



Sunday, July 21, 2013

Hosted by Riverside Boat Club

Cromwell Cup Regatta, named after Riverside Boat Club member and 1936 Olympian Seymour Cromwell, is the largest summer regatta held on the Charles River. Attracting rowers of all ages and skill levels, this regatta is run entirely by RBC volunteers. In 2012, we hosted rowers from 48 clubs, representing nine state states.

Welcome to the 2013 Cromwell Cup Regatta hosted by Riverside Boat Club!

This year's event will host over 500 athletes from 7 states. Several of our athletes have competed at the international level. We are very excited for this year's event and are grateful to have you and your organization be a part of the regatta. We would like to give special thanks to the members of Riverside Boat Club who have helped with the planning and execution of this event as well as the volunteers, referees and the greater Cambridge community.

We look forward to seeing you on Sunday, July 21st and wish all participants the best of luck!

Sincerely,

*Eliza van Lennep
Katy Ruderman
Regatta Directors*

&

Cromwell Cup Planning Committee



Contents of this Packet:

Competitor Rules
Coursemap
Visitor/Competitor Information

Please be sure all athletes read the entire regatta packet for important safety protocols and race procedures. All athletes who fail to follow the safety protocols and procedures of the regatta will be disqualified. By signing the Riverside Boat Club waiver, you have agreed to the following safety protocols and race procedures.











Informational Safety Meeting

There will be an informational safety meeting at 6:20 a.m. on Sunday to review the traffic pattern, race procedures, important safety protocols, and to answer any questions. **This meeting is required for all coaches, and HIGHLY recommended for coxswains, sculling shells, and juniors.**

Registration & Information Table

Registration will be open Sunday from 6 a.m. to 6 p.m. located on the 2nd floor of the boathouse at the Information Table. The following will be available at the registration table:

-  **Event Registration:** Available on Regatta Central (www.regattacentral.com) Registration requires all athletes to complete a waiver in order to compete. Trailer reservations are required.
-  **Payment for unpaid balances:** Crews will not be allowed to race if there is a balance. Checks only payable to Riverside Boat Club.
-  **Scratches:** \$15.00 charge for crews that scratch after midnight on Wednesday, July 6th, must be paid for and submitted at the registration table on the day of the event. Checks only payable to Riverside Boat Club. To avoid a scratch fee, please e-mail changes to ine-ups (Masters included) and/or scratches to: regattas@riversideboatclub.com by Saturday, July 20th 2:00 p.m.
-  **Waivers:** All competitors must sign a waiver before racing at <http://riversideboatclub.com/page.aspx?p=149>
-  **Protest Results:** Results from protests are available at the Information Table 1 hour after the completion of the event in which the protest occurred.
-  **New For 2013:** Masters racing will run in final flights only in the morning. A medal will be awarded to the first finisher in case of condensed races in one event. There will be no handicaps. Open racing will follow the traditional Heats/Finals format, following the lunch break. Junior Singles will be heats, semis, and finals, the first race of the day.





Heat Sheets & Lane Assignments

Schedule and lane assignments can be found on www.regattacentral.com and at the information table on race day. Schedule subject to change due to time constraints. Heat and final sheets, as well as results, to be provided throughout the day at the information desk. Masters racing will run in finals flights only in the morning.

Racing Format

Morning 1000 heats will be 1000m races from a floating start beginning downstream of Weeks Foot-bridge and ending downstream of the Riverside dock. Masters racing will be run in finals flights only in the morning with no handicaps.

Afternoon 1000m Finals will be 4-lane 1000m races from a standing start, on the same course as the morning heats.

500m Dashes (Open 1x and Mixed Open/Masters 8+) will begin before the River Street Bridge and end past the Riverside Dock at the same finish line used for the 1000m course.

Entries	Heats*	Advance From Heat	Advance From Heat	Advance From	Advance From Heat
		1	2	Heat 3	4
4 or less:	FINAL ONLY	N/A	N/A	N/A	N/A
5	2	2 (heat of 3)	1 (heat of 2)	N/A	N/A
6	2	2 (heat of 3)	2 (heat of 3)	N/A	N/A
7	2	2 (heat of 4)	2 (heat of 3)	N/A	N/A
8	2	2 (heat of 4)	2 (heat of 4)	N/A	N/A
9	3	1 (heat of 3)	1 (heat of 3)	1 (heat of 3)	N/A
10	3	1 (heat of 3)	1 (heat of 3)	1 (heat of 4)	N/A
11	3	1 (heat of 3)	1 (heat of 4)	1 (heat of 4)	N/A
12	3	1 (heat of 4)	1 (heat of 4)	1 (heat of 4)	N/A
13	4	1 (heat of 4)	1 (heat of 3)	1 (heat of 3)	1 (heat of 3)
14	4	1 (heat of 4)	1 (heat of 4)	1 (heat of 3)	1 (heat of 3)
15	4	1 (heat of 4)	1 (heat of 4)	1 (heat of 4)	1 (heat of 3)
16	4	1 (heat of 4)	1 (heat of 4)	1 (heat of 4)	1 (heat of 4)

* Any seeding is performed by Regatta Committee with goal of maximum fairness and fastest boats in each final

Protests

Any protests of races are to be filed upon race completion on the water to the race referee.



Coaches: DO NOT approach the staff on the docks in regards to protests.



A decision will be made by the chief referee and/or regatta chair within one hour.



Crews should go to the information table for the result of their protest.



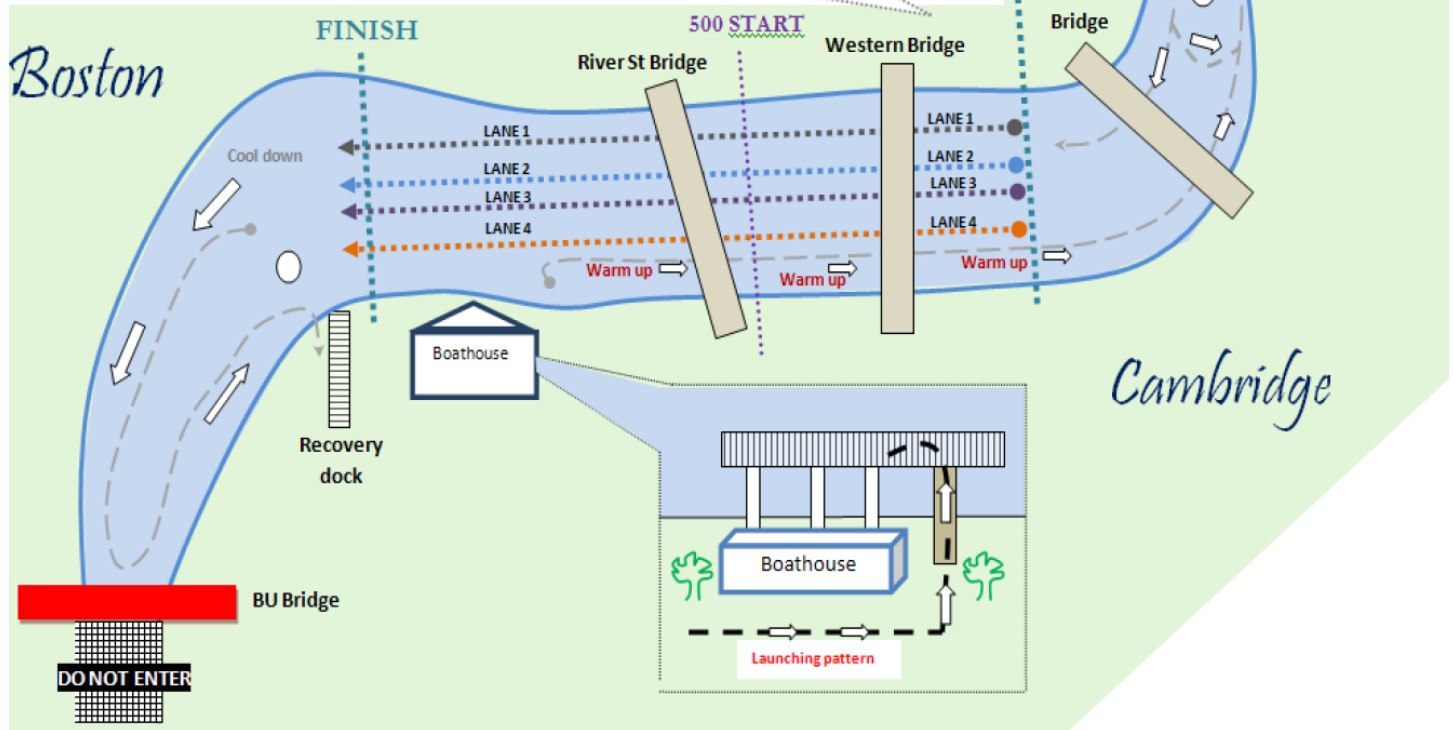
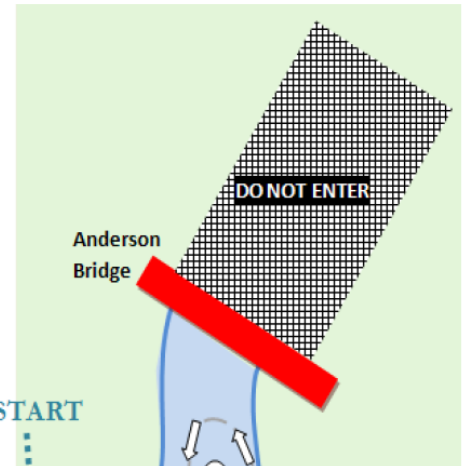
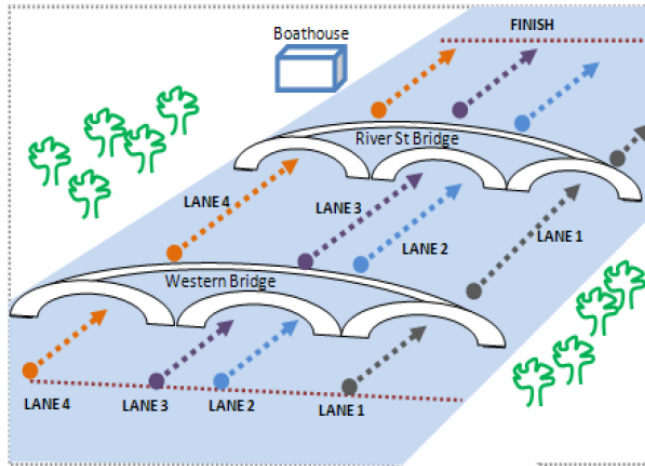
To have a protest ruled protest in your favor, you must have been in a position to advance to final (if pro-testing a heat) or a position to win (if protesting a final.)

Safety infractions will not be tolerated.





Course Map





Bow Numbers

Competitors that own bow numbers are encouraged to bring and use them. Please check the heat sheet on the Friday before the race (www.regattacentral.com) for your lane assignment. Riverside Boat Club will have bow numbers available **on the dock for boats requiring them upon launching** – they **MUST** be returned to the dock immediately after your race.

Launching Protocol

Cox or Coach is to accompany crews at all times. Please make every effort to launch and depart dock in 90 seconds. **Notify dock master if an athlete is hot seating.**

Please do not bring any oars down to the docks of the boat-house until you are prepared to launch. Leave all oars at your trailer or at the designated oar storage site. All equipment adjustments must be done prior to launching. Boat enters dock **STERN FIRST** using **SWING DOCK** on up-stream side of boathouse. Receive your bow marker from the dock marshal upon entering dock area. Double check that your boat has a bow ball before launching.

OFFICIALS WILL NOT CALL BOATS TO LAUNCH.

It is the rower's responsibility to launch and be at the start on time.

Boat and Equipment Safety

Each boat shall have a firmly affixed bow ball and each set of foot gear shall have heel tie downs that don't permit heel to rise more than three inches. In fours with lie down coxswain enclosures, the width of the enclosure shall be sufficient to allow easy exit by the coxswain.

+ First Aid on the Water

If you are in need of medical assistance

On the Course: Raise a hand and/or grab the attention of to any referee, ranger, or water marshal

At the Finish: Row through the finish line area and around the buoy indicated on the traffic pattern map. Raise a hand or call out to race referees, finish line officials or Dept of Recreation/Conservation Rangers. Please clear the finish line when you are able.

On Land: Medical attention can be found in the 8's bay.

Power Boaters

Due to the nature of the river, power boats are a familiar site during Cromwell Cup.

Water marshals and State Police will control power boat traffic through the race course.

Be aware that there will be breaks for power boat traffic in between races.

Rowers are prohibited from rowing through Anderson Bridge or BU Bridge, due to unrestricted power boat traffic.





Traffic Pattern

Please see course map to review traffic pattern

1000m Heats AND Afternoon Finals:

Warm up area traffic must follow counter clockwise pattern between Weeks Bridge and Anderson Bridge. Please be aware of other crews and boat traffic going through bridges.

Crews are NOT permitted to row through Anderson Bridge or BU Bridge. If a crew fails to abide by these rules, they are at fault for any incidents or accidents that occur Upstream from the Anderson Bridge or downstream of BU Bridge, as noted in the Riverside Boat Club waiver.

500m Dash:

Warm up area traffic for dashes must follow the same counter clockwise pattern as the 1000m heats (between Weeks Bridge and Anderson Bridge) and obey normal river rules. **AFTER, and ONLY AFTER** the final 1000m heat/final has begun may you extend your warm up area to the first 500m of the 1k course.

Recovery and Landing Pattern

Recovery:

After completing your race, YOU MUST continue rowing past the finish line beyond the sign. Feel free to cool down towards the BU Bridge, but DO NOT row through BU Bridge.

Landing:

Rowers must wait along the magazine beach shore to land (after rowing up to BU bridge and turning around before the bridge) and will be summoned to the docks by the dock master. Boats must enter bow first. Please return bow cards to the dock master. When landing, help us keep the dock clear by having a coach or teammate take oars.

Steering the Course

Once racing, rowers or coxswains are responsible for keeping their point. Referees and launches are there for your safety and issue corrections if a boat is off course. Should your course need correction, the referee will wave a white flag and point to the direction you must adjust towards.

For coxed boats: stroke seats or bow seats may have to notify their coxswain if the crew is directionally flagged by an official.





Starting Protocol

Cromwell Cup will use the following floating command procedure:

Aligner will call boats to the line and align them. When alignment called, crews should be sitting ready for the start of the race. Hands will not be recognized after alignment is called.

After alignment is announced, the starting commands will closely follow.

Countdown sequence may or may not be used, at the discretion of the starter. The entire starting sequence is as follows:

"We have alignment" (hands will NOT be recognized after this point)

"This is the start"

"5-4-3-2-1" (if countdown start is used)

"Attention"

(variable pause, from 1 to 5 seconds in length) "Go!"

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For coxed boats: stroke seats or bow seats may have to notify their coxswain if the crew is directionally flagged by an official.





Weather Policy

Weather delays will be determined at the discretion of the Regatta Director and Chief Referee. Should there be a delay, regatta organizers will do their best to get the schedule back on time but cannot guarantee all races will occur. Should there be lightning, there will be an automatic delay of 30 minutes after the last strike of lightning. More details to be provided at the Safety Meeting taking place at 6:15 a.m. on Sunday on the 2nd floor of the boathouse.

Cancellation Policy

No refunds for cancelled races due to weather, as determined by the Regatta Director and Chief Referee.

Coxswain Information

There is no coxswain weigh in for Cromwell Cup. Coxswains are highly encouraged to attend the safety meeting on Sunday at 6:15 a.m on the 2nd floor of the boathouse.

Practice

Practice will not be available prior to Sunday racing.

Medals

Medals for 1st place (winning crews only) will be distributed at the awards tent at the front of the boathouse, 30 minutes after each final. For masters events, a medal will be awarded to the first finisher in each age category per flight in the case of condensed ages into one event (there will be no handicaps). If you miss your awards ceremony, please be sure to stop by the awards tent before heading home!

Restrooms

Portable potties will be available for use located off of the main driveway. There will be no public bathrooms available inside the boathouse.

Food

Snacks will be available for purchase on-site. We highly encourage our participants, their families and friends to visit our neighbors Starbucks, Trader Joe's, Whole Foods, and Riverside Pizza for dining options near Riverside Boat Club. Additional meal options are available in Harvard Square, Central Square, and on Commonwealth Avenue near Boston University.

Vendors

Various vendors will be available on-site. If you are interested in having a booth, please contact the Regatta Committee at regattas@riversideboatclub.com





Regatta Parking

There is no parking for spectators or competitors at Riverside Boat Club. Parking is reserved for trailers only.

Equipment/people drop off is permitted but you must park elsewhere. The City of Cambridge on-street parking is legal and free for all non-residents on any side street in the City of Cambridge on SUNDAYS ONLY.

Please **do not park on Memorial Drive** it is illegal and you will be towed. **Limited parking** is also available at the Morse School across from the pool and the Sunoco Station. Parking here on week-ends is legal.

Trailers must arrive the night prior, Saturday, July 9, 2011 to the regatta. We ask that all trailers arrive between 6 p.m. and 8 p.m. Please note there will be volunteers and a ranger on-site at this time to help with traffic on Memorial Drive to ensure trailers can safely park in Riverside's lot.

Once your team has registered for Cromwell Cup, please e-mail Chris Dyke at regattas@riversideboatclub.com immediately to confirm your Trailer Reservation through Regatta Central. You're parking is not confirmed until you receive a confirmation receipt from the Cromwell Cup Planning Committee. Space is limited and we want to assure every team has a place to park. Trucks will not be permitted to stay with trailers in the lot. Trucks must park on side streets near Riverside Boat Club.

If you are only bringing a few boats on your trailer, and would be willing to drop off your equipment and boats on-site and leave your trailer down river, please let Chris know.

Directions

Riverside Boat Club
769 Memorial Drive
Cambridge, MA

From 95: Take exit 29A to MA-2 E to Cambridge. At the traffic circle, take the 2nd exit onto Alewife Brook Pkwy/Massachusetts 3A S. At 2nd traffic circle, take the 1st exit onto Fresh Pond Pkwy/Massachusetts 3A S. Follow Massachusetts 3A, which will turn into Memorial. Boathouse will be on right across from Trader Joes, after the River Street Bridge intersection.

From Turnpike: Take exit 18 toward Brighton/Cambridge. Follows signs towards Cambridge and merge onto Cambridge St. Turn right at Massachusetts 3A S/Memorial. Boat house will be on the right across from Trader Joes.

