



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

April 30, 2021

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: 2021 IRA REGATTA FINAL ENTRY CONFIRMATION**

The Board of Stewards of the Intercollegiate Rowing Association (IRA) has invited your institution to compete in the 118<sup>th</sup> Annual National IRA Regatta on Mercer Lake, NJ on Friday, May 28 and Saturday, May 29, 2021.

This mailing provides all the essential information and materials you'll need to finish your entries, confirm your final entry declaration at [www.regattacentral.com](http://www.regattacentral.com), and post boat lineups. 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 on Mercer Lake.

cc: IRA Board of Stewards

## 2021 IRA REGATTA FINAL ENTRY CONFIRMATION

**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 Regatta Central no later than 12:00 PM on Tuesday, May 25, 2021.**

**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 Lake Mercer, please complete this process no later than May 25

### **(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 the Intercollegiate Rowing Association or any other NCAA affiliated conference office. **Notice of any such waiver** that is granted to a rower in the 2021 IRA Regatta, however, **must be reported to the IRA Commissioner in writing** no later than the deadline date for 2021 Amended Regatta entries, May 17, 2021.

B. **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 will be subject to 2021 weight limits TBA.

**(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 2021 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 uniform (racing shirt, shorts and socks or unisuit 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.

### **(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 events 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 prior to arrival on the regatta site, and if required to carry weight photographic evidence must be submitted at check in, prior to being placed on the water to ensure adherence to the minimum weight standard.**

## 2021 IRA REGATTA FINAL ENTRY CONFIRMATION

**Women's Lightweight Varsity 8 Events:** The weight of the shell utilized in these events shall be at least 192 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 prior to arrival on the regatta site, and if required to carry weight photographic evidence must be submitted at check in, 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 Rules of Racing.** It is anticipated that all events will involve heats or time trials, repechages and/or semifinals, sixth, 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. Please note, this policy may change due to weather and other conditions of the field.
- Tow vehicles will also be permitted to park in the parking lot adjacent to the field. Teams will be given one pass for this purpose.
- Teams can erect tents in the boat storage area if space permits. Teams **MAY NOT USE TENT STAKES** due to the underground sprinkler system. Team tents are not permitted anywhere else in the park.

**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.

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

Institutions planning to compete at the 2021 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 Intercollegiate Rowing Association 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 Intercollegiate Rowing Association Office. *(These rules previously applied and are printed here for emphasis and clarification).*

April 30, 2021

To: All Participating Institutions, 2021 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 11:00 a.m. on Thursday, May 27, 2021. All crews must have 1 (ONE) representative/Coach/Covid Officer **check-in** upon arrival. Check-in will open at 11:00 a.m. on Thursday, May 27, 2021 at the administrative tent in the field. Team parking passes will be issued to the representative/coach as well as **wristbands** for free admission and access to the trailer area for all Covid Tier 1 and Tier 2 members of the official party. Tier 3 members will be issued wrist bands that will give them access to the finish line area but will not be allowed in the athlete areas. **IF WRISTBANDS ARE LOST THEY WILL NOT BE REPLACED. BROKEN BANDS MAY BE TURNED IN FOR REPLACEMENTS.** If any parents or other individuals who are not part of the official travel party are found wearing team wristbands, the program will be held accountable and be appropriately disciplined by the IRA Commissioner.

**Practice Hours:**

Thursday, May 27, 2021:      1:00 p.m. – 4:00 p.m. (Practice traffic pattern – see attached)  
   4:00 p.m. – 7:00 p.m. (Racing 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 in advance if additional practice times are added on race days.

Requests to open the course early or to extend practice beyond the published time will not be granted. Crews will not be allowed to launch prior to the published start of practice and are required to be off the water at the published end of practice. **Crews failing to comply with these instructions may be excluded from the regatta.**

**2021 REGATTA INSTRUCTIONS (enclosed) and TRAFFIC PATTERNS:** Please make copies of the enclosed instructions and distribute them to your coxswains prior to your arrival at Mercer Lake. 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 Coaches & Coxswains Meeting.** At this meeting, we will review all Regatta procedures and applicable racing rules. The meeting will be held on Thursday, May 27, 2021 at 7:30 PM via Zoom. Written Special Instructions to Coxswains are included in this packet and will be available on-line at [www.irarowing.com](http://www.irarowing.com).

We look forward to your participation in this year's 118<sup>th</sup> IRA National Collegiate Championship Regatta!

# INTERCOLLEGIATE ROWING ASSOCIATION

April 30, 2021

To: Coaches, Coxswains and Officials - 2021 IRA Regatta

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

1. Coxswains of **ALL MEN'S CREWS** participating in the 2021 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 all coxswains** will take place beginning at 12:00 p.m., Thursday, May 27, 2021 at the Boat Weigh In/Control Tent and will close at 5:00pm. All coxswains are to weigh-in within this designated timeframe.
3. Subsequent weigh-in for the events will NOT be required for races on Friday or Saturday.
4. The Regatta Committee reserves the right to re-weigh coxswains advancing to the Grand Finals of the Heavyweight, Men's Lightweight and Women's Lightweight Varsity Eight events. If a subsequent re-weigh will occur, it will be communicated to coaches via email or text.
5. The IRA will provide materials for coxswains to make their own external weight, in the form of sandbags 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. Coxswains will make up their own weight packets at the weigh in site, if they have not done so previously. Packets will be marked with an "official" IRA stamp.
6. Coxswains will assume responsibility for storing external weight until race time.

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.

Thomas J. Sullivan  
Regatta Director

April 30, 2021

To: Men's and Women's Lightweight Varsity Coaches, 2021 IRA Regatta

From: Thomas J. Sullivan, IRA Regatta Director

Subject: **Men's and Women's Lightweight Crew Weigh-in.**

Following protocols used during the 2021 spring season Men's and Women's Lightweight Crews will weigh in using the honor system, Thursday, May 27, 2021 off site at team hotels or other areas designated by the respective teams. Following weigh-ins, teams will transmit copies of weigh in sheets to Men's coordinator, Sean Bagnell and Women's coordinator Paul Rassam for verification.

If there are any issues that arise Mr. Bagnall and Mr. Rassam have been directed to contact Commissioner Caldwell directly as necessary.

April 30, 2021

To: IRA Coaches  
Re: **2021 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.

## **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.**

All boats must comply with USRowing Rules concerning equipment including bow balls, footgear release, boat construction for the coxswain, and alternations to the shell including the prohibition of bottom tape.

- Urinating from the shells is strictly prohibited. Crews violating this directive will be subject to exclusion from the Regatta.
- **Officials will spot check boats for safety equipment as boats launch for practice, but crews are reminded that they are responsible for meeting safety requirements.**

### **IRA Specific Notes:**

**Uniforms (2021 Rules of Rowing 3-201)** All competitors shall wear "team colors" but are exempt from the strict application of 2021 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.

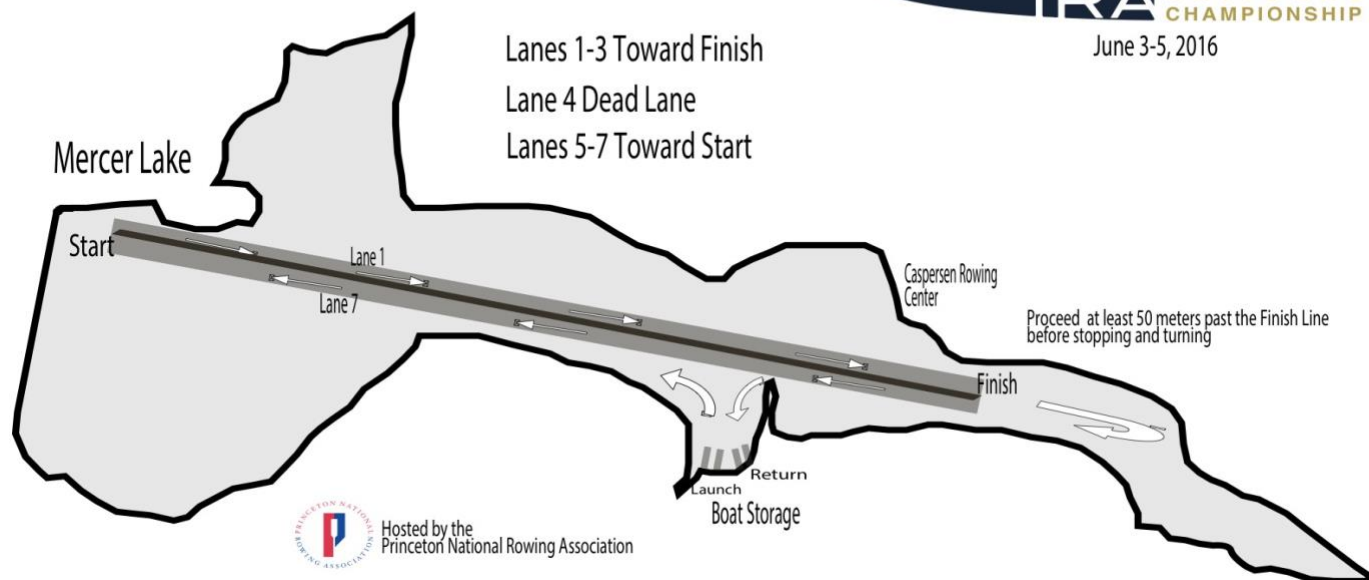
**We will continue to utilize an "Ombudsman"** to facilitate the handling of any protests.

Urinating from shells at any time while on 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.

Covid health rules dictate that all crews must keep equipment and/or supplies (tools, water bottles etc.) with them and may not pass them to the starting dock or stakeboat holders 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. Egregious disregard for safety may result in exclusion from the event.

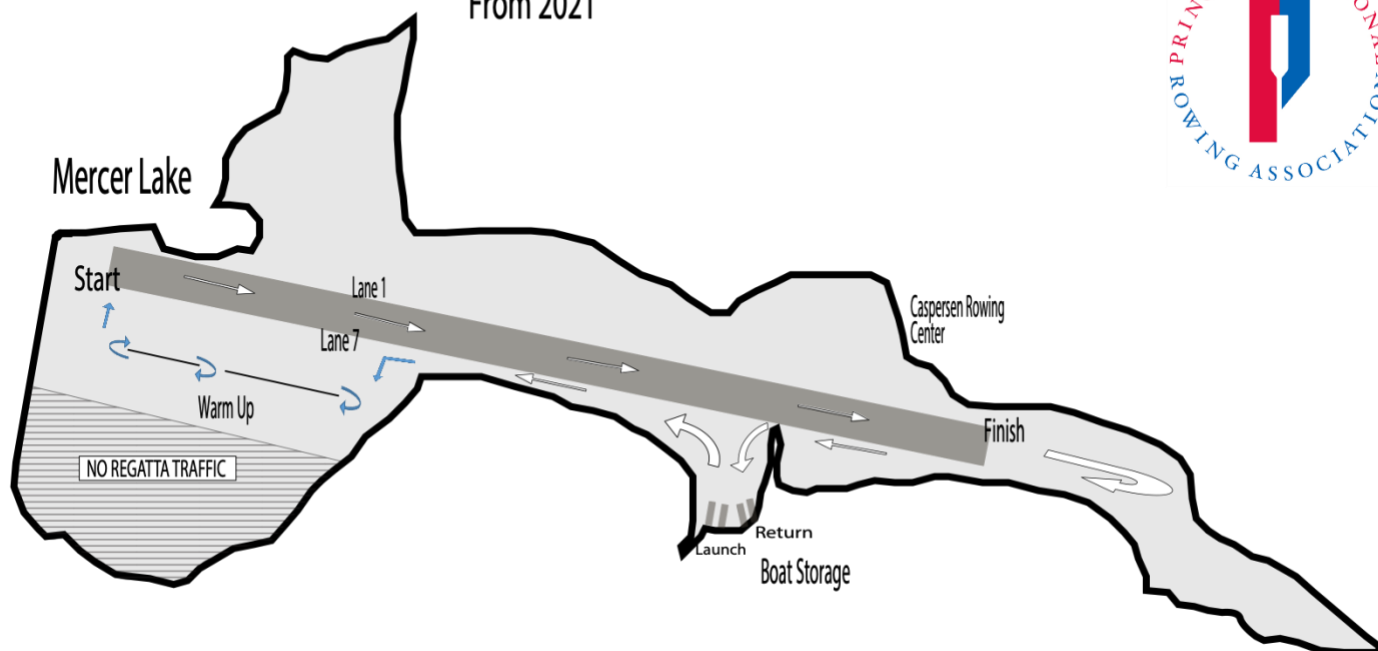
# Practice Traffic Pattern



**This practice traffic pattern will apply to the Thursday practice session from 1:00-4:00 pm.** 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.

# Regatta Race Traffic Pattern

From 2021



**This Traffic Pattern will apply to the Thursday practice session from 4:00-7:00 pm**

The first warm-up stretch is 200m, followed by a 50m section to allow for a turn. The Second warm-up stretch is 300m. If a crew continues through the 50m break they must proceed through the full, 550m stretch. They may not make a turn in the middle of a section.



**Thursday, May 27, 2021**

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.

**I. IRA-specific Race Day Procedures (May 28- May 29):**Please note. Time Trial instructions will be released and made available at a later date.

**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 A REFEREE OR THE 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 show their weights to the dispatcher. Programs are required to provide their own bow markers (except for Time Trial events) due to Covid precautions. All coxswains must weigh in according to the procedures outlined in the attached memo.
3. **Crews must be prepared to launch when called by the DISPATCHER or at predetermined time if previously notified.** 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/her instructions concerning launching are to be strictly followed.**
4. 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 warning if it is not in position two (2) minutes before its scheduled race time. A further warning for any reason, including a false start will result in that crew's exclusion from the regatta.**
5. **PRACTICE STARTS ALONGSIDE THE COURSE, in either direction, in the area of the starting line are prohibited.**
6. 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.
7. 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.

8. If the Fairness Committee amends the lane assignments mid-session, the starter will direct the crews to their new lanes as the crews enter the course. Bow numbers will remain the same as originally assigned at the beginning of the racing session.

### **At the Start:**

- I. 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.)

**Start Procedure: Standard USRowing starting commands, including the Quick Start if warranted, will be used.**

**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.**

1. 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 the crew’s exclusion from the Regatta.
2. 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.

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

- a. **Warning:** A crew may be assessed a warning for any action deemed to be unsportsmanlike in nature and/or which gives said crew an unfair advantage over other competitors. A crew which accrues two (2) warnings applicable to the same race shall be excluded from the Regatta.
- b. **False Start:** A crew that crosses the start line before the Starter says “Go” or the light turns from red to green will be assessed a warning. An additional warning, incurred for any reason, applicable to the same race will result in the crew’s exclusion from the race.
- c. **Failure to Start:** If a crew believes it is not safe to start it should remain at the start line.
- d. **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 Rules of Rowing, with discretionary authority given to the Referee as to whether or not the race is to be stopped and/or restarted.
- e. **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 yellow at the 100-meter mark. The course changes colors every 250m, yellow to green with the last 250m being red.

If the Referee, upon observing any of the above incidents (a), (b), (c), (d) or (e) determines that the race should not continue, he/she 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. If the referee stops a race, all crews must remain in the area and await further instruction.

3. Any attempt by a crew to stop a race for unauthorized reasons may be cause for exclusion of the offending crew.
4. **Exclusion/Disqualification:** A crew receives two (2) warnings, for any combination of reasons including a false start, 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. Disqualification may only be 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.

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. **Objections:** Objections should be registered on the water in accordance with USRowing rules. In order to address objections 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 objecting 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, a protest 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 beach. 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 beach 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 1 through 6 in each Grand Final should follow procedures outlined 1 and 2 above.

**Due to Covid related restrictions there will be no formal award ceremony on site. Team Covid Officer should check in at the Registration/Administration tent to receive medals and trophies prior to team departing the regatta site. Teams are requested to refrain from public acknowledgements, team pictures etc. while on site.**

**IRA RACE COMMITTEE**

The Chief Referee, member of the Regatta Jury appointed by the Chief Referee, Regatta Director or his designee, IRA Commissioner or member of the IRA Stewards, and IRA Executive Director 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.

Thomas J. Sullivan (Regatta Director) & Laura Kunkemueller (Chief Referee)

# 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.).
- 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.

### **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 is on your right