

2016 Regatta Information Packet



Saturday, November 19

Nathan Benderson Park

Hosted by Sarasota Crew

Please contact Monica Whitehouse at regattadirector@sarasotacrew.org with any further questions.

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1 - Venue Information



Nathan Benderson Park
5851 Nathan Benderson Circle
Sarasota, FL 34243

1b. Parking

\$5.00 per vehicle.

Each team will be given 1 parking pass for their tow vehicle.

Gates open at 6:00am on race day

1c. Trailers

Trailers can begin arriving at *noon* the day before races unless otherwise approved by SANCA.

For coordination, contact Sarah Kupiec – sarah@sanca.us

1d. Team tent

Due to safety mandates, SANCA will only allow **2-10x10 tents per team**. Any additional or larger tents must be rented through the venue.

Contact Sarah Kupiec – sarah@sanca.us

Tent rental form: [HERE](#)

1e. Hotels

For hotel accommodations, please contact Sarah Kupiec – sarah@sanca.us

1f. Maps

At this time we only have the 2015 Duathlon course map available. The 2016 course will be very similar.

Access 2015 map [HERE](#)

2. Race Overview and Sequence

The 2016 Duathlon features a **5k head race row followed immediately by a 6k run**. Details of the race proceedings are as follows:

- Warm up
 - If athletes wish to include a warm up, it must occur on land prior to their assigned flights's specified time to be in the launch area.
Athletes are not permitted to warm up on the water on race day.
- 5K head race row
 - All athletes must have their boats in the launch area ready to go at the launch time of their event flight (see schedule).
 - Individual boats within the boat category will launch according to their seeding.
 - Athletes will complete the 5K row; return to the specified recovery docks.
- Transition
 - Boats should be returned back to their team location in the transition area.
 - Refer to the *hot seating* section for teams reusing equipment in later events
 - Time spent in the transition area is included in overall finish time.
 - Follow the chute to the run start (cones will distinguish the chute).
- 6K run
 - The run distance begins at the end of the coned chute.
 - The course follows the paved path that loops around the entire lake finishing in front of the grandstands near the beach.

There is not a row-only option. All participants who wish to row, must complete all portions of the Duathlon.

Run only: There is, however, a run-only event. See active.com for information.

3. Registration Information

Registration must be completed online at RegattaCentral.com.

3a. Registration Deadlines

Early registration deadline: **August 19, 2016**

Standard registration deadline: **November 14, 2016**

Late registration deadline: **November 16, 2016**

*Registration after the late registration deadline is not accepted

3b. Fees

Early registration - discounted price:

\$45 per athlete (regardless of boat class)

Standard registration

\$50 per athlete (regardless of boat class)

Late registration

\$50 standard registration (per athlete) **plus \$5** late fee (per athlete)

3c. Payment deadline

All payment must be received by **November 18, 2016**.

Submit online via Regatta Central or send check payable to Sarasota Crew (memo: Duathlon payment with your event) to the following address:

Sarasota Crew
Attn: Regatta Director
343 Palmetto Ave.
Osprey, FL 34229

3d. Coxswain registration

There is *no fee* for coxswain participation

- Must have a completed waiver on file in order to be eligible

3e. 6K run-only registration

Registration for the run-only event is posted on Active.com

Follow this [LINK](#) to register for the 6k run only (reminder: anyone participating in the row/run Duathlon must register on Regatta Central)

3c. Line-ups

Completed lineups are due no later than **November 16, 2016**.

Accurate lineups are necessary in order to assign timing chips.

Failure to adhere to the line-up deadline will result in the possibility of mis-timing your race and can negatively affect your results.

4. Waiver

All competitors must electronically sign and submit a NOARA waiver. The waiver can be found [HERE](#) or under the 'Waiver' tab on the event page at regattacentral.com.

Waivers are due no later than **November 18, 2016**.

5. Scratch Policy

Scratches made the day of the event must be reported to registration at least **one hour** prior to the start of the Duathlon event.

A **\$25 scratch fee** will apply to each entry scratched on race day.

No refunds will be provided for the registration of scratched boats.

6. Cancellation Policy

If weather or unforeseen events cause the race course or venue to become unfit or unsafe, the races will be cancelled.

No refunds will be given.

7. Coxswain participation

As stated in the registration portion of the packet, there is no fee for coxswains. They must still have a completed waiver on file.

Coxswains *are* permitted to race (5k row) multiple times given that there is enough time in the schedule to allow for hot seating

Coxswains *may* run in the event, but their time is not included in their boat's overall average time

Should a coxswain choose to complete the run:

- If they are coxing multiple boats, they must wait to complete the run until after their last rowing event is completed.
- Their run time is not included in their boat's overall average time.
- There will be separate awards for the coxswain run (1st, 2nd, 3rd).

8. Rules, expectations, and tips

Launch Area/Docks

You must have your equipment in the launch area when your event category is scheduled. Should you not arrive at the scheduled time, you will launch at the end of your event category regardless of where your crew is seeded.

Slings will be set up to hold boats while crews wait for their turn to launch.

Athletes are responsible for ensuring they launch in the most efficient manner possible. Volunteers will be available to assist as needed. **People who are not event volunteers (parents, coaches, teammates, etc.) are not permitted to help launch crews once the boats are in the launch area.**

Time starts as soon as you cross the timing mat on the launch dock.

Expectation: Crews are expected to launch with approximately 20 second centers. Therefore, you have a limited time to get into your equipment and start rowing.

Tip: Athletes in the past have been creative with how they launch their equipment. Since putting oars in tends to be the most time consuming portion of launching, athletes have found ways to already have oars in the boat prior to entering the launch dock.

Racing

Passing is not permitted until your crew has passed through the canal.

Crews have the choice of which shore to follow as they exit the canal (see course map).

Recovery docks

Volunteers will be available to take oars after they are removed from the oarlocks and will place them in the designated oar area for later retrieval.

Athletes are responsible for getting their equipment to the transition area. They *may not* receive assistance from parents, coaches, athletes from other events, or any other outside source in moving their boat from the recovery docks to the transition area.

Transition area

Athletes may spend as much time as needed in the transition area, but be advised that **time spent in transition is included in the final overall time.**

Place boats in your team space in the transition area.

Proceed through the coned chute to begin the running portion of the event.

9. Hot Seating

Equipment

- All equipment must be returned to the transition area by the athletes who rowed in the event.
- Once the equipment is returned, the next group needing to use the equipment may take it to the launch area.

Coxswains

- Coxswains are permitted to go straight to their next event as soon as their previous crew has safely returned the equipment to the transition area.

Rowers

- Rowers are only permitted to race in one (1) rowing event.

10. Categories:

Duathlon

Youth: A competitor who, does not attain the age of 19 in 2016, or who is and has been continuously enrolled in secondary school as a full time student seeking a diploma. No collegiate rowers allowed.

U17: A rower or coxswain shall be defined as an Under 17 competitor until the 31st of December of the year in which he or she reaches the age of 16.

U15: A rower or coxswain shall be defined as an Under 15 competitor until the 31st of December of the year in which he or she reaches the age of 14.

Master: A competitor who has attained or will attain the age of 21 in 2015. A competitor becomes a Master on January 1 of the year of his or her 21st birthday. A Masters crew shall be comprised exclusively of Masters rowers, but the coxswain need not be a Master.

Masters handicapping will follow USRowing guidelines.

Novice: A competitor who is in their first year of rowing.

*Competitors may NOT row down in classification.

11. Timing

Alta Vista Sports will provide the timing services for this event. All athletes will be chipped using an ankle band.

Do not cross over a timing mat until you are racing.

Duathlon

The water time starts as participants enter the launch dock. The row time will end when the rower exits the recovery dock. Athletes will then place the equipment on racks at their team site in the transition area and prepare for the run. Run time ends as the athletes cross the finish line mat in front of the grandstands

Time spent in the transition area is included in your final time. Please conduct boat transition safely and efficiently.

Participants will be able to see their water time, run time and combined scores. All athletes in team boats must complete the run in order to be ranked against the other competitors.

***All chips must be turned in at the finish line.**

12. Awards

Medals will be given for 1st, 2nd, and 3rd place finishes in events with four or more entries.

For events with less than four entries, medals will only be awarded to the first place finisher.

13.Schedule

2016 Schedule coming soon!

1st boat launches at 8:00am