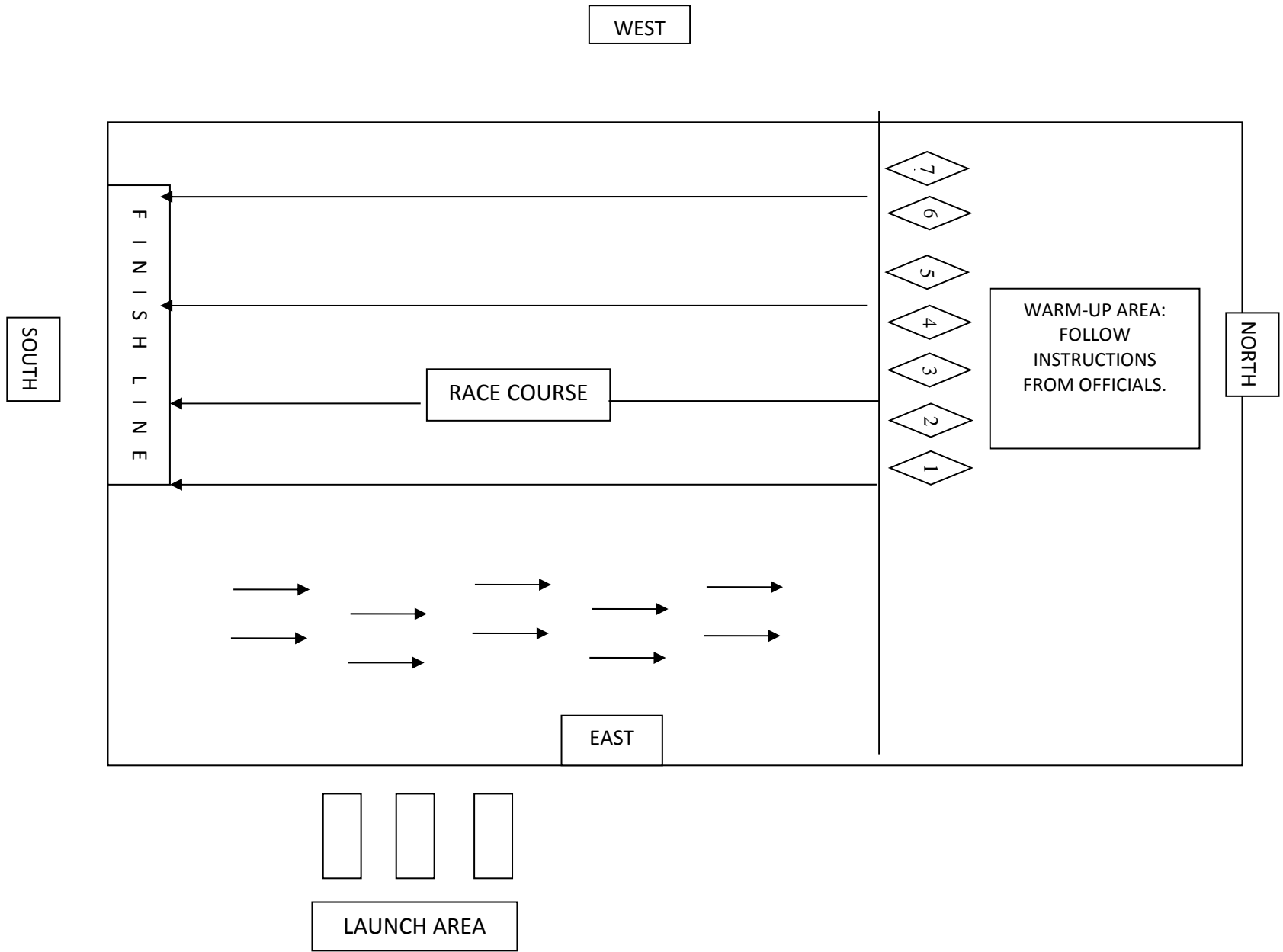
3. Any attempt to stop a race for unauthorized reasons may be caused for exclusion.
4. **Exclusions:** A crew that makes or causes two false starts shall be excluded from the event. A crew may be excluded for causing a collision, or for causing interference with another crew. A crew may be excluded for unsportsmanlike conduct, by an official or jury.

After the Race

1. Coxswains who carry external weights may be required to display their weight to the Referee at the finish line.

2. After each race, crews must clear the finish line promptly and return to the docking area directly by turning left and rowing back between the course and the shore.
3. Follow the Dockmaster's instructions when approaching the docks. Crews launching have priority over those landing.
4. Coxswains must report to the Dispatched and return any external weight and lane markers.
5. Protests must be registered on the water to an official in accordance with US Rowing rules. If possible, an informal pre-bearing will be given by the Ombudsman as soon as the crews return to the dock. The Ombudsman will act as a moderator to attempt to resolve the conflict in a mutually agreeable way between the protesting crew, other crews involved and the official most directly involved. If this is unsuccessful, or a more thorough investigation is needed, the matter will be formally referred to the Race Committee. A hearing will take place at the conclusion of the session's racing. The formal referral to the Race Committee must be submitted in writing by the team's head coach citing the specific rules applicable and be accompanied by a \$25.00 fee (checks to be made out to the NYSCCRA). Disposition of the protest will follow US Rowing rules including return of the \$25.00 fee if the protest is upheld.

The Race Committee shall be made up of the Chief Referee, Associate Referee, Chief Judge, Starter, and the Regatta Director.





Commemorative Tee Shirt Design Contest Deadline for Entries April 18, 2014

- Back of shirt reserved for listing of participants
- Please submit a color copy and send designs in EPS, PDF or Ai - vector. Be sure to convert all text to outlines. If the design was hand drawn send in high resolution JPEG
- Winning design will receive \$75
- Questions and entry submission to jsherma@theshermans.info
- Fine Designs will use this design on all their merchandise

Added to package for information only, John

Notes from Coaches Meeting Sunday May 5, 2013

Brian Burns the associations Treasure gave a report detailing the income and expenses for 2010, 2011 and 2012. He expects 2013 to be very similar to those 3 previous years. The general fund has grown about \$5,000 each year. It was decided that the priority of capital expenditures is a timing system and then additional lane buoys. Dan Robinson and Rob Iuliano accepted the responsibility to investigate timing systems rentals and purchases. Dan will work with Peter Davis on sizing the initial expense and yearly installation fee for additional lane buoys. It was agreed to remove the institutional fee structure. In 2014 teams will pay per boat registered.

The following rules changes have been made:

1. A men's lightweight crew shall have no rowers who weigh more than 160 lbs.
2. Currently the wording on doubling is: No individual may compete in more than one event in the regatta EXCEPT for the following: *Lightweight rowers may enter one additional non-lightweight event.* Rowers and coxes may double into the Men's and Women's Open Fours or Pairs. The change approved is to change from Lightweight rowers to Lightweight athletes, so that it includes the coxes. End result the only doubling is with lightweight and open boats.

The discussion on the new schedule (racing Saturday PM and Sunday morning) resulted in keeping that format for 2014. Teams stated they did save travel money and that was the objective of the change. The LOC has informed us that it puts additional hardship on their volunteers. To assist with that each team will be encouraged to bring volunteers with them next year to assist the LOC.

The attendance at the coaches meeting was very light. I believe every team should be represented at this yearly meeting. Does anyone have a better idea of timing for this meeting? For everyone information Dan Robinson is in charge of weather for May 3 & 4, 2014.

Below are random notes of thing to do next year:

1. Set and communicate requirement that NO vehicles can enter the crew boat parking lot from 1 hour prior to racing until the last boat is out of the water on Sunday. This is a safety issue and there will be no exceptions.
2. Post alternate schedules in the event of weather delays. Develop plan A 1 hour delay Plan B no racing on Saturday, etc.
3. Develop and post a updated Regatta package. Including the rewritten start procedures.
4. Add buoys above the starting platforms to limit warm up area.

Saturday, May 3, 2014

2:30 PM Coaches and Coxswains Meeting
Lightweight and Cox Weigh-ins begin

MANDATORY
Coxes need to weigh-in only ONE TIME

4:00 PM Women's Varsity 8+ Heat 1

Top 3 to Grands next 3 to Petites

4:08 PM Women's Varsity 8+ Heat 2

Top 3 to Grands next 3 to Petites

4:16 PM Men's Varsity 8+ Heat 1

Top 3 to Grands next 3 to Petites

4:24 PM Men's Varsity 8+ Heat 2

Top 3 to Grands next 3 to Petites

4:32 PM Women's Varsity 4+ Heat 1

Top 3 to Grands next 3 to Petites

4:40 PM Women's Varsity 4+ Heat 2

Top 3 to Grands next 3 to Petites

4:48 PM Men's Varsity 4+ Heat 1

Top 3 to Grands next 3 to Petites

4:56 PM Men's Varsity 4+ Heat 2

Top 3 to Grands next 3 to Petites

5:04 PM Women's Novice 8+ Heat 1

Top 3 to Grands next 3 to Petites

5:12 PM Women's Novice 8+ Heat 2

Top 3 to Grands next 3 to Petites

5:20 PM Men's Novice 8+ Heat 1

Top 3 to Grands next 3 to Petites

5:28 PM Men's Novice 8+ Heat 2

Top 3 to Grands next 3 to Petites

5:36 PM Men's JV8+ Heat 1

Top 3 to Grands next 3 to Petites

5:44 PM Men's JV8+ Heat 2

Top 3 to Grands next 3 to Petites

5:52 PM Women's Novice 4+ Heat 1

Top 3 to Grands next 3 to Petites

6:00 PM Women's Novice 4+ Heat 2

Top 3 to Grands next 3 to Petites

6:08 PM Men's Novice 4+ Heat 1

Top 3 to Grands next 3 to Petites

6:16 PM Men's Novice 4+ Heat 2

Top 3 to Grands next 3 to Petites

6:24 PM Women's JV8+ FINAL ONLY

6:32 PM Women's LWT 4+ FINAL ONLY

6:40 PM Men's LWT 4+ FINAL ONLY

6:48 PM Women's 3V8+ FINAL ONLY

6:56 PM Men's 3V8+ FINAL ONLY

7:04 PM Women's 2- FINAL ONLY

7:12 PM Men's 2- FINAL ONLY

7:20 PM Men's Open 4+ Heat 1

Top 3 to Grands next 3 to Petites

7:28 PM Men's Open 4+ Heat 2

Top 3 to Grands next 3 to Petites

7:36 PM Women's Open 4+ FINAL ONLY

Sunday, May 4, 2014

8:00 AM Women's Varsity 8+ Petite
8:08 AM Women's Varsity 8+ Grand
8:16 AM Men's Varsity 8+ Petite
8:24 AM Men's Varsity 8+ Grand
8:32 AM Women's Varsity 4+ Petite
8:40 AM Women's Varsity 4+ Grand
8:48 AM Men's Varsity 4+ Petite
8:56 AM Men's Varsity 4+ Grand
9:04 AM Women's Novice 8+ Petite
9:12 AM Women's Novice 8+ Grand
9:20 AM Men's Novice 8+ Petite
9:28 AM Men's Novice 8+ Grand
9:36 AM Men's JV8+ Petite
9:44 AM Men's JV8+ Grand
9:52 AM Women's Novice 4+ Petite
10:00 AM Women's Novice 4+ Grand
10:08 AM Men's Novice 4+ Petite
10:16 AM Men's Novcie 4+ Grand
10:24 AM Men's Open 4+ Grand
11:00 AM Coaches Meeting