

76th Annual EARC Sprints Regatta--Final Entry Packet (With additional Ivy League Women's Championship Materials)

Important Notes

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 11, 2023, at 5:00 pm. (EDT)
<https://forms.gle/1w5akeHw8WBCFrSd8>
2. Final Entries: Monday, May 8, 2023, at 5:00 pm. (EDT)
3. All Final Boating Forms: Thursday, May 11, 2023, at 5:00 pm (EDT)
4. IRA/WSPRINTS Waiver of Liability Forms: Thursday, May 11, 2023, at 5:00 pm (EDT)

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Coaches: **Time sensitive action items highlighted in yellow.**

Ivy Women's Rowing Championship specific items highlighted in green.

76th EARC Sprints, and Ivy Women's Rowing Championship

April 14, 2023

To: **EARC Sprints/Ivy Women's Rowing Coaches**

Re: **76TH Annual EARC Sprints Regatta and Ivy Women's Rowing Championship
Sunday, May 14, 2023
Lake Quinsigamond – Worcester, Mass.**

Please find enclosed the following **EARC Sprints/Ivy Women's Rowing Championship materials** that should be distributed to your coaching staff:

Important Notes

- Final Entries – Heavyweight, Lightweight and Ivy Women's Rowing Championship **entered on Regatta Central by Monday, May 8, 2023 at 5:00 pm (EDT)**
- Lineups Due – via Regatta Central by **Thursday, May 11, 2023 at 5:00 pm (EDT)**
- Regatta Central and Waiver of Liability Forms - Completed by **Thursday, May 11, 2023 at 5:00 pm (lineups must be entered PRIOR to the waiver check)**
- Rowing Equipment Compliance Form **DUE: Thursday, May 11, 2023 at 5:00 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/ W-IVY 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 10, 2023.** Each member institution Head Coach(s), Heavyweight, Lightweight, Ivy Women's Rowing, and coxswains must attend. (If you are unable to attend you must make prior arrangements with the EARC Regatta Director or where appropriate Ivy League Senior Associate Executive Director of Championships & Sports Administration 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. (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 served 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 (On site)
Co-Chief Referee

Laura Kunkemueller (On site) (Co-Chief Referee)
Intercollegiate Rowing Association Director of Officiating

Tom Sullivan (On site)
Regatta Director

Celene McGowan (On site)
Ivy League Senior Associate Executive Director
of Championships & Sports Administration

Linda Muri (On site)
Entries/Waiver Coordinator

Gary R. Caldwell (On site)
Intercollegiate Rowing Association Commissioner

Katie Boldvich (Not on site)
Intercollegiate Rowing Association Executive Director

To: Participating Coaches

76th EARC Sprints, and Ivy Women's Rowing Championship

From: Tom Sullivan, EARC Sprints and Ivy Women's Rowing Championship Regatta Director
Howard Meisner and Laura Kunkemueller, Co-Chief Referees

Re: 2023 EARC Sprints Championships and Ivy Women's Rowing Championship Special Instructions
for Coaches and Coxswains

Date: April 14, 2023

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 **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.**

- **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 14, 2023, but it is your responsibility to ensure your boats meet these standards.

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

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

76th EARC Sprints, and Ivy Women's Rowing Championship

April 14, 2023

TO: Participating Coaches, Coxswains and Officials

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

Coxswains of all heavyweight and lightweight crews participating in the 2023 EARC 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.

Coxswains of all crews participating in the 2023 Ivy Women's Rowing Championship are required to weigh a minimum of 121 pounds. Coxswains will be weighed in their racing uniform.

Weigh-in for coxswains of heavyweight, lightweight, and Ivy Women's Rowing Championship crews will take place beginning at 9:30 AM, Saturday, May 13th in the doorway of the garage adjacent to the Regatta Point boathouse and will close at 5:30 pm.

Any coxswains not weighing in on Saturday must make prior arrangements with a Chief Referee or Regatta Director 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 the required minimum of weight of **125/121 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 coxswains at the time of the individual's weigh-in.

All coxswains will pick up their bow markers, and weights where applicable at the coxswains weigh in station no earlier than **75 minutes** before their respective races and are responsible for returning weights and bow markers post race.

ON RACE DAY the coxswain is responsible for his/her weight. The weight must be carried at the coxswain's seat, as close to the torso of the coxswain as possible. Coxswains are also advised that they must display their weight to the Referee, if so requested.

Tom Sullivan
Regatta Director

Howard Meisner/Laura Kunkemueller
Co-Chief Referees

April 14, 2023

To: Participating Coaches and Coxswains

From: Tom Sullivan, Regatta Director

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

This is to emphasize that the following **SAFETY RULES** are to be strictly adhered to at the **2023 EARC Sprints Regatta and Ivy Women's Rowing Championship**. 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 EARC Sprints Regatta and Ivy Women's Rowing Championship.

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)**
SUNDAY, May 14, 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.

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.), except coxswains., must weigh in together.
- Coxswains Weigh Separately, see Coxswain instructions.
- 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 an "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 in calendar 2023 before it arrives at the Regatta site.
- 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 14, 2023

MEMORANDUM

TO: 2023 EARC Coaches
FROM: TOM SULLIVAN, EARC/Ivy Women's Regatta Director
RE: LANE ASSIGNMENTS: 2023 EARC REGATTA and Ivy Women's Rowing Championship

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 HEAVYWEIGHT 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 AND THE IVY WOMEN'S ROWING CHAMPIONSHIP HEATS** will be placed randomly 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 #3, #4, and #5. 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" will be followed UNLESS weather conditions dictate a change to Schedule "B".
3. The decision to change will 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 and/or Ivy Coaches Chair. 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). If Schedule B is implemented mid-session, all crews will race using Schedule "A" bow markers.
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 and Ivy Women's Rowing Championship heat winners will be placed in lanes 1 and 2 for Schedule "C", and Lanes 6 and 5 respectively for Schedule "D." If Schedule "D" is implemented mid-session, all crews will race using Schedule "C" bow markers. Lanes for events with finals only (no heats) will be determined by coaches' polls.
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.
7. The Fairness Committee for the regatta will be composed of the Regatta Director, IRA Commissioner, Chief Referee(s) and the Ivy League Senior Associate Executive Director of Championships & Sports Administration.

EASTERN ASSOCIATION OF ROWING COLLEGES

April 14, 2023

TO: 2023 EARC and Ivy Women's Coaches

SUBJECT: Seeding Format and Lane Assignments for 2023 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 **and Ivy Women's Rowing Championship Events:**

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