

2025 Sarasota Invitational Regatta Meeting

Wednesday, February 19, 2025

8:00 PM

Sarasota County Rowing Club

WELCOME - INTRODUCTIONS

Sarasota County Rowing Club is excited to welcome everyone to the Sarasota Invitational at Nathan Benderson Park in Sarasota, FL.

Safety and Fairness is our top priority at the event.

It is the responsibility of each team to ensure everyone knows the content of this meeting.

Tonight we have the following people on the call:

Regatta Director: Norm Thetford
Chief and Deputy Referees : Elaine Roden, Jon Gibbs

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AGENDA

LOC

- a. Review of Registration & Venue Items
- b. Traffic Patterns

Chief Referee

- a. Referee Welcome
- b. USRowing Rules of Rowing
- c. Launching
- d. On the water
- e. Racing
- f. End of Race
- g. Unsportsmanlike Conduct

LOC, Chief Referee

- a. Safety on Venue (Water & Land)
 - i. Evacuation Plans
 - ii. Medical Aid
- b. Final Thoughts

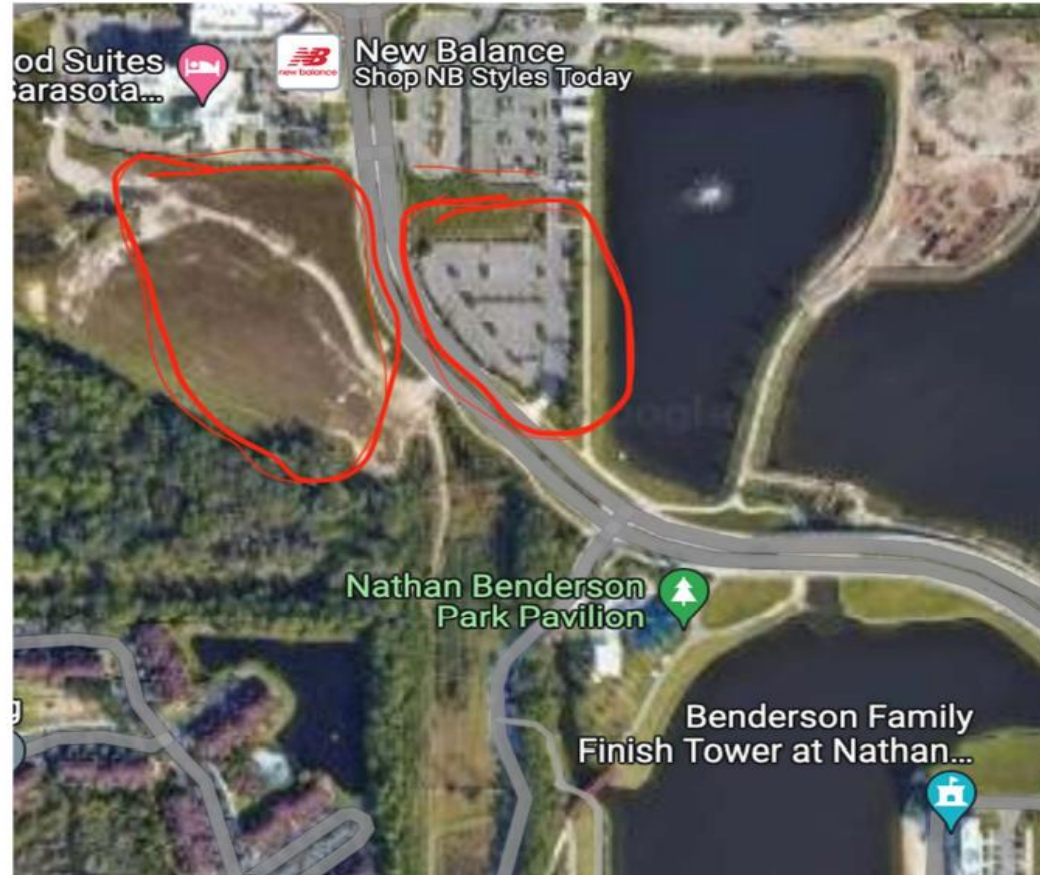
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REGISTRATION & VENUE ITEMS

- Tents
 - No tents or beach umbrellas on the beach
 - Teams are limited to 2 – 10x10 tents; larger tents required pre-event rental
 - No 10x20 team-installed tents allowed
 - Teams must pay for tent rentals before moving in
- Parking
 - **For Trailers:** Arrive after 12:00 PM on Friday. Circus patrons start arriving at 5pm, trailers should be in place before then. Each team will receive a parking pass for the tow vehicle upon check in.
 - **For Cars:** Parking fee is \$10/car. Due to the Circus, parking for participants & spectators is off-island, near the Mote Aquarium (under construction) to the northwest of the island, and by the Homewood Suites hotel (both in easy walking distance). There will be signage at both locations. The Homewood lot is approached when heading south on N. Cattleman Rd just before turning east towards the finish tower. The Mote lot is accessed when heading NW on N. Cattleman Rd, just past the playground area (at the finish line) of the Park.

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REGISTRATION & VENUE ITEMS VEHICLE PARKING MAP



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REGISTRATION, PRACTICE & VENUE ITEMS

- Regatta HQ
 - Tower 3rd floor
 - All competitors must have a valid USRowing membership & waiver
 - Entries on Regatta Central. Please report scratches to the regatta director at least 1 hour prior to race time
- Practice
 - Friday 1:00 PM – 5:00 PM Last launch at 4:15 PM
 - Launch docks open when marshals are in place and close at 4:15 PM Friday – no exceptions!
 - All boats off the water by 5:00 PM Friday
 - Teams violating practice time window may be assessed a penalty (1st warning to all entries)
- Awards
 - awards table on the 1st floor of the tower

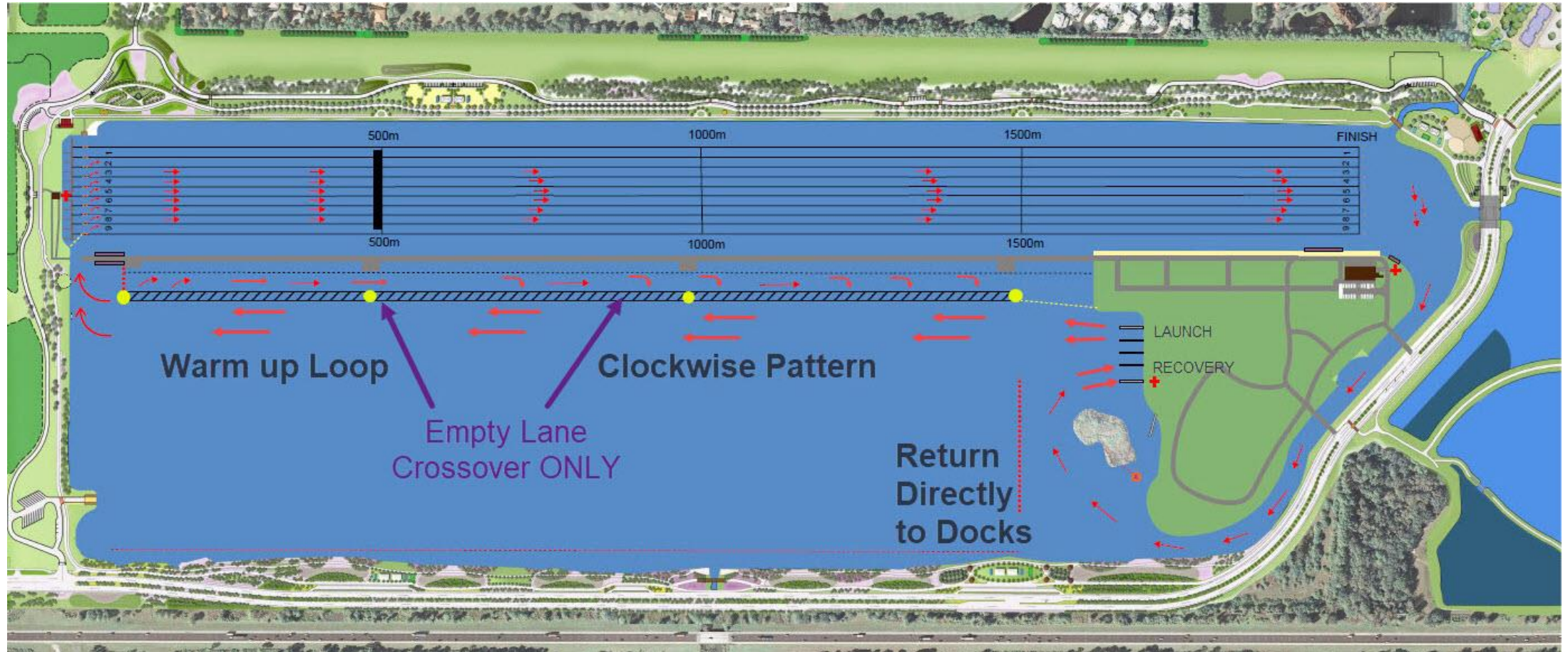
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REGISTRATION & VENUE ITEMS

- Volunteers
 - Key to successful event!
 - Time slots include check-in time and time to get into position
 - VERY IMPORTANT: volunteers show up no later than the listed start time
 - We need everyone to work together to keep the regatta on schedule
- Lost and Found – Regatta HQ (tower 3rd floor)
- NO PETS allowed in the tower. In the park, pets must be on a 6-foot fixed length leash. No adjustable flexi leashes.

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TRAFFIC PATTERN



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WEATHER

- The LOC is watching weather and will provide a notification if a new schedule is posted.
- With wind in the forecast, it is VERY important crews understand how to 'scull the bow' around while remaining locked on the stake boat.



- Bow pass the oar to 2 or 2 pass the oar to 3.



- Reaching over the side, take short strokes

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Rowing For Life Rules

- Each boat **MUST** be half juniors and half masters, and at least 4 women rowers
- All Juniors from the same club
- All Masters from the Juniors club. If no affiliate, then another regional club but masters must all be from the same club (no cherry-picking high performance rowers from multiple clubs).
- Junior coaches may compete as masters.
- Two \$1000 prizes! Two fastest times from the heat.

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Special Rules for Juniors Only

- Unless otherwise noted, FSRA eligibility rules apply
- Youth events are 1500m
- Middle school races are 1000m
 - Middle school crews launch from the awards dock
- Youth mixed events must have minimum 50% female rowers

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Special Rules for Masters only

- Masters race 1000m
- Mixed masters novice 8+ may have up to 2 experienced rowers in the boat
- Men and Women masters novice 4+, 4x, 4- may have up to 1 experienced rower in the boat.
- Masters Women may compete in Masters Men's open events but not lightweight events.
- Masters mixed events must have minimum 50% female rowers, however up to 5 women in an eight and 3 women in a four or quad are allowed.

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Referee Welcome

- The Referees are here for everyone's safety and fairness
- This is your regatta
- If you have questions, ask us
- We are here for you!

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Weigh-ins

Lightweights Juniors weigh-in window: Saturday 8 – 10 AM

Lightweight Masters weigh-in window: Sunday 7:45 – 9:45 AM

- Weigh-ins
 - Crew weighs-in together in racing uniform without footwear
 - Junior and Master Women no more than 130 pounds
 - Junior Men no more than 150 pounds
 - Master Men no more than 160 pounds
- A rower within one pound or less of the weight standard is allowed one reweigh within the same weigh in window, at least one hour before their scheduled race time.

Rules Exception - No coxswain weigh-ins required

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USRowing Rules of Rowing

It is your responsibility to know and understand the Rules of Rowing

- If you don't understand something, ask us
- Equipment
 - You have certified that your equipment meets the rules - heel ties no more than 3" and bow ball firmly affixed.
 - (If you are not in compliance, you will be asked to leave the line to fix the issue and not impede other crews from launching)
 - Check equipment before heading to the docks
- Broken Equipment - alert the nearest referee and if possible, we will work with you.
 - Local rule – races will be delayed no longer than 15 minutes after scheduled start time for broken equipment.

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USRowing Rules of Rowing

- Masters Handicap System
 - Masters events will use USRowing handicaps
- Uniforms
 - All competitors in a Crew wear identical clothing. Composite crews are an exception
 - Uniform rule may be waived by the chief referee for unusual weather conditions
- Control Commission
 - Before you approach the docks - IT IS YOUR RESPONSIBILITY that the boat is compliant with all safety rules. Pre-check heel ties, bow ball, and rigging
 - Racing issues with these are not breakage – it is for your safety

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Launching

- Bow Numbers
 - Teams provide their own bow numbers
 - Lanes are numbered 0 – 7
- Launch Time
 - Recommend crews launch 40 to 45 minutes prior to scheduled race time
 - Know your race time and lane number so you recognize when you are called
- Hot Seating
 - The **initial** crew involved with a hot seat needs to inform Control Commission
 - The boat coming in recovers on center dock to switch crew
 - Outgoing crew needs to check in with Control Commission
 - CC Official will verify bow card properly switched out and record launch time
 - **HOT SEATING is at your own risk! Races will NOT be held for late or missing crews**
- On the Docks
 - Keep all walkways and docks clear of oars, shoes, clothing, etc.
 - Be quick while on the dock for both launch and recovery
 - Minimal number of people to launch your boat, no spectators
 - Take boat to slings for any repairs/adjustments

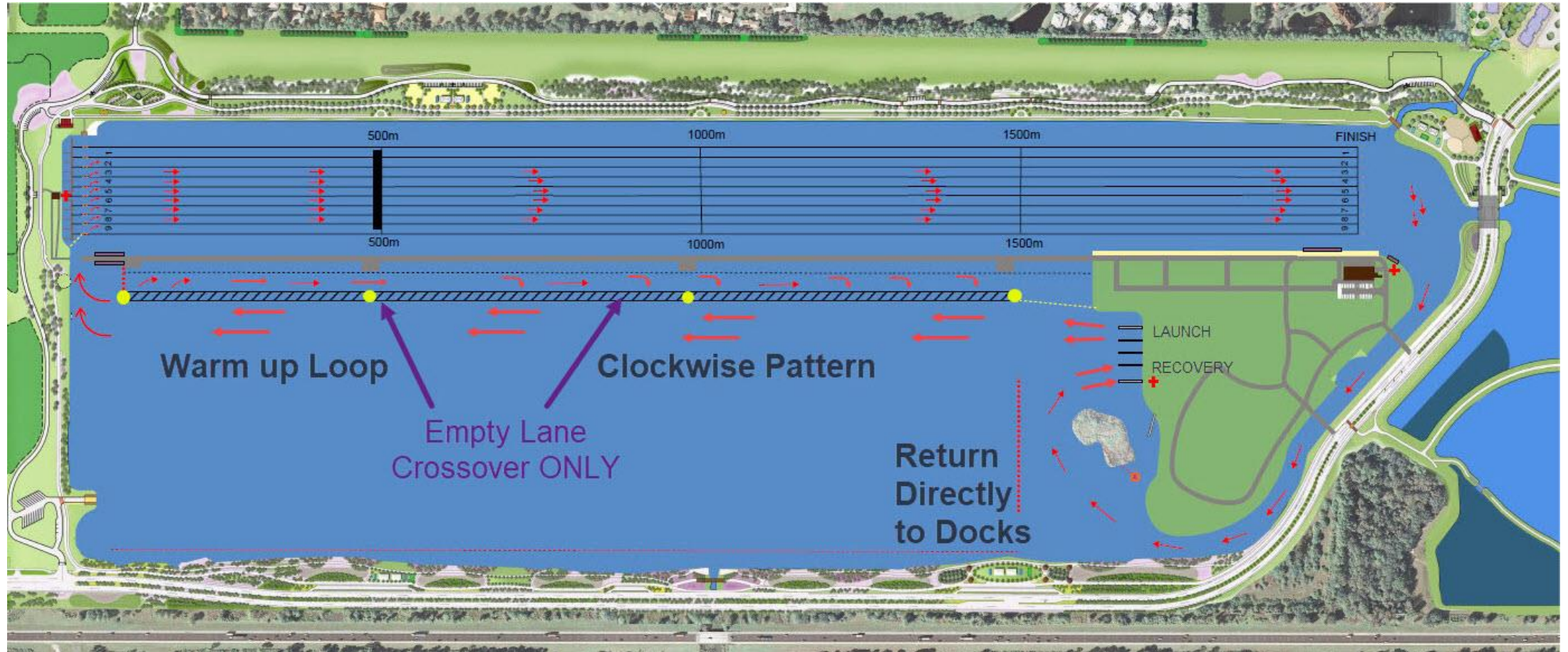
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On the water

- In general, if an official gives you an instruction,
 - Please acknowledge with a hand so we know you heard us
 - Follow instruction as quickly as safely possible
- Warm Up
 - Follow the Traffic Pattern – **clockwise pattern** with empty lane between north bound and south bound lanes
 - Only use middle empty lane for switching between north and south bound lanes after 500-meter mark (start line)
 - Merge with traffic only when you have room to safely do so

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TRAFFIC PATTERN



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Racing

Sprint Starts – Part 1

- The starter will tell you when you may enter the racecourse
- If you must turn in your lane to attach to stake boat, **do it close to the stake boat**

- Starter will count down to 2 minutes
- Locked on by 2 minutes prior to your race – be on time
 - failure to be locked on could result in a warning

- The race may start at any time after the 2-minute notice

- If you leave the start, you accept the start

- Breakage zone is 100 meters or 20 seconds

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WEATHER

It is VERY important crews understand how to 'scull the bow' around while remaining locked on the stake boat.



- Bow pass the oar to 2 or 2 pass the oar to 3.



Reaching over the side, take short strokes

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Racing

Sprint Starts – Part 2

- Quick start – will be announced by the Starter;
 - No announcing of the crew names during the Start sequence
- Hands will not be recognized during the Start sequence
- Start Using Flags
 - Crews will be announced in a steady cadence, then “Attention” then raising the red start flag, then “Go” and dropping the flag.
 - Crews may leave the starting line when the Starter’s flag begins to move.
- If the Start is interrupted, the Starter will say “As you were” and the start sequence will begin again

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Racing

During the Race

- You are responsible for your steering.
- A referee(s) will follow each race and use the white flag as necessary to direct your shell. They will point the flag in the direction you should go.
- If necessary, the following referee will STOP a single boat using the white flag.
- If necessary, the following referee will STOP the entire race using the red flag and an audible sound.
- Outside Assistance other than the unaided voice is prohibited. No racing crew may receive any instructions, advice or directions with any electric, electronic, or other technical devices.
- The presumed penalty for communication by electronic means is exclusion.

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End of Race

If you feel your opportunity to win, place or advance was negatively impacted, raise your hand at the finish line and get the following referee's attention

- Referee will listen to your objection
 - State what happened, where it happened and what remedy you would like to restore fairness
 - Referee may need to speak to other crews so do not leave the finish area
 - Referee will render a decision to your objection on the water
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- If you disagree, or if you are affected by a referee's decision and you disagree...
 - Within 1 hour after reaching land - written protest & \$50 cash to the Chief Referee or Chief Judge at the Finish
 - You cannot file a protest on land if you have not raised an objection on the water
 - We will review your protest and advise you of the next steps

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UNSPORTSMANLIKE CONDUCT

- Unsportsmanlike conduct includes, but is not limited to, failure to heed the instructions of race officials, use of obscene language or gestures, delaying a race without just cause, intentional or flagrant disregard of principles of safety and fairness, or abusive behavior toward any official, team member, spectator, volunteer or vendor.
- A crew that engages in unsportsmanlike conduct may be assessed a penalty by a race official.
- Anyone, including team members, who engages in unsportsmanlike conduct, on or off of the water, at any time during the regatta, may have his or her further participation at the regatta curtailed or prohibited by a race official.
- A crew may be subject to an “unsportsmanlike conduct” penalty if a person affiliated with their organization, including spectators and parents, engages in the use of an unapproved drone at the regatta venue. An “unsportsmanlike conduct” penalty issued for the use of a drone will carry a presumed penalty of “Disqualification”.
- If you or one of your athletes witnesses unsportsmanlike conduct of any kind, please refer to the USRowing Code of Conduct on how to properly report the matter.

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SAFETY ON VENUE - EVACUATION PLAN

The Chief Referee initiates “suspend”, “cancel”, “resume” rowing plans.

- On-Water:
 - The Starter directs evacuation of the start area including crews in line behind the start. The Start Marshal and Referees closest to the start are designated to evacuate Starters, Judge at Start/Aligner and stake boat holders to land.
 - The Referees along the racecourse direct the evacuation of crews on the course expeditiously and move to beach landing sites to assist crews and document recovered crews.
 - Warm-up and Pre-Start Marshals direct and escort crews in the warm-up area back to the docks.
 - Referees closest to the finish proceed to the launch and recovery docks. Use all docks for evacuation. Coordinate boats going into the docks.
- Control Commission stops launching, directs the dock master in recovering boats expeditiously and safely and documents returning crews.

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SAFETY ON VENUE - MEDICAL AID

- Medical will be located at the finish line and the launch docks.
- If medical is needed on the water, flag down the nearest official for assistance.
- Don't forget your inhalers – take them on the boat

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FINAL THOUGHTS FOR A SUCCESSFUL REGATTA

Coaches will make or break this event!

Multiple people have spent lots of time to setup and organize this regatta.

Successful execution requires all teams to:

1. Have equipment checked & ready to race each race
2. Launch crews on time
3. Know your race time and bow number
4. Be able to lock on and scull their point

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Get ready to race!

Know your event, race time, and bow number!

Good luck and be safe.



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