



**Intercollegiate Rowing Association  
114<sup>th</sup> Annual National IRA Regatta  
Invitation and Entry**

May 19, 2016

To: Athletic Directors and Rowing Coaches  
Selected NCAA/NAIA/IRA Institutions

From: Thomas J. Sullivan, IRA Regatta Director,  
Laura Kunkemueller, Chief Referee  
Gary R. Caldwell, IRA Commissioner  
Katie Boldvich, IRA Executive Director

**Re: 2016 IRA REGATTA FINAL ENTRY CONFIRMATION AND PAYMENT**

The Board of Stewards of the Intercollegiate Rowing Association (IRA) has invited your institution to compete in the 114<sup>th</sup> Annual National IRA Regatta on Lake Mercer, NJ on Friday, June 3 through Sunday, June 5, 2016.

This mailing provides all the essential information and material you'll need to finish your entries, confirm your final entry declaration at [www.regattacentral.com](http://www.regattacentral.com), post boat lineups, and pay the remainder of your regatta invoice, should you have an outstanding balance on your affiliate account for this year's Regatta. We urge you to review the entire packet carefully, and complete the appropriate forms in accordance with the specified deadline dates.

As always, we look forward to receipt of your acceptance of this invitation and to greeting you and your crews at this year's IRA Regatta in late May/early June on Lake Mercer.

cc: IRA Board of Stewards

## 2016 IRA REGATTA FINAL ENTRY CONFIRMATION AND PAYMENT

Page Two

May 19, 2016

**Remaining Affiliate Entry Fees** (if applicable) for the 2016 Regatta are due with your Final Entry Declaration. Please go to your [regattacentral.com](http://regattacentral.com) account and enter the boats that have been accepted into the 2016 IRA from your school. Your account will be invoiced for the balance for the 2016 IRA Championships by Thursday, May 19, 2016. Final entry fees are due no later than Friday, May 27, 2016. If you need any assistance, please email [support@regattacentral.com](mailto:support@regattacentral.com) or call 614-360-2922

**YOUR FINAL BOATING LINE-UPS must** be submitted at [www.regattacentral.com](http://www.regattacentral.com). The Entry Window will remain open so that you may list your accepted entries directly on Regatta Central. **Final boatings are to be posted at RegattaCentral no later than 12:00 PM on Wednesday, June 1, 2016.**

**Important: WAIVER OF LIABILITY FORMS:** It is required that all competitors read, and complete the USROWING Waiver process as outlined in emails you have received from USRowing Membership Services. If athletes have already competed in other USRowing – Collegiate Division administered regattas this spring they do not need to repeat this process. One waiver is good for the entire season. Minors must submit individual forms. To alleviate last minute problems at Princeton, please complete this process no later than June 1, 2016.

**(1) For the men's events, IRA Operating Bylaws and Eligibility Regulations shall be enforced**

A. **Standard waivers** that are permitted under existing NCAA Regulations are applicable, and may be processed through USRowing's Collegiate Division or any other NCAA affiliated conference office. **Notice of any such waiver** that is granted to a rower in the 2016 IRA Regatta, however, **must be reported to the Regatta Director in writing** no later than the deadline date for 2016 Amended Regatta entries, May 16, 2016.

B. A First Year Collegiate Rower/Coxswain is defined as an undergraduate student who has never participated in intercollegiate rowing competition (as defined by NCAA rules) as an oarsman or a coxswain.

C. **Upper-class transfer students** are permitted to compete in sub-varsity competition. (The IRA Stewards, therefore, have ruled that upper-class transfer students may compete in the men's Second Varsity Eight, Third Varsity Eight and Varsity Fours events.)

**(2) For the Lightweight Women's Championship Event**, NCAA Rules of Eligibility shall be enforced.

**(3) Individual rowers** and coxswains are restricted to participation in **only one event**.

**(4) For Men's Lightweight Events:** Varsity oarsmen competing in the IRA Championship Regatta are restricted to an individual weight limit of 160 pounds. The average crew weight is 155 pounds

**(5) For Women's Lightweight Events:** Varsity oarswomen competing in the IRA Championship Regatta are restricted to an individual weight limit of 130 pounds.

**(6) Coxswains Weights:** Coxswains of all men's heavyweight and lightweight crews participating in the 2016 IRA Regatta are required to weigh a minimum of 125 pounds. Coxswains of all women's lightweight crews participating in the Regatta are required to weigh a minimum of 110 pounds. Those coxswains, whose body weight, while wearing racing shirt, shorts and socks is less than 125/110 pounds, will be required to carry external weight in order to achieve the minimum standard during the course of their race.

## 2016 IRA REGATTA FINAL ENTRY CONFIRMATION AND PAYMENT

Page Three

May 19, 2016

**(7) Shell Weight - Men's Heavyweight and Lightweight Varsity 8 Events:** The weight of the shells utilized in the men's heavyweight and lightweight varsity 8 event in the Regatta shall be at least 205 pounds. This weight shall include only those items permanently affixed to the shell, including seats, rudders, skegs, fins, loudspeakers and riggers. **These shells will be weighed-in by Thursday, June 1, prior to being placed on the water to ensure adherence to the minimum weight standard.**

**(8) Substitutions** are permitted only by approval of the Regatta Director. Substitutions for illness or injury shall be judged in accordance with USRowing Rules of Racing. Substitutions for academically related or other reasons shall be judged in accordance with the same principles as for injury/illness.

**The IRA is conducted under modified USRowing Regulations.** It is anticipated that all events will involve heats, a time trial for Varsity Heavyweight Fours, repechages, fifth, fourth and third level finals (when appropriate), petite finals, and championship final races.

It is essential that **all rowers dress at their sleeping quarters**, as there are no facilities at the Regatta site.

**Boat Trailers may be parked on the grassy area above the launch and landing docks, which is just to the west of the Marina Building.**

- Boats can be rigged and stored near the trailers.
- Teams are asked to be mindful of other teams and share the space appropriately.
- Teams should not block the paved paths with boats or trailers.
- Tow vehicles can be left with the trailers but are not permitted to continuously enter and exit the trailer field throughout any given day.
- Teams can erect tents in two areas (NO TENT STAKES due to underground sprinkler systems):
  - \* In the wooded area adjacent to the course at the 1750-meter mark
  - \* In the boat storage area if space permits

**Intercollegiate Rowing Association (IRA) Institutional and Student/Athlete Rules of Eligibility are listed below.** Final registration form is not complete unless the **INSTITUTIONAL CERTIFICATION FORM** that was provided with the final entry packet is returned. That form **must be signed** by the Senior Athletic Department Administrator at the institution for the entry to be accepted. With few exceptions, that form was completed prior to the Amended Declaration Deadline on May 17, 2016.

### I. AMATEURISM, RECRUITING, AWARDS AND BENEFITS

Institutions planning to compete at the 2016 IRA Regatta agree to abide by NCAA operating bylaws regarding amateurism (Article 12), recruiting (Article 13), and awards and benefits (Article 16). All NCAA regulations and interpretations related thereto shall apply. Specific exceptions and waivers may be processed in accordance with NCAA precedent through the USRowing Collegiate Division Office. *(These rules previously applied, and are printed here for emphasis and clarification).*

### II. STUDENT/ATHLETE ELIGIBILITY

The IRA applies NCAA eligibility rules (Article 14), including interpretations related thereto. Specific exceptions and waivers may be processed in accordance with NCAA precedent through the USRowing Collegiate Division Office. *(These rules previously applied, and are printed here for emphasis and clarification).*

Thomas J. Sullivan  
Regatta Director

May 19, 2016

To: All Participating Institutions, 2016 IRA Regatta  
From: Thomas J. Sullivan, Regatta Director  
Re: **Final On-Site Registration, Practice Hours, and Instructional Material.**

The Richard Coffee County Park will open for trailers at 9:00 a.m. on Wednesday, June 1, 2016. All crews must have 1 (**ONE**) representative/coach **check-in** upon arrival. Check-in will open at 10:00 a.m. on Wednesday, June 1, 2016 at the administrative tent in the field next to the marina building. Team parking passes will be issued to the representative/coach as well as **wristbands** for free admission for all members of the official party. **IF WRIST BANDS ARE LOST THEY WILL NOT BE REPLACED. BROKEN BANDS MAY BE TURNED IN FOR REPLACEMENTS.**

**Practice Hours:**

Wednesday, June 1, 2016: 10:00 a.m. – 12:30 p.m. and 2:30 p.m. – 6:00 p.m.  
(Practice traffic pattern – see attached)  
Thursday, June 2, 2016: 8:30 a.m. – 12:00 p.m. (Practice traffic pattern – see attached)  
2:30 p.m. – 6:00 p.m. (**Racing traffic pattern**)  
**Times below are preliminary and subject to change once the race schedule is finalized**  
Friday, June 3, 2016: 12:10 p.m. – 1:40 p.m. and 4:15 p.m. – 6:00p.m.  
(Practice traffic pattern – see attached)  
Saturday, June 4, 2016: 1:00 p.m. – 4:30 p.m.  
(Practice traffic pattern – see attached)

Note: There may be non-IRA crews on the Lake during practice hours. Crews must remain alert for other traffic. Coaches will be notified well in advance if additional practice times are added on race days.

**2016 REGATTA INSTRUCTIONS (enclosed) and TRAFFIC PATTERNS:** Please make copies of the enclosed instructions and distribute them to your coxswains prior to your arrival at Lake Mercer. Course maps and traffic patterns will be made available and distributed to you on site at the time of your registration.

**All coaches and coxswains are required to attend the Referee's Meeting.** At this meeting, we will review all Regatta procedures and applicable racing rules. **The meeting will be held on Thursday, June 2, at 6:30 PM,** at the administrative tent near the finish line. **Written Special Instructions to Coxswains are included in this packet and will also be handed out on your arrival at Lake Mercer.**

**WAIVER FORMS:** Please be reminded that the Rowing Release and Waiver of Liability form **must be completed at [www.RegattaCentral.com](http://www.RegattaCentral.com) by June 1, 2016.**

**SEEDINGS, DRAW FOR HEATS and LANE ASSIGNMENTS:** There will be a **draw for heats and lane assignments** for the competition in all the events. Prior to the draw, the **IRA Heavyweight Coaches will seed** the all entries in the Men's Heavyweight Varsity, 2<sup>nd</sup> Varsity, 3<sup>rd</sup> Varsity and Freshmen/Novice Eight Events. The Men's Lightweight Seeding will be based on the results of the EARC Varsity Lightweight Eight Finals, and the **IRA Lightweight Women's Coaches will seed** the entries in the Women's Lightweight Eight event. The seeded entries for the heavyweight eight events will be assigned to specific heats, and to preferred lanes within their heat. Heat and lane assignments for all other events will be by open draw. **The draw for all events will take place at 11:30 AM on Tuesday, May 31<sup>st</sup>** at a site to be determined.

I look forward to your participation in this year's **114<sup>th</sup> IRA National Collegiate Championship Regatta.**

Thomas J. Sullivan  
Regatta Director

# INTERCOLLEGIATE ROWING ASSOCIATION

May 19, 2016

To: Coaches, Coxswains and Officials - 2016 IRA Regatta

Subject: **Weigh-In Procedure for Coxswains**

1. Coxswains of **ALL MEN'S CREWS** participating in the 2016 IRA Regatta are required to weigh a minimum of 125 pounds. Coxswains for **ALL WOMEN'S CREWS** are required to weigh a minimum of 110 pounds. Those coxswains, whose body weight, while wearing racing uniform (racing shirt, shorts and socks or unisuit and socks) is less than the required standard, will be required to carry external weight in order to achieve the minimum standard during the course of their race.
2. **Initial weigh-in for coxswains of all the men's crews** will take place beginning at 10:00 AM, Thursday, June 2 at the Boat Weigh In/Control Tent. (NOTE: Initial weigh-in for coxswains of the women's lightweight eights and women's lightweight fours and doubles will take place Friday, June 3 with their respective crews. Subsequent weigh-in for the men's events will NOT be required for races on Friday or Saturday. However, coxswains of all men's crews that qualify for the Championship Finals only on Sunday WILL BE REQUIRED to weigh in on Sunday before they launch their shell. Coxswains for all women's crews on Sunday will weigh in for Sunday's competition. Said subsequent weigh-in will take place at the same location within the 60 minutes prior to the scheduled launch time for a coxswain's crew.
3. The IRA will provide external weight, in the form of sand bags for all coxswains whose body weight is less than the minimum standard. It is suggested **and encouraged** however, that all coxswains, who know that they will require external weight, provide their own form of weight. This applies especially to those who will require external weight in excess of 10 pounds. **ALL WEIGHTS**, whether provided by IRA or not, must be marked for specific individuals at the time of the coxswains weigh-in.
4. Regatta officials will accept responsibility for storing external weight until race time.

**ON RACE DAY** it will be the coxswains' responsibility to report to the Dispatcher prior to their crew's scheduled launch time and obtain his/her individual weights. While racing, this weight must be **carried at the coxswain's seat, as close to the torso of the coxswain as possible.** Coxswains will be asked by an official to display this weight at the conclusion of the race. Immediately upon returning to the launching site after the race, the same coxswains will surrender their weights to the dispatcher. Coxswains are also advised that they must display their weight to the Referee, if so requested.

Thomas J. Sullivan  
Regatta Director

To: Men's Lightweight Varsity Coaches and Officials, 2016 IRA Regatta

From: Thomas J. Sullivan, IRA Regatta Director

Subject: **Weigh-In Procedure for Men's Lightweight Crews**

- The IRA Lightweight Men's Coaches, under the supervision of the Lightweight Clerk of the Scales, will be responsible for the implementation of these rules, with a hard level "floor" for the scale.
- The formal weigh-in of all lightweight men's crews participating in the IRA Regatta, including coxswains, will begin at 3 p.m. on the day preceding the formal competition for Men's Lightweight Varsity 8's. Crews will weigh-in in order of seeding. Spares can be weighed in at this time, but may be weighed in at any time up to 60 minutes before their race.
- An oarsman's allowable weigh-in uniform may be any of the following: closed front boxer shorts, boxer briefs, or rowing shorts/unisuit. **All competitors must remain fully clothed in racing attire until they proceed inside the enclosed weigh in facility.**
- All members of an individual crew, including the coxswain, must weigh in together
- Two designated EARC Lightweight schools will each contribute one digital scale to be used for the formal lightweight weigh-in. Each scale must have been calibrated for use at, or since, the 2016 EARC Sprints Regatta.
- One of the two scales will be designated as the "practice scale", and will be located immediately adjacent to the weigh-in area for use throughout the duration of the weigh-in, but for practice only. The practice scale will be made available for use no later than noon on the day of the weigh-in.
- At the time of a crew's formal weigh-in, the coach of that crew must present a copy of the official IRA final entry/weigh-in form to the weigh-in official. The weigh-in form must be completely filled out and signed by the coach with the full names, typed or clearly printed, of the members of the crew, in order from bow to stroke, including the coxswain, and alternates.
- The weigh-in official will record on the form the start time of the crew's initial weigh-in, and will confirm the name of the school and the names of the rowers and coxswain of the crew.
- All weigh-in forms will be retained by the weigh-in official who will confirm that a crew has "made weight" within its proscribed 60 minute time allotment, and the crew is "qualified" to compete in the Regatta.
- A crew that is not present when called for its initially assigned weigh-in time will be allowed the right to weigh-in on arrival, ahead of all others that are seeded below them.
- A crew that fails to satisfy the "average" boat weigh requirement during its initial weigh-in, will be re-assigned a new weigh-in time **after** all other crews have been weighed in.
- A crew that fails to satisfy the 155.0 lb. weight average at the time of its initial weigh-in shall have a maximum of 60 minutes from the start of its initial weigh-in time to satisfy this requirement. During the 60-minute time period, the crew may identify selected members of the crew to weigh-in again in order to satisfy the 155.0-pound requirement. The remainder of the crew may be considered "weighed-in", and are exempt from having their weight re-checked.
- A crew that fails to satisfy the 155.0 pound weight average within the proscribed 60-minute additional time allotment must immediately make the necessary substitutions.
- An oarsman who fails to satisfy the 160 lb. weight limitation at his initial weigh-in will be allowed a maximum of 60 minutes from the beginning of his crew's initial weigh-in to satisfy that requirement.
- An oarsman who fails to satisfy the maximum individual weight requirement of 160 lbs. within the 60-minute additional time allotment will be excluded from the Regatta. A qualified substitute must be named, and weighed-in immediately.
- An oarsman who, after successfully weighing-in, becomes incapacitated at any time and cannot race, may be replaced by a substitute, provided the crew's revised line-up will satisfy the 155 lb. average weight requirement, and provided the substitute satisfies the individual oarsman's maximum weight limit of 160 lbs. The substitute's weight may be recorded at any time prior to the actual race, or by using the weight recorded at his official weigh-in. The coach of the oarsman so affected shall report the need for the substitution to the Referee or Regatta Director in advance of the affected race.
- A second weigh in for all lightweight men's crews will be held the day before their second competition utilizing the same procedure.

# *Women's Lightweight Weigh-In Instructions*

May 19, 2016

To: Women's Lightweight Varsity Crew Coaches  
IRA National Collegiate Championships

From: Thomas J. Sullivan, IRA Regatta Director

Re: **Weigh-in Procedure for Women's Lightweight Crews**

The following procedures will apply to this year's IRA Regatta:

1. **Weigh-ins** will take place on Friday, June 3, 2016 at the Boat Weigh In/Control Tent, beginning at 3:00 PM in order of heat and lane number. The Lightweight scale will be available from 10:00 AM on Friday for practice weigh-ins.
2. Each athlete must bring a photo ID.
3. Athletes will weigh-in wearing racing attire.
4. The entire crew must weigh-in at the same time from bow to stroke.
5. **Coxswains will weigh-in with their crews.**
6. **Athletes must be within 2 lbs. of the required 130.0 lbs. maximum weight on the first try (132.0 lbs. max.) or they will be ineligible to compete in the Regatta.**
7. Athletes who exceed 130 lbs. on the first try, but who weigh 132 lbs. or less, can weigh-in a second or third time within one hour of the first attempt for each weigh-in. Failure to meet the 130.0 lbs. maximum **by the third try** will make that athlete ineligible to compete in the Regatta. No re-weigh is necessary for those athletes who are at 130.0 or below on the first try.
8. The entire crew will receive certification at the same time.

IRA Coaches  
2016 Special Instructions

May 19, 2016

To: IRA Coaches  
Re: **2016 IRA Regatta Special Instructions**  
From: Thomas J. Sullivan, Regatta Director

Please distribute the enclosed **Special Instructions** to your coxswains for review prior to the first day's racing.

**ALL COACHES AND COXSWAINS ARE REQUIRED TO ATTEND THE REFEREE MEETING AND ARE RESPONSIBLE FOR ALL INFORMATION DISTRIBUTED THERE. THE MEETING WILL BE HELD ON THURSDAY, JUNE 2, 2016 AT 6:30 PM AT THE ADMINISTRATIVE TENT NEAR THE FINISH LINE.**

## **2016 Championship Highlighted Rules:**

### **Start Procedure**

- **When the starter judges all crews to be pointed safely, he or she will announce each crew's name and "Attention!"**
- **Crews may continue to adjust their points up until the statement of "Attention!"**
- **The Starter shall then change the traffic lights from the neutral (unlit/black) position to red, and then after a distinct and variable pause, the Starter shall give the starting command by changing the red light to green and making an audible signal through the loudspeakers**
- **If, after the red light has been illuminated, the Starter believes for any reason that the start should not occur, he or she shall call out, "As You Were!" and change the lights from red to neutral. The Starter shall repeat the starting commands in their entirety, but may dispense with announcing the crews.**
- **Crews may leave the starting line when the light turns from red to green**

**Note: It is the responsibility of each crew to maintain a race-ready point while attached to the start dock. Crews are expected to be ready to race when the starter announces "two minutes". Hands raised after the two minute announcement indicating that a crew is not ready will not be recognized.**

## **USROWING RULES**

**This IRA Regatta will be conducted in accordance with the Rules of Rowing of USRowing except as modified in these Special IRA Regatta Instructions.**

**Footgear Release (2016 Rules of Rowing 3-108): Quick release foot stretchers: In all boats the foot stretchers, shoes, or other devices holding the feet of the rowers shall be a type which allows the rowers to get clear of the boat with no delay. Where shoes or other devices holding the feet will remain in the boat, each shoe or device shall be independently restrained such that the heel will not lift more than three inches (7.5 cm) above the foot board to which it is anchored.**

**Bow Balls: Mandatory on the bow of each racing shell unless equivalent provision for visibility and protection against puncture injury is included in the shell's basic construction.**



IRA Coaches  
2016 Special Instructions

- **Boat Construction for Coxswains (2016 Rules of Rowing 3-109):** A boat in which the body of the coxswain is enclosed or partially enclosed within the hull of the boat (such as a front-loading four with) shall conform to the following requirements (Rule 3-109): A) The opening of the boat through which the coxswain enters and exits shall be at least 2.30 feet (70 cm) long when measured along the longitudinal axis of the boat. For a length of at least 1.64 feet (50 cm), the opening shall be as wide as the inner hull of the boat itself. B) The inner surface within which the coxswain's body rests shall be smooth and free of any obstacles, devices, or other structures that would hinder quick exit.
- **Officials will check boats for safety equipment on Thursday in the trailer area and will mark compliant boats with colored tape close to the bow ball. Boats with the tape will be spot checked at the launch area prior to launching.**
- **Bottom Tape:** Bottom tape is prohibited.
- **Warnings:** Two warnings, a warning and a false start or two false starts received by the same crew in the same race will result in that crew's exclusion.

**IRA Specific Notes:**

**Uniforms (2016 Rules of Rowing 3-201)** All competitors shall wear "team colors" but are exempt from the strict application of 2016 rules of Rowing 3-201a. Rowers must wear similar attire. Coxswains may be attired differently from the remainder of the crew as long as his/her attire is in team colors.

**We will continue to utilize an "Ombudsman"** to facilitate the handling of any protests. See page 7, After the Grand Finals, #7.

Urinating from shells at any time while on the Lake Mercer is forbidden. Discarding of plastic water bottles into Lake Mercer is also forbidden. Any crew who engages in these practices will be subject to exclusion.

Crews must keep all equipment and/or supplies (tools, water bottles etc.) with them and may not pass them to the starting dock prior to the race.

A crew that violates any of the safety rules described below may be assessed a **"WARNING"** by the Starter or the Referee. Such a warning shall be applicable to the next race in which the crew competes.

II. **Procedures Prior to Race Day:**

**Wednesday, June 1 through Thursday, June 2:**

Practice Traffic Pattern

See the attached picture. The practice traffic pattern will apply to all practice sessions **EXCEPT the Thursday afternoon session which will use the pre-race traffic pattern.** The race day warm up area is CLOSED at all times when the practice pattern is in use. During those practice sessions when the practice pattern is in use, boats are allowed only on the course (to the start in lanes 7, 6 and 5 and to the finish in 3, 2 and 1. No crew should be in lane 4 at any time.

**Thursday, June 2:**

1. **Spare Oars/Parts/Equipment:** Following your last workout, **identify and tag** your “spare” oars and any other spare parts/equipment that may be required for use by your crews on race day. Keep these spare oars and parts in your possession, but readily accessible in the event any are needed by your crews because of breakage on race day.
2. **All coxswains of men's crews will weigh-in** to establish that they will carry the minimum required 125 pounds while competing in the Regatta. **Initial weigh-in will occur at the weigh-in area**, beginning at 10:00 AM. (Notes: Initial weigh-in for coxswains for the Women's lightweight crews will take place on Friday, June 3, at the time of their crew's weigh-in.
3. **Weigh-in: Men's Varsity 8 Shells:** The weight of all eight-oared shells utilized in the Men's Varsity Eight events shall be at least 205 pounds. This weight shall include only those items permanently affixed to the shell, including seats, rudders, skegs, fins, loudspeakers and riggers. **These shells will all be weighed-in no later than Thursday, June 2, PRIOR TO BEING PLACED ON THE WATER,** to ensure adherence to the minimum weight standard.

**III. Race Day Procedures (June 3, 4, 5):**

**Prior to the Race:**

1. Check all equipment and shells before launching on each race day. If on the way to the starting line your shell has breakage OF ANY KIND, REPORT THE BREAKAGE TO THE REFEREE, ASSISTANT REFEREE OR STARTER AND FOLLOW HIS/HER DIRECTIONS. **DO NOT RETURN TO THE LAUNCHING AREA FOR REPAIRS UNLESS SO INSTRUCTED.** A "Repair Launch" will be dispatched to the starting line area. Repairs will be made on the water whenever possible, utilizing the Oars/Parts/Equipment previously **TAGGED** for your crews for this purpose.
2. **ALL COXSWAINS will report to the dispatcher** within 45 minutes prior to their scheduled launch time. Those coxswains who are required to augment their body weight to reach the minimum weight standard will obtain their external weights. At the same time, all coxswains will also pick up their lane markers, and secure them to the bow of their shells. All coxswains must weigh in according to the procedures outlined in the attached memo. (**NOTE:** On Sunday, coxswains of men's crews who qualify for the Championship Finals, and coxswains of all women's crews, will be required to weigh in again to re-certify that they satisfy the minimum required body weight.)

3. **Crews must be prepared to launch when called by the DISPATCHER.** Launching shells at any time other than that listed on the schedule shall be only at the direction of the Dispatcher. Coxswains are responsible for getting their crews on the water on time. The Dispatcher is the Referee's official representative at the staging area, and **his instructions concerning launching are to be strictly followed.**
4. **Urinating from the shells is strictly prohibited. Crews violating this directive will be subject to exclusion from the Regatta.**
5. The Starter will call crews to the start line by announcing the crew name and lane number. **Each crew must be locked on to the start dock in its designated lane and ready to race, two (2) minutes prior to the scheduled start of its race. Don't be late.** A crew may be assessed a false start if it is not in position two (2) minutes before its scheduled race time. A further warning for any reason will result in that crew's exclusion from the regatta.
6. **PRACTICE STARTS ALONGSIDE THE COURSE, in either direction, in the area of the starting line are prohibited.**
7. Once invited onto the course by the starter (see above), a crew may row at racing cadence down the course **in its lane only**, but must remain within voice distance (one-hundred fifty meters) of the starting line. A crew following this procedure should turn in its own lane and, and **paddle** back to the start, in its own lane, turning and positioning itself in front of its designated station. **Crews should use extreme caution when turning**, and should be alert at all times to other crews on the course. NOTE: Permission for racing starts on the course may be suspended or canceled at any time, but only by the Regatta Director, with appropriate notification to all competitors prior to their scheduled launch time.
8. At approximately ten (10) minutes prior to the start of each race, or once the previous race has cleared the breakage area, the Starter will announce the next event and the name and the lane assignment of each competitor. The Starter will also announce the five (5) and two (2) minute marks prior to each race.

### **At the Start:**

1. Stake boats and bows-on-line start will be used for all races. The starting stations are numbered 1 through 7. (Lane 1 is on your left side as you proceed toward the finish line.)
  2. When all crews are in position, the aligner will bring the crews even with the starting line. When the crews are even (aligned), the aligner will raise a WHITE OR FLOURESCENT GREEN flag.
  3. The aligner's (WHITE OR FLOURESCENT GREEN) flag will be held aloft throughout the starting procedure. If the crews lose alignment at any time, the aligner will lower the white flag, regain alignment, and raise the flag again.
  4. (A) After the Judge at Start signals that alignment has been achieved, and the Starter has confirmed that all crews are safely pointed and the course is clear, the Starter shall announce the name of each Crew and "Attention!"
- Crews may continue to adjust their points up until the statement of "Attention!"
  - The Starter shall then change the traffic lights from the neutral (unlit/black) position to red, and then
  - after a distinct and variable pause, the Starter shall give the starting command by changing the red light to green and making an audible signal through the loudspeakers

- **If, after the red light has been illuminated, the Starter believes for any reason that the start should not occur, he or she shall call out, “As You Were!” and change the lights from red to neutral. The Starter shall repeat the starting commands in their entirety, but may dispense with announcing the crews.**
- **Crews may leave the starting line when the light turns from red to green**

**Note: It is the responsibility of each crew to maintain a race-ready point while attached to the start dock. Crews are expected to be ready to race when the starter announces “two minutes”. Hands raised after the two minute announcement indicating that a crew is not ready will not be recognized.**

5. (b) If for any reason the Starter believes the start should not continue, s/he may suspend the process by saying “As You Were!” and resume when the previous condition is restored. If there is a significant delay, the Starter may repeat the entire procedure.
6. 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 assess the crew a warning. A warning, in combination with a false start or a second warning in the same race will result in a crew’s exclusion from the Regatta.
7. If weather or other conditions prevent use of the normal starting procedure, the Starter may dispense with the announcement of Crews described in Section 4a above. The Starter first shall announce to the Crews that a “Quick Start” will be used. When the Starter determines that the Race may be safely and fairly started, the Starter shall call out “Quick Start!” followed by the starting commands. As with the full start above, crews are expected to maintain a race-ready point at all times.
8. Between the words “Attention” and “Go” crews must avoid any movement in their boat (including the squaring of oar blades). Any such movement may result in a warning.

**9. The Referee may stop the race if any one of the following situations occurs:**

- a. **False Start**: A crew may be assessed a false start for any action deemed to be unsportsmanlike in nature and/or which gives said crew an unfair advantage over other competitors. A crew which makes or causes two (2) false starts shall be excluded from the Regatta.
- b. **Failure to Start**: If a crew believes it is not safe to start it should remain at the start line.
- c. **Collision** between crews within the first 100 meters of the race. Collisions with fixed markers or structures already on course and known to participating crews will not be cause for stopping the race at any time. Collisions between crews beyond 100 meters are subject to the laws of boat racing, with discretionary authority given to the Referee as to whether or not the race is to be stopped and/or restarted.
- d. **Breakage or other Misadventure**: During the first 100 meters of the race, the coxswain, or any other member of the crew puts his hand up as a signal for broken or damaged equipment, an oarsman is thrown out of the boat, or experiences an over the head crab, or equipment is damaged as a result of a crab. A partial crab is not grounds for recalling a race.

NOTE: The first 100 meters of the course is marked by red buoys, the buoy color changes to white at the 100-meter mark.

If the Referee, upon observing any of the above incidents (a), (b), (c), or (d) determines that the race should not continue, he will stop all crews by sounding an **AIR HORN** and waving a **RED** flag. The referee will then inspect the affected crew or crews and determine if and when the race shall be rescheduled and whether or not any penalties will be assessed.

10. Any attempt by a crew to stop a race for unauthorized reasons may be cause for exclusion of the offending crew.

11. **Exclusion/Disqualification**: A crew which makes or causes two (2) false starts , causes a false start and receives an additional warning for any reason or receives two (2) warnings for any combination of reasons and/or

warnings in the same race shall be excluded from the Regatta. A crew may be excluded from the Regatta for causing a collision with another crew, or by causing interference with another crew. A crew may be disqualified (excluded from racing and asked to leave the venue) for unsportsmanlike conduct, including urination from a shell while on the water, but only by action of the IRA Race Committee.

### **During the Race:**

**Course Markers - Lanes**: The course includes seven (7) buoyed lanes and lane markers which are mounted on the start bridge. Start lights are mounted at each lane with an attached speaker so the light and audible signal announcing the start are simultaneously experienced by each crew.

1. **US Rowing Rules** will be followed during the progress of the race.
2. **Signaling Devices**: The use of any sound device (such as air horn) which is similar to that being utilized by the Regatta officials for recalling the crews, is prohibited for use by any participating crew in this Regatta.
3. **Dead Heat Instructions**: In the event of a dead heat for 1st place in any of the Grand Final races, a re-row will take place between the dead heat crews as soon as feasible, but not earlier than one (1) hour after the completion of the event in which the dead heat occurred.

**After Each Race:**

1. Coxswains who carried external weight will be required to display their weight to the Referee.
2. **Protests:** Protests should be registered on the water in accordance with US Rowing rules. In order to address protests as soon as possible an informal “pre-hearing” will be given to them by a specially designated “**ombudsman**” official as soon as crews have returned to the staging area. This “ombudsman” will act only as a moderator and will attempt to resolve the protests in a way that is mutually agreeable to the protesting crew, any other crews involved and the official most directly involved. If no mutually agreeable resolution can be arranged within a short period of time, or if it seems necessary to consult additional witnesses, the matter will then be formally referred to the Race Committee (as indicated below) which will be convened as soon as possible but no later than when the day’s race schedule has been completed.

The formal referral to the Race Committee must be submitted to the Regatta Director by the head coach in writing within one (1) hour after the crew returns to the launching area citing the specific US Rowing or IRA rule(s) applicable and be accompanied by a \$50.00 fee. Disposition of the protest will follow US Rowing Rules including return of the fee if the protest is upheld. Decisions of the Race Committee shall be final and binding, and not subject to appeal to any outside agency.

**After the Heats, Repechage, Semifinals, Fifth Level, Fourth Level, Third Level and Petite Final:**

1. The crews participating should, after a short breather, proceed immediately either to the cool-down area or to the Retrieval docks. Do not remain around the finish line area, and particularly do not stop even with the finish line either on or off the course.

All crews are reminded to approach the retrieval dock in single file. A dockmaster will facilitate the movement of crews through the retrieval area.

2. Upon returning to the launching site, coxswains who carried external weight must report to the Dispatcher and return their weights and bow markers.

**After the Grand Finals:**

1. Crews finishing 4 through 6 in each Grand Final should follow procedures outlined in 2, 3 and 4 above.
2. Crews finishing 1 through 3 in the Grand Final should land at the beach just above the finish line tent. Crews finishing second and third are to remain in their boats to receive medals. The team finishing in first place will get out of its boat to receive its medals and trophies on the awards stage in front of the tent line. Volunteers will be on hand to help secure the boats.

IRA Coaches  
2016 Special Instructions

**IRA RACE COMMITTEE**

The Chief Referee, member of the Regatta Jury appointed by the Chief Referee, Regatta Director or his designee, IRA Executive Director or member of the IRA Stewards, and IRA Commissioner or his designee shall serve as the Race Committee for the duration of this Regatta.

Make sure your crews know the rules, and that your equipment is in good condition. If you have any further questions, please ask either of us. We will be on site at all times when the course is open.

Good Luck and Good Racing.

Laura Kunkemueller  
Chief Referee

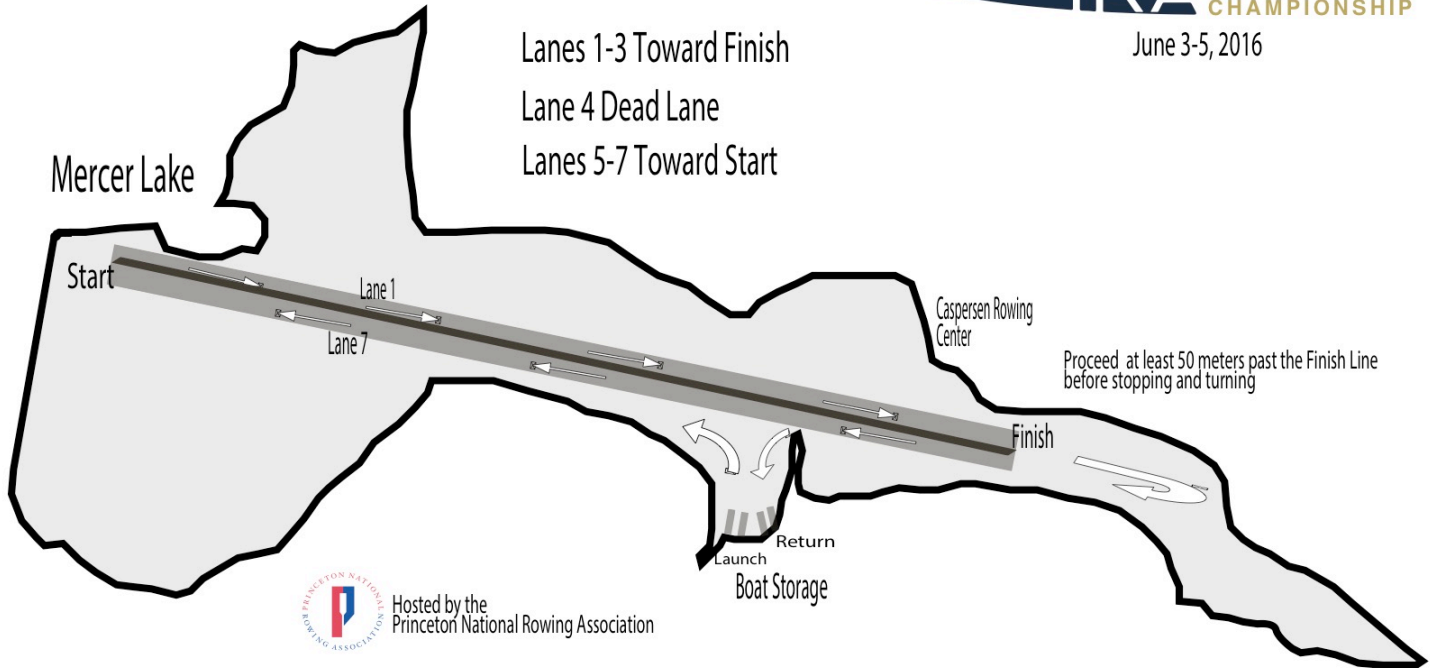
Thomas J. Sullivan  
Regatta Director

# Lake Mercer Practice Traffic Pattern

## Practice Traffic Pattern



June 3-5, 2016



1. Warm UP Area is closed

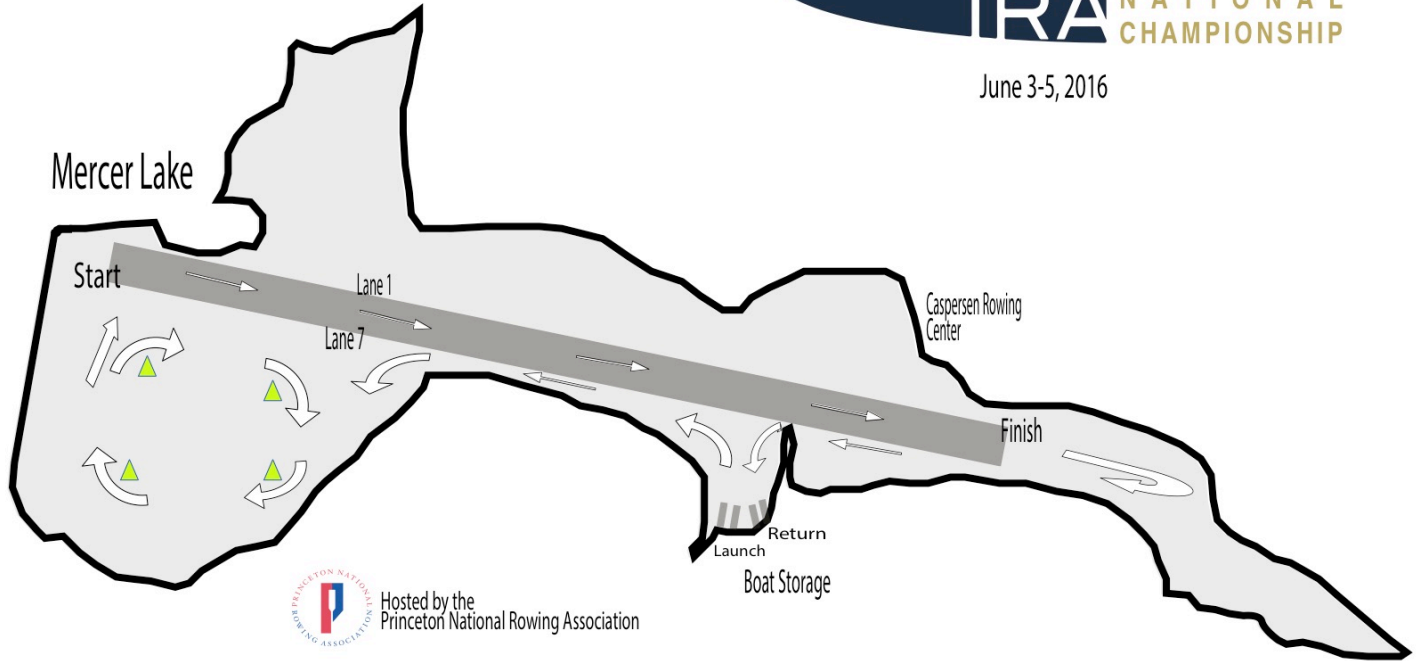


# Lake Mercer Race Traffic Pattern

## Race Traffic Pattern

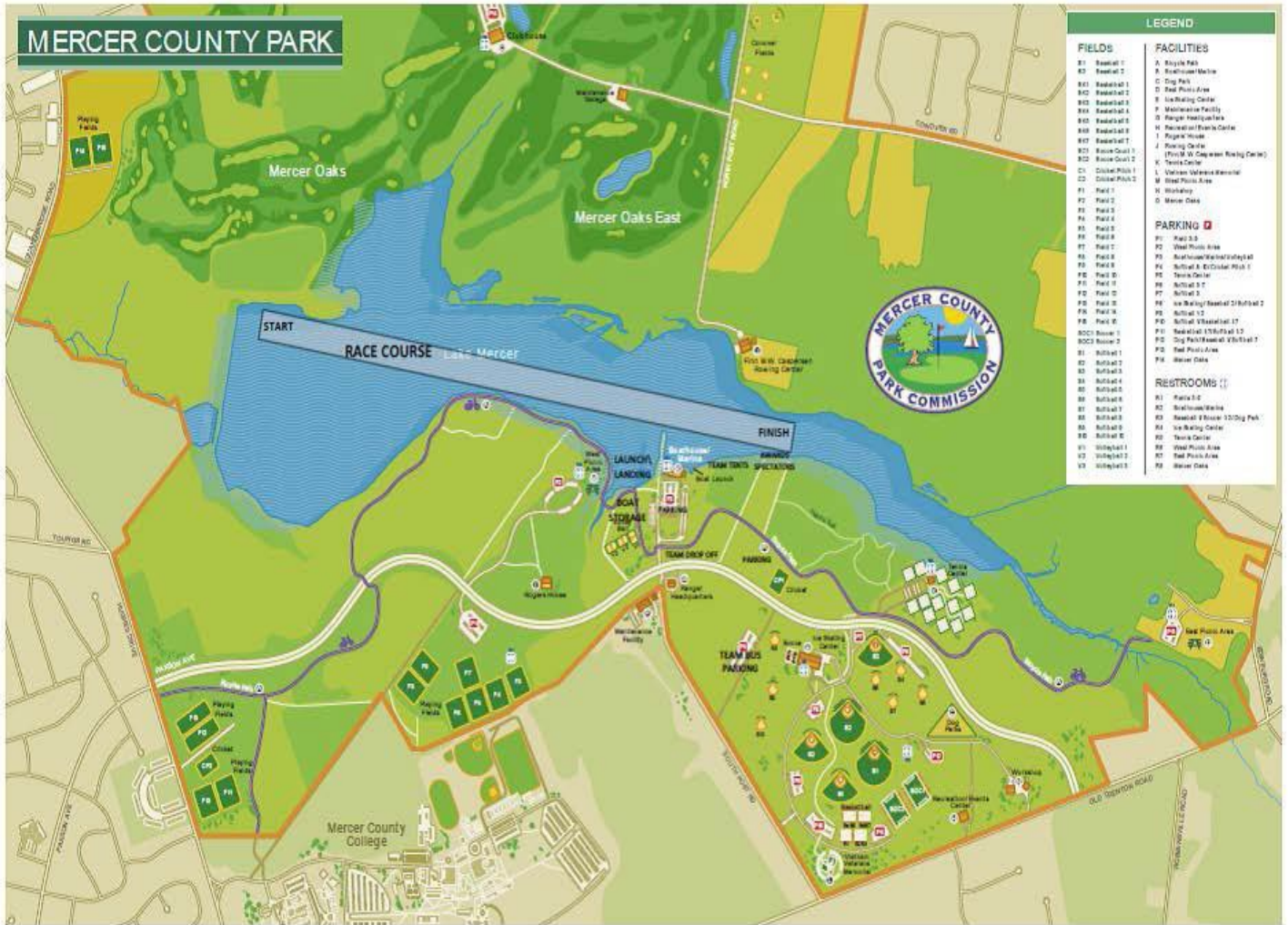


June 3-5, 2016



2 Warm UP area is open Thursday afternoon

# Mercer County Parks Map



## Mercer County Parks Map (Continued)

### MERCER COUNTY PARK: CREW EVENT MAP



## Directions

**MERCER LAKE - MERCER COUNTY PARK, WEST WINDSOR, NJ**

**334 SOUTH POST ROAD**

**PRINCETON JCT., NJ 08850**

**(609) 989-6559**

**Note: GPS users** should use 334 South Post Road, Princeton Jct. as address for Mercer County Park.

### **FROM: South via Route 130/206:**

- Follow Route 130 North
- After 4.4 miles, take **LEFT** onto Church Street (Church Street becomes Windsor Road)
- After 2.5 miles, take **LEFT** onto Old Trenton Road
- After 0.5 miles, turn **RIGHT** into the Park.

### **FROM: North via US #1:**

- Take US 1 South of Princeton to Route 533 (Quakerbridge Rd.). Make right into jughandle
- Crossing over Route 1 onto 533. Travel 2.2 miles and turn left onto Hughes Dr. Proceed on
- Hughes Dr. for .7 miles and turn **LEFT** into the park. Proceed 1.5 miles and make 4th right.

### **FROM: North via NJ Turnpike:**

- Take Turnpike south to **Exit 7A**. Follow west on I-195 to **exit 5B**.
- Travel north on Route 130
- After 4.4 miles, take **LEFT** onto Church Street (Church Street becomes Windsor Road)
- After 2.5 miles, take **LEFT** onto Old Trenton Road
- After 0.5 miles, turn **RIGHT** into the Park.

### **FROM: South via NJ Turnpike:**

- Take Turnpike north to **Exit 7A**. Follow west on I-195 to **exit 5B**.
- Travel north on Route 130
- After 4.4 miles, take **LEFT** onto Church Street (Church Street becomes Windsor Road)
- After 2.5 miles, take **LEFT** onto Old Trenton Road
- After 0.5 miles, turn **RIGHT** into the Park.

### **FROM: Pennsylvania via 95:**

- Take I-95 North. I-95 will **turn into** I-295 after you cross into NJ. Take **Exit 65A** onto Sloan
- Ave. East on Sloan Ave., after approximately a half mile Sloan Ave. will become Flock Rd.
- (After it crosses Quakerbridge Rd.). Remain on Flock Rd. for .9 miles. Turn **LEFT** onto
- Edinburg Rd. After .37 miles turn **LEFT** onto Hughes Dr. Take Hughes Rd. for .7 miles to park
- Entrance on your right. Proceed .5 mile and make 2<sup>nd</sup> left.