

2009 Northeast/Mid-Atlantic Junior District Rowing
Championships
May 16th and 17th, 2009



Hosted by: The Shrewsbury Rowing Club
The Quinsigamond Rowing Association

Location: Lake Quinsigamond, Worcester, MA

Distance: 2000 Meters

Regatta Director: Colin Regan

- E-Mail: nema_regatta@hotmail.com
- Regatta Phone: 860-461-8828

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2009 Northeast/Mid-Atlantic Junior Rowing Championships

CRITICAL NOTICES

1. The 2009 Northeast/Mid-Atlantic Junior District Championships (NEMA) is an official qualifying event for the USRowing Youth National Championships. **Each participating organization must be a registered member of USRowing in order to compete at the regatta, regardless of intent to qualify for the Youth National Championships.** When submitting your entries on-line you will be asked to submit your USRowing organization number. If your organization is not currently a member, please contact USRowing or visit their website and register on-line at www.usrowing.org.
2. You must submit your team roster online through Regatta Central. **Please include the names of all athletes, coaches, and any volunteers.** Waivers must be submitted for all athletes in racing line-ups. It is recommended that you have your entire roster complete a waiver to avoid any complications on race day. This includes athletes that may end up as part of late entries. This is an essential part of regatta organizing so please make sure you have a complete roster on Regatta Central by the end of registration.
3. USRowing rules mandate that any crew that qualifies for the USRowing Youth National Championship may only have 50% of the qualifying line-up substituted between the qualifying regatta and the National Championships. USRowing will check for substitutions against the line-up submitted through Regatta Central for the NEMA. To accommodate line-up adjustments leading up to the NEMA, programs will be allowed to change line-ups up in the last week leading up to the regatta. Coaches will be given access to finalize line-ups from 5/11/09-5/15/09. **Additionally, we will be verifying the identity of competitors in the Grand Finals of any USRYNC qualifying events. All crews competing in the Grand Finals of a qualifying event will be required to have photo ID (government issued or school ID) when launching for the Grand Finals. All competitors in the crew must match the line-up submitted through Regatta Central.**
4. Any events that receive 7 entries or less will be run as a straight final. Because of this, it is possible that certain events will be removed from "tentative" status. Events may be removed from "tentative" status in the following order: 2nd 4+'s, 3rd 8s, Novice 4+'s, and 2nd Novice 8's. Decisions on officially adding events will also take into consideration entry levels and as such will be made after the registration period ends. Each additional event (2nd 4+, 3rd 8, Novice 4+, and 2nd Novice 8) will be maxed out to two heats.
5. To help manage regatta costs, we are asking all participating crews to submit payment in the form of check via mail. Regatta Central directly passes along credit card fees to regattas using their site. The mailing address is listed later on in this packet. Crews paying by mail need only have their payment envelope postmarked by the due date.
6. Please check Regatta Central regularly between now and race day for any and all updates. **Any information not contained in this packet, is located on Regatta Central.**

2009 Northeast/Mid-Atlantic Junior Rowing Championships

General Information

Date: April 5th, 2009

To: Program Directors, Coaches, and Athletes of participating crews

From: 2009 NEMA Regatta

Re: Regatta Information

Dear Coaches and Athletes,

Welcome to the 2009 Northeast/Mid-Atlantic Junior District Championships. This year's event is presenting racing opportunities for over 1200 athletes in 12 events. This regatta is made possible by the City of Worcester, Town of Shrewsbury, The Quinsigamond Rowing Association, Parent Volunteers from Shrewsbury High School, and the coaches regularly involved with the ongoing development of the league.

This packet contains important information for this year's Regatta, so please carefully review all materials.

Important Dates:

General Registration Opens – April 5th, 2009

General Registration Deadline – April 26th, 2009

Entry Fee Deadline – April 29th, 2009 – Payments by mail must be postmarked by this date. *Entries scratched after this deadline will not have entry fees returned.*

Late Entries: Late entries will be accepted outside of Regatta Central, via e-mail until May 6th at \$20 over the regular entry fee. Late entries and fees must be received by **May 6th, 2009**. *Late entries will only be accepted if they do not create an additional heat.*

Waivers – Waivers must be submitted through Regatta Central by April 26th, 2009. No paper waivers will be accepted.

Finalized Line-Ups Due: May 13th

Please note the following important notes about the 2009 regatta:

1. The 2- event has been added to the schedule in 2009.
2. Because of regatta growth, practice will be limited this year. It is likely there will be no practice on Saturday evening after racing. Practice will be allowed from Noon-2PM on Saturday before racing. Practice on Saturday evening may be added if the final schedule permits.
3. Photo ID will be required for all crews qualifying for grand finals in Youth National Championship qualifying events only. Names will be checked against line-ups submitted via Regatta Central.
4. There will be a gate entry fee for all non-competitors/coaches on Sunday. Admission for spectators will be \$5. Children under 12 years of age will be admitted for free. Please notify parents about this cost.
5. Parking will be available across from the venue. The cost for parking will be around \$10 per car per day. Please notify parents about this cost.

2009 Northeast/Mid-Atlantic Junior Rowing Championships

Preliminary Schedule of Events

Saturday May 16th

Afternoon Heats (Subject to Change)

Tentative Event (2nd 4s)

Women's Youth 1x

Men's Youth 1x

Women's Youth 2x

Men's Youth 2x

Women's Youth 4+

Men's Youth 4+

Women's Youth 8+

Men's Youth 8+

Women's Youth 2-

Men's Youth 2-

Heats

Heats

Heats

Heats

Heats

Heats

Heats

Heats

Heats

Heats

Heats

Sunday May 17th

Morning Heats/Semis (Subject to Change)

Women's Youth 2nd 8

Men's Youth 2nd 8

Tentative Events (3rd 8, N4, 2N8)

Women's Youth Lwt 2x

Men's Youth Lwt 2x

Women's Youth Novice 8

Men's Youth Novice 8

Women's Youth Lwt 4+

Men's Youth Lwt 4+

Women's Youth 4+

Men's Youth 4+

Women's Youth 4x

Men's Youth 4x

Women's Youth Lwt 8

Men's Youth Lwt 8

Women's Youth 8

Men's Youth 8

2 Heats; 3 to Final

2 Heats; 3 to Final

2 Heats; 3 to Final

2 Heats; 3 to Final

2 Heats; 3 to Final

2 Heats; 3 to Final

3 Heats; 2 to Final

3 Heats; 2 to Final

2 Heats; 3 to Final

2 Heats; 3 to Final

2 Semis; 3 to Final

2 Semis; 3 to Final

2 Heats; 3 to Final

2 Heats; 3 to Final

2 Heats; 3 to Final

2 Semis; 3 to Final

2 Semis; 3 to Final

Afternoon Finals (Subject to Change)

Tentative Events (2nd 4, 3rd 8, N4, 2N8)

Women's Youth Novice 8

Men's Youth Novice 8

Women's 2nd Youth 8

Men's 2nd Youth 8

Women's Youth 1x

Men's Youth 1x

Women's Youth 2-

Men's Youth 2-

Women's Youth Lwt 2x

Men's Youth Lwt 2x

Women's Youth 2x

Men's Youth 2x

Women's Youth Lwt 4+

Men's Youth Lwt 4+

Women's Youth 4+

Men's Youth 4+

Women's Youth Lwt 8

Men's Youth Lwt 8

Women's Youth 4x

Men's Youth 4x

Women's Youth 8

Men's Youth 8

3 to Medal

3 to Medal

3 to Medal

3 to Medal

3 to Medal

3 to Medal; 3 to YNC

3 to Medal; 3 to YNC

3 to Medal; 3 to YNC

3 to Medal; 3 to YNC

3 to Medal; 3 to YNC

3 to Medal; 3 to YNC

3 to Medal; 3 to YNC

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3 to Medal; 3 to YNC

3 to Medal; 3 to YNC

3 to Medal; 3 to YNC

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Entry Instructions/Entry Fee Schedule

Regatta registration must be completed electronically on Regatta Central. Print the entry receipt when you complete your entries and send it and your entry check to the Shrewsbury Rowing Club at the address indicated below.

NEMA Entries, First-time users of Regatta Central

1. Go to www.RegattaCentral.com
2. Select the 'Join Now' link and create your free account (be sure to select the NEMA as your first regatta to include with your account)
3. You'll be prompted to fill out the NEMA registration form and once your email is verified you'll be able to submit your entries.
4. When submitting your entries, choose the 'Save without Line-Ups' to quickly save your entries without providing athlete info.

NEMA Entries, Existing users of Regatta Central

1. Login to your RC account (www.RegattaCentral.com)
2. Click 'Add Regatta to My Calendar', and add the NEMA
3. Fill out the NEMA registration form and proceed to your entries
4. Submit your registration entries (note: when submitting your entries, choose the 'Save without Line-Ups' to quickly save your entries without providing athlete info)

If you need any assistance, please email support@regattacentral.com

2009 Entry Fee Schedule

Eights: \$140
Fours/Quads: \$100
Doubles: \$75
Singles: \$30

Entries must be received on or before April 26th
Entry fees must be received on or before April 29th

Make Checks payable to: Shrewsbury Rowing Club LLC

And send to:

Colin Regan
33 Arnold Street
Williamstown, MA 01267

2009 Northeast/Mid-Atlantic Junior Rowing Championships

Instructions to Coaches & Coxswains/Bowmen

Coaches and Coxswains/Bowman Meeting

- **Time:** 3:00PM on Saturday; 7:00AM on Sunday
- **Location:** Regatta Point Flagpole
- **Crews will not be allowed on the water until their coxswains or bowmen (for blind sculling boats) have attended the meeting.**

Race Day Registration: Registration will be open on each day of racing starting one hour prior to the first event and ending one hour after the first event. You may register and pick up your information packet at regatta headquarters located at the Regatta Point Boathouse near the finish line. Clubs missing waivers will not be allowed to register.

Compliance with the USRowing Rules of Rowing: The Regatta will comply with USRowing Rules of Rowing.

Program Eligibility:

- Entry into the NEMA regatta is open to all programs that are located in the Northeast and Mid-Atlantic Districts as determined by USRowing. To see if your program is in either of those districts please visit www.usrowing.org.
- A program (Men or Women) must participate as a Youth Eight or Youth Four as a prerequisite condition to the entering a qualifying 2nd/3rd Youth Eight or 2nd Youth Four.

Athlete Eligibility:

Novice: The NEMA regatta will accept the USRowing recommended definition of a novice athlete. As offered by USRowing, a novice rower "shall be a coxswain or rower whose initial competition within the same discipline [(sculling or sweep)] has been in the previous 12 months of the date of the regatta".

Lightweights and Coxswains Weigh-ins

- Rower Weights:
 - o Boys: 155lb maximum per rower
 - o Girls: 130lb maximum per rower
- Coxswain Weights
 - o Men: 120 minimum
 - o Girls: 110 minimum
 - o Underweight coxswains must carry sufficient additional weight to bring them to the minimum standards. All such weight will be carried in the coxswain's station in the boat as close to the torso of the coxswain as possible. Equipment used by the coxswain shall not be considered part of the coxswain's weight and shall not be included, as part of any additional deadweight the coxswain is required to carry. **Coxswains will be asked by officials to show their weight at the starting line and finish line.**
- **In the case of lightweight crews, the entire boat must be present to weigh in.**
- **Crews/Coxswains may weigh in up to two hours before and no later than one hour before their event. Should any lightweight event take place over the course of two days, athletes will be required to weigh in each day.**
- **Failure to weigh in will result in disqualification.**

Inclement Weather Procedure

Course Evacuation: Weather will be monitored throughout the regatta via online Doppler. Should there be any indication of approaching unsafe conditions, the decision will be made to evacuate the course. The regatta will have significant safety personnel on and off the water to facilitate the evacuation. In addition to the Regatta Point facility, athletes may be taken off the water at the Donahue Rowing Center at the North end of the lake. All crews/officials/staff above the 1000 meter mark will be evacuated to the Donahue Rowing Center. All crews/officials/staff below the 1000 meter mark will be evacuated to Regatta Point State Park. Racing will be suspended for a minimum of one hour. Regatta Staff will communicate with the Coast Guard to determine if conditions are such that racing can resume safely.

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Instructions to Coaches & Coxswains/Bowmen (cont.)

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 Chief Referee will make the final decision for delay or cancellation.** 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. Revised racing schedule for finals will be run on a minimum of seven-minute centers. Events that must be canceled due to significant delay will be designated in the following order:

- | | |
|-----------------------------|---------------------------------|
| 1. Novice 4s | 8. Singles |
| 2. 3 rd Youth 8s | 9. Doubles |
| 3. 2 nd Youth 4s | 10. Quads |
| 4. Novice 8s | 11. Lightweight 4s |
| 5. 2 nd Youth 8s | 12. Youth 4s |
| 6. Pairs | 13. Lightweight 8s |
| 7. Lightweight Doubles | 14. Cancellation of the regatta |

Bow Markers: Each crew should be prepared to provide its own bow markers.

Bow Balls: All boats must have a bow ball.

Heel Ties: All boats launching will have heel tie downs checked. Please ensure your shoes are properly secured to avoid delays in your launching.

Hot-Seating: Hot-seating is strongly discouraged. The size of the regatta and the need to stay on schedule means that there will be no "waiting" for crews.

Staring Area: All crews will be allowed to warm-up above the Route 290 Bridge and will be called to the line prior to their event. Crews that do not lock on 2 minutes before their start time will be excluded.

Medals: Medals will be awarded to first, second, and third place finishers in most Grand Finals. A final must contain a minimum of 4 boats in order for a third place medal to be awarded. A final with 3 boats will only have a medal awarded to first place and second place. A final with 2 boats will only have a medal awarded to first place.

Waivers

Waiver/Release of Liability - Any volunteer, rower, employee or agent who works, competes, assists or is associated with this event, is required to sign a waiver and release of liability form. The coach of each participating crew is responsible for securing appropriate signatures from each crew-member, including parent or guardian signature for each crew member under the age of 18 years. **Online Forms for all crew members must be submitted online via Regatta Central.**

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Venue Information

Regatta Office: Sailing Office at Regatta Point

Spectators: A large spectator area is available near the finish line. Alumni and Booster Club tents are welcome. Space for these tents is available on a first come first serve basis. Set up of tents can begin NO EARLIER than Saturday May 16th at Noon. Spectators will not be allowed in the staging/launching areas or on the awards dock. Spectators are required to wear their wristbands, which they will receive upon entry into the park, to gain re-entry into the venue. Admission will be \$5. Children under 12 will be admitted for free.

Bathrooms Facilities: Bathrooms are located in the Regatta Point Sailing building. Additional portable bathrooms are available throughout the venue.

Results: Race Results will be posted at the regatta office on race day. After the regatta complete results will be available on the web at www.powerhousetiming.com and www.row2k.com.

Wristbands: Competitor wristbands must be worn at all times to ensure proper identification for admission. Spectators will also be given wristbands when they pay admission at the gate. Competitor wrists bands will be included in the materials you receive upon registration at regatta headquarters.

Trailer Parking: The Regatta Point Park venue will be open beginning at 12:00 PM on Saturday May 16th. Trailers will be instructed where to park upon arrival. Once inside the park it is unlikely you will be able to remove your trailer until the completion of racing on Sunday.

Spectator Parking: Parking is very limited within the Regatta Point compound. There is enough parking for trailers however busses will be required to park along the street just outside the venue entrance. Parking for cars and vans will be available across the street in the UMASS Medical Center parking lot.

Launching and landing shells:

- All crews should launch no sooner than 40 minutes before and no later than 30 minutes before the start of their race.
- Wading off the beaches at the finish line is not permitted as there is a danger of injury from broken glass and other hazards in the water.
- Upon crossing the finish line crews should clear the race course as soon as possible.
- Crews should launch their shells as quickly as possible. Crews hot-seating shells MUST notify the dock master before doing so.
- Approaches to and from the launching docks must be kept clear.

Traffic Pattern: Traffic pattern maps are available at www.gra.org/visitors/index.html. Direct links are listed on Regatta Central under the "venue" link.

First Aid Location: EMTs will be located next to the regatta office and at the awards dock.

Public Urination: Urination in public by any member of a crew will result in the immediate disqualification of that crew from the regatta. Further, the team to which the offender belongs will be suspended from competition the following year in the event for which the offending crew was entered.

Note: Offenders are subject to immediate arrest and prosecution by the Worcester Sheriffs Office.

Shell Storage: Rack space at Regatta Point is limited this year. Crews may be required to store shells on their own trailer in the staging area parking lots.

Hotel Information: Relevant hotel information can be found at www.gra.org/visitors/index.html