

10TH ANNUAL NEW ENGLAND JUNIOR & HIGH SCHOOL FALL CHAMPIONSHIP REGATTA

Sunday, October 13th, 2019

Hosted By:

Lake Quinsigamond Community Rowing – Regatta Point
Community Sailing & St. Johns High School Crew

Venue:

DCR Regatta Point State Park,
Lake Quinsigamond Worcester, MA

Distance:

Sculling & Novice: 2 miles Varsity: 2.5 miles

APPRECIATION and CONTENTS

Also Hosted By:

Worcester Public High Schools Crew

With Support From:

The Department of Conservation and Recreation,

Bancroft Crew

Regatta Point Community Sailing

Frank Fraulo, N & D Sports

We happily use:

Regatta Central (Registration)

HereNow Systems (Timing)

This Regatta is run by and for the High School/Junior programs on Lake Quinsigamond in order to promote and support High School and Junior rowing in New England.

CRITICAL NOTICES:	3
MEDALS AWARDED:	4
GENERAL INSTRUCTION:	5
ELIGIBILITY:	7
RULES/INSTRUCTIONS:	9
VENUE INFORMATION:	12
DONAHUE RC INFO:	15
RACE COURSE MAP:	16
COACH'S CERTIFICATION:	17

CRITICAL NOTICES

Communication:

Will be done via announcements at the Regatta Office

There is NO double rowing in sweep events. However, a rower may row in a sculling and then a sweep event. No special considerations will be given to rowers/coaches for the time of each event.

The Regatta is broken down into two divisions:

- High School
- Junior

See the Eligibility section for the definition of these divisions.

HS/Jr registration is done via a drop down menu the entry, rather than selecting an event (as was done in the past).

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 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.**

MEDALS AWARDED

Medals will be given in all events, subject to the restrictions below.

For varsity sweep events, medals will be award according to place within the High School or Junior Division, subject to the restrictions below.

Medal Restrictions:

Events with 2 or fewer entries: Gold only

Events with 3 entries: Gold and Silver

Events with 4 or more: Gold, Silver, & Bronze

Medal Pickup:

Medals must be picked up by a coach, who will sign for them.

Medals will be available after the race is official. Generally:

- Sculling Medals may be picked up after 12:00 noon.
- Novice Medals may be picked up after 12:00 noon.
- Varsity Events may be picked up 90 minutes after racetime.

GENERAL INSTRUCTIONS

Race Day Registration:

Registration is at regatta headquarters, at the meeting room at the Regatta Point boathouse. ALL TEAMS MUST REGISTER between 7:00 AM and 8:00 AM. Clubs missing waivers, rosters or regatta fees will not be allowed to register.

Referees meeting / Coxswains meeting:

Will be held at 7:15 AM. USRowing referees will go over rules emphasizes, points of hazard, and other relevant information. All coaches, coxswains, and steering bow seats are requested and suggested to attend.

Important features for your equipment:

If any of the following conditions are not met, you will not be allowed to launch.

- All shells must have a suitable, legal bowball.
- All shells must have heel tie-downs that do not allow the rower to raise heels more than 3” from the footboard.
 - *Please check your boats, preferably before traveling to the regatta. This rule has been a problem and source of a launching backlog in the past.*

Bow Markers & Bib Numbers:

The Regatta Committee will provide bow markers and two bib numbers. Bow markers must be returned to the dock-master before leaving the landing dock. Bib numbers must be given to all bow seats and should also be worn by coxswains sitting in the stern. Bib numbers must be worn on the outermost garment at race time.

Unreturned Bow Markers:

Programs will be billed at \$25 for each bow marker they do not return.

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

Region of Regatta:

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.

- *New York programs are welcome in this Regatta to row in the Jr Division.*

Definition of High School (HS) Teams:

The High School (HS) division is a scholastic championship open to programs which:

- 1) are SINGLE SCHOOL or District with a SINGLE Athletic Director
- 2) row as above for the entire fall under the school name

AND

- 3) are an HS varsity sport or club sport under the direction of the Athletic Director or Principal

-Members of the NEIRA are automatically included

All programs that do not meet the above standard shall race in the Junior division.

Programs that fall under the Junior category include:

- 1) Local/Regional clubs
- 2) Multiple school composite programs
- 3) All New York programs
- 4) Foreign crews at the invitation of the Regatta Director

All eligibility will ultimately be decided by the Regatta Director, whose decisions are final.

Definition of Novice:

To row as a novice, a competitor must be no older than a freshman or in his/her first calendar year of rowing.

Rules on Double Entries (rowing twice):

- Double entries are not allowed between two sweep events.
- Double entries of athletes between a sweep and a sculling event are allowed.
- **Coxswains will be allowed by Regatta Director discretion to double-cox on a limited basis to improve safety.**

RULES/INSTRUCTIONS TO COACHES, COXSWAINS & BOWS

- 1) Compliance with the USRowing Rules of Rowing: The regatta will comply with all US Rowing Rules of Rowing unless non-mandatory rules are pre-empted here. 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. The 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/Bow Meeting Time: 7:15 AM
Location: Outside the Meeting Room at the Regatta Point Boathouse
- 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:
 - i) Crews warming up must follow directions of the racing marshals
 - ii) Crews should keep the line of buoys to the PORT side of the boat at all times.
 - iii) **Crews warming up & crews returning to the dock should yield to racing crews. This applies especially to the Narrows.**
 - (1) **Ambiguous incidents/events may be judged by the officials in favor of the racing crew/against a warming-up or returning crew.**
- 5) Voiding: By direction of The Lake Commission, there shall be no urination in the lake; a violation of this rule results in immediate disqualification from the regatta and a prohibition from other races on Lake Quinsigamond, regardless of the organizer.

- 6) Approaching the Start: Crews and coxswains will be marshaled in the area below 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 in a launch anchored near the starting line. 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 before leaving for the start. The Regatta will NOT be held for any one crew. A crew may arrive late to the start and race as long as it is in the same boat size and at the Start Referee's discretion
- 9) Course: There will be a large map outside of the boathouse for coxswains to review. You can also review the map attached to this packet. Coxswains should use the Rt. 9 bridge as a reference and then must keep course once through the bridge.
- i) The course will run from the Narrows to the DRC for novices and sculling events.
 - ii) The Varsity course will run from the Shrewsbury side of the big island, straight up through the Narrows (Novice & Sculling Start) and the Shrewsbury side of the Rt. 9 (Burns) bridge, ending at the DRC.
 - iii) Generally, Racing is done Northwards on the east (Shrewsbury) half of the lake.
 - iv) The "No Passing Zone" of the narrows will be marked by buoys.
 - v) The course will be described in greater detail at the mandatory Coaches & Coxswains Meeting.
- 10) **There shall be NO PASSING IN THE NARROWS**
- i) Responsibility through The Narrows is on the PASSING crew.**
 - ii) Passing or attempting to pass will be treated the same way.**
- 11) Giving Way: A crew being passed must yield to the overtaking crew.

Failure to do so will incur a penalty.

12) Penalties:

a) A 10-second penalty will be applied for being late to the start

b) A 20-second penalty will be applied for failure to give way or buoy violations

c) A 2-minute penalty will be applied for a pass or attempted pass in the narrows.

d) If, in the view of the chief referee, **a crew makes a dangerous pass**, including or not including contact with another crew, that crew **shall be excluded**.

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 \$50 fee. The fee will be returned if the protest is ruled in your favor.

VENUE INFORMATION

The Park is Open:

**Sunday 10/7: for Shell Trailers 5:30 AM,
for athletes/spectators at 6:30 AM**

Regatta Office: Located at the Meeting Room at Regatta Point State Park.
Note –spectators are not allowed in the regatta office; Coaches and authorized volunteers only!

Spectators: There is 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.

The admission fee for spectators is a \$5.00 donation.

Bathroom Facilities: There are limited restrooms at the boathouse, and there will be porta-potties available.

Results: Results will be available via our timing provider **HereNow.com**. Complete results will be available after the regatta at www.row2k.com.

Parking:

- **PLEASE FOLLOW ALL POSTED SIGNS AND DIRECTIONS OF WORCESTER & UMASS POLICE**
- Buses may drop off athletes outside Regatta Point.
- Bus Parking will be in the overflow lot of UMass Medical Center (off of South Rd.).
- Shell Trailer parking will be available inside the Regatta Point State Park lot.
- Shell trailers will be instructed how to park on arrival.
- All trailers will be parked without extraneous space in between.
- **THERE WILL BE NO PARKING OR UNLOADING OF VEHICLES OTHER THAN BOAT TRAILERS/TRUCKS INSIDE REGATTA POINT STATE PARK (handicapped cars excluded)**
- Car Parking will be in the UMass Hospital Parking Garage (fee

applies)

Handicap Parking: Will be located in the small lot by the boathouse inside Regatta Point State Park. Vehicles MUST have a valid Handicap Plate or Placard

Officials Parking: Will be located at the north end of the park, next to the trailer gate. Please park only where directed.

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 AND gone underneath the I-290 Bridge. Then they should then proceed back to the docks
- There should be 2 and a maximum of 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 paved area in the approach to the docks.

Dock Layout:

Dock #1: Dock at the DRC. For DRC based crews and if crews need emergency help at the finish.

Docks #2 & #3: Located at the North "Beach". Primary Landing/Return Docks. Sculling events may use docks to launch until 9 AM.

Dock #4: Located in front of the boathouse. Secondary Launch Dock. Only launch if directed **ALL HOTSEATS SHOULD TAKE PLACE AT THIS DOCK**.

Dock #5: Located on the side of the boathouse. PRIMARY LAUNCH DOCK. We can fit up to 3 eights on the dock at a time. When launching,

stay clear of the 2k finish line island (Shallow).

Dock #6: Located in front of the LQCR (upper) boathouse. Tertiary Launch Dock. Narrow Dock, w/ stairs, confident crews only.

First Aid Location: There will be EMT's at the Regatta Point State Park (at the Boathouse) and at the Finish Line (at the Donahue Rowing Center) If you have a problem during or after a race, notify the nearest safety launch.

Shell Storage: There is no rack space available at this venue. All crews should bring their own blocks/slings.

Garbage Removal: Please deposit all trash in closed garbage bags and leave in dumpsters.

DONAHUE ROWING CENTER INFORMATION:

Due to the large number of competing teams, several visiting teams will be racing from the DRC. These are extra rules/guides for those teams

Trailer Parking & The State Boat Ramp:

ONLY Trailers and Buses will be allowed at the boat ramp.

Parking:

- No vehicles are allowed within the gates of the DRC
- Parking along N. Quinsigamond Ave. will be restricted by Shrewsbury Police.
- Please follow all posted signs and directions from volunteers and Shrewsbury Police.
- **Do Not Park in front of any Driveway**
- Parking will be available at Shrewsbury High School (64 Holden St., Shrewsbury). A shuttle bus will run to the DRC. A donation to defer cost of the shuttle bus is kindly requested.

Spectators:

There will also be a suggested donation of \$5 to enter the DRC.

ALL team tents must be placed along the fence at the side on the DRC property. No tents are allowed along the lake. Alternately, tents may be placed outside the DRC at the boatramp.

Traffic Pattern Considerations:

- Crews should plan to launch 1 hour before race-time.
- Crews will launch off the north end of the dock towards I-290
 - After launching crews will pass under the I-290 bridge and turn there to row down to the start.
- After racing, crews will continue under I-290, turn under the bridge and row south down towards the Marshal located near the Gazebo.
- Crews will cross the racecourse under the direction of the Marshall and row along the shore back towards the docks at the DRC

RACE COURSE MAP:



New England JR/HS Regional Championship Regatta

Coaches Certification Form

School/Team/Club Rowing Program Name:

Is your school/team/club program a member in good standing with USRowing? YES _____ NO _____

Is your school/team/club program a member in good standing with North American Rowing Association? YES _____ NO _____

Do ALL the rowers in your program have a signed valid waiver submitted through Regatta Central? YES _____ NO _____ PAPER WAIVERS _____

If NO, they will not be allowed to row in this regatta.

(Paper waivers will be accepted at the regatta)

Are you competing as a High School Team? YES _____ NO _____

-Single School/District

-Row under School Name

-HS Varsity/Club Varsity under the AD/Principal

Are your bowballs and heel ties properly and firmly attached to each boat? YES _____ NO _____

Have you reviewed, and have you reviewed with your coxswains/steering bow seats the No Passing rules as detailed in Rules 10, 11, 12b, 12c, & 12d of the regatta packet YES _____ NO _____

As the representative of the above Rowing Program, I hereby certify that the above answers are true.

_____ Name (print)

_____ Signature

_____ Title/Position with the Program

_____ / _____ / _____ Date