



# National Invitational Rowing Championships

May 12, 2023

Lake Quinsigamond  
Worcester, Massachusetts

*Hosted by the*

*Intercollegiate Rowing Association, Inc.  
And the Quinsigamond Rowing Association*

## WELCOME

The Intercollegiate Rowing Association, Inc., and the Quinsigamond Rowing Association (QRA) welcome all participants, coaches, oarsmen, oarswomen, and coxswains to the 29<sup>th</sup> Annual National Invitational Rowing Championships. Please find the enclosed regatta information and material pertinent to your participation in the Regatta on Friday, May 12, 2023.

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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:

- A. Rowing equip. compliance form: Tuesday, May 9, 2023, at 5:00 pm. (EDT)  
<https://forms.gle/1w5akeHw8WBCFrSd8>
- B. Final Entries: Monday, May 8, 2023, at 5:00 pm. (EDT)  
All Final Boating Forms: Tuesday, May 9, 2023, at 5:00 pm (EDT)
- C. IRA/NIRC/PATRIOT Waiver of Liability Forms: Tuesday, May 9, 2023, at 5:00 pm (EDT)

2. ACCESS TO REGATTA POINT STATE PARK: Park gates will open at 8:00 am Thursday for NIRC access and will be locked at 8:00 pm. Trailers will not be allowed inside the park gates before Thursday morning. You will be directed where to place your trailer by the parking lot attendants. Further arrival and parking info will be released approximately two weeks prior to the championships. **Practice Sessions are from 10:30 am to 1:30 pm, and 6:30 pm to 7:30 pm.**

2a. ACCESS TO DONAHUE ROWING CENTER: Schools may arrive on site starting at 8:00 am Thursday. They must vacate the DRC no later than 2:00 pm, and are restricted from the site until 6:00 pm Thursday evening due to high school practice and other activities on site.

**Practice Sessions are from 10:30 am to 1:30 pm, and 6:30 pm to 7:30 pm.**

3. PARTICIPANT ACCIDENT INSURANCE: Any participant must be covered by \$25,000 "Participant Accident Insurance" and/or one-million-dollar catastrophic insurance on behalf of each 'participant' and maintain the 'participant' accident insurance in effect at the time of any 'occurrence' giving rise to claim or 'suit' under this policy."

#### Included in This Packet

1. Instructions for submitting IRA/NIRC Participant Waiver
2. Safety
3. Weigh-in Procedure for Coxswains
4. Rules and Protocols
5. List of Participating Schools 2023 NIRC
6. 2023 NIRC Points Formula
7. 2023 NIRC/PATRIOT Preliminary event list and Race Schedule (Separate attachment)
8. Policy for Assignment of Lanes - Heats and Finals
9. Fairness Committee Document

### COACHES AND COXSWAINS MEETING

There will be a **mandatory coaches and coxswains meeting with regatta officials at TBA (EDT) via Zoom on Wednesday, May 10, 2023.** Each NIRC AND PATRIOT member institution Head Coach(s), 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).

**TO: Participating Coaches**

**FROM: Thomas Sullivan, Regatta Director**

**SUBJECT: IRA/NIRC/Patriot 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/IRA2023>

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.

April 12, 2023

## **BOAT SAFETY**

Please take special notice of the following safety and equipment requirements from the **2023 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.** You must fill out the Rowing equip. compliance form no later than Tuesday, MAY 9, 2023, at 5:00 pm. (EDT) <https://forms.gle/1w5akeHw8WBCFrSd8>.

- **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 Friday, May 12, 2023, 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 NIRC Championship Regatta will be conducted in accordance with the Rules of Rowing of USRowing except as modified in these Special NIRC Sprints/Patriot Regatta Instructions.** It is your responsibility to make sure that your coxswains and crews are familiar with the rules.

# National Invitational Rowing Championships

April 12, 2023

To: Coaches, Coxswains and Officials - 2023 National Invitational Rowing Championships

Subject: Weigh-In Procedure for Coxswains

1. Coxswains of all men's crews participating in the 2023 NIRC Regatta are required to weigh a minimum of 120 pounds. Coxswains of all women's crews participating in the 2023 NIRC 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 the minimum, will be required to carry external weight in order to achieve the minimum standard during the course of their race.

Coxswains of all crews participating in the 2023 PATRIOT Championships are required to weigh a minimum of 110 pounds. Coxswains will be weighed in their racing uniform.

2. Weigh-in for coxswains of NIRC crews will take place beginning at 12:00 pm Thursday, May 11, 2023 in the doorway of the garage adjacent to the Regatta Point boathouse and will close half an hour before practice ends.

Weigh in for the Patriot League Championships will take place at the Donahue Rowing Center at a time and place as proscribed in their championship manual.

3. Regatta Organizers will provide external weight, in the form of sandbags, for all coxswains whose body weight is less than the minimum standard. It is ***strongly 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 Regatta Organizers or not, must be marked for specific individuals at the time of the coxswains weigh-in.
4. Coxswains are responsible for their weights once they have been certified by the weigh-in officials.

All coxswains are responsible for their weights for the duration of the regatta. Also, teams are responsible for providing their own bow markers.

ON RACE DAY it will be the coxswains' responsibility to carry his or her 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 advised that they must display their weight to the Referee, if so requested.

Gary Caldwell  
Intercollegiate Rowing Association, Inc. Commissioner

April 12, 2023

To: Participating Coaches and Coxswains

From: Thomas Sullivan, Regatta Director

Re: **IMPORTANT: SAFETY RULES and PROTOCOLS – 2023 REGATTA**

This is to emphasize that the following **SAFETY RULES** are to be strictly adhered to at the **2023 NIRC Sprints Regatta and PATRIOT Championships**. These rules are spelled out in detail in the 2023 Special Instructions to Coaches and Coxswains. **Please READ THESE INSTRUCTIONS CAREFULLY** prior to your participation in the NIRC Sprints Regatta and PATRIOT Championships.

The SAFETY RULES include the following:

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

**FRIDAY, MAY 12, 2023**

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.**

NIRC Sprints and Patriot Women's Regattas

COLLEGES AND UNIVERSITIES COMPETING IN THE 29<sup>th</sup> ANNUAL  
NATIONAL INVITATIONAL ROWING CHAMPIONSHIPS

Bates College  
Adrian College\*  
Clark University\*\*  
Colby College  
Connecticut College  
Hamilton College  
Hobart College\*  
Ithaca College  
Marist College\*  
MIT\*  
University of Michigan\*  
Mount Holyoke College\*\*  
University of New Hampshire  
Rochester Institute of Technology  
St. Lawrence University\*\*  
Skidmore College  
Smith College\*\*  
Trinity College  
Tufts University  
United States Coast Guard Academy  
University of Rochester  
Wellesley College\*\*  
Wesleyan University  
Williams College  
William Smith College\*\*  
Worcester Polytechnic Institute  
\*Men Only  
\*\*Women Only

## 2023 National Invitational Rowing Championships Point Scoring Formulas

### \*Overall Point Championship Trophy\*

The Overall Point Trophy will be awarded to the college accumulating the highest combined point total in the Men's and Women's Championships.

### \*Men's Point Championship Trophy\*

In Honor of Fred Emerson and sponsored by Mr. Jack Spratt

The Men's Point Championship Trophy will be awarded to the college scoring the highest combined total of points in all eights events for men.

### \*Women's Point Championship Trophy\*

In Honor of Anita DeFrantz and sponsored by Connecticut College

The Women's Point Championship Trophy will be awarded to the college scoring the highest combined total of points in all eights events for women.

Both Championship Trophies will be awarded according to the following point scoring formula. No points will be awarded for events with three crews or less. Loosely speaking the events will be awarded points on a sliding scale consisting of a multiplier and the number of entries. An example that is close to our actual entry numbers is below:

<u>Event/Place:</u>	<u>Varsity Eight</u> <u>Max Points</u> <u>5 x 18=90</u>	<u>2<sup>nd</sup> Varsity Eight</u> <u>Max Points</u> <u>4 x 18=72</u>	<u>3<sup>rd</sup> Varsity Eight</u> <u>Max Points</u> <u>3 x 12=36</u>	<u>Novice Eight</u> <u>Max Points</u> <u>6 x 2=12</u>
<u>1</u>	<u>90</u>	<u>72</u>	<u>36</u>	<u>12</u>
<u>2</u>	<u>85</u>	<u>68</u>	<u>33</u>	<u>10</u>
<u>3</u>	<u>80</u>	<u>64</u>	<u>30</u>	<u>8</u>
<u>4</u>	<u>75</u>	<u>60</u>	<u>27</u>	<u>6</u>
<u>5</u>	<u>70</u>	<u>56</u>	<u>24</u>	<u>4</u>
<u>6</u>	<u>65</u>	<u>52</u>	<u>21</u>	<u>2</u>
<u>7</u>	<u>60</u>	<u>48</u>	<u>18</u>	
<u>8</u>	<u>55</u>	<u>44</u>	<u>15</u>	
<u>9</u>	<u>50</u>	<u>40</u>	<u>12</u>	
<u>10</u>	<u>45</u>	<u>36</u>	<u>9</u>	
<u>11</u>	<u>40</u>	<u>32</u>	<u>6</u>	
<u>12</u>	<u>35</u>	<u>28</u>	<u>3</u>	
<u>13</u>	<u>30</u>	<u>24</u>		
<u>14</u>	<u>25</u>	<u>20</u>		
<u>15</u>	<u>20</u>	<u>16</u>		
<u>16</u>	<u>15</u>	<u>12</u>		
<u>17</u>	<u>10</u>	<u>8</u>		
<u>18</u>	<u>5</u>	<u>4</u>		
<u>19</u>				
<u>20</u>				
<u>21</u>				

\*\*In the event a team enters multiple boats in the 3<sup>rd</sup> Varsity and/or Novice Eights Events, points will be awarded only for the boat with the higher finish in its respective event. Lower finishing boats from



NIRC Sprints and Patriot Women’s Regattas  
competing schools will be bumped up accordingly in the points allocation.

**LANE ASSIGNMENTS POLICY: 2023 NIRC REGATTA**  
**(Patriot League Championships Lane Assignments per their Championships Manual)**

The top-seeded crews in the NIRC 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 “topseed” will always be given the “lee side” of the lake. This procedure will be applied to the heats of the NIRC Regatta. It will also be applied for any events that are “final only.”

Seeding and lane assignments for Varsity Eight Events

Heat #:	Lane 0:	Lane 1:	Lane 2:	Lane 3:	Lane 4:	Lane 5:	Lane 6:
Heat 1	1	6	7	12	13	18	19
Heat 2	2	5	8	11	14	17	20
Heat 3	3	4	9	10	15	16	21

Seeding and lane assignments for events with three heats: (18 Crews or fewer)

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

For events with two heats, the heat winners will be assigned to lanes 1 or 2 in the finals, 2<sup>nd</sup> place heat finishers to lanes 3 and 4, 3<sup>rd</sup> place finishers to lanes 5 and 6 randomly. Events with three heats that proceed directly to finals will place the heat winners in lanes 1, 2, and 3, by random draw.

## ALTERNATIVE PROGRAMS IN CASES OF UNFAIR WEATHER CONDITIONS

The Intercollegiate Rowing Association, Inc. Commissioner shall appoint a "Fairness Committee" to make changes to the program if the weather creates unfair or unrowable conditions.

The Fairness Committee shall consist of four persons selected and announced in advance of any racing: One representative of the Umpiring Commission, one representative of the National Invitational Rowing Championships Seeding/Selection Committee and the Regatta Director or designee. USRowing Collegiate Championships Commissioner or his designee will act as the ex officio chair (nonvoting).

It is the duty of the Fairness Committee to determine that the weather has created, or is about to create, unfair or unrowable conditions. It is then their responsibility to implement the appropriate alternative from those described below. In applying these alternatives the Fairness Committee will always consider (a) and (b) before considering (c) or (d).

- a) To delay the racing program to later in the day, if the weather forecast indicates that the conditions are likely to improve.
- b) To start racing earlier than previously announced, provided that the announcement of the new times is made at the regatta site on the previous day.
- c) To re-allocate the lanes for each individual race, using the placings from the previous round to put the crews with the better placings (or the seeded crews for the heats, or final where there are no heats) in the better lanes. Where two or more crews have the same placing in the immediately previous round, (e.g., each were heat winners), then there shall be a draw to determine their lanes.
- d) To modify the race program, by eliminating third level finals, petite finals, or some events.

In the event that (c) above is to be put into effect, a change would be implemented as soon as possible, but no later than 45 minutes after notification to the Regatta Director. 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 again, allowing for a maximum of 45 minutes to implement new lane assignments. In the event (c) above is implemented, lane assignments would be reversed with crews in lane 1 moving to lane 6, lane 2 to lane 5, lane 3 to lane 4, lane 4 to lane 3, lane 5 to lane 2, and lane 6 to lane 1. While this will be the first approach to re-seeding, the fairness committee is not limited to these options.

In the event of weather conditions that would require an alteration to the race schedule (a, b, or d above), the following process will be employed:

### Implementation of Foul Weather Procedure

If at any point racing is delayed or interrupted the following procedures may be employed:

1. Maximum of three 20-minute holds in the morning. Each hold triggers a loss of two breaks
2. Eliminate morning breaks
3. Eliminate lunch break (morning only)
4. Eliminate afternoon breaks.
5. Up to one-hour additional delay.
6. After this point cancellations occur as stipulated in the onsite package. (See below)

Following a decision to further delay racing, the Regatta Director will announce a revised racing schedule. Events that must be canceled will be designated in the following order:

1. All 3<sup>rd</sup> and 4th Level Finals
2. WN8 & MN8
3. W3V8 & M3V8
4. W2V8 & M2V8
5. Remainder of Regatta