

**14th Annual New England
Junior & Masters
Fall Championship Regatta**



Sunday, October 8, 2023

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Hosted By:

- Lake Quinsigamond Community Rowing, a part of Regatta Point Community Sailing Community family of programming
- St. Johns High School Crew

Venue(s):

Regatta Point State Park
10 Lake Ave North
Worcester, MA 01605

Donahue Rowing Center (DRC)
237 North Quinsigamond Avenue
Shrewsbury, MA 01545

Distance:

Everyone rows the same course of 4,200m or 2.6 miles. Appreciation to:

Partners:

- The Massachusetts Department of Conservation and Recreation,
- Frank Fraulo, N & D Sports
- Sean Chenevert, DonutNV
- Jerry Bianculli, Jerry's Ice Cream, Cash Only
- Robert Espeseth Jr, Scenic City Rowing

We happily use:

- Regatta Central (Registration)
- HereNow Systems (Timing)

Mission:

We bring New England and New York crews to Lake Quinsigamond to foster sportsmanship in competitive rowing.

Critical Notices:

Communication:

Will be done via announcements at the Regatta Office. The phone number for texting and calling is (508)864-4180. Communications can also be directed at RaceDirector@regattapoint.org.

Divisions:

- Middle School
- High School
- Junior
- Master

See the Eligibility section for the definition of these divisions.

On Regatta Central, High School vs Junior registration is now distinguished with a drop-down menu at the time the entry is created.

Late Arrivals to the starting line:

- Crews arriving late for their start time but before the last crew in their event will be allowed to start after the last starting crew with the addition of a 10-second penalty.
- Crews arriving late for their start after the last crew in the event has started will not be allowed to race.

To avoid any problems, please make sure that novice coxswains are trained and qualified to race. If a novice boat is viewed by the officials to be unsafe, the starting official will disqualify them and send them back to the dock.

MEDALS AWARDED

Medals will be given in all events, subject to rules below.

For varsity sweep events, medals will be awarded according to place within the High School or Junior Division, subject to the restrictions below.

Medal Restrictions:

- Events with 2 or fewer entries: Gold only
- Events with 3 entries: Gold and Silver
- Events with 4 or more: Gold, Silver, & Bronze

Medal Pickup:

Medals will be available after the race is official and must be picked up by a coach or master rower, who will sign for them.

General Instructions:

Race Day Registration:

Registration is at regatta headquarters, in the conference room at the Regatta Point boathouse. ALL TEAMS MUST REGISTER between 6:00 AM and 8:00 AM. Clubs missing waivers, rosters or regatta fees will not be allowed to register. Crews rowing out of the Donahue Rowing Center (DRC), who have completed all waivers, line ups, and are paid in full can pick up their packet from a Regatta Representative at the DRC ClubHouse.

Referees meeting / Coxswains meeting:

The Referees and C&C meeting will be held via Zoom at 7:00 PM, Friday, October 6th. A link will be provided on the Regatta Central page & emailed to registered coaches. Regatta staff & USRowing referees will go over rules, emphasize points of hazard, and other relevant information. All coaches, coxswains, and steering bow seats are requested and suggested to attend. A recording of the meeting will be posed on Regatta Central after the meeting.

Important features for your equipment:

If any of the following conditions are not met, you will not be allowed to launch.

- All shells must have a suitable, legal bowball.
- All shoes in shells must have heel ties that do not allow the rower to raise heels more than 3" from the footboard.
- All shoes in shells must have quick-release ties.
 - Please check your boats, preferably before traveling to the regatta. This rule has been a problem and source of a launching backlog in the past.

Bow Markers & Bib Numbers:

The Regatta Committee will provide bow markers and two bib numbers. Bow markers must be returned to the dock-master before leaving the landing dock. Bib numbers must be given to all bow seats and should also be worn by coxswains sitting in the stern. Bib numbers must be worn on the outermost garment at race time.

Unreturned Bow Markers:

Programs will be billed at \$25 for each bow marker they do not return.

Order of Event Cancellation:

If any event is canceled, both the boys and girls events will be canceled together; in each category, smaller, less stable boats will be canceled first. The Chief Referee or the Regatta Director will make the call to cancel and will use their discretion.

Likely Team Cancellation Order

- Novice
- Middle School
- Masters
- Varsity

Likely Entry Cancellation Order

- Pair
- Single
- Double
- Four
- Quad
- Eight
- Oct

The **Chief Referee** or the **Regatta Director** will make the final call to cancel and will use their discretion.

Eligibility:

Region of Regatta:

New England & New York: This regatta is open to all junior, high school, and masters programs within New England & New York. New England is defined as the following states: Maine, New Hampshire, Vermont, Massachusetts, Rhode Island, Connecticut.

Definition of High School (HS) Teams:

The High School (HS) division is a scholastic championship open to programs which:

1. are a single school or district with a single Athletic Director
2. row as above for the entire fall under the school name
AND
3. are a HS varsity sport or club sport under the direction of the Athletic Director or Principal
-Members of the NEIRA are automatically included

All programs that do not meet the above standard shall race in the Junior division.

Definition of Junior (Jr) teams:

1. Local/Regional clubs
2. Multiple school composite programs
3. All New York programs
4. Foreign crews at the invitation of the Regatta Director

All eligibility will ultimately be decided by the Regatta Director, whose decisions are final.

Definition of Novice:

To row as a novice, a competitor must within his or her first calendar year of rowing

Definition of Masters:

The rower during the current calendar year in which he or she turns 21 and is not currently on any collegiate team.

Definition of Middle Schooler:

The rower who is in grades 7 or 8.

Rules & Instructions to Coaches, Coxswains and Bows:

Compliance with the Current USRowing Rules of Rowing:

The regatta will comply with all US Rowing Rules of Rowing unless non-mandatory rules are preempted here. Please make sure your crews understand this information.

Cancelation/Delay:

Regatta officials may call for a delay or cancellation of racing due to conditions endangering the safety of rowers, staff or spectators. The final decision for delay or cancellation will be made by the Chief Referee. 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 and will follow the order posted with the schedule.

Referees, Coaches, Coxswains and Bows Meeting

2023 Coaches and Coxswains Meeting

Date & Time: Oct 6, 2023 07:00 PM Eastern Time (US and Canada)

Join Link: <https://tinyurl.com/4su3ep75>

Passcode: 846478

or full link:

<https://us02web.zoom.us/j/86279838416?pwd=QnltQ1I0MkdvbW1PNUU1VGE1RjBLdz09>

Passcode: 846478

Or One tap mobile :

+16465588656,,86279838416#,,,,*846478# US (New York)

+16469313860,,86279838416#,,,,*846478# US

Or Telephone:

Dial(for higher quality, dial a number based on your current location):

+1 646 558 8656 US (New York)

Webinar ID: 862 7983 8416

Passcode: 846478

This meeting will be recorded and posted for future reference on Regatta Central.

Warm-ups:

We will stick to the schedule. There will NOT be exceptions for any crew hot-seating boats. All schools should note that a crew with one warning for a traffic violation risks disqualification if that same crew receives a second warning for some other infraction. Also, please note the following points:

- Crews warming up must follow directions of the racing marshals
- Crews should keep the center line of buoys to the PORT side of the boat at all times.
- Crews warming up & crews returning to the dock should yield to racing crews. This applies especially within the Narrows.
- Ambiguous incidents/events may be judged by the officials in favor of the racing crew/against a warming-up or returning crew.

Voiding:

By direction of The Lake Commission, there shall be no urination in the lake; a violation of this rule results in immediate disqualification from the regatta and a prohibition from other races on Lake Quinsigamond, regardless of the organization.

Approaching the Start:

Crews and coxswains will be marshaled in the area south of the start. Races will be organized south of the start in the 10 minutes before race time. Coxswains must know how to maneuver their boats with both rowing and backing strokes and must follow all directions of the start marshals. Upon arrival in the starting area, coxswains should find the two crews starting directly ahead of them and should remain near these crews as the start time approaches. Crews are to stay away from the south cove.

The Start will be called by the Start Referee:

The referee will be in a launch anchored near the starting line. Crews are expected to follow all directions and to be prepared to cross the start line at full pressure.

Equipment Breakage:

All crews and scullers are responsible for a complete check of equipment before launching for their race. The Regatta will NOT be held for any one crew. A crew may arrive late to the start and race as long as it is in the same boat size and at the Start Referee's discretion.

Course:

There is a map on Regatta Central for review. You can also review the map attached to this packet. Coxswains should use the Rt. 9 bridge as a reference and then must keep course once through the bridge.

1. For all events, the course will run from the Shrewsbury side of the big island, through the Narrows and then through the first full arch on the Shrewsbury side of the Rt. 9 (Burns) bridge, ending at the DRC.
2. Racing is done Northwards, on the east (Shrewsbury) half of the lake.
3. The "No Passing Zone" of the narrows will be marked by buoys.
4. The course will be described in greater detail at the Coaches & Coxswains Meeting.
5. [Click here](https://tinyurl.com/y3h26by3) for the course map or go to <https://tinyurl.com/y3h26by3>

The Narrows - No Passing Zone

There shall be NO PASSING IN THE NARROWS

1. Responsibility through The Narrows is on the PASSING crew.
2. Passing or attempting to pass will be treated the same way.

Giving Way:

A crew being passed must yield the straighter course to the overtaking crew. Failure to do so will incur a penalty.

Penalties:

- A 10-second penalty will be applied for being late to the start
- A 20-second penalty will be applied for failure to give way or buoy violations
- A 2-minute penalty will be applied for a pass or attempted pass in the narrows.
- If, in the view of the chief referee, a crew makes a dangerous pass, including or not including contact with another crew, that crew shall be excluded.

Objections and Formal Protests:

In the event of an objection, it must be made on the water at the end of the race AND then presented in writing to the Regatta Director, within one hour of the completion of the race in question along with a \$50 fee. The fee will be returned if the protest is ruled in your favor.

Venue Information:

Regatta Point State Park:

Saturday 10/7: Trailers 3pm to 7pm

There is no practice on Saturday

PARK IS CLOSED OVERNIGHT

Sunday 10/8: for Shell Trailers 5:00 AM,

Regatta Office:

Located in the Conference Room at Regatta Point State Park. Note –spectators are not allowed in the regatta office; Coaches and authorized volunteers only!

Spectators:

There is space available for spectators at the venue. We request that spectators avoid the launching area whenever possible to avoid congestion. Spectators will not be allowed on the docks.

Parking available at UMass Hospital's Designated parking area on South Road. There is a garage and a lot.

The admission fee for spectators is a \$10.00 donation for individuals entering Regatta Point State Park. -

Bathroom Facilities:

There are limited restrooms at the boathouse, so there will be porta-potties available.

Results: Results will be available via our timing provider HereNow.com. Complete results will be available after the regatta at www.row2k.com.

Parking:

- PLEASE FOLLOW ALL POSTED SIGNS AND DIRECTIONS OF WORCESTER & UMASS POLICE
- There is free public parking at Shrewsbury High School on Sunday. There will be a shuttle bus that will travel from Shrewsbury High School to the Donahue Rowing Center, then to Regatta Point State Park, and finally back to Shrewsbury High School.
- Buses may drop off athletes outside of the fence at Regatta Point.
- Team Bus Parking will be in the overflow lot of UMass Medical Center (off of South Rd.).
- Shell Trailer parking will be available inside the Regatta Point State Park lot and DRC.
- Shell trailers will be instructed how to park on arrival.
- All trailers will be parked without extraneous space in between.
- THERE WILL BE NO PARKING OR UNLOADING OF VEHICLES OTHER THAN BOAT TRAILERS/TRUCKS INSIDE REGATTA POINT STATE PARK (handicapped and officials cars excluded)
- Car Parking will be in the UMass Hospital Parking Garage (fee applies)

ADA Parking:

There are spaces located in the small lot by the boathouse inside Regatta Point State Park. Vehicles MUST have a valid Handicap Plate or Placard. Please speak to the police officer at the gate.

Officials Parking:

Located at the north end of the park, next to the trailer gate. Please park only where directed.

Launching and Landing Shells:

- All crews should plan to allow 45 minutes to get from their launching site to the starting line.
- Crews will not be allowed to launch more than 60 minutes before their race start time.
- Upon crossing the finish line, crews should continue to row until they have cleared the course AND gone underneath the I-290 Bridge. They should then proceed back to the docks along the Worcester shore
- There should be a maximum of 2 helpers carrying oars to the rowers. Crews should launch their shells as quickly as possible; maximum time on the dock will be restricted to 2 minutes per crew.
- Approaches to and from the docks must be kept clear. Spectators are not allowed on the dock or along the paved area in the approach to the docks.

Dock Layout:

Dock #1: Dock at the DRC. For DRC based crews and if crews need emergency help at the finish.

Docks #2 & #3: Located at the North "Beach". Primary Landing/Return Docks.

Dock #4: Located in front of the boathouse. Secondary Launch Dock. Only launch if directed ALL HOTSEATS SHOULD TAKE PLACE AT THIS DOCK.

Dock #5: Located on the side of the boathouse. PRIMARY LAUNCH DOCK. We can fit up to 3 eights on the dock at a time. When launching, stay clear of the 2k finish line island (Shallow).

Crews are given 90 seconds on the dock, only coaches or a team helper are allowed.

First Aid Location:

There will be EMT's at the Regatta Point State Park (at the Boathouse) and at the Finish Line (at the Donahue Rowing Center) If you have a problem during or after a race, notify the nearest safety launch.

Shell Storage:

There is no rack space available at this venue. All crews should bring their own blocks/slings.

Garbage Removal:

Please deposit all trash in closed garbage bags and leave in dumpsters.

Donahue Rowing Center Information:

Due to the large number of competing teams, several visiting teams will be racing from the DRC. These are extra rules/guidelines for those teams

Trailer Parking & The State Boat Ramp:

ONLY Trailers and Buses will be allowed at the boat ramp.

Parking:

- No vehicles are allowed within the gates of the DRC
- Parking along N. Quinsigamond Ave. will be restricted by Shrewsbury Police.
- Please follow all posted signs and directions from volunteers and Shrewsbury Police.
- Do Not Park in front of any Driveway
- Parking will be available at Shrewsbury High School (64 Holden St., Shrewsbury). A shuttle bus will run to the DRC.

Spectators:

There will be a suggested donation of \$10 to enter the DRC.

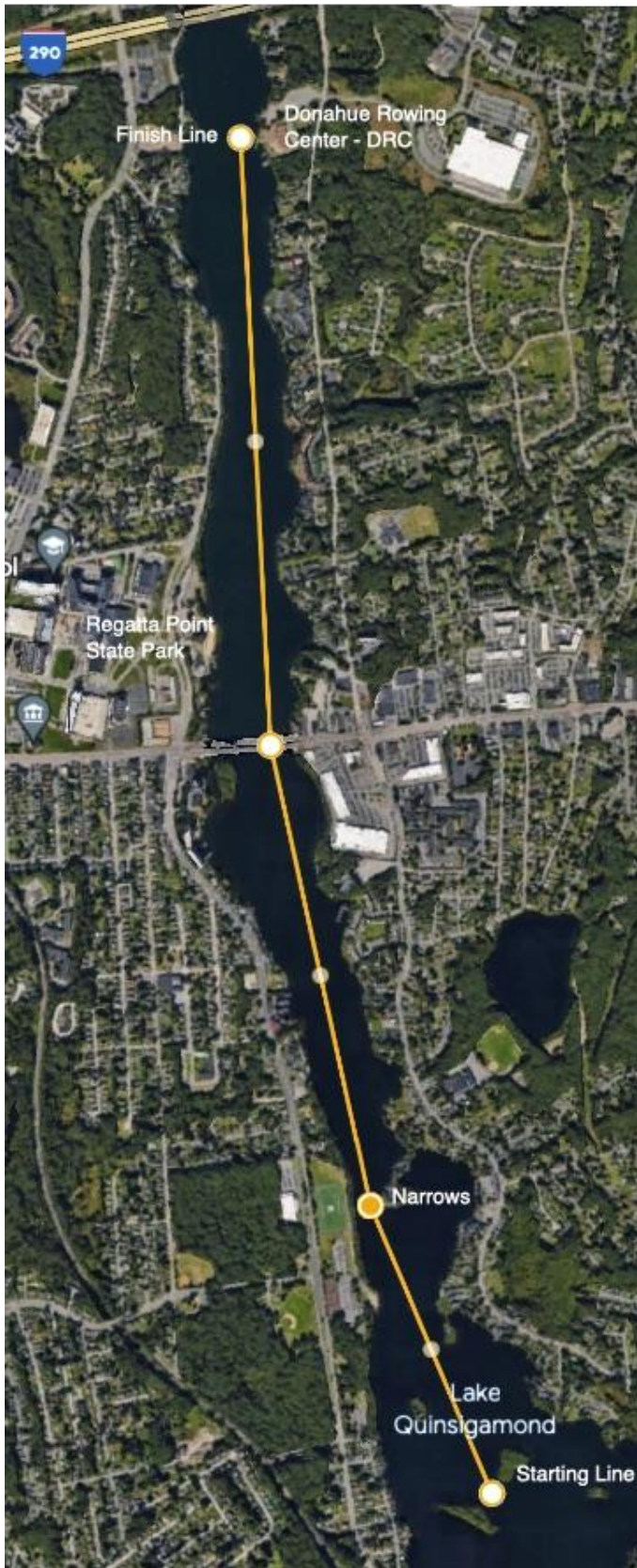
ALL team tents must be placed along the fence at the side of the DRC property. No tents are allowed along the lake. Alternatively, tents may be placed outside the DRC at the boat ramp.

Traffic Pattern Considerations:

- Crews should plan to launch 60 minutes before their race start time.
- Crews will launch off the north end of the dock towards I-290
 - After launching, crews will pass under the I-290 bridge and turn there to row down to the start.
- After racing, crews will continue under I-290, turn after the bridge and row south towards the Marshal located near the Gazebo.
- Crews will cross the racecourse under the direction of the Marshal and row along the shore back towards the docks at the DRC

Race Course Map

Full Course Maps - 4,200 meters or 2.61 miles



New England JR/HS/Masters Regional Championship Regatta

Coaches Certification Form

School/Team/Club Rowing Program Name: _____

Is your school/team/club program a member in good standing with USRowing? YES _____ NO _____

Is your school/team/club program a member in good standing with the North American Rowing Association? YES _____ NO _____

Do ALL the competing rowers in your program have a signed, valid waiver submitted through Regatta Central?

YES _____ NO _____ PAPER WAIVERS _____

If NO, they will not be allowed to row in this regatta.

(Paper waivers will be accepted at the regatta)

Are you competing as a High School Team? YES _____ NO _____

-Single School/District

-Row under School Name

-HS Varsity/Club Varsity under the AD/Principal

Are your bowballs, heel ties, and quick release properly and firmly attached to each boat? YES _____ NO _____

Have you reviewed, and have you reviewed with your coxswains and/or steering bow seats the No Passing rules as detailed in Rules 10, 11, 12b, 12c, & 12d of the regatta packet? YES _____ NO _____

As the representative of the above Rowing Program, I hereby certify that the above answers are true.

_____ Name (print)

_____ Signature

_____ Title/Position with the Program

____/____/____ Date