

Midwest Summer Sprints



2025 - Coach & Athlete

Meeting

Wednesday July 30, 2025



Agenda

1. Welcome

- The Summer Sprints regatta focuses on fun(costumes & decorations encouraged!), sportsmanship, & camaraderie.

2. Racing Rules & Water Logistics

3. Safety on the Venue (Water & Land)

4. Land Venue Logistics & Communication

5. Open Q and A

Racing Rules & Water Logistics

- Regatta Time - Time.Gov
- Assume your race is on time. If the regatta falls behind time, the starter will work to get back on schedule.
- Recommended launch time is 20-30 minutes before your event.
- Launch windows will open 40 minutes prior to each race. As a courtesy, calls will be made over the PA System and through GroupMe, however each crew is responsible for launching within the launch window. Boats should not launch prior to the opening of the launch window.
- Crews are responsible to be in the starting area prior to the start and should be in the Marshal area at least 10 minutes before start.
- If a crew misses their event they may be excluded at the discretion of the officials.
- With the very full schedule, we will not try to chase down or find lost crews.
- Crews failing to lock on to the stakeboat may be excluded or raced for time.

Control Commission / Launch Docks

Launch window will open 40 minutes prior to each race. Boats head to docks **stern** first (walk towards woods, swing bow towards docks.) Follow the directions of control commission.

Alphanumeric bow #'s will be used. These are reused throughout the day and must be picked up and returned to the Docks between races. Bow cards for scratched boats should be promptly be returned to the docks.

Safety checks will be performed for all shells launching. Coaches are responsible and accountable for their team's equipment and ensuring it is in good order (bow ball attached, ALL heel ties 3" or less.)



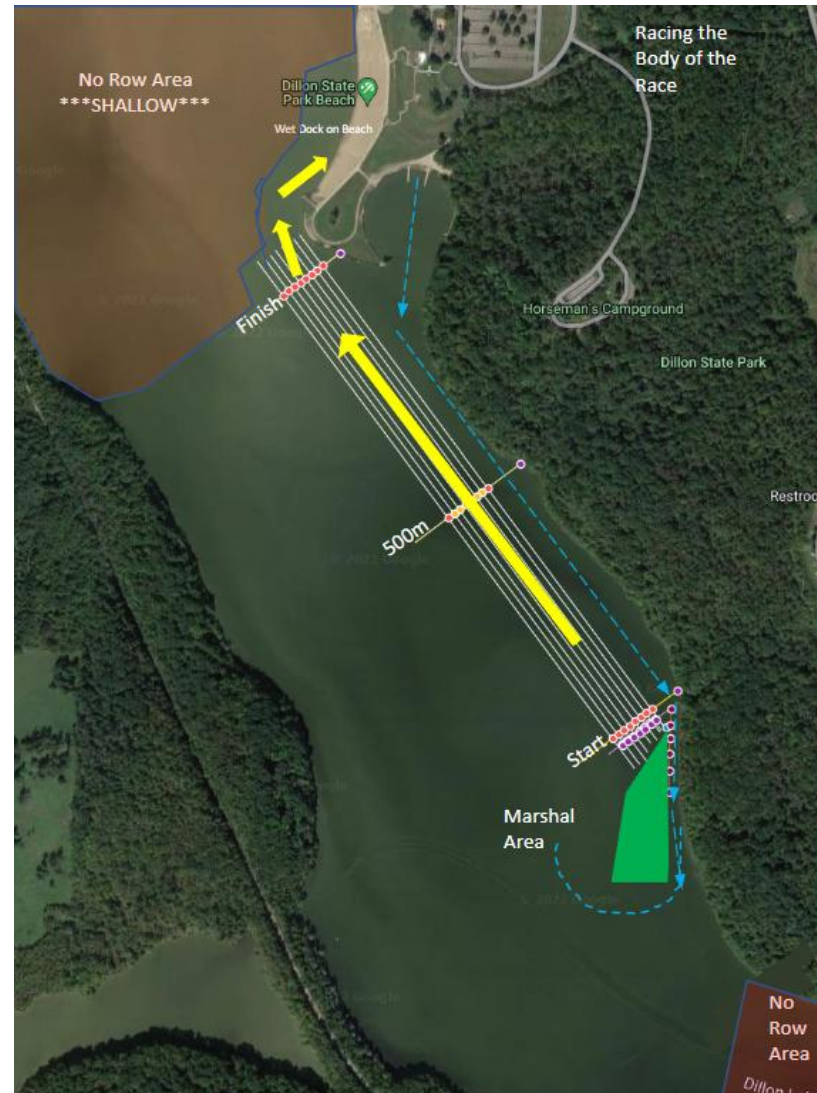
Rowing to the Start

- Row out of the cove along the shoreline.

It looks “tight” but it's actually 3 lanes wide on most of the way to the start.

Be careful by the “pinch area” by and just after the starting line (this is a lane or so wide).

- Boats can continue to warmup beyond the marshal area if desired, but should be close to the start by 10 minutes before your race.
- **DO NOT** be late. It is the Crew's responsibility to watch time and be on time. Races will not be held for late boats
- **DO** work to get in bow number order
- **DO NOT** do hard pieces in the Marshal area
- **DO** be in the marshal area by the start when it's time for your race
- **DO** be mindful of other boats and the traffic pattern

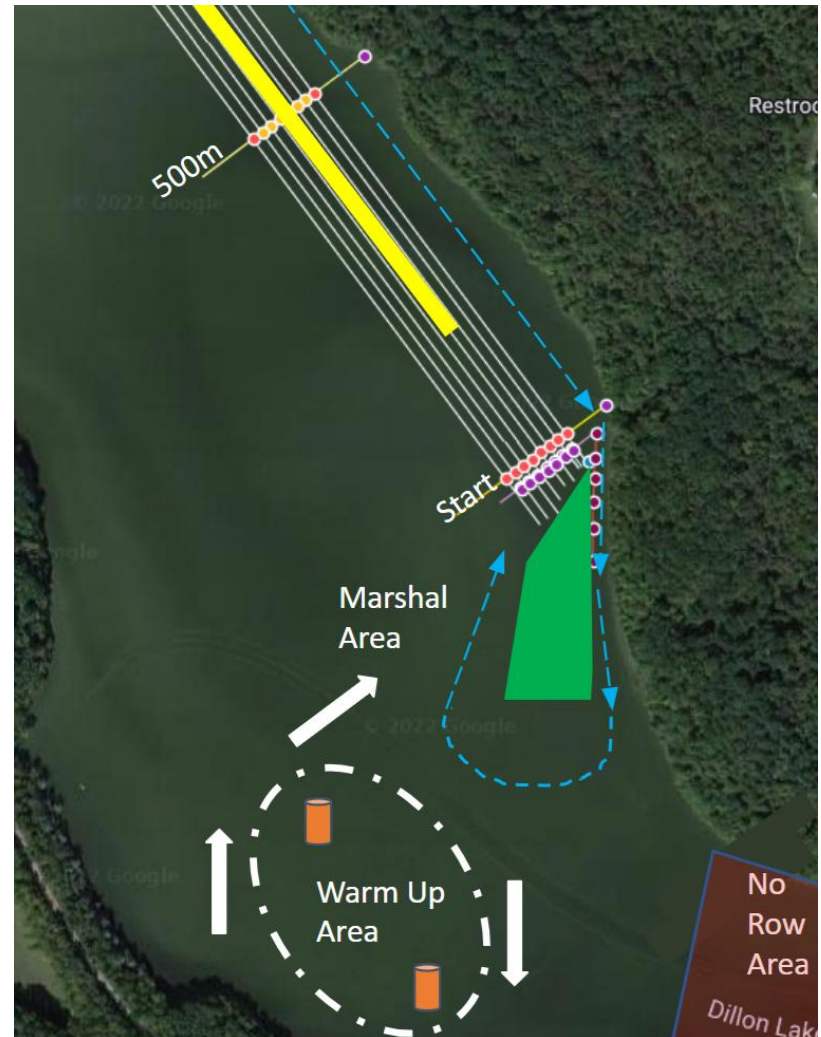


Warm Up Area

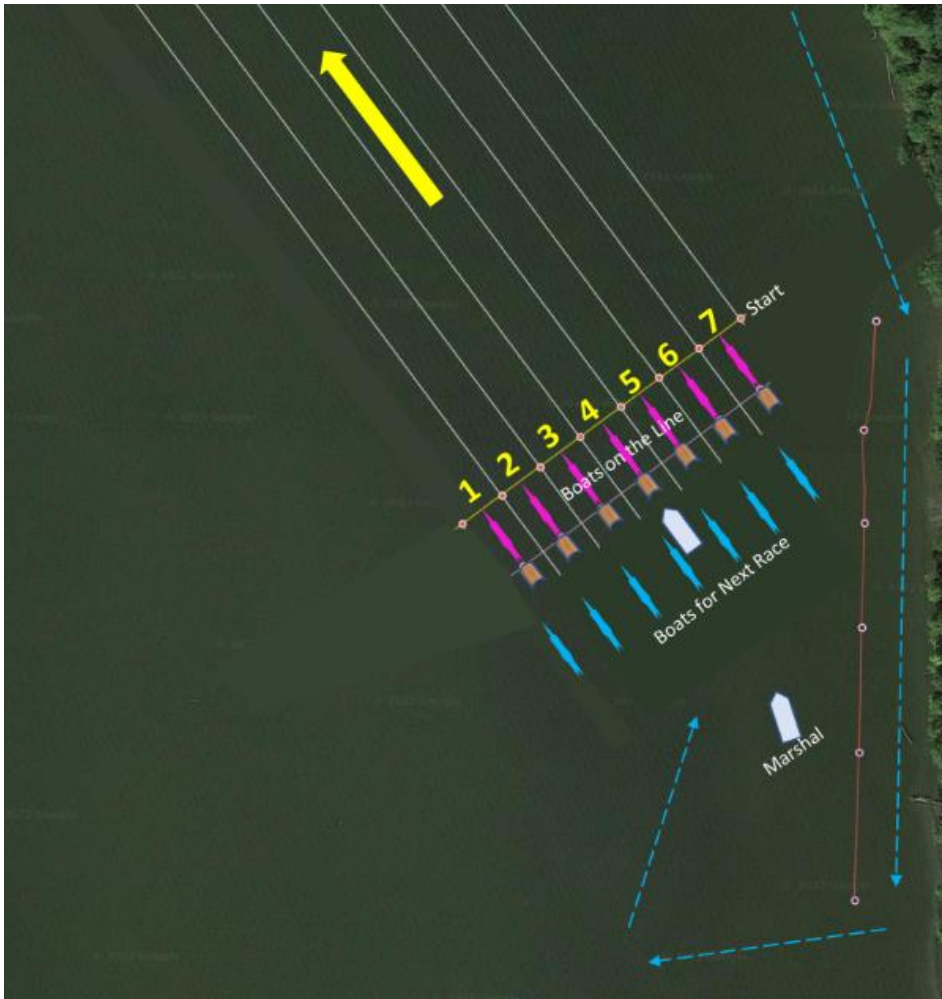
- Crews will row along shore as they approach the start area. Note that this is only 1 lane wide, so proceed 1 at a time and with caution.
- Crews are free to warm up in the area behind the marshal in a **large clockwise pattern**.

Boats will be loaded from the respective lanes “behind” the course.

- Please be courteous to other teams and work to get into the proper “left to right” order with 1 being the lane furthest from shore and 7 being closest to shore.
- The wind, if any, usually comes from the lane 1 side... so if it's windy, stay further from shore until called in.



Sprint Racing Start



- Shells will “move up” into their lane behind the stakeboats when waiting for the race before them to start.

Crews MUST be locked on to the start platform 2 minutes prior to their race.

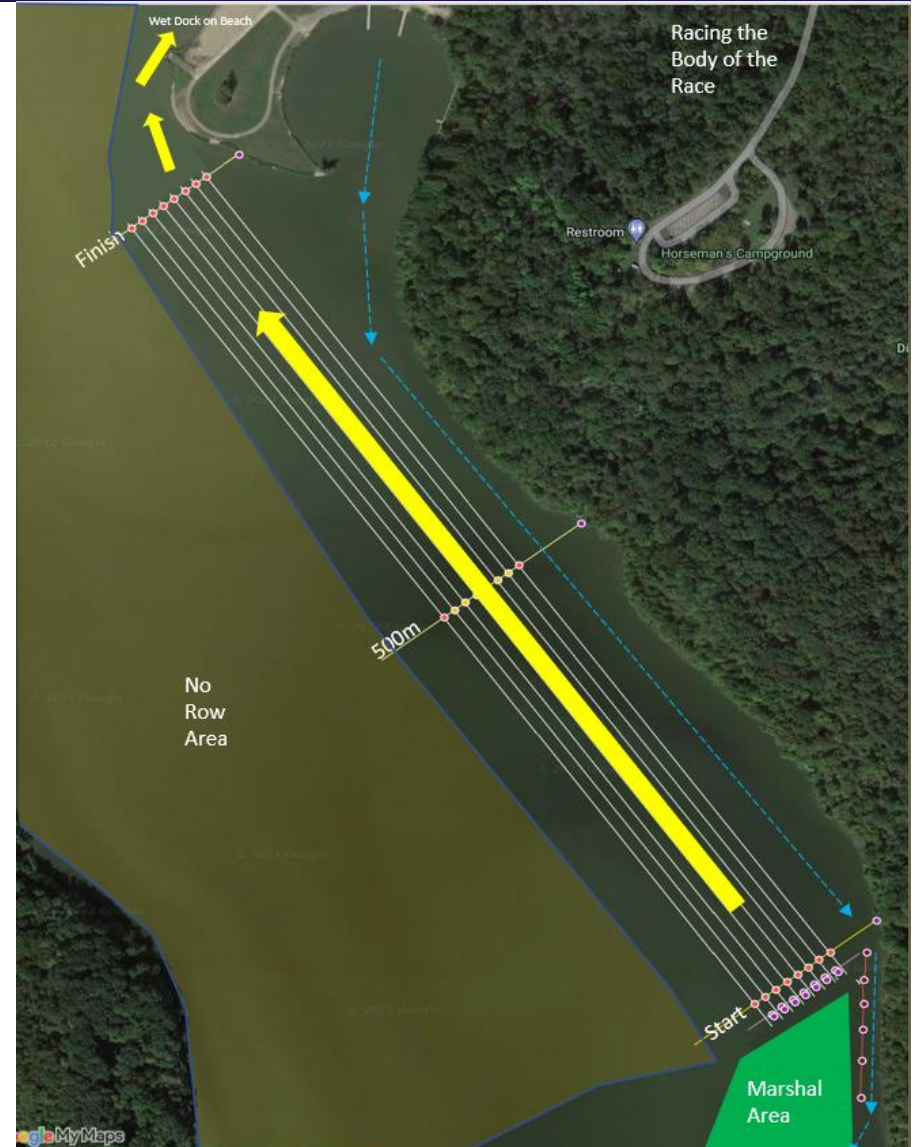
- Crews MUST know how to scull the shell around to get a point. If it's windy, crews should have bow or 2 constantly sculling to maintain a point until the referee begins the start sequence.

Breakage is first 100m and will be marked by red buoys.

- **Please note that “jumped seats”, “catching a crab”, “loose bolts etc. on the boat” are NOT considered breakage.**

Body of the Race

- Boats are to stay in their assigned lane.
- If an issue occurs during the race, raise a hand at the finish.
- Remember the Rules of rowing and what can and can't be objected to after a race and what qualifies as breakage.
 - A crew that rows out of the Starting Area (100M) waives any right to object that the start was not fair.
 - Conditions due to carelessness, crabs & jumped slides, or Coxswain devices are not considered breakage.
 - Interference and its impact on a race is determined by the referee following the race.
- ALL crews will wet dock on the beach and should **RETURN BOW CARDS** to volunteers or to the dock.
- For safety reasons, Hot Seating Crews will be required to remove boats from the water and relaunch at the docks. Boats are not permitted to relaunch from the beach.
- Medical will be onsite for minor issues, but 911 will be called for anything urgent.



The Rest of it....

Objections/Protests –

- Crews MUST object on the water (no exceptions)
- Crews MUST be able to explain on the water to the referee what the issue was and what remedy they seek.
- Referees can't add time to an offending crew or take time off a crew that was interfered with.
- The Referee will adjudicate the objection on the water. If the crew does not accept the decision, they may protest the ruling per USRowing's Rules of Rowing.

Unsportsmanlike Conduct

ZERO TOLERANCE policy. Expect to be excluded for language, failure to follow referee directions or other similar unsportsmanlike conduct.

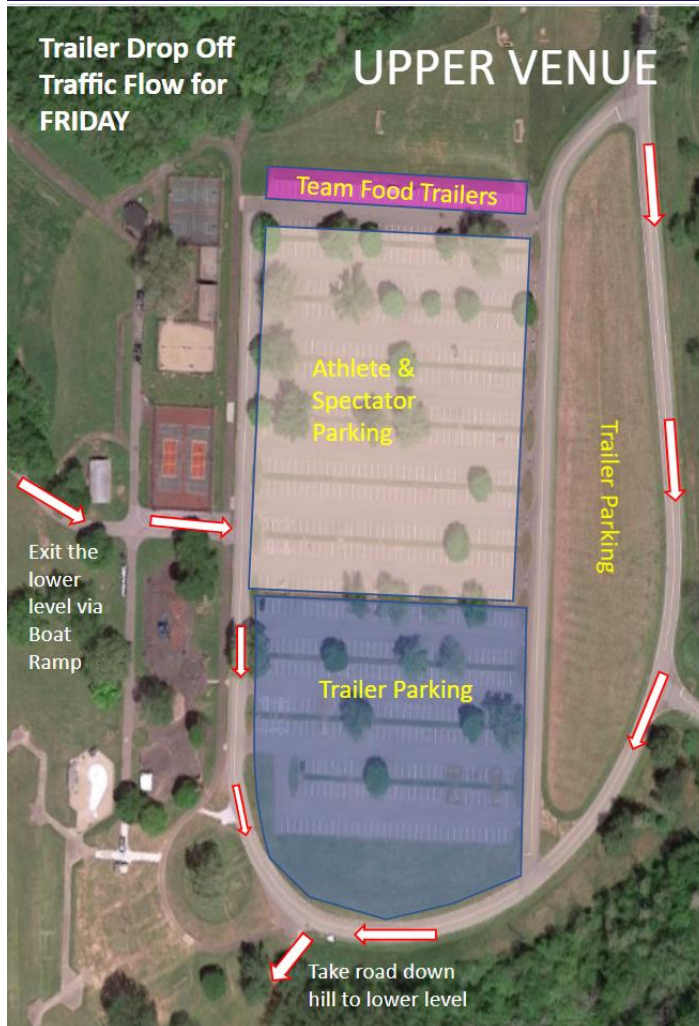
Safety on the Venue (Water & Land)

- Evacuation Plans - Referees will direct all crews to the beach.
- Medical Aid – Basic First Aid services will be available onsite. Regatta Staff will call 911 for emergencies.

Land Venue Logistics

- Parking – Due to space and safety concerns, all parking for spectators and trailers is at the top of the venue in the parking lot. Only regatta staff with vehicle permits will be allowed in the lower venue area during the regatta. Other vehicles will be towed at the owner's expense.
- Handicap Parking - We will have utility vehicles onsite to assist with those who have mobility issues. Message or call the regatta director or talk to a parking attendant for assistance.
- Police your Trash – Please leave your site cleaner than when you came.
 - There will be a dumpster off the parking lot for regatta trash. Teams are requested to remove trash to the dumpster at the end of the day.

Trailerling Boats



Preliminary plan to allow trailers to drive to lower area to unload subject to change.

No trailers may be parked on the lower level. All trailer parking will occur up top in designated locations.

Exit up boat ramp...



Communications

Regatta Communications

- There will be a PA system in use and calls will be made as a courtesy. The sound does not reach into the parking area. Crews are responsible for monitoring the flow of the regatta and getting to the start on time regardless of missed calls or operational failure of the PA system.
- Communications will also go out via the regatta GroupMe. Please make sure key crew members are tuned into the GroupMe. Again, this is in use as a courtesy and is not necessarily intended to be comprehensive.
- Please seek out the Regatta Director via the Registration tent if there are questions or concerns.



Questions?