

75th Annual EARC 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: Thursday, May 12, 2022, at 5:00 pm. (EDT)
<https://forms.gle/T14PqegNnuiSkkcX7>
 2. Final Entries: Monday, May 9, 2022, at 5:00 pm. (EDT)
 3. All Final Boating Forms: Thursday, May 12, 2022, at 5:00 pm (EDT)
 4. IRA/WSPRINTS Waiver of Liability Forms: Thursday, May 12, 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 7-8)
6. Policy for Assignment of Lanes - Heats and Finals (pages 9-10)
7. IRA/EARC Waiver of Liability – Instructions (page 11)

75th EARC Sprints Regatta

April 15, 2022

To: **EARC Sprints Coaches**

Re: **75TH Annual EARC Sprints Regatta – Sunday, May 15, 2022**
Lake Quinsigamond – Worcester, Mass.

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

Important Notes

- Final Entries - Open and Lightweight **entered on Regatta Central by Monday, May 9, 2022 at 5:00 pm (EDT)**
- Lineups Due – via Regatta Central by **Thursday, May 12, 2022 at 5:00 pm (EDT)**
- Regatta Central and Waiver of Liability Forms - Completed by **Thursday, May 12, 2022 at 5:00 pm (lineups must be entered PRIOR to the waiver check)**
- Rowing Equipment Compliance Form **DUE: Thursday, May 12, 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/EARC Waiver

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, May 11, 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:

Upon arrival, LOC personnel on site will direct shell trailers to specific parking positions. As of now the lot will open early Saturday morning, but we have filed a permit application with the Regatta Point State Park and if approved will open the gates at 11:00 am Friday morning. In that eventuality all boats will need to be off the water by 2:30 pm and the gates will close in the late afternoon/early evening. We expect specifics to be available in the next week or so and will forward them ASAP. (Details to follow in the LOC memo).

PRACTICE DAY PARKING: Vehicle entry will not be allowed in Regatta Point Park with the exception of tow vehicles. TEAM BUSES AND VANS will be permitted to park north (direction of start line) of the trailer entrance gate. Parents may drop off tent items outside of Regatta Point but must not leave vehicles unattended. Parents should coordinate with members of your team to have your team assist in carrying items into the park.

Non-Team vehicles will not be permitted into the park. **Additional parking will be available in a lot to the west of the park on the road uphill toward UMass Medical Center. (Details to follow in the LOC memo).**

The boathouse racks may be usable. If so they are available on a first come first serve basis: 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.

Howard Meisner
Chief Referee

Gary R. Caldwell
Intercollegiate Rowing Association Commissioner

Tom Sullivan
Regatta Director

Katie Boldvich
Intercollegiate Rowing Association Executive Director

Linda Muri
Covid Response Coordinator
Entries Coordinator

Laura Kunkemueller
Intercollegiate Rowing Association Director of Officiating

To: Participating Coaches
From: Tom Sullivan, EARC Sprints Regatta Director
Howard Meisner, Chief Referee
Re: 2022 EARC Sprints Championships Special Instructions for Coaches and Coxswains

Date: April 15, 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 15, 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 EARC Sprints Championship Regatta will be conducted in accordance with the Rules of Rowing of USRowing except as modified in these Special EARC Sprints Regatta Instructions. It is your responsibility to make sure that your coxswains and crews are familiar with the rules.

75th EARC Sprints Regatta

April 15, 2022

TO: Participating Coaches, Coxswains and Officials

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

Coxswains of all heavyweight and lightweight crews participating in the 20122EARC Regatta are required to weigh a minimum of 125 pounds. Those coxswains, whose body weight, while wearing racing shirt, shorts and socks is less than 125 pounds, will be required to carry external weight in order to achieve the 125-pound minimum standard during the course of their race.

Weigh-in for coxswains of heavyweight and lightweight crews will take place beginning at 9:30 AM, Saturday, May 14th in the doorway of the garage adjacent to the Regatta Point boathouse and will close half an hour before practice ends.

It is to be noted the coxswain scale will also be closed during lightweight weigh-in's beginning at 3:00 pm until approximately 4:00 pm. **Please plan accordingly.**

Any coxswains not weighing in on Saturday must make prior arrangements with a race official to weigh-in on Sunday.

The EARC will provide external weight, in the form of sand bags, for all coxswains whose body weight is less than 125 pounds. 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 EARC or not, must be marked for specific individuals at the time of the coxswains weigh-in.

Coxswains will be responsible for their weights during the course of the regatta.

ON RACE DAY it will be the coxswain's responsibility to remember to bring their weights which 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, if so requested.

Tom Sullivan
Regatta Director

Howard Meisner
Chief Referee

April 15, 2022

To: Participating Coaches and Coxswains

From: Tom Sullivan, 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 EARC 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 EARC Sprints Regatta.

The SAFETY RULES include the following:

1. **BOW BALL:** Mandatory on all shells.
2. **TRAFFIC PATTERNS - PRACTICE DAY:** See attached document EARC Coxswain Instructions.
3. **TRAFFIC PATTERNS - RACE DAY (See QRA Lake Cox Map)**
SUNDAY, May 15, 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.

EASTERN ASSOCIATION OF ROWING COLLEGES

LIGHTWEIGHT CREW WEIGH-IN PROTOCOL

PROTOCOL SUBJECT TO REVIEW AND MODIFICATION DUE TO CHANGES IN COVID CONDITIONS IN CONSULTATION WITH THE EARC/IRA CLERK OF THE SCALES (and fellow coaches)

WEIGHT REQUIREMENTS: ALL crews must average 155.0 pounds; no individual oarsman may weigh over 160 pounds

Initial Weigh-in Time: _____

Scale Designation: A B C D E F G (circle one)

Signature of Weigh-in Observer: _____

- The formal weigh-in of all lightweight crews participating in the Sprints, including coxswains, will begin at 3 PM on the day preceding the formal competition.
- An oarsman's allowable weigh-in uniform may be any of the following: closed front boxer shorts, boxer briefs, or rowing shorts/unisuit.
- Oarsmen **must** remain in unisuit or rowing shorts and t-shirt when in any area that's viewable by the general public. If an oarsman chooses to weigh-in with closed front boxer shorts or boxer briefs they must wait until they are in the closed-off weigh-in area to disrobe.
- All members of an individual crew (1V, 2V, 3V, 4V, 5V, etc.), including the coxswain, must weigh in together.
- One EARC Varsity Lightweight Coach will be selected each year by vote at the EARC Lightweight Coach's meeting to serve as the on-site "Coordinator" of the formal weigh-in activity at the Sprints.
- Each participating EARC Lightweight member school will provide two individuals to serve as lightweight weigh-in staff at the Sprints, one to serve in the capacity of a "volunteer overseer", and the other to serve as a "volunteer assistant". Both shall take their directions from the "Coordinator".
- The Coordinator will assign one "volunteer overseer" to be in charge of each of the seven assigned scales for the formal weigh-in, and one "volunteer assistant" to work with an overseer to help record individual rower's weights and compute each crew's average weight.
- Each participating EARC Lightweight school will contribute one digital scale to be used for the formal lightweight weigh-in. Each scale must be calibrated after it arrives at the Regatta site. The "Coordinator" will arrange for Worcester Weights and Scales (508-853-2886) to be available on-site to perform the calibration. Each school is responsible for getting its scale calibrated, on site, in time for use during the formal weigh-in.
- The Coordinator will select 7 of the scales for the formal weigh-in procedure. Two of the 7 scales will be selected for each of the Jope Cup crews (V8-Scales A&B; 2V8-Scales C&D; 1F8-Scales E&F). The six V8 crews of Heat 1, in ranking order, will be assigned to Scale A. The six V8 crews from Heat 2 will be assigned, in ranking order, to Scale B. The 2V8 and 3V8 crews will be assigned their respective scales in like manner. The 4V8 and 5V8 crews will share one additional scale (scale G), with all 4V8 crews weighing in first, followed by the 5V8's, all in order by lane assignment.
- At least two of the remaining calibrated scales will be designated as "practice scales", and will be located immediately outside of the weigh-in area for use throughout the weigh-in, but for practice only. Practice scales will be calibrated and made available for use no later than noon on the day of the weigh-in.
- At the assigned time of a crew's formal weigh-in, the coach of that crew must present a copy of the official EARC final entry/weigh-in form to the Coordinator. The weigh-in form must be completely filled out and signed by the

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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 Coordinator will then distribute the weigh-in form to the appropriate “volunteer overseer” at the scale assigned to that crew.

- The overseer will then record on the form the start time of the crew’s initial weigh-in, the designation of the assigned weigh-in scale (A, B, etc.), and the names of the volunteers running that scale. The overseer will also confirm the name of the school and the names of the rowers and coxswain of the crew.
- All weigh-in forms will be kept by the respective volunteer overseers at each of the assigned scales until that volunteer overseer confirms that a crew has “made weight” within its proscribed 60-minute time allotment, and the crew is “qualified” to compete in the Regatta. The overseer will then sign the form and present it to an EARC assigned staff member.
- A crew that is not present when called for its initially assigned weigh-in time, or a crew that fails to satisfy the “average” boat weight requirement during its initial weigh-in, will be re-assigned a new weigh-in time, at its assigned scale, after all other crews at its assigned scale have been weighed in. Once a crew is assigned to a scale, it cannot be weighed in on a different scale.
- A crew that fails to satisfy the 155.0-pound 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 weight average 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 prescribed 60-minute additional time allotment must immediately make the necessary substitutions, using other members from the squad, which will allow it to satisfy the requirement. If there are an insufficient number of substitutions available to fill out all racing crews, then the lowest racing crew must be withdrawn from the competition.
- An oarsman who fails to satisfy the 160-pound 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 pounds within the prescribed 60-minute additional time allotment will be disqualified 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 155.0-pound average weight requirement, and provided the substitute satisfies the individual oarsman’s maximum weight limit of 160 pounds. 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.

EASTERN ASSOCIATION OF ROWING COLLEGES

April 15, 2022

MEMORANDUM

TO: 2022 EARC Coaches

FROM: TOM SULLIVAN, EARC Regatta Director

RE: LANE ASSIGNMENTS: 2022 EARC REGATTA

LANE ASSIGNMENTS FOR MORNING HEATS: In accordance with previous formal action taken by the EARC, the top-seeded crews in the EARC Regatta are to be assigned to 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 in the event of excessive crosswinds on the race course. In the event of a “wind shift” that necessitates a change in lane assignments the regatta will follow the procedure outlined below in steps #1, #2, and #3. This procedure will be applied to the morning heats only of the EARC Regatta.

LANE ASSIGNMENTS FOR THE AFTERNOON EVENTS THE THREE WINNING CREWS FROM THE HEAVYWEIGHTS HEATS WILL BE PLACED in lanes 1-2-3 by random draw and second place crews from heats into lanes 4-5-6 by random draw. Similar procedures will be followed for petite level and 3rd level finals. THE TWO WINNING CREWS FROM THE LIGHTWEIGHT HEATS will be placed in lanes 1-2, 2nd place crews in lanes 3-4, 3rd place crews in lanes 5-6. Similar procedures will be followed for petite level finals. In the event of a “wind shift” that necessitates a change in lane assignments the regatta will follow the procedure outlined below in steps #5, #3, and #4. This procedure will be applied to the afternoon finals only of the EARC Regatta.

The procedures will be implemented as follows:

1. For the morning heats, the EARC office will draw up two Schedules of lane assignments. Schedule “A” will show all top seeded crews in Lane 1 (or the appropriate Worcester shore lane), and Schedule “B” will show all top-seeded crews in Lane 6 (or the appropriate Shrewsbury shore lane).
2. It is agreed in advance of the Regatta that Schedule “A” would be followed, UNLESS weather conditions dictate a change to Schedule “B”.
3. The decision to change would be made by the Intercollegiate Rowing Association Commissioner and/or Regatta Director in their role as the Fairness Committee who may consult with the head varsity coaches of the top-seeded crews in up-coming heats, as transmitted to the Regatta Director by the President of the EARC Coaches. The change would be implemented as soon as possible, but no later than 45 minutes after notification to the Director.
4. 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 in (3).
5. For the afternoon finals, two schedules, “C” AND “D”, will be developed. Schedule “C” will place heavyweight heat winners in lanes 1, 2, and 3. Schedule “D” will place the same heat winners in lanes 6, 5, and 4 respectively. Schedule “C” will be followed, unless weather conditions dictate a change to Schedule “D”, as decided in accordance with procedures outlined in paragraph (3) above with the exception that the recommendation would be made by the respective Varsity Eight coaches of the winning morning heats. Lightweight heat winners will be placed in lanes 1 and 2 for Schedule “C”, and Lanes 6 and 5 respectively for Schedule “D.”
6. Irrespective of the plan outlined above the Fairness Committee reserves the right to place crews in other lane assignments should they choose to do so.

EASTERN ASSOCIATION OF ROWING COLLEGES

April 15, 2022

TO: 2022 EARC Coaches

SUBJECT: Seeding Format and Lane Assignments for 2022 Sprints

This is the scheme for heavyweights (Schedule A):

<u>LANE</u>	<u>HEAT 1</u>	<u>HEAT 2</u>	<u>HEAT 3</u>
1	1	2	3
2	6	5	4
3	7	8	9
4	12	11	10
5	13	14	15
6		17	16

and for the lightweights:

<u>LANE</u>	<u>HEAT 1</u>	<u>HEAT 2</u>
1	1	2
2	4	3
3	5	6
4	8	7
5	9	
6		

Sincerely yours,

TOM SULLIVAN
Regatta Director

TO: Participating Coaches

FROM: Tom Sullivan, Regatta Director

SUBJECT: IRA/EARC 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.