

32nd Annual Festival Regatta

SUNDAY, June 29, 2014

www.merrimackrowing.org/festival-regatta

SINGLES AND DOUBLES DROP-OFF EITHER SIDE OF THE BOATHOUSE. CHECK WITH FESTIVAL REP IN YELLOW SHIRT / DROP-OFF / THEN PARK YOUR CAR IN THE PARKING LOT.

COACHES AND COXSWAINS MEETING AT 7:05A ON THE DECK OF THE BOATHOUSE

Welcome to the 32nd Annual Festival Regatta brought to you by the members of the Merrimac River Rowing Association. The MRRA is very proud of this fun day of 6-lane sprint racing on the scenic and historic Merrimac River in Lowell, Massachusetts. This regatta features about 30+ events for the full range of age and boat classes.

This packet contains only important race-day information. Please refer to the web site before coming to the regatta for updated news and information about the regatta. We hope you enjoy the day. If you have any questions, please write to the regatta chairmen at festival@merrimackrowing.org.

Sincerely,
Karen Scammell
Festival Regatta Chair

GENERAL NOTES

- Paper waivers are required for each athlete that is competing. Online waivers will not be accepted for this regatta. Waivers are located [here](#):
- Please launch at least thirty (30) minutes prior to your scheduled race time. Boats launching have priority over boats docking. If you are hot-seating or sharing equipment, notify the dock master and have all equipment and rowers ready to switch quickly. All boats will launch at the boathouse dock.
- NOTICE that the travel lane to the START is on the launch side of the river. Use caution when rowing to the start line or from the finish line and stay to the side of the river away from the racing lanes. There is no need to cross the river or the race course. Be safe!
- All races are FINALS ONLY (no heats). All races are 2000m in length except for Masters, Seniors, Veterans and Recreation categories which are 1000m. NOTE that the finish line will be the same for all races. Refer to course map for more details.
- The MRRA Concessions Committee will have nutritious food and beverages available for sale in front of the boat bays. If raining, location will be in the boathouse.
- Motor boats may travel the travel lane between races at head way speed. Please no wake! Your cooperation is greatly appreciated by the competitors.
- **Bow Markers** - Please bring your own bow markers. Thank You!

FAQ

1. **What is the schedule?** - The schedule is posted on Regatta Central. Depending on the final subscription of an event, some events will be cancelled and or moved. Check the final schedule 2 days prior to the regatta.
2. Is Check-In required? – **YES -- CHECK-IN IS REQUIRED AT THE BOATHOUSE PRIOR TO RACING. The desk will be open from 6:00am through 1:30pm on Race Day.**
3. Is there food available during the day? **Yes, The Concessions Committee will be located near the boathouse or inside on the deck.**
4. I have two races scheduled too closely. Can I change my heat times? **No, sorry.**
5. Are there medals? **Yes, medals are awarded for 1st place.**
6. Who won? **Please see the Race Results Board outside the boathouse or check the web site on Monday.**
7. Where are the finish times posted? **Please see the Race Results Board.**
8. Where do I go to find if there are any spare Coxswains? **The Registration Desk.**
9. What are the updated finals times? Are there last minute changes? **See Events Schedule Board on the side of the boathouse.**
10. Can I get a copy of the full race results? **Yes, the final race results will be posted online at Regatta Central.**
11. Where are the restrooms? **Off the main hall by the deck near registration.**
12. Will jet-skis and power boats be a problem? **No, We have Environmental Police boats at the Start and Finish areas to limit and control boat traffic.**

AREA MAP



RULES

Race Category Definitions:

Age is age as of race Day.

- Novice: First year of rowing
- Junior: 18 years old or less
- Master: 27 - 39 years old
- Senior: 40 - 49 years old
- Veteran: 50-59
- Veterans 60-69
- Veterans 70-79

Mixed events: equal number of male and female rowers in boat, coxswain either gender

Rules & Regulations for Coxswains & Strokes

Before The Race:

Launch & Warm-up:

1. Check in with beach or dock master or control commission; if there is a problem, report it at once and write down the official's name to which you reported the delay.
2. Recheck bow number one last time; make sure bow ball is O.K.
3. Carefully follow normal warm-up pattern.
4. Watch your watch constantly.
5. Be very conscious of races on the course; stop to let them pass if you are near them to avoid a warning
6. Follow traffic pattern religiously

The Race:

At the Start:

1. Be at the starting area 5-8 minutes before race if possible; do not play mind games at the start--get there with time to spare and focus
2. If possible, listen to starter's voice and cadence for previous race to get a sense of how he will call yours.
3. Know the various starting commands.
4. Check in with referee or marshal; identify yourself and race; this is very important in large regattas;
5. Be locked on to stake boats with three minutes to go; get sense of wind at start
6. Get your point and target; compensate for wind or current in keeping point; if there is a long delay, know where to keep your point to compensate for winds

7. On raising hands: --- vigorously wave bow hands only
8. Check position of your rudder especially after you have backed in
9. Know exactly how to scull bow around; check on where you want blades depending on current/wind
10. Acknowledge any warnings from starter
11. Remember, the movement of the flag starts the race not the voice of the starter

Lateness & False Starts & Breakage:

1. If you are late and permission has been given, don't panic your team on getting to the line
2. False starts: kinds of alignments; misleading other crews; backing down and your rudder
3. Not ready at the start
4. Breakage time or buoys
5. Stopping a race in the zone

The Body of the Race:

1. Lanes: know your own and others on buoyed and non-buoyed courses and when are you out of your water
2. Interference and fouls; leaving your lane; others leaving theirs
3. Referee commands and flags: white and red flags.
4. Steering and over - steering

The Finish of the Race:

1. **Make dead sure you have crossed the line; finish buoys or flags are usually beyond the line**
2. **What five things the referees need to do at the finish: safety, weights, time, look for protests, certify race with white flag.**
3. **Checking your athletes health; lying down in the boat**
4. **Knowing when to leave the finish**
5. **Filing a protest on the water**
6. **Withdrawing a protest**
7. **Meaning of the flags**

After The Race:

Filing a Protest:

1. If and only if you have given verbal notification on water to the referee of your race, a signed written form of the protest must follow usually within hour of your reaching land stating the problem and remedy sought
2. Method and place of delivery; payment of fee
3. Actions of jury, accept, reject, order a new race, or order a change in the finish order.