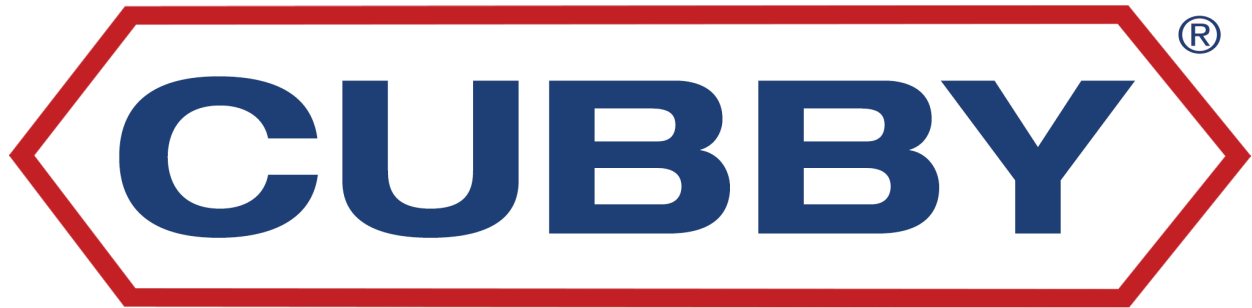




Regatta Packet 2019

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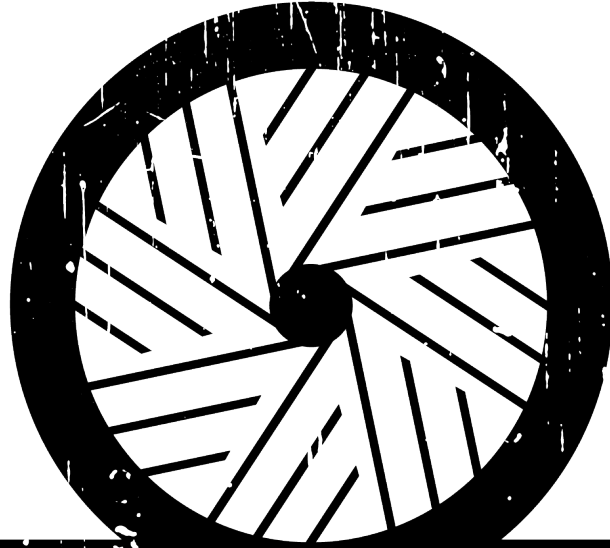
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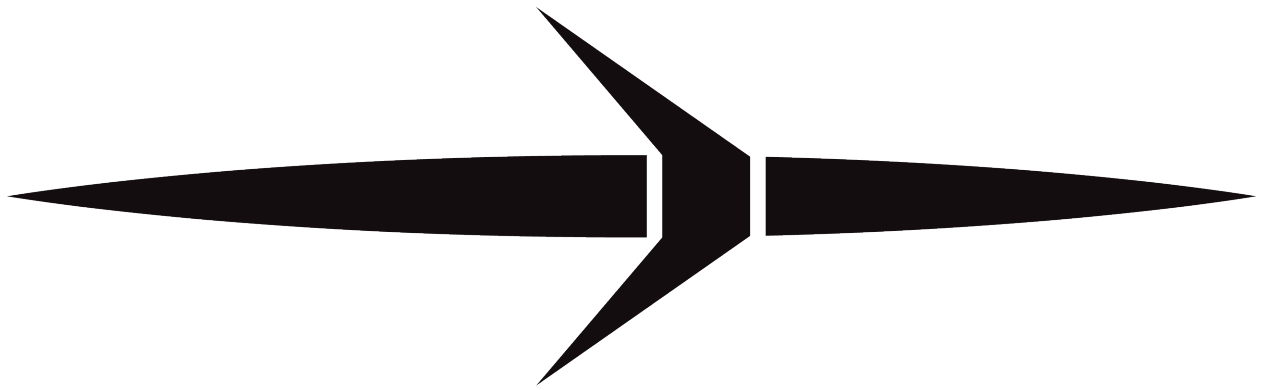
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TAZA CHOCOLATE





FLUIDESIGN

Welcome! Thank you for attending the Riverside Boat Club Cromwell Cup! For up-to-date information on the regatta, follow us on Twitter @CromwellCup.

Please be sure all athletes read the entire regatta packet. The packet includes safety protocols and race procedures. Athletes who do not follow these protocols and procedures will be disqualified.

Informational Safety Meeting

There will be a meeting at **6:15 a.m. Sunday, July 14**, to review the race pattern, race procedures, important safety protocols, and to answer any questions. The meeting is required for coxswains, coaches, and scullers.

Registration and Information Table

Entrants may register online at [Regatta Central](#). Limited onsite registration on an availability basis from 6 a.m. – 6 p.m. Sunday on the second floor of the boathouse, at the information table. **Onsite registration will be extremely limited or not available based upon online registrations.**

Remember:

- **Trailer reservations are required by July 11.**
 - Once your team has registered for Cromwell Cup, fill out the trailer registration form <https://forms.gle/1acVT4C7ufHgmzFx8> immediately to confirm your trailer reservation. **Your parking is not confirmed until you receive a confirmation receipt from the Cromwell Cup Planning Committee.**
 - Trailers must arrive between 3:00 and 6:00 p.m. the night before the event or 5am to 7am the morning of the regatta. State Police will be on-site during this time to assist with stopping traffic to allow trailers to safely reverse into the lot.
 - Trailers will not be able to exit the Riverside lot until the event has concluded. Trucks may not be permitted to stay attached to trailers in the lot.
 - If you are only bringing a few boats on your trailer, and would be willing to drop off your equipment and boats onsite and leave your trailer down river, please let us know.
- Car top singles will be allowed to unload their shell into slings in the Riverside driveway and then immediately move their car to the parking lot at the Morse School.
 - Morse School: 40 Granite St, (Corner of Magazine st. and Memorial Drive)
Parking lot Entrance is on Magazine street opposite the Shell station

- All competing athletes are required to complete the waiver online at Regatta Central <https://waivers.regattacentral.com/ccup2019> .Athletes under 18 must have a legal guardian sign the waiver. Coaches, please include the name of legal guardians with your rosters if your athlete is under 18.
- **Crews will not be allowed to race if there is an unpaid balance. Checks must be made payable to Riverside Boat Club.**
- Crews that scratch after, July 5 will forfeit their entry fee. Checks must be made payable to Riverside Boat Club. To avoid a scratch fee, email lineup changes (including Masters) and/or scratches, to cromwellcup@gmail.com by noon Thursday, July 5.

Available at the information table: [

- Registration forms
- Waivers
- Protest results
- Schedule, lane assignments, heats and final sheets
- Outstanding balances (checks must be payable to Riverside Boat Club)
-

Trailer Parking

Vehicles towing the trailers will not be permitted to park in the Riverside lot. See Parking for Competitors and Volunteers for directions.

Heat Sheets & Lane Assignments

Schedule and lane assignments can be found on www.herenow.com and at the information table on race day. The schedule is subject to change due to time constraints.

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. **Masters racing will only run in final flights.** Medals will be awarded to the first finisher in case of condensed ages in one event. There will be handicaps.

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.

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.

******Competitors must bring their own bow numbers******

Safety infractions will not be tolerated.

Launching and Receiving Areas

Bring oars down first, but do not bring any oars to the boathouse dock until you are prepared to launch.

Boat enters dock STERN FIRST using Draw Bridge 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 the 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

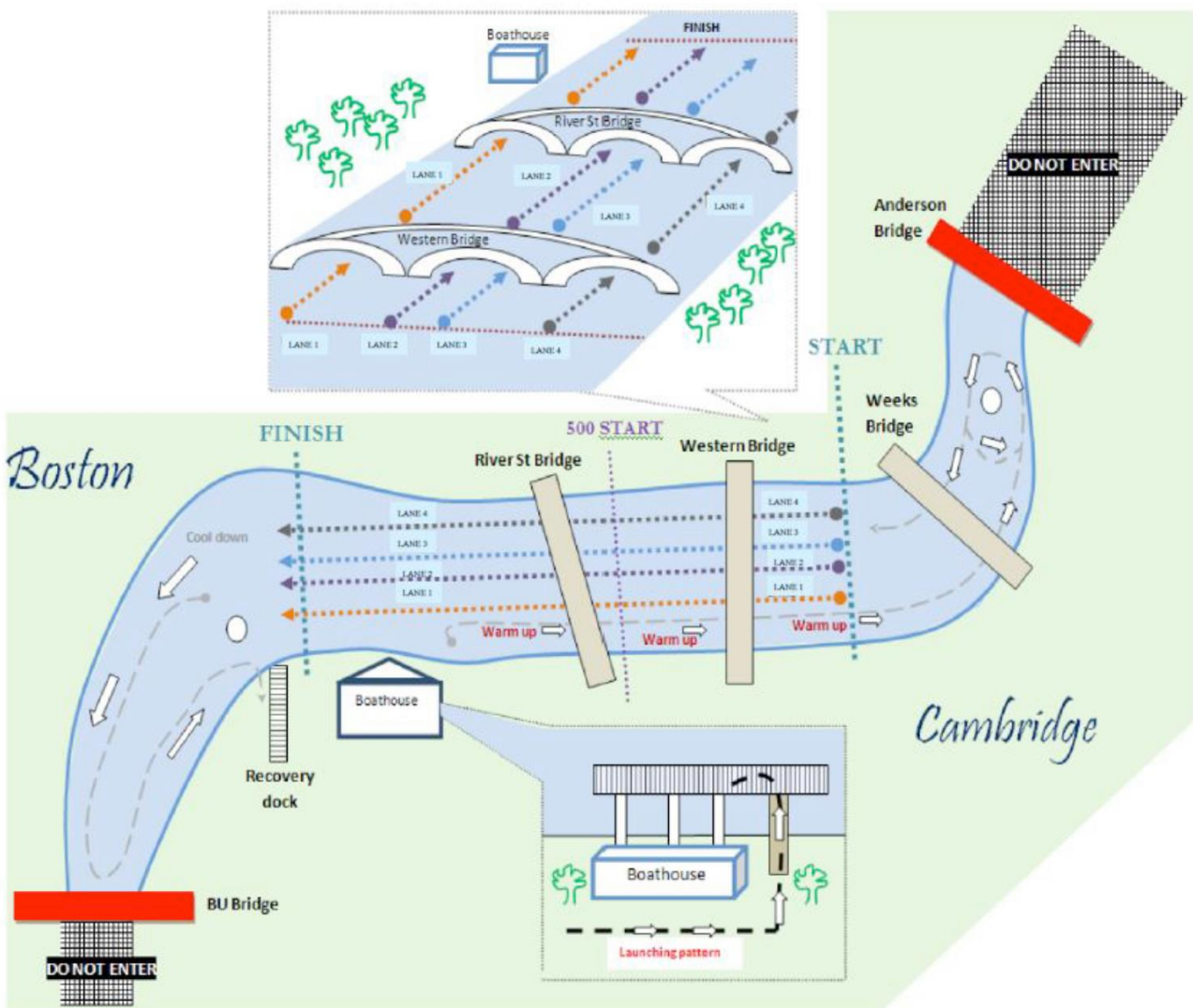
All crews, with the exception of hot seating crews and RBC competitors, must land on the Magazine Beach dock. When landing, help us keep the dock clear by having a coach or teammates take your oars.

Traffic Pattern

Please see attached map to review the 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. Boats on the course will be coming downstream through the bridges. Crews in the warm up lane need to stay as close as possible to the Cambridge shore. Bridge marshals will indicate when it is safe to pass through the bridge arches.

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.

Power Boaters

Due to the nature of the river, power boats are a familiar sight 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 between races.

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.

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.

If all of the competitors are present, in position and ready to race, and there no objections a race may begin before the designated start time after the prior event has cleared the course. No event will start before the scheduled time if a competitor objects or is not ready. Once the scheduled start times been reached the event will start on time.

It is your responsibility to be at the start line before the schedule 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!"

- "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.

Cromwell cup follows the US Rowing rules of Rowing2019 edition, except where noted. (See Appendix A)

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 about protests.

A decision will be made by the chief referee and/or regatta chair within 1 hour.

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

To have a protest ruled 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).

Protest results will be available at the information table one hour after the completion of the event in which the protest occurred.

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 toilets will be available for use located off of the main driveway. There are 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/athlete/spectator 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. This includes “Resident Only” spaces until 6PM.

Please **do not park on Memorial Drive** — it is illegal and you will be towed. **Limited parking** for car top singles is available at the Morse School across from the pool and the Shell Station. (See map)

DO NOT PARK in the Starbucks, Microcenter, and Trader Joes shopping center parking lot. They will tow your vehicle.

Directions

Riverside Boat Club: **769 Memorial Drive — Cambridge, MA 02139**

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.

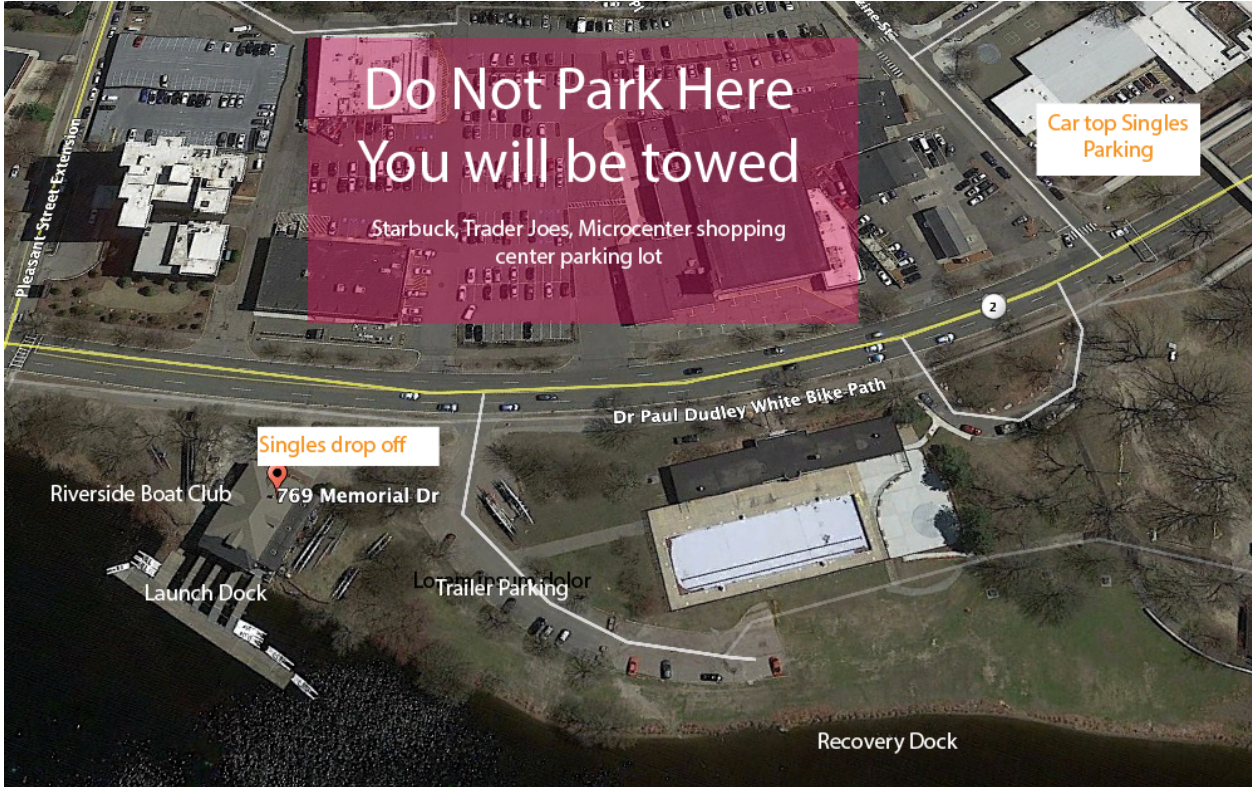
Food

We 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.

Parking Map



Appendix A – Applied rules of rowing

2-309 Failure to Start

If a Crew fails to leave the starting line after the starting commands have been given, the Starter shall stop the Race. If the Crew's failure to start is not justified, the Starter may impose one of the penalties described in Rule 2-602 ("Types of Penalties").

2-310 Broken Equipment

(a) "Broken Equipment" shall mean a condition in which any Equipment, as defined in Rule 1-202 ("Other Definitions"), is not in a normal operable state. The following shall not count as Broken Equipment: (1) A condition that is the obvious result of carelessness or neglect; (2) Crabs and jumped slides (in which a Rower's seat comes off its track); (3) The condition of a Coxswain's sound amplification system (including a COX-BOX), a stopwatch, stroke watch, or similar device. (b) If a Crew suffers Broken Equipment after launching but prior to entering the Starting area, it shall stop rowing and immediately signal to the closest Race Official. The Race Official shall inspect the equipment for damage. If the Race Official determines that there is Broken Equipment, the Race Official shall communicate with both the Starter and Chief Referee to determine if the Crew will be able to race. (c) If a Crew suffers Broken Equipment after the starting commands but before it has left the Starting area, or 20 seconds has elapsed on courses where the Starting area is not clearly marked with different colored buoys, it may stop rowing and signal to the Referee. The Referee shall stop the Race as described in Rule 2-407(d) ("Referee's Instructions to Crews") and inspect the damage. If there is in fact Broken Equipment, the Race shall be restarted after the Crew has had sufficient time to make repairs. If there is no Broken Equipment, the Race may be restarted immediately, and the Referee may impose upon the offending Crew one of the penalties described in Rule 2-602 ("Types of Penalties"). (d) A Crew is deemed to have left the Starting area once its bow crosses the 100-meter mark. If a Crew attempts to claim Broken Equipment after it has left the Starting area and if the boat can still be operated safely, the Referee shall instruct it to continue rowing as described in Rule 2-407(c) ("Referee's Instructions to Crews").

2-311 Leaving the Starting Area

A Crew that rows out of the Starting area waives any right to object on the grounds that the start was not fair.