

# Plains Regional Regatta

[www.wichita.edu/plainsregional](http://www.wichita.edu/plainsregional)

This document provides information for entering and attending the 2023 Plains Regional Regatta. Please read the document in its entirety to ensure that your entries will be accurate and accepted without the need for further information. Entries are not complete without ALL of the following:

1. On-time entry at Regatta Central
2. Payment of entry fees
3. Athlete USRowing Waivers
4. Athlete regatta waivers through Boats & Bikes: [Online Waiver](#)

The regatta and our organization's operation are still growing and we appreciate members' feedback. We will attempt to provide relevant information to all programs as soon as it is available. Please contact Rachel Tuck if you have specific questions or suggestions about this packet.

Rachel Tuck, Regatta Director [rachel.tuck@wichita.edu](mailto:rachel.tuck@wichita.edu)

Thank you and we look forward to receiving your entries and seeing you in Wichita, KS. The following table of contents should help you find the answers to specific questions you may have.

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# General Regatta Information

*All entries will go through Regatta Central.*

The Plains Regional Regatta will be held in Wichita, KS on Sunday, May 5, 2024. Shocker Rowing is the local organizing committee. To assist with your travel plans, we are currently planning the following timetable with racing.

Sunday, May 5: 8:30am – 4:30pm

Please note the following important points:

1. For maps and other information: [Regatta Central](#)

## Waivers

All competitors should have an electronically signed waiver through our sponsor, Boats and Bikes: [online waiver](#)

## Rules Of Racing

The regatta will operate under the USRowing Rules of Racing except as altered by Plains Regional Regatta staff. A coaches and coxswains meeting will be held virtually by regatta director on Thursday, May 2, 2024 at 6 pm. [Teams Link](#)

This meeting is required for all programs and will be recorded. The recording will be posted on regatta central.

NOTE: Crews are expected to know the rules and how to handle their equipment. If there are questions regarding the regatta, please direct them to the regatta director.

All races will be a floating start. There will be an aligner on the west shore working with the on-water officials to start the races. Athletes should be prepared for a quick start if conditions demand it.

First call to water will be 15 min before your race. Second call to water is 12 min. There is no additional space to warm-up at the starting area. Make sure your crew is fully warmed-up by the time they get to the start. Teams must stay in a single file line in warm-up lane. Crews may get penalized for interference at any time while on the water. Make sure your crew stays in the warm-up lane when heading down to the start, and returning to the dock. An official at the start will let you know when your boat may turn and enter the start line for your race. Results can be found on crewtimer.com

## Regatta Progression System:

All events are expected to race twice, either race for lanes or heats in the morning. In the afternoon, we will host finals for all events.

## Regatta Volunteers:

All volunteers and officials helping assist the Plains Regional Regatta are representatives of Wichita State University and Boats and Bikes.

## Trailer Arrivals, Practice Details, and Set-up:

Official trailer arrival for the Plains Regional Regatta begins at 8:00 am CST on Saturday, May 4, 2024, with official practice times on Saturday. If your team is hoping to arrive or row before these dates please contact [rachel.tuck@wichita.edu](mailto:rachel.tuck@wichita.edu) to make individual program arrangements well in advance.

Teams are to follow the official race traffic pattern during practice rows (launch with bow pointed downstream and will dock going downstream). Practice availability is subject to change based on weather and water conditions. Crews are permitted to practice after sunrise (6:30 am) until sunset (8:20 pm). There will not be officials on the water on Saturday, practice is at your teams own risk. Every crew is responsible to understand and follow the posted traffic patterns. Traffic patterns will be posted at the Shocker Rowing Boathouse. All coaches, coxswains, and bow-seat of 1x, 2x/- & 4x must read and be familiar with these rules prior to launching for PRACTICE OR RACING. No crews may launch for practice prior to the commencement of racing on Sunday.

A fully outfitted coaching launch is available to rent on Saturday for \$50/hour. If you would like to rent this boat, please contact the regatta director.

Each team will be assigned their own spot during the regatta. This will be labeled by a yard sign of your school. The grass area will include 1 picnic table and will be outlined with chalk. There will NOT be security overnight. It is each crew's own discretion to set-up any items. WSU is not responsible for any damage or theft of items left outside on Saturday.

## Trailer Parking

- When you are 5min out call 973-868-1961 (Rachel Tuck) so that she can help you navigate where to park the trailer to unload.
- All trailers will be parked on the Northbound parking lane on McLean Blvd.
  - Trailers arriving Sunday please take note:
    - Parking will be limited and traffic altered between 7 am-12 pm due to the Prairie Fire Half Marathon.
    - **Boat Trailers** will want to exit from Kellogg at the Central Business District Exit. Then head north on Broadway. Turn left (west) onto 2nd Street, then turn right (south) onto Waco. Turn right (west) onto Douglas (you will need to stay in the right lane), finally turn

right (north) onto McLean and park on the street in a designated parking location.

## **Athlete and Spectator Parking**

We ask that NO athletes or spectators park on the North bound spaces on McLean Blvd between Douglas St and 1<sup>st</sup> Street. These spots are for trailers only. Team vehicles and buses may unload in north bound lanes if necessary. No individuals are permitted to park in the interior of the River Vista Apartment Complex. These spots are for tenants only. Athletes and Visitors are able to park in any of the following areas:

- **Athletes and Spectators** may choose to follow the same path as trailers, but instead of parking on the street, you will need to park on the upper level of the River Vista Parking Garage.
- **Athletes and Spectators** from the west may also choose to drive north on Seneca, turning right (east) onto 1st Street, and then turn into the Advanced Learning Library prior to McLean Blvd. You will not be able to cross McLean Blvd by vehicle.

For road closures please visit: <https://wichitasports.com/race-map/>. Wichita Police Department officers will be stationed at all major intersections, and volunteers will be in the neighborhoods. In many areas, only one side of the road will be blocked off for a running lane.

The closest parking lot to the finish line is a paid lot on 1st and Waco. There are also free lots at 515 N Main and 605 S Wichita which will be between the 1000-1500m marks. Here is a link to a map of parking lots in the downtown area: [downtownwichita.org/get-around](http://downtownwichita.org/get-around)

## **Packet Pick Up**

Registration will be in the Shocker Rowing Boathouse from 12:00pm to 4:00pm on Saturday, May 4, 2024 and from 6:00-7:30 am on Sunday, May 5, 2024. Your packet will include your athlete meal tickets and wrist bands for Sunday Lunch. Each team will get 2 additional lunch tickets. At registration, programs will also verify fees are paid, receipt of eligibility forms and waivers, acknowledgment of traffic pattern, and pickup of wristbands for coxswains.

If no one is present when you go to check in on Saturday, please call regatta director, Rachel Tuck 973-868-1961.

## **Weigh-Ins Rules and Procedures**

Weigh-ins for coxswains will be conducted at the Shocker Rowing boathouse from 12:00 pm

to 4:00 pm on Saturday, May 4, 2024, and from 6:00-7:30 am on Sunday, May 5, 2024.

All coxswains are only required to weigh in once for the weekend, in racing attire. Crews must weigh in with all members present, photo ID ready, and in racing attire.

Coxswain minimum weights in racing attire: 125 pounds for coxswains of men's crews; 110 pounds for coxswains of women's crews. The maximum weight a coxswain can carry is 15 kg (33 lbs). Weight will not be provided by the regatta. Coxswains are responsible for bringing their own weight.

### **Regatta Live Stream:**

The regatta will be live-streamed on YouTube. A link will be posted on Regatta Central once available as well as on Crewtimer. The live stream allows opportunities for coxswains to be mic'd during their race. If you are interested in having a coxswain mic'd, please contact the regatta director prior to Sunday at [rachel.tuck@wichita.edu](mailto:rachel.tuck@wichita.edu). The regatta director will select what coxswains will be mic'd based on what both the regatta and live stream schedule allow. As of now, only one coxswain per event can be mic'd. Coxswains getting mic'd will get their mic put on when launching unless otherwise informed.

The regatta also requests that all teams inform the regatta director of all graduating athletes on Thursday, May 2<sup>nd</sup> by 11:59 pm for them to be recognized on the live stream. Name, major, and years rowed are the requested information. Please submit this to [rachel.tuck@wichita.edu](mailto:rachel.tuck@wichita.edu)

We also invite any coach or representative who wins their race to come to the commentator tent for a quick debrief/thoughts on the race and competition. This is not a requirement, but we thought it would be a nice add into the experience for the attendees and spectators.

### **Port-a-johns**

Port-a-johns for visiting teams will be available on the sidewalk near McLean Blvd. We will keep port-a-johns locked unless teams are on site to enable them to stay as clean as possible for you. If they are locked, and you need to use them, call 973-868-1961.

### **First aid / water station**

We will have a first aid tent located near the dock staffed by Wichita State University Health Services.

At the first aid tent will also be water jugs for visiting teams to use to refill their water bottles.

## **Medals**

Medals will be awarded only to first place in each event. We are currently planning a heat (or race for lanes) to final progression. Details for progression will be listed on the regatta website once the schedule is finalized. Medals will be available to pick up after the final has been marked official at the awards table.

## **T-shirts**

Plains Regional Pre-Order T-shirts will be at the sales table, near packet-pick up from 7:00am – end of racing on Sunday.

## **Lunch**

All athletes wearing the Plains Regional wristband will have also have access to an lunch. Lunch will begin to be served at 11am and will end at 1:30pm. Teams will also be given 2 tickets for their coaching staff to get a free plate. Lunch will be served on the sidewalk next to the fountain near the trailer parking.

Lunch is available for \$10/person for anyone without a wristband or provided meal ticket. Spectators and others may purchase meal tickets at the sales table.

We will have picnic tables spread out around the regatta site for teams to use for lunch.

## **Additional rules**

A minimum of two entries is required to run an event. The regatta will attempt to place crews from canceled events in another appropriate event if possible, and will make every effort to confer with the coaches of affected teams in this process

Teams are not limited to the number of entries per event.

Doubling of rowing-athletes is permitted, but no scheduling changes will be made to accommodate doubling, and crews do so at their own risk of schedule conflicts.

## **Scratches:**

All scratches prior to race day must be made to regatta director, Rachel Tuck at [rachel.tuck@wichita.edu](mailto:rachel.tuck@wichita.edu). Any scratches made race day must be sent to Official, Bill Ingle at 425-269-2303.

# ELIGIBILITY RULES

## INSTITUTIONAL ELIGIBILITY:

- All collegiate club rowing programs recognized by their respective universities are eligible for participation in the Plains Regional Regatta.
- The ACRA Plains membership shall be made up of university and college club rowing teams, and junior college and community college teams (both men and women) that are not eligible through their institutions' athletic department for the NCAA or IRA Championship.
- All programs must meet BOTH the eligibility requirements of their home institutions and the ACRA.

## ATHLETE ELIGIBILITY / ENTRY RULES:

Eligibility for the Plains Regional Regatta shall match the ACRA eligibility rulings with the exception that varsity coxswains may cox novice crews. Below is the ACRA eligibility chart.

### ACRA Eligibility Chart

- The fall start date is based on when the student matriculated to full time status.
- For students matriculating to full time Fall 2022- Spring2023, athletes will resume having traditional eligibility rules (5 years to complete 4 years of competition)

Fall	Spring	Years left of Eligibility (Redshirted 1 year)	Years left of Eligibility (Did not redshirt)	Athletes have eligibility until spring of
2016	2017	1	0	2023
2017	2018	2	1	2024
2018	2019	3	2	2025
2019	2020	4	3	2026
2020	2021	4	3	2026
2021	2022	4	3	2026

- All participants must be full-time undergraduate students and enrolled at the institution they represent. To be considered a full time undergraduate student, he/she must currently be taking courses totaling at least 12 credit hours on the semester basis or its full time equivalent at that institution, and must be making normal progress toward his/her first degree. An exception is for students in their final term who may take less than a full-time load if it is sufficient to complete their



degree during that term. The Academic Office of the involved institution must certify this and other potential exceptions to the 12 credit hour rule. A student athlete who has received a Baccalaureate or equivalent degree, and who is enrolled in graduate or professional school, or who is enrolled and seeking a second Baccalaureate or equivalent degree, may participate in Plains Regional, provided the student athlete has athletic eligibility remaining, and such participation occurs within the time period set forth in number 2 below.

- An Plains Regional competitor has four years of eligibility, which must be completed during the first 10 semesters or 15 quarters after the student is enrolled in a collegiate institution in at least a minimum full-time program of studies as determined by the regulations of that institution. Competing for an institution in any one event within the academic year is enough to constitute one year of eligibility. With exceptions due to Covid as shown in the table above.

### **NOVICE ELIGIBILITY:**

- The regatta defines novices as those in their first year of collegiate competition.
  - Coxswain turned rower or rower turned coxswain note: An individual who rows or coxswains competitively in any academic year is allowed to change roles in a subsequent year and compete as a novice.
  - Once an individual competes in any intercollegiate competition in an academic calendar year, novice eligibility has begun for that season.
  - Exception to this rule is that a varsity coxswain may cox a novice crew.
- 
- A student athlete who is enrolled in a graduate or professional school of the college or university may participate, provided he/she has eligibility remaining and is within five calendar years of initial full-time collegiate enrollment. Due to Covid, exceptions to this ruling have been made, exceptions are detailed in the eligibility table above.
  - To compete at the regatta, each athlete must be listed on the program's roster, and certified by the institution's registrar or program administrator (varsity athletics or rec sports level administrator, NOT the head coach or team officers).
  - Appeals for exceptions to these rules must be entered, prior to the entry deadline, in writing to the regatta director.

. Unusually serious violations may be grounds for even more sanctions.

### **CANCELLATION POLICIES**

Every effort will be made to retain all events, but in the case of persistent weather some events may require cancellation. See appendix 2 for some of the possible cancellations. During racing, the cancellations will occur in the following order, unless weather dictates otherwise:

1. Officials Breaks
2. All Petite Finals; with the exception of the V8's.
3. Adaptive event pending safety considerations
5. All coxless boats (4x, 2-, 2x, 1x)
6. Novice 4's
  1. 9. Novice 8's
  2. 10. Varsity 4's
  3. 11. Varsity 8's

Please note the expected race schedule as posted on Regatta Central.

### **PLAINS REGIONAL REGATTA QUESTIONS:**

Rachel Tuck, Regatta Director [rachel.tuck@wichita.edu](mailto:rachel.tuck@wichita.edu), 973-868-1961  
Bill Ingle, Head Official, 425-269-2303.