

## **47<sup>th</sup> Annual Women's Sprints Regatta--Final Entry Packet**

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1. The following are all to be entered online via the link below for equipment compliance, or the RegattaCentral portal for entries, boating forms, and waivers:
  1. Rowing equip. compliance form: Mon., April 25, 2022, at 5:00 pm. (EDT)  
<https://forms.gle/T14PqegNnuiSkkcX7>
  2. Final Entries: Mon., April 25, 2022, at 5:00 pm. (EDT)
  3. All Final Boating Forms: Thursday, April 28, 2022, at 5:00 pm (EDT)
  4. IRA/WSPRINTS Waiver of Liability Forms: Thursday, April 28, 2022, at 5:00 pm (EDT)
2. Special Instructions to Coxswains and Coaches (page 4 and separate document)
3. Weigh-in Procedure for Coxswains (page 5)
4. Safety Rules (page 6)
5. Lightweight Weigh-in Procedure and Weigh-in Time Schedule (page 7)
6. Policy for Assignment of Lanes - Heats and Finals (pages 8-9)
7. IRA/WSPRINTS Waiver of Liability – Instructions (page 10)
8. 2022 WSPRINTS Team Point Protocol (Formulas) (page 11)
9. 2022 WSPRINTS Lightweight Team Points Protocol (Formulas) (page 12)
10. 2022 Preliminary WSPRINTS Race Schedule (pages 13-14)

#### **Women's Sprints Regatta Director:**

Linda Muri

Cell: 857-998-1186

Email: [lindamuri01@gmail.com](mailto:lindamuri01@gmail.com)

April 1, 2022

To: **Women's Sprints Coaches**

Re: **47<sup>TH</sup> Annual Women's Sprints Regatta – Sunday, May 1, 2022**  
Lake Quinsigamond – Worcester, Mass.

Please find enclosed the following **Women's Sprints Regatta materials** that should be distributed to your coaching staff:

### **Important Notes**

- Final Entries - Open and Lightweight **entered on Regatta Central by Monday, April 25, 2022 at 5:00 pm (EDT)**
- Lineups Due – via Regatta Central by **Thursday, April 28, 2022 at 5:00 pm (EDT)**
- Regatta Central and Waiver of Liability Forms - Completed by **Thursday, April 28, 2022 at 5:00 pm (lineups must be entered PRIOR to the waiver check)**
- Rowing Equipment Compliance Form **DUE: Thursday, April 28, 2022 at 45:00 pm**  
**[Online Equipment Form: Click Here](#)**
- Practice – **Limited availability, information distributed under separate cover.**

### **Included in This Packet**

1. Special Instructions to Coxswains and Coaches
2. Weigh-in Procedure for Coxswains
3. Safety Rules
4. Lightweight Weigh-in Procedure and Weigh-in Time Schedule
5. Policy for Assignment of Lanes - Heats and Finals
6. Instructions for submitting IRA/WSPRINTS Waiver
7. 2022 WSPRINTS Team Point Protocol (Formulas)
8. 2022 WSPRINTS Lightweight Team Points Protocol (Formulas)
9. 2022 Preliminary WSPRINTS Race Schedule (Subject to Final Entries)

### **COACHES AND COXSWAINS MEETING**

There will be a **mandatory coaches and coxswains meeting with regatta officials at 8:00 pm. (EDT) via Zoom on Wednesday, April 27, 2022.** Each member institution Head Coach(s), Open and Lightweight, and coxswains must attend. (If you are unable to attend you must make prior arrangements with the Regatta Director for an approved substitute for this meeting).

### **SHELL STORAGE**

In accordance with past practice, trailers will be parked in the staging area on a first come first serve basis under the supervision of Regatta Staff. Trailers and boats can be stored in the parking lot next to the boat launch (north of the Donahue Rowing Center) on Saturday afternoon. Please see attached map. On Saturday evening at approximately 7:00 pm (or as soon as the lot is cleared by the schools competing at Saturday's NERC Championships), trailers will be permitted to enter the Regatta Point parking lot. Trailers arriving prior to 7:00 pm will not be permitted to wait on North Rd and will be sent off of the UMass property by UMass police. The parking lot will also open at 6:00 am on Sunday morning for crews wishing to move their trailers on Sunday morning as opposed to Saturday evening. If arriving Saturday evening it is to be noted the gate will be

Women's Sprints Special Instructions

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locked at 8:00 p.m. sharp. Trailers not staged by this time will need to return Sunday morning. Please instruct your riggers and/or drivers to work with staff on this. Your cooperation on this matter will help insure an orderly flow of shells through the control commission to the water.

Please distribute the enclosed **Special Instructions to Coaches and Coxswains** to your coaches.

We anticipate a busy but successful Regatta, and we will appreciate the cooperation of all concerned.

Ruth Macnamara  
Chief Referee

Gary R. Caldwell  
Intercollegiate Rowing Association Commissioner

Linda Muri  
Regatta Director

Katie Boldvich  
Intercollegiate Rowing Association Executive Director

Laura Kunkemueller  
Intercollegiate Rowing Association Director of Officiating

To: Participating Coaches  
From: Linda Muri, Women's Sprints Regatta Director  
Ruth Macnamara, Chief Referee  
Re: 2022 Women's Sprints Championships Special Instructions for Coaches and Coxswains

Date: April 1, 2022

Please distribute the enclosed **Special Instructions** to your coxswains for review.

### **BOAT SAFETY**

Please take special notice of the following safety and equipment requirements from the **2022 USRowing Rules of Rowing**. These rules apply to any boat on the water, including during practice. **It is the coach's responsibility to make sure that their equipment meets safety rules.**

- **Footgear Release:** (a) 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. (b) 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. (Rule 3-108)
- **Bow Balls: Mandatory:** Every boat shall have a supple or plastic ball, of a white or fluorescent color, firmly attached and mounted on its bow, unless equivalent provision for visibility and protection against puncture injury is included in the boat's basic construction. The bow ball shall be at least 4 centimeters in diameter. (Rule 3-105) Bow balls must be firmly affixed to the bow and in good condition.
- **Boat Construction for Coxswains:** 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 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.

**Race Officials may be checking boats for compliance with these rules on Sunday, May 1, 2022, but it is your responsibility to ensure your boats meet these standards.**

Any questions that may arise after launching should be directed to the Starter, Start Marshal or Referee prior to your race.

**Note: This Women's Sprints Championship Regatta will be conducted in accordance with the Rules of Rowing of USRowing except as modified in these Special Women's Sprints Regatta Instructions.** It is your responsibility to make sure that your coxswains and crews are familiar with the rules.

April 1, 2022

TO: Participating Coaches, Coxswains and Officials

SUBJECT: **Weigh-in Procedure for Coxswains**

Coxswains of all heavyweight and lightweight crews participating in the 2022 Women's Sprints 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 110 pounds, will be required to carry external weight in order to achieve the 110-pound minimum standard during the course of their race.

Weigh-in for coxswains of all crews will take place beginning at 3:00 pm, Saturday, April 30, 2022 at **Donahue Rowing Center** and will close at 6:00 pm. **Any coxswains who are unable to weigh in during this timeframe MUST make alternate arrangements with the Chief official and/or Regatta Director.**

The Women's Sprints staff will provide external weight, in the form of sand bags, for all coxswains whose body weight is less than 110 pounds. It is suggested and encouraged, 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 Women's Sprints or not, must be marked for specific individuals at the time of the coxswain's weigh-in.

Coxswains carrying weight will be responsible for its storage and making sure they have it onsite for use at Sunday's races. **The weight shall be carried at the coxswain's seat, as close to the torso of the coxswain as possible, during the course of the race.** Coxswains are also advised that they must display their weight to the Referee or Starter, if so requested.

Linda Muri  
Regatta Director

Ruth Macnamara  
Chief Referee

April 1, 2022

To: Participating Coaches and Coxswains

From: Linda Muri Regatta Director

Re: **IMPORTANT: SAFETY RULES – 2022 REGATTA**

This is to emphasize that the following **SAFETY RULES** are to be strictly adhered to at the **2022 Women's Sprints Regatta**. These rules are spelled out in detail in the 2022 Special Instructions to Coaches and Coxswains. **Please READ THESE INSTRUCTIONS CAREFULLY** prior to your participation in the Women's Sprints Regatta.

The SAFETY RULES include the following:

1. **BOW BALL:** Mandatory on all shells.

2. **TRAFFIC PATTERNS - PRACTICE DAY:** **Best Guestimate Schedule:**

5:35 pm Last Championship Final of NERC

5:45-6:25 pm LOC Clears starting line of stake boats and starting tower.

6:00 pm-7:00 Regatta Point parking lot cleared.

6:30 pm Crews launch from DRC

7:00 pm Regatta Point opens for trailers

7:30 Course closes, all boats off the water.

7:50 Sunset

8:00 Regatta Point park cleared and gates locked.

3. **TRAFFIC PATTERNS - RACE DAY (See QRA Lake Cox Map)**

**SUNDAY, May 1, 2022**

**See Cox Instructions and Sprints QRA Lake Map Attachment**

4. **NO COACHING LAUNCHES ON THE COURSE ON PRACTICE OR RACE DAY.**

**A WARNING MAY BE ASSESSED FOR ANY VIOLATION OF THESE SAFETY RULES, APPLICABLE TO THE NEXT RACE IN WHICH THE CREW COMPETES. TWO WARNINGS FOR ANY REASON RESULTS IN THE EXCLUSION OF THAT CREW FROM THAT EVENT.**

April 1, 2022

To: Participating Lightweight Varsity Crew Coaches

From: Linda Muri, Regatta Director

Re: Weigh-in Procedure for Lightweight Crews

The following procedures will apply to this year's Women's Sprints Championships Regatta as warranted by Covid-19 precautions. Each school is responsible for following the weigh-in protocol indicated below.

1. Weigh-ins will be completed by each team on its own Certified Calibrated Scale at a single location of their choosing. Certification of Scale Calibration must have been completed after December 31, 2021, and prior to April 28, 2022. A photo of the Scale Calibration Certification must be provided to the Regatta Director no later than **Thursday, April 28, 2022 at 5:00 pm (EDT)**. If a certified scale is not available, one will be provided with advance notice for use at the Donahue Rowing Center at the convenience of the Regatta Director between 3:00 and 6:00 PM, Saturday, April 30, 2022.
2. Weigh-ins will take place on **Saturday, April 30, 2022**, beginning no earlier than 3:00 PM and no later than 6:00 PM EDT.
3. Athletes will weigh-in wearing school racing attire.
4. Each crew and any athletes designated as Alternates for that specific crew must begin their weigh-in window at the same time. The entire crew will be certified at the same time.
5. 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.
6. 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 on each day is necessary for those athletes who are at 130.0 on the first try.
7. Weights by team and crew must be submitted to the Regatta Director via this link [2022 WSPRINTS Lightweight Weigh In Record.xlsx](#) by **6:00 PM, Saturday, April 30, 2022**.

Coxswains will weigh-in at Donahue Rowing Center between **3:00 and 6:00 PM on Saturday, April 30, 2022**. **Any coxswain who is unable to attend weigh-in during this timeframe MUST make *prior* alternate arrangements with the Regatta Director.**

April 1, 2022

MEMORANDUM

TO: Participating Coaches  
FROM: Linda Muri, Regatta Director  
RE: LANE ASSIGNMENTS

In accordance with typical seeding for Championship Regattas held on Lake Quinsigamond the top-seeded crews in the Women's Sprints are to be assigned to an "inside" lane (i.e., lane 1) for the morning heats, with the next best seed in the lane alongside the top-seed and so on. The objective is to ensure that the "top-seed" will always be given the "lee side" of the lake. This procedure will be applied to the heats of the Women's Sprints Regatta. It will also be applied for any events that are "final only."

1. For the morning heats, Regatta staff will draw up a race schedule by each event with the crews placed by lane based on the final coaches' poll for those events that are polled by the Coaches.
2. Crews competing in races that are not polled will be seeded by a committee selected by the Regatta Director or placed in the event by lot. Final Only events will be seeded by the committee or lot.
3. Afternoon finals lane assignments will be determined by the race results in the morning heats.

The 2 heat events will place crews as follows: 1<sup>st</sup> 2<sup>nd</sup> and 3<sup>rd</sup> place crews will race in the Grand Final. The 4<sup>th</sup> to 6<sup>th</sup> place crews will race in the Petite Final

4. The lane assignment system for the Women's Sprints is listed on the following page and covers both 2 heat events and 3 heat events.
5. Any decision to change lane assignments will be made by the Regatta Director with the advice of the Chief Referee and/or the IRA Commissioner and will be initiated by only those officials. Any such change will be made only after these officials determine that course conditions are unfair to the extent that changing lane assignment could produce a "fairer" racing environment. The change would be implemented as soon as possible, but no later than 45 minutes after notification to the Director. In accordance with World Rowing guidelines such a change would involve moving seeded or heat winning crews to one side of the course or the other. The new schedule would be followed for all subsequent races until conditions change sufficiently to dictate another change. In such case, the same procedure would be followed as outlined earlier in this paragraph.



April 1, 2022

TO: Participating Coaches

SUBJECT: Seeding Format and Lane Assignments for 2022 Sprints

This is seeding scheme based on heats -  
Seeding and lane assignments for events with three heats:

Heat #:	Lane 1:	Lane 2:	Lane 3:	Lane 4:	Lane 5:	Lane 6:
Heat 1	1	6	7	12	13	18
Heat 2	2	5	8	11	14	17
Heat 3	3	4	9	10	15	16

Seeding and lane assignments for events with two heats:

Heat #:	Lane 1:	Lane 2:	Lane 3:	Lane 4:	Lane 5:	Lane 6:
Heat 1	1	4	5	8	9	12
Heat 2	2	3	6	7	10	11

Progression to Lanes for FINALS

3 Heat Progression

Lanes	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
Grand	<i>1st H 1</i>	<i>1st H 2</i>	<i>1st H 3</i>	<i>2nd H 3</i>	<i>2nd H 2</i>	<i>2nd H 1</i>
Petite	<i>3rd H 1</i>	<i>3rd H 2</i>	<i>3rd H 3</i>	<i>4th H 3</i>	<i>4th H 2</i>	<i>4th H 1</i>
3rd Level	<i>5th H 1</i>	<i>3rd H 2</i>	<i>3rd H 3</i>	<i>4th H 3</i>	<i>4th H 2</i>	<i>4th H 1</i>

2 Heat Progression

Lanes	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
Grand	<i>1st H 1</i>	<i>1st H 2</i>	<i>2nd H 2</i>	<i>2nd H 1</i>	<i>3rd H 1</i>	<i>3rd H 2</i>
Petite	<i>4th H 1</i>	<i>4th H 2</i>	<i>5th H 2</i>	<i>5th H 1</i>	<i>6th H 1</i>	<i>6th H 2</i>

2 Heats with 8 crews or less

Lanes	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>
Grand	<i>1st H 1</i>	<i>1st H 2</i>	<i>2nd H 2</i>	<i>2nd H 1</i>	<i>fastest time</i>	<i>2nd fast time</i>
Petite	<i>3rd fast time</i>	<i>4th fast time</i>				

Non-Seeded events (by Coaches) may be set to advance by using first 2 to qualify plus 2 fastest times.

**TO: Participating Coaches**

**FROM: Linda Muri, Regatta Director**

**SUBJECT: IRA/WSPRINTS Waiver of Liability**

All participating rowers and coxswains are required to complete the annual IRA Affiliates and Championship Waiver through Regatta Central.

**Signing the Waiver:**

1. Go to <https://waivers.regattacentral.com/IRA2022>
2. Search for your club/school as prompted. If the school has multiple programs listed on Regatta Central, ensure the correct program is being utilized. Click the correct school/program
3. Here you will be prompted to enter your Last Name and birthdate. Enter the information requested and click 'next' at the bottom of the page.  
*If the athlete is not entered on your regatta central roster they will be prompted to "contact the club administrator to be added to the roster". Please see below instructions for adding an athlete to the roster. Once they are added they can begin the process anew.*
4. Next, you will be required to select your name and click next.
5. If not already inputted, the individual will be asked for their email address, emergency contact name and information, phone number and address. Click Next.
6. Now the waiver page will be generated on their screen. The individuals should read the waiver in full and then click 'accept'.
7. A copy of the waiver will be emailed to the participant upon completion for their records.

**Please note – all participants are required to complete the waiver by the outlined deadline as established by the IRA and affiliate regattas. Failure to complete the waiver will result in the individual not being permitted to participate in the event. Having an individual USRowing membership is not a requirement to sign the waiver.**

**Adding an Athlete to the Roster:**

1. Log in to <https://www.regattacentral.com/>
2. Locate your Affiliation/Club in the upper right-hand corner of the page and select 'roster'
3. Click 'add' on the top left of the chart under the 'active' tab
4. Follow the prompts and enter the personal information for the athlete as required.

Please note – your athletes DO NOT need to be individual members of USRowing to be added to your roster or sign the IRA waiver.

2022 Women's Sprints Team Points Protocol

WOMEN'S EASTERN SPRINTS						
2022 Willing Trophy	Varsity Eights	2nd Varsity Eights	Varsity Four A	3rd Var Eight	Varsiity Four B	TEAM TOTAL
EVENT ENTRIES	17	17	17	8 MIN.	8 MIN.	
POINTS ALLOCATION	4	3	2	1	1	
SCHOOL						
1	68	51	34	8	8	
2	64	48	32	7	7	
3	60	45	30	6	6	
4	56	42	28	5	5	
5	52	39	26	4	4	
6	48	36	24	3	3	
7	44	33	22	2	2	
8	40	30	20	1	1	
9	36	27	18			
10	32	24	16			
11	28	21	14			
12	24	18	12			
13	20	15	10			
14	16	12	8			
15	12	9	6			
16	8	6	4			
17	4	3	2			
TOTALS	612	459	306	36	36	

COMPETING SCHOOLS

- BOSTON COLLEGE
- BU
- BROWN
- COLGATE
- COLUMBIA
- CORNELL
- DARTMOUTH
- DREXEL
- GEORGETOWN
- HARVARD-RADCLFFE
- HOLY CROSS
- MARIST
- NORTHEASTERN
- RUTGERS
- TEMPLE
- UMASS
- URI

This trophy honors Charles Willing, Jr. South Kent School Coach and creator of this event at Lake Waramaug  
EVENTS MUST HAVE A MINIMUM OF 8 COMPETING CREWS TO BE LIGIBLE FOR POINTS  
MAX POINTS PER EVENT DETERMINED BY MULTIPLYING THE EVENT ALLOCATION BY THE NUMBER OF CREWS ENTERED IN THE EVENT  
ILLUSTRATION ABOVE SHOWS 8 ENTRIES IN BOTH THE 3V8 AND 4V "B" EVENTS

WOMEN'S EASTERN SPRINTS							
2019 Willing Trophy	TEAM TOTAL	Varsity Eights	2nd Varsity Eights	Varsity Four A	3rd Var Eight	Varsiity Four B	
EVENT ENTRIES		14	14	13	8	9	
POINTS ALLOCATION		4	3	2	1	1	
1	RUTGERS	138	56	39	26	8	9
2	HARVARD-RADCLIFFE	129	52	42	20	7	8
3	DARTMOUTH	106	48	27	24		7
4	TEMPLE	100	40	33	16	5	6
5	COLUMBIA	96	44	24	22	6	
6	TENNESSEE	85	32	30	18		5
7	NORTHEASTERN	82	36	36	6	4	
8	URI	62	28	21	12		1
9	BOSTON COLLEGE	61	24	18	14	1	4
10	DREXEL	47	20	15	10	2	
11	BU	39	16	12	8		3
12	CONNECTICUT	30	12	9	4	3	2
13	HOLY CROSS	16	8	6	2		
14	MIT	7	4	3			
TOTALS		420	315	182	36	45	

**2022 LIGHTWEIGHT SPRINTS POINTS TROPHY PROTOCOL      ULBRICH TROPHY**

**NCAA POINTS FORMAT IS THE GUIDE**

<b>EVENT ENTRIES</b>	<b>2022</b>	5	5	5	MIN OF 3	MIN OF 3	MIN OF 3
<b>POINT ALLOCATION</b>		4	3	2	1	1	1
	<b>Total Pts</b>	<b>V 8</b>	<b>V 4</b>	<b>V 2X</b>	<b>3 V 8</b>	<b>V 2X B</b>	<b>V 4 B</b>
1	20	15	10	3	3	3	3
2	16	12	8	2	2	2	2
3	12	9	6	1	1	1	1
4	8	6	4				
5	4	3	2				

IF THERE ARE MORE THAN 3 ENTRIES IN ANY OF THREE EVENTS ABOVE THE MAXIMUM POINTS PER EVENT WILL INCREASE TO MATCH NUMBER OF ENTRIES.

THERE WILL BE NO POINTS AWARDED FOR "B" ENTRIES IN ANY EVENT

**LIGHTWEIGHT SPRINTS POINTS TROPHY REVIEW**  
Quinsigamond May 5, 2019

**NCAA POINTS FORMAT IS THE GUIDE**

race value	<b>2019</b>	4	3	2	1	1	1
Total Schools	5	5	5	5	4	3	3
	<b>Total Pts</b>	<b>V 8</b>	<b>V 4</b>	<b>V 2X</b>	<b>3 V 8</b>	<b>V 2X B</b>	<b>V 4 B</b>
1	49	20	15	10	4	3	3
2	39	16	12	8	3	2	2
3	29	12	9	6	2	1	1
4	19	8	6	4	1		
5	9	4	3	2	0		

B entry / no Pts

Participants	<u>Entry's</u>			
	<b>2019 V8 SEEDS</b>	<b>V4 SEEDS</b>	<b>V2X SEEDS</b>	
BU	1 PRINCETON	1 PRINCETON	1 GEORGETOWN	
GTN	2 BOSTON UNIV.	2 BOSTON UNIV.	2 PRINCETON	
H/R	3 HARV / RADCLIFF	3 GEORGETOWN	3 BOSTON UNIV.	
PRN	4 WISCONSIN	4 HARV / RADCLIFFE	4 HARV /RADCLIFFE	
WISC	5 GEORGETOWN	5 WISCONSIN	5 WISCONSIN	
	<b>3V8 SEEDS</b>	<b>V2X B SEEDS</b>	<b>V4 B SEEDS</b>	
	1 BOSTON UNIV. A	1 BOSTON UNIV. B	1 BOSTON UNIV. B	
	2 HARV / RADCLIFF	2 GEORGETOWN B	2 GEORGETOWN B	
	3 PRINCETON	3 HARV / RADCLIFFE	3 WISCONSIN	

**Pertinent Points:**

1. Event Value is calculated by the number of entries and the multiplier as shown above
2. Maximum Points if all schools enter an event that number is multiplied by the event value, V8 value is 4, V4 value is 3, 2X value is 2
3. Non IRA events value is 1.
4. If there are fewer than 3 entries in a non IRA event that event will not score.
5. If there are two or fewer entries in the V4B or 2XB events and there is room in the priority events, crew may be added, they will not score.
6. In no scenario will B entries be added to an A event if that requires an event to go to heats.



Women's Sprints Special Instructions  
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EASTERN WOMEN'S SPRINTS		May 1, 2022		2022 SPRINTS CHAMPIONSHIP	
		Lane assignments set based on the final poll		Lake Quinsigamond, Worcester, MA	
<b>MORNING SCHEDULE -- HEATS</b>		Definitive Schedule is set at Coaches' and Coxswains Meeting			
22	1:30	Varsity Four B	Petite Final		
23	1:40	Varsity Four B	GRAND FINAL		
24	1:50	3rd Varsity Eight	Petite Final		
25	2:00	3rd Varsity Eight	GRAND FINAL		
26	2:15	Varsity Four A	Petite Final		
27	2:25	Varsity Four A	GRAND FINAL		
28	2:35	2nd Varsity Eight	Third Level Final		
28	2:45	2nd Varsity Eight	Petite Final		
29	2:55	2nd Varsity Eight	GRAND FINAL		
30	3:05	Varsity Eight	Third Level Final		
30	3:15	Varsity Eight	Petite Final		
31	3:25	Varsity Eight	GRAND FINAL		

**MEDALS & TROPHY'S WILL BE PRESENTED AT REGATTA POINT DOCK FOLLOWING EACH GRAND FINAL RACE**

The Charles Willing, Jr. Team Trophy will be awarded to the team with the best performance in Sprints Events  
The Konrad Ulbrich Team Trophy will be presented to the Lightweight Team with the best performance