

48th 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 24, 2023, at 5:00 pm. (EDT)
<https://forms.gle/T14PqegNnuiSkkcX7>
 2. Final Entries: Mon., April 24, 2023, at 5:00 pm. (EDT)
 3. All Final Boating Forms: Thursday, April 27, 2023, at 5:00 pm (EDT)
 4. IRA/WSPRINTS Waiver of Liability Forms: Thursday, April 27, 2023, at 5:00 pm (EDT)
2. Special Instructions to Coxswains and Coaches (pages 3-4 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)
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9. 2023 WSPRINTS Team Point Protocol (Formulas)
10. 2023 WSPRINTS Lightweight Team Points Protocol (Formulas)
11. 2023 Preliminary WSPRINTS Race Schedule

Women's Sprints Regatta Director:

Linda Muri

Cell: 857-998-1186

Email: lindamuri01@gmail.com

April 1, 2023

To: **Women's Sprints Coaches**

Re: **48TH Annual Women's Sprints Regatta – Sunday, April 30, 2023**
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 24, 2023 at 5:00 pm (EDT)**
- Lineups Due – via Regatta Central by **Thursday, April 27, 2023 at 5:00 pm (EDT)**
- Regatta Central and Waiver of Liability Forms - Completed by **Thursday, April 27, 2023 at 5:00 pm (lineups must be entered PRIOR to the waiver check)**
- Rowing Equipment Compliance Form **DUE: Thursday, April 27, 2023 at 5:00 pm**
Online Equipment Form: <https://forms.gle/T14PqegNnuiSkkcX7>
- 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. 2023 WSPRINTS Team Point Protocol (Formulas)
8. 2023 WSPRINTS Lightweight Team Points Protocol (Formulas)
9. 2023 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 26, 2023.** 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. The Park will open for trailers at 8:30 am Saturday, April 29, 2023. The parking lot will also open at 6:00 am on Sunday morning for crews wishing to move their trailers on site Sunday morning. If arriving Saturday evening it is to be noted the gate will be 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.

Lyssa Bayne
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
Lyssa Bayne, Chief Referee
Re: 2023 Women's Sprints Championships Special Instructions for Coaches and Coxswains

Date: April 1, 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, April 30, 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 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, 2023

TO: Participating Coaches, Coxswains and Officials

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

Coxswains of all heavyweight and lightweight crews participating in the 2023 Women's Sprints Regatta are required to weigh a minimum of 110 pounds. Those coxswains whose body weight, while wearing racing shirt, shorts or unisuit, 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 9:30 am, Saturday, April 29, 2023 at **the garage adjacent to the Main Office at Regatta Point State Park** and will close at 6:00 pm. Coxswain weigh ins will be suspended during lightweight weigh ins from 3:00 – 4:00 pm. **Any coxswains who are unable to weigh in during this timeframe MUST make alternate arrangements with the Chief official and/or Regatta Director.** There will not be a scale available for practice weigh ins prior to this time.

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. (As a note, Schools are also responsible for their own bow markers for this regatta).

Linda Muri
Regatta Director

Lyssa Bayne
Chief Referee

April 1, 2023

To: Participating Coaches and Coxswains

From: Linda Muri 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 Women's Sprints Regatta**. 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 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:

8:30 am: Regatta Point Park opens for trailers

10:30 am: Course opens for practice

1:30 pm: Course closed for practice.

1:30-6:00 pm: High school races on the course, no practice

6:30-7:30 pm: Course reopened for practice. Boats must be off the water by 7:30 pm.

7:50 Sunset

8:00 Regatta Point park cleared and gates locked.

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

SUNDAY, April 30, 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.

April 1, 2023

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 take place on **Saturday, April 29, 2023**, beginning at 3:00 PM. Weigh in will be supervised by Regatta Director Linda Muri and/or Chief Referee Lyssa Bayne.
2. Weigh-ins will take place at the Regatta Point Conference Room in the Administration building directly across the boardwalk from the awards dock. Schools will be given pre-assigned weigh in times starting with the school with the highest Varsity Eight poll ranking and then moving on to number two, etc. Schools will be provided with specific weigh in times after lane draw early in the week.
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.

Coxswains will weigh-in at **the garage adjacent to the Main Office at Regatta Point State Park** between **3:00 and 6:00 PM on Saturday, April 29, 2023**. **Any coxswain who is unable to attend weigh-in during this timeframe MUST make *prior* alternate arrangements with the Regatta Director.**

April 1, 2023

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: 1st 2nd and 3rd place crews will race in the Grand Final. The 4th to 6th 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, 2023

TO: Participating Coaches

SUBJECT: Seeding Format and Lane Assignments for 2023 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

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. Event(s) with 7 entries will proceed directly to Grand Final.

TO: Participating Coaches

FROM: Katie Boldvich, Intercollegiate Rowing Association

SUBJECT: IRA/WSPRINTS Waiver of Liability

All participating rowers and coxswains are required to complete the annual USRowing Waiver by utilizing your club's access code or USRowing Member Number.

All Athletes:

1. Go to <https://membership.usrowing.org>
2. Under the 'Individuals' box (left side of page) select 'join'
3. Enter athlete information (please ensure athletes enter the 'club code' provided to you by USRowing so they will be added to your roster)
4. Select 'search'

New Athletes:

1. If an athlete is new, they will automatically be directed to the next step (select 'Basic membership') and then follow steps to complete waiver/membership
2. Athletes will receive email confirmation when process complete

Returning Athletes:

1. Select 'login' next to your USRowing record (take note of your 'Member Number' as that is also your 'username')
2. Complete login— if you do not have a password, select 'forgot password' and a reset link will be emailed to you
3. Once password reset, login
4. Select a 'membership type' (most athletes only need the 'basic' free membership)
5. Complete member information and hit 'submit'
6. Follow steps to complete waiver process
7. Athletes will receive email confirmation when process complete

Women's Sprints Special Instructions

WOMEN'S EASTERN SPRINTS: Preliminary Point Distribution								COMPETING SCHOOLS
2023 Willing Trophy	Varsity Eights	2nd Varsity Eights	Varsity Four A	3rd Var Eighth	Varsity Four B	TEAM TOTAL		
<i>EVENT ENTRIES</i>	17	17	17	11	13			
<i>POINTS ALLOCATION</i>	4	3	2	1	1			
<i>SCHOOL</i>								
1	68	51	34	11	13	177	BOSTON COLLEGE	
2	64	48	32	10	12	166	BROWN	
3	60	45	30	9	11	155	BU	
4	56	42	28	8	10	144	COLGATE	
5	52	39	26	7	9	133	COLUMBIA	
6	48	36	24	6	8	122	CORNELL	
7	44	33	22	5	7	111	DARTMOUTH	
8	40	30	20	4	6	100	DREXEL	
9	36	27	18	3	5	89	GEORGETOWN	
10	32	24	16	2	4	78	HARVARD-RADCLIFFE	
11	28	21	14	1	3	67	MARIST	
12	24	18	12	1	2	57	MICHIGAN STATE	
13	20	15	10		1	46	NORTHEASTERN	
14	16	12	8		1	37	RUTGERS	
15	12	9	6			27	SYRACUSE	
16	8	6	4			18	TEMPLE	
17	4	3	2			9	UMASS	
18	0	0	0			0	URI	
TOTALS	612	459	306	67	92			

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 ELIGIBLE FOR POINTS

MAX POINTS PER EVENT DETERMINED BY MULTIPLYING THE EVENT ALLOCATION BY THE NUMBER OF CREWS ENTERED IN THE EVENT

ILLUSTRATION ABOVE SHOWS 12 ENTRIES IN THE 3V8 EVENT AND 14 IN THE B4

WOMEN'S EASTERN SPRINTS								
2019 Willing Trophy	Varsity Eights	2nd Varsity Eights	Varsity Four A	3rd Var Eighth	Varsity Four B	TEAM TOTAL	NCAA TEAM TOTAL	
<i>EVENT ENTRIES</i>	14	14	13	8	9			
<i>POINTS ALLOCATION</i>	4	3	2	1	1			
1	RUTGERS	56	39	26	8	9	138	121
2	HARVARD-RADCLIFFE	52	42	20	7	8	129	114
3	DARTMOUTH	48	27	24		7	106	99
4	TEMPLE	40	33	16	5	6	100	89
5	COLUMBIA	44	24	22	6		96	90
6	TENNESSEE	32	30	18		5	85	80
7	NORTHEASTERN	36	36	6	4		82	78
8	URI	28	21	12		1	62	61
9	BOSTON COLLEGE	24	18	14	1	4	61	56
10	DREXEL	20	15	10	2		47	45
11	BU	16	12	8		3	39	36
12	CONNECTICUT	12	9	4	3	2	30	25
13	HOLY CROSS	8	6	2			16	16
14	MIT	4	3				7	7
TOTALS		420	315	182	36	45		

2022 LIGHTWEIGHT SPRINTS POINTS TROPHY PROTOCOL ULBRICH TROPHY

NCAA POINTS FORMAT IS THE GUIDE

EVENT ENTRIES	2022	5	5	5	MIN OF 3	MIN OF 3	MIN OF 3
POINT ALLOCATION		4	3	2	1	1	1
	Total Pts	V 8	V 4	V 2X	3 V 8	V 2X B	V 4 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	2019	4	3	2	1	1	1
Total Schools	5	5	5	5	4	3	3
	Total Pts	V 8	V 4	V 2X	3 V 8	V 2X B	V 4 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>			
	2019 V8 SEEDS	V4 SEEDS	V2X SEEDS	
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	
	3V8 SEEDS	V2X B SEEDS	V4 B SEEDS	
	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.

