



REGATTA PACKET 2014

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Welcome! Thank you for attending Riverside Boat Club's Cromwell Cup!


Please be sure all athletes read the entire regatta packet as there are important safety protocols and race procedures that are listed in this document. 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, coxswains and scullers.**


Registration & Information Table


Registration will be open Sunday from 6:00 am to 6:00 pm located in front (road side) 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 USRowing 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 line-ups (Masters included) and/or scratches to: regattas@riversideboatclub.com by Saturday, July 12th 2:00 p.m.

 **Waivers:** All competitors must sign the USRowing waiver before racing <https://rosters.usrowing.org/>

 **Protest Results:** Results from protests are available at the Information Table one hour after the completion of the event in which the protest occurred.

 **Masters:** Masters racing will run in final flights only in the morning. A medal will be awarded to the first finisher in case of condensed ages in on 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.herenow.com, 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 re-sults, to be provided throughout the day at the information desk. Masters racing will run in finals flights only in the morning.

Racing Format

Morning 1000m Masters Flights:

All flights will be 1000m races from a floating start that begins downstream of Weeks Footbridge and ends downstream of the Riverside dock.

Afternoon 1000m Heats and Finals:

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

500m Dashes:

The course of the Open 1x and Mixed Open/Masters 8+ 500m dashes will begin before the River Street Bridge (painted line on sea wall indicates starting line) and end past the Riverside Dock at the same finish line used for the 1000m course.

Progression

Entries	Heats*	Advance From Heat	Advance From Heat	Advance From	Advance From Heat
		<u>1</u>	<u>2</u>	Heat 3	<u>4</u>
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





** Maximum of 16 entries per event. First 16 registrations are accepted.

Bow Numbers

Competitors must bring their own bow numbers.

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 protesting a heat) or a position to win (if protesting a final.)

Safety infractions will not be tolerated.

Launching and Receiving areas

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.

Launching

- Oars down first

Please do not bring any oars down to the docks of the boathouse until you are prepared to launch. Please leave all oars at your trailer.

- Boat enters dock STERN FIRST using SWING DOCK on upstream side of boathouse
- Cox or Coach to accompany crew boats at all times
- All crews must launch and depart dock within 90 seconds
- We will not be calling boats to launch. It is the rower's responsibility to launch and be at the start on time.

Hot seating

Coaches/rowers please notify the dock master prior to hot seating. Please have oars and rowers available to make process quick and easy.

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

All crews, with the exception of hot seating crews and RBC competitors, must land on the bubble dock on Magazine Beach. When landing, help us keep the dock clear by having a coach or teammates take your oars.

Traffic Pattern

Please see attached 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.

NOTE: Crews are NOT permitted to row through Anderson 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. WARNING, Powerboats will be waiting on the upstream side of Anderson Bridge.

500m Dashes:

Starting line for 500m course will begin between the River St Bridge and Western Ave Bridge on the Powerhouse Stretch. The line is painted on the sea wall on the Cambridge side of the river.

500m Dash Safety:

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 warmup area to encompass the *first* 500m of the 1k course. Note: Please see above note in regards to Anderson Bridge.

Be aware there will be marshals near each bridge directing boats going up the race course (from the dock towards the starting line) to stop or proceed. Rowers MUST listen to these officials - they are watching out for your safety. Referees can and will disqualify crews for not adhering to safety commands.

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.

First Aid on the Water

Please raise a hand and/or grab the attention of to any referee, ranger, or water marshal if you are in need of medical assistance.

First Aid on Land

Medical attention can be found in the 8's bay

Racing

Cromwell Cup adheres with all US Rowing racing rules for a 1000m sprint race. Unless an official announcement is made, **ASSUME YOUR RACE IS ON TIME**. We will make every effort to stay on schedule and make up for minor delays. Regardless, **you must be in position, near the start line, downstream of the Weeks Footbridge 5 minutes before the scheduled time of your race. If you are late to the start for any reason, your event will not be delayed, and YOU WILL MISS YOUR RACE.**

IT IS YOUR RESPONSIBILITY TO BE AT START LINE 5 MINUTES BEFORE THE SCHEDULED TIME OF YOUR RACE WHETHER YOU HEAR AN ANNOUNCEMENT OR NOT.

Starting Commands

Cromwell Cup will use the following floating command procedure.

Aligner will call boats to the line and align them. When alignment is called, you should be sitting ready for the start of the race. Hands will not be recognized after alignment is called. You are responsible for your own point.

After alignment is announced, the starting commands will quickly 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"

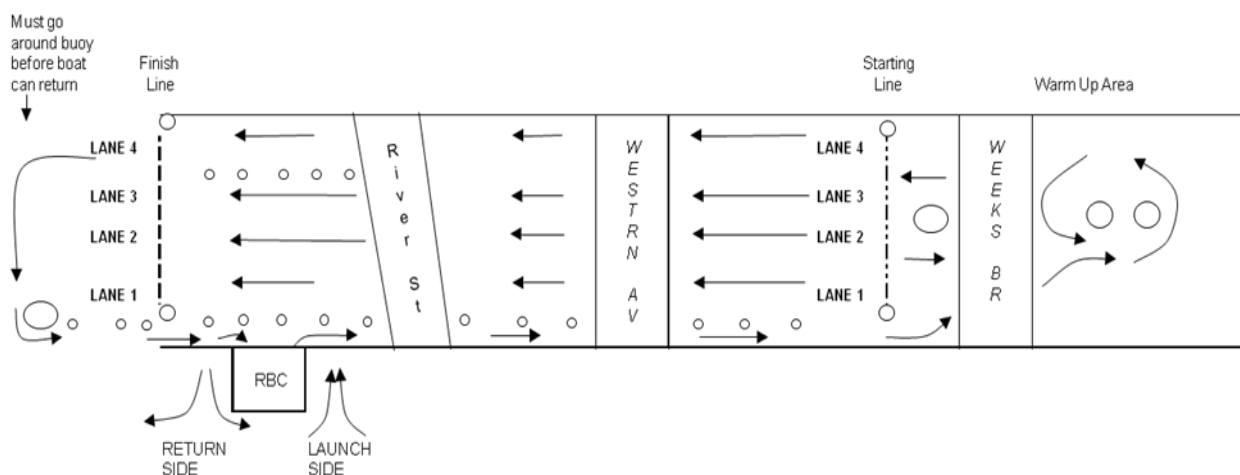
"5-4-3-2-1" (if countdown start is used)

"Attention"

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

Once racing you are responsible for your own point. The referees and launches are there for your safety. Please follow their commands. Should you drift off-course, they will announce your lane and wave a flag to the direction you should 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.

Traffic Pattern



Medals

Medals for 1st place (winning crews only) will be available at the registration table at the front of the boathouse, once results are final for the event.

Restrooms

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

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 weekends is legal.

Trailers must arrive on Saturday, June 12 between 7 and 9pm or on Sunday, June 13th before 6am. 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 regattas@riversideboatclub.com immediately to confirm your Trailer Reservation. Your 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 us 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.

Food

We highly encourage our participants, their families and friends to visit our neighbors Starbucks, Trader Joe's, Whole Foods, and River-side 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.

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.

