

MPSRA Annual Meeting
January 10th, 2016

I. Roll Call (Laura Rothman, MPSRA Secretary)

Present:

Arlington-Belmont Crew

Laura Rothman

Mark Grinberg

Boston Latin

Beata Coloyan

Jasmine Howard

Bromfield Acton-Boxborough

Holly Hatton

Brian DeDominici

Brookline

Katy Ruderman

Andy McLaughlin

CRLS

Kate Smith

Marcus Caimi

Duxbury

Michaela Streitfield

Hingham

Doug McCaig

Lenny Manning

Lowell

Jenn Thomas

Malden

Sarah Jones

Medford

Ed McCor mick

Methuen

Travis Gardner

Milton

Lucy Plackwic

Mystic Valley

Nick Wright

North Quincy/Quincy High

Alicia Golden

Row Boston

Ariel Handler

Andrew Voorhees

Tom Demers

Shrewsbury

Brian (Worcester coach)

Somerville-Everett

Stu Whitney

Kate Buckley

Wayland-Weston

Mike Baker

Westford-Littleton

Dave Cormier

Mikey Sevic

KC Lumbard

Worcester

Rick Stavros

Other/board

Pat Scott

Absent:

Nauset-Nauset Tech

Pioneer Valley Rowing Club

II. Treasurer's update (Nick Wright, MPSRA Treasurer)

- Spring regatta
 - Regatta profit was approximately \$600 (compared to approximately \$5000 in previous years). The additional fees were for enhancements: paid USRowing officials and HereNow timing.
 - We also paid \$900 for medals.
- Fall regatta
 - Regatta profit was approximately \$400. The additional fees were for enhancements: paid USRowing officials and HereNow timing.
 - We also paid \$2000 for medals.
- After all expenses in 2015, we lost about \$5,000, but currently have about \$12,000 in the bank.
- We should consider raising entry fees to create a little extra buffer – we are cutting it close to breaking even.

III. New Proposals to Change Existing By-Laws (Mark Grinberg, MPSRA Vice President)

1. Proposal regarding board member attendance (Mark Grinberg, Arlington-Belmont & Pat Scott, Regatta Director) – see Appendix 1
 - The vote was as follows:
 - 18 for
 - 0 against
 - 1 abstain
 - Passes as written
2. Proposal regarding single-team events at regattas (Mark Grinberg, Arlington-Belmont & Pat Scott, Regatta Director) – see Appendix 2
 - Amended proposal to say that it only applies to the Spring and that the Regatta Director will make every effort to slot entries into events of comparable speed and with open lanes.
 - The vote was as follows:
 - 12 for
 - 4 against
 - 3 abstain
 - Passes as amended
3. Proposal regarding deadlines for the Spring and Fall Championships (Laura Rothman, Arlington-Belmont) – see Appendix 3
 - Amended proposal to say that proof of payment will be accepted in place of actual payment. Teams that do not submit payment will not be permitted to race in the next Championship regatta.
 - The vote was as follows:
 - 18 for
 - 0 against
 - 1 abstain
 - Passes as amended
4. Proposal regarding middle school rowing (Mark Grinberg, Arlington-Belmont & Pat Scott, Regatta Director) – see Appendix 4
 - The vote was as follows:
 - 16 for
 - 0 against
 - 3 abstain

- Passes as written
5. Proposal regarding middle school rowing (Beata Coloyan, Boston Latin & Jasmine Howard, Boston Latin) – see Appendix 5
 - The vote was as follows:
 - 9 for
 - 0 against
 - 10 abstain
 - Does not pass
 - There was a motion to re-vote, followed by a unanimous vote to re-vote.
 - The re-vote was as follows:
 - 13 for
 - 0 against
 - 7 abstain
 - Passes as written on re-vote
 6. Proposal to run the MPSRA Fall Championship as part of the Massachusetts State Championship (Nick Wright, Mystic Valley & Rick Stavros, Worcester) – see Appendix 6
 - Was not voted on because regatta hosts are chosen by the board. Will be voted on at next board meeting.

IV. Annual Board Member Elections (Katy Ruderman, MPSRA President)

- Ed McCormick's and Dusan Nikolic's terms are complete
- Doug McCaig and Milos Nikolic resigned their positions on the board
- There are currently 7 people on the board. We can add up to 4. We must have 5-11 people on the board.
- The following individuals were nominated for seats on the board:
 - Jasmine Howard (Boston Latin)
 - Holly Hatton (Bromfield Acton-Boxborough)
 - Andy McLaughlin (Brookline)
 - Michaela Streitfield (Duxbury)
- A motion was made to add all 4 individuals to the board.
- The vote was as follows:
 - 19 for
 - 0 against
 - 0 abstain
- All 4 individuals were added as board members.

V. Seeding Committee update

- Coaches are needed to serve on the seeding committee for the Spring regatta. The following coaches agreed:
 - Mark Grinberg (Arlington-Belmont)
 - Nick Wright (Mystic Valley)
 - Pat Scott (MPSRA board member & Regatta Director)

VI. Miscellaneous

- If you have updated contact info for any coaches on your team, please send it to Laura Rothman.
- If you have a picture of your team that you would like to add to the MPSRA web site, please send it to Mark Grinberg.

- The following dates for upcoming erg races were shared with all coaches:
 - Bromfield, February 7th
 - Hingham, February 7th

Massachusetts Public School Rowing Association

PROPOSAL TO CHANGE BY-LAWS

Patrick Scott (Regatta Director) ▪ Mark Grinberg (Arlington-Belmont)



Appendix 1: Proposal Regarding Board Member Attendance

Objective: Being a board member of the Massachusetts Public School Rowing Association (MPSRA) is a responsibility. While the roles and responsibilities are self-assigned, there has been a trend towards decreasing attendance at board meetings over the past two years. In order to maintain quorums and insure equal shared responsibility for the organization and its goals, an attendance policy for board members should be created.

Change to By-Laws: Add a new article stating, “Directors and Officers of the board will receive a list of meeting dates for the upcoming calendar year no later than one week before the annual meeting. Directors and Officers must attend at least half of these meetings in order to maintain their position on the board. If a Director or Officer misses more than half the meetings or misses enough meetings so as to make it impossible to attend half of the yearly scheduled meetings, they may be removed from the board pursuant to Article 6.2.”

Notes: Article 6.2 states that, “A Director or Officer may be removed with or without cause by the vote of a majority of the Directors then in Office.” Additionally, in order to maintain orderly flow of the by-laws, this article should be numbered 6.3. The current articles 6.3 and 6.4 should be labeled 6.4 and 6.5 respectively.

Massachusetts Public School Rowing Association

PROPOSAL TO CHANGE BY-LAWS

Patrick Scott (Regatta Director) ▪ Mark Grinberg (Arlington-Belmont)



Appendix 2: Proposal Regarding Single-Team Events at Regattas

Objective: As a growing organization with a fairly popular regional regatta, it is crucially important that we run well-organized and on-schedule regattas, both in the spring and fall seasons. However, this is often compromised by events that only have one team registered for them. The schedule for the spring race is already jam-packed and running these single-team events poses a problem and a challenge for the regatta director. Having extra space in the schedule would allow for a more seamless event and enhance safety by creating some buffer space in the schedule for the regattas. Additionally, it would allow all regatta staff including timers, referees, and others to focus more closely on the difficult multi-team events.

This largely applies to sculling events, which have been protected under Article 9.6.2, Section D, “All events will be run even if there is one entry.” The intention of this was to protect fledgling sculling events from being permanently removed from the schedule. The sculling events are now a well subscribed part of our regattas. These events should be treated with the same policies that other regional regattas use for single-team events. There is currently no such article protecting sweep oared events from cancellation.

Change to By-Laws: Remove Article 9.6.2, Section D. Add Article 9.5.3 under the heading 9.5, “Championship Regattas.” This shall read, “In the event that only one team is entered into an event other than a Middle School event, that event may be cancelled by the regatta director no later than the Monday of the week of the regatta. This cancellation is regardless of the number of boats entered by the team.”

Notes: Middle School events shall remain protected from this cancellation due to their introduction only two years ago. We will plan a review of this protection for the 2018 calendar year.

Appendix 3

Submitted by Laura Rothman (Arlington-Belmont Crew and MPSRA Secretary, 2014-2015)

Proposal regarding deadlines for the Spring and Fall MPSRA Championships

The current wording reads as follows. Proposed replacement wording follows each section in *red, italicized text*.

9.6. Spring Championship Regatta.

- 9.6.1. Registration for the Spring Regatta closes on May 10, or as determined by the Regatta Director. All materials including entries, rosters, payments, and waivers must be submitted by this date. Penalties for late submission will be as follows: *[Registration for the Spring Regatta closes on the Monday prior to the Regatta date. At this time, all entries are due online in RegattaCentral. Late entries will only be accepted at the Regatta Director's discretion and if they do not affect the number of heats. Additional materials will have the following due dates:]*
- a. Entries: Late entries will be accepted at the Regatta Director's discretion. Late entries that affect the number of heats will not be accepted. *[Team Rosters: All teams must submit a roster stating that all competitors are currently enrolled at that team's school(s). This roster must be signed by a school principal, vice principal, or athletic director. This roster will be due on the Monday prior to the Regatta date. Late rosters will not be accepted. Teams without rosters will not be permitted to compete.]*
 - b. Payments: Late payments will accrue a \$50 late fee. If payment is not received by the regatta date, the team will not be allowed to participate. *[Payments must be received no later than the coaches' & coxswains' meeting on race day. If payment is not received by this time, the team will not be allowed to participate.]*
 - c. Waivers: There will be a \$5 per waiver fee for waivers submitted after the registration deadline. *[Lineups & Waivers must be submitted online through RegattaCentral for all entries and competitors no later than the day before the regatta. All lineups must be correct and may be checked for accuracy on race day.]*
 - d. Trophies: All trophies earned from the previous year's regatta must be returned to the registration desk no later than the start of racing for the current regatta. If a trophy is not returned, that team will not be permitted to race in that event for the current year.
 - e. Coaches & Coxswains' meeting: Attendance will be taken at the Coaches & Coxswains' meeting on the morning of racing. Teams not in attendance may be penalized or disqualified. *[Attendance will be taken at the Coaches' & Coxswains'*

meeting on the morning of racing. Teams without a representative in attendance will receive a warning (as defined by the USRowing Rules of Rowing) for each of their entries.]

9.7. Fall Championship Regatta.

9.7.1. Registration for the Fall Regatta closes on October 10, or as determined by the Regatta Director. All materials including entries, rosters, payments, and waivers must be submitted by this date. Penalties for late submission will be as follows: *[Registration for the Fall Regatta closes on the Monday prior to the Regatta date. At this time, all entries are due online in RegattaCentral. Late entries will only be accepted at the Regatta Director's discretion. Additional materials will have the following due dates:]*

- a. Entries: Late entries will be accepted at the Regatta Director's discretion. Late entries that affect the number of heats will not be accepted. *[Team Rosters: All teams must submit a roster stating that all competitors are currently enrolled at that team's school(s). This roster must be signed by a school principal, vice principal, or athletic director. This roster will be due on the Monday prior to the Regatta date. Late rosters will not be accepted. Teams without rosters will not be permitted to compete.]*
- b. Payments: Late payments will accrue a \$50 late fee. If payment is not received by the regatta date, the team will not be allowed to participate. *[Payments must be received no later than the coaches' & coxswains' meeting on race day. If payment is not received by this time, the team will not be allowed to participate.]*
- c. Waivers: There will be a \$5 per waiver fee for waivers submitted after the registration deadline. *[Lineups & Waivers must be submitted online through RegattaCentral for all entries and competitors no later than the day before the regatta. All lineups must be correct and may be checked for accuracy on race day.]*
- d. Trophies: All trophies earned from the previous year's regatta must be returned to the registration desk no later than the start of racing for the current regatta. If a trophy is not returned, that team will not be permitted to race in that event for the current year.
- e. Coaches & Coxswains' meeting: Attendance will be taken at the Coaches & Coxswains' meeting on the morning of racing. Teams not in attendance may be penalized or disqualified. *[Attendance will be taken at the Coaches' & Coxswains' meeting on the morning of racing. Teams without a representative in attendance will receive a warning (as defined by the USRowing Rules of Rowing) for each of their entries.]*

Massachusetts Public School Rowing Association

PROPOSAL TO CHANGE BY-LAWS

Patrick Scott (Regatta Director) ▪ Mark Grinberg (Arlington-Belmont)



Appendix 4: Proposal Regarding Middle School Rowing

Objective: Beginning in the fall of 2014, the board began offering middle school rowing events on a trial basis to accommodate the rising demand for middle school athletes wanting to compete. An eight and a coxed quad were added to the schedule of events for the fall and spring state championships. However, because these events are on a trial basis, they have not been formally added to the by-laws.

The reasoning behind adding these events was two-fold. First of all, there was a high demand from many programs to race middle school athletes. However, there was nowhere to have these athletes race, as they are prohibited from participating by Article 9.2.1. (Grade 9-12 only) Some desired these athletes be placed into novice events. However, in pointing out that these athletes could only row novice for one year, there were complaints regarding smaller, younger middle school athletes racing against seventeen and eighteen year old athletes.

As a compromise, middle school events were created on a trial basis to allow teams to race middle school entries on an even footing to other teams and allow a safe space for middle school rowers to develop. This compromise should be formally written into the by-laws to continue to allow the division to grow.

Change to By-Laws: Add 9.2.4, which shall state, “The fall and spring regattas will run two separate events for the purpose of allowing middle school athletes the chance to compete at the fall and spring championships. The middle school eight (8+) and middle school coxed quad (4x+) categories will be available to athletes for as long as they remain a student in a middle school. (Grades 6-8)

Notes: The middle school 8 was added for teams that did not have coxed quads, despite many coaches wishing younger athletes not be subjected to the increased loading forces of sweep boats.

Appendix 5
Submitted by Beata Coloyan (Boston Latin)

New Proposed Rule:

9.2.1 Every athlete participating in any Championship event, as defined in Section 9.5, and organized by MPSRA:

a. Shall be eligible under the criteria set by her/his respective public high school.

i. Public high school shall hereinafter be defined as a senior public high school representing grades nine (9) through twelve (12), or

ii. Whereas a member high school includes middle school grades seven (7) and eight (8), and whereas the student athletes are under the direct “jurisdiction” and “supervision” of the high school principal, a middle school student is eligible to represent a public high school.

A. Jurisdiction shall be defined as the principal must have the authority to discipline or suspend that student from class.

B. Supervision shall be defined as having control and knowledge of the student’s daily attendance and achievement

b. Shall be a competitor who in the current calendar year does not attain the age of 19, or who is and has been continuously enrolled in a public high school as a full-time student seeking a diploma (Hereinafter referred to as “Junior”). A competitor ceases to be a Junior after December 31st of the year of his or her 18th birthday, or of the year in which he or she completes the 12th grade of a public high school, having been a full time student, whichever is later.

c. An athlete shall compete only for his/her designated MPRSA Participant Program team during the season of the Championship race and for no other teams or clubs whether affiliated or unaffiliated with said MPSRA team.

Appendix 6

MPSRA ANNUAL MEETING PROPOSAL

From: Worcester Public Schools and Mystic Valley Charter School

Proposed:

That the MPSRA run it's 2016 Fall Championship as part of the Massachusetts State Championship (MSC) on Sunday October 30th in Worcester, MA on Lake Quinsigamond as outlined in the proposed Regatta Packet attached.

That this one year arrangement will be as follows:

MPSRA provides its own medals and trophies to award.

The MSC will provide space/time to provide awards (medals after events are official, trophies after the end of racing)

The MSC will pay MPSRA \$2,500 for the 2016 regatta, \$3,000 for each subsequent regattas.

MASSACHUSETTS FALL STATE CHAMPIONSHIP

Crowning Overall, Scholastic, Junior and MPSRA Champions

Sunday, October 30th 2016

Sponsored By:
Department of Conservation & Recreation

Hosted By:
Lake Quinsigamond Community Rowing,
Shrewsbury High School,
Worcester Public Schools,
St. John's School

Venue:
DCR Regatta Point State Park
Lake Quinsigamond
Worcester, MA

Distance:
Sculling & Novice: 2 miles
Varsity: 2.5 miles

CRITICAL NOTICES

COMMUNICATION:

Will be done via announcements at the Regatta Office.

The regatta will follow USRA's Rules of Rowing. Please make sure your crews understand this information. Crews who are unsafe or arrive late to the line will not be allowed to race.

There is NO double rowing in sweep events. However, a rower may row in a sculling and then a sweep event. No special considerations will be given to rowers/coaches for the time of each event.

The Regatta is broken down into two divisions:

- High School/Scholastic Teams
- Club/Community Rowing Programs

See the Eligibility section for definition of these divisions.

Late Arrivals:

- Crews arriving late for their start but before the last crew in their event will be allowed to start after the last starting crew with the addition of a 10 second lateness penalty.
- Crews arriving late for their start after the last crew in the event has started will not be allowed to race.

To avoid any problems, please make sure that novice coxswains are trained and qualified to race. If a novice boat is viewed by the officials to be unsafe, the start official will disqualify them and send them back to the dock.

AWARDS

MEDALS

Massachusetts State Champion Gold Medals will be given in all events.

Bronze and Silver medals will be awarded as follows

Events with 3 or less entries:	Gold only
Events with 4 entries:	Gold and Silver
Events with 5 or more:	Gold, Silver & Bronze

A special Overall State Champion Medal will be awarded in the following boat categories (Boys and Girls):

- 1st Four
- 1st Eight
- 2nd Four
- 2nd Eight
- 3rd Four

The MPSRA will award its medals to its members in all boat categories

TROPHIES

The regatta will award the following team point trophies:

- Scholastic Team Trophy
- Junior Team Trophy
- DCR Overall Team Championship Award

The MPSRA will award point trophies to its members according to the MPSRA bylaws.

GENERAL INSTRUCTIONS

1. Race Day Registration: Registration is at regatta headquarters at the meeting room at the Regatta Point boathouse. All teams must register between 7:00AM and 8:00AM. Clubs missing waivers, rosters or regatta fees will not be allowed to register.
2. Referees meeting/Coxswains meeting: Will be held at 7:15AM. USRowing referees will go over rules emphasizes, points of hazard, and other relevant information.
3. Important features for your equipment:
 - a. All shells must have a bow ball.
 - b. All shells must have heel tie-downs that do not allow the rower to raise heels more than 3" from the footboard.If any of the conditions are not met you will not be allowed to launch.
4. Bow Markers & Bib Numbers: The Regatta Committee will provide bow markers and bib numbers. Bow markers must be returned to the dock-master before leaving the landing dock. Bib numbers must be worn on the outermost garment at race time.
5. Unreturned Bow Markers: Programs will be billed at \$25 for each bow marker they do not return.
6. Order of Event Cancellation: If an event is canceled both the boys and girls events will be canceled together; in each category, smaller boats will be canceled first. The Chief Referee will make the call to cancel.
 - i. Sculling
 - ii. Novice 4
 - iii. Novice 8
 - iv. Varsity 4
 - v. Varsity 8

ELIGIBILITY

1. Region: This regatta is open to all junior and high school programs in the Commonwealth of Massachusetts
2. High School (HS) is a scholastic championship open to programs which:
 - 1) are SINGLE SCHOOL or District with a SINGLE Athletic Director,
 - 2) row as above for the entire fall under the school name, AND
 - 3) are a HS varsity sport or club sport under direction of the Athletic Director

-Members of the NEIRA are automatically included.

All programs that do not meet the above standard shall race in the Junior division.

Programs that fall under the Junior category include:

1. Local/Regional clubs
2. Multiple school composite programs

All eligibility will ultimately be decided by the Regatta Director, whose decisions are final.

3. Novice Rowers: To row as a novice, a competitor must be a freshman or in his/her first calendar year of rowing.
4. Double Entries: Double entries are not allowed between two sweep events. Double entries of athletes between a sweeps and a sculling event is allowed. **Coxswains will be allowed to double-cox on a limited basis to improve safety.**

RULES/INSTRUCTIONS TO COACHES, COXSWAINS & BOWMEN

1. Compliance with the USRowing Rules of Rowing – The regatta will comply with all US Rowing Rules of Rowing. Please make sure your crews understand this information.
2. Cancellation/Delay – Regatta officials may call for a delay or cancellation of racing due to conditions endangering the safety of rowers, staff or spectators. Final decision for delay or cancellation will be made by the Chief Referee. Following a decision to delay racing, the Regatta Director will announce a revised racing schedule with compressed racing centers. Event cancellation will begin when all remaining events cannot be held by the end of the day and will follow the order posted with the schedule.
3. **Coaches and Coxswains/Bowman Meeting**
Time: 7:15AM
Location: Outside the Meeting Room at the Regatta Point boathouse
4. Warm-ups: We will stick to the schedule. There will NOT be exceptions for any crew hot-seating boats. All schools should note that a crew with one warning for a traffic violation risks disqualification if that same crew receives a second warning for some other infraction. Also, please note the following points:
 - a. Crews warming up must follow directions of the racing marshals.
 - b. Crews should keep the line of buoys to the PORT side of the boat at all times.
5. Voiding: There shall be no urination in the lake; a violation results in immediate disqualification from the regatta.
6. Approaching the Start: Crews and coxswains will be marshaled in the area above the start. Races will be organized south of the start in the 10 minutes before race time. Coxswains must know how to maneuver their boats with both rowing and backing strokes and must follow all directions of the start marshals. Upon arrival in the starting area, coxswains should find the two crews starting directly ahead of them and should remain near these crews as the start time approaches.
7. The Start will be called by the Start Referee: The referee will be on shore (novice & sculling events) or in a launch (varsity events). Crews are expected to follow all directions and to be prepared to cross the start line at full pressure.
8. Equipment Breakage: All crews and scullers are responsible for a complete check of equipment prior to leaving for the start.
9. Course: There will be a large map outside of the boathouse for coxswains to review. Coxswains will use the bridge as a reference and then must keep course once through the bridge. The course will run from the Narrows to the DRC for novices and sculling events. The Varsity course will run from the Shrewsbury

side of the big island, straight up through the Narrows (Novice & Sculling Start) and the Shrewsbury side of the Rt. 9 (Burns) bridge, ending at the DRC. The course will be described in greater detail at the mandatory Coaches & Coxswains Meeting.

10. There shall be NO PASSING IN THE NARROWS

11. Giving Way: A crew being passed must yield to the overtaking crew. Failure to do so will incur a penalty.

12. Penalties:

- a. A 10 second penalty will be applied for being late to the start
- b. A 20 second penalty will be applied for failure to give way or buoy violations.
- c. A 2 minute penalty will be applied for a pass or attempted pass in the narrows.**
- d. If, in the view of the chief referee, **a crew makes a dangerous pass**, including or not including contact with another crew, that crew **shall be excluded**.

13. Protests: In the event of a Protest, it must be made on the water at the end of the race and then presented in writing to the regatta director, Richard Stavros, within one hour of the completion of the race in question along with a \$50 fee. The fee will be returned if the protest is ruled in your favor.

VENUE INFORMATION

1. Park opens at 5:30am for Trailers, for athletes/spectators at 6:30am
2. Regatta Office: Located at the Meeting Room at Regatta Point State Park. Note – spectators are not allowed in the regatta office – coaches and authorized volunteers only!
3. Spectators: There is significant space available for spectators at the venue. We request that spectators avoid the launching area whenever possible to avoid congestion. Spectators will not be allowed on the docks. **The admission fee for spectators is a \$5.00 donation.**
4. Bathroom Facilities: There are limited restrooms at the boathouse, and there will be porta-potties available.
5. Results: Results will be posted on boards at the boathouse and online at our timing partner, HereNow.com. Complete results will be available after the regatta at www.row2k.com.
6. Parking:
 - There MAY BE no parking along N. Lake Ave.
 - Buses may drop off athletes outside Regatta Point. Bus Parking will be in the overflow Lot of the Hospital.
 - Shell Trailer parking will be available inside the Regatta Point State Park lot. Shell trailers will be instructed how to park on arrival. All trailers should be parked without extraneous space in between.
 - **THERE WILL BE NO PARKING OR UNLOADING OF VEHICLES OTHER THAN BOAT TRAILERS/TRUCKS INSIDE REGATTA POINT STATE PARK** (handicapped cars excluded)
 - Car Parking will be in the UMass Hospital Parking Garage (fee applies)
7. Handicap Parking: Will be located at the small lot by the boathouse inside Regatta Point State Park. Vehicles MUST have a valid Handicap Plate or Placard
8. Launching and Landing Shells:
 - All crews should plan to allow **45 minutes to get to the starting line.**
 - Wet Launching from the beach is allowed. Please be careful of the rock jetty. Hot seating crews should use the beach.
 - Crews will not be allowed to launch more than 60 minutes before their race start time.
 - Upon crossing the finish line, crews should continue to row until they have cleared the course. The should then proceed back to the docks
 - There should be 2 helpers carrying oars to the rowers.
 - Crews should launch their shells as quickly as possible; maximum time on the dock will be restricted to 2 minutes per crew.
 - Approaches to and from the docks must be kept clear. Spectators are

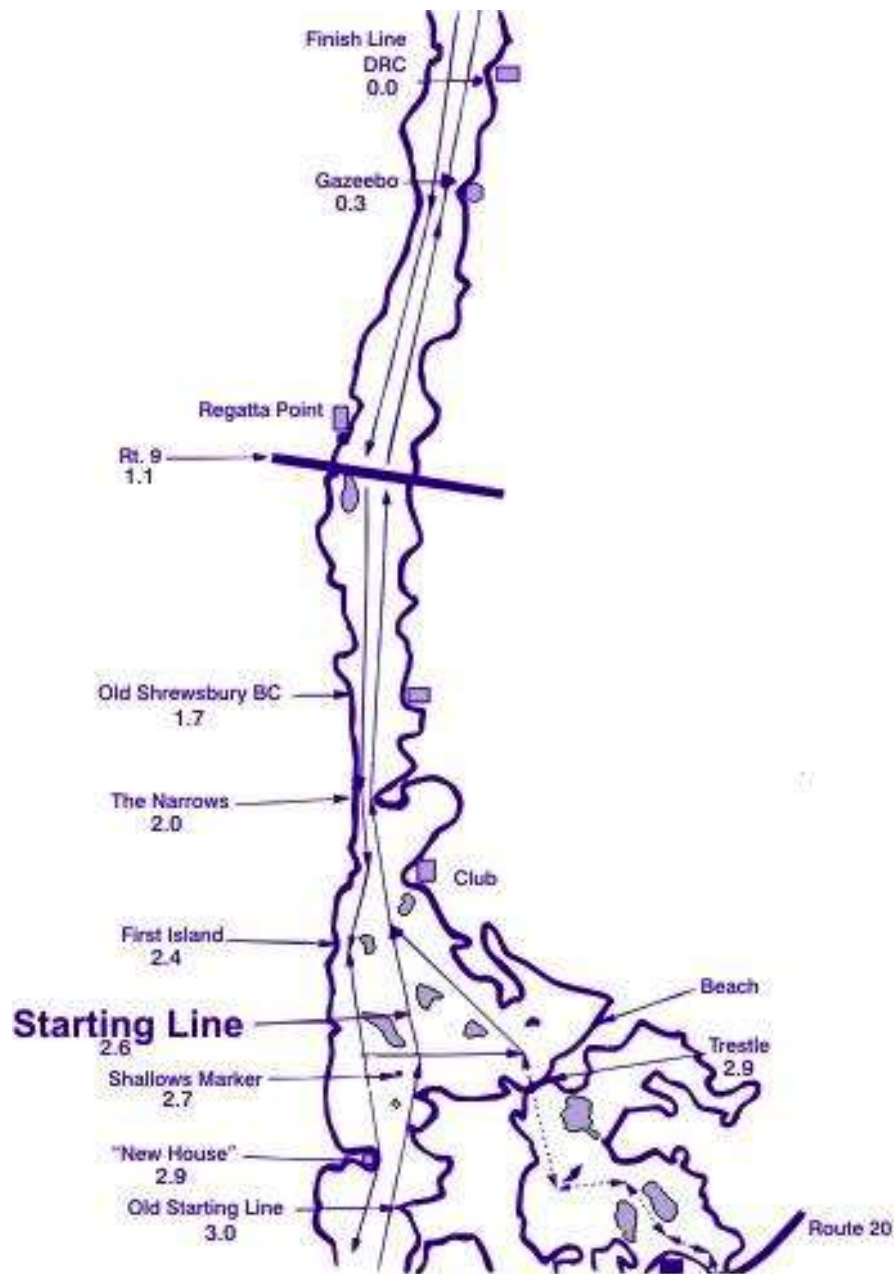
not allowed on the dock or along the wall or paved area in the approach to the docks.

9. First Aid Location: There will be EMT's at the Regatta Point State Park (at the Boathouse) and at the Finish Line (at the Donahue Rowing Center) If you have a problem during or after a race, notify the nearest safety launch.
10. Shell Storage: There is no rack space available at this venue. All crews should bring their own blocks/slings.
11. Garbage Removal: Please deposit all trash in closed garbage bags and leave in dumpsters.

TENTATIVE REGATTA SCHEDULE

break	7:15 AM	Coxswains Meeting
1	8:20 AM	Mens Jr/HS 8x
2	8:30 AM	Mens Jr/HS U15 4x+
3	8:40 AM	Mens Jr/HS 4x
4	8:45 AM	Womens Jr/HS 4x
5	8:55 AM	Mens Jr/HS 2x
6	9:00 AM	Womens Jr/HS 2x
7	9:10 AM	Mens Jr/HS 1x
8	9:20 AM	Womens Jr/HS 1x
9	9:30 AM	Womens Jr/HS U15 4x+
10	9:45 AM	Womens Jr/HS 8x
break		Break
11	10:00 AM	Mens Jr/HS 1st Novice 8+
12	10:10 AM	Mens Jr/HS 2nd/3rd Novice 8+
13	10:20 AM	Womens Jr/HS 1st Novice 8+
14	10:30 AM	Womens Jr/HS 2nd/3rd Novice 8+
15	10:40 AM	Mens Jr/HS 1st Novice 4+
16	10:50 AM	Womens Jr/HS 1st Novice 4+
break		Break to Change Distance (Start)
17	12:15 PM	Mens Jr 1st Varsity 8+
18	12:15 PM	Mens HS 1st Varsity 8+
19	12:25 PM	Mens Jr 2nd Varsity 8+
20	12:25 PM	Mens HS 2nd Varsity 8+
21	12:35 PM	Mens Jr 3rd/4th Varsity 8+
22	12:35 PM	Mens HS 3rd/4th Varsity 8+
23	12:50 PM	Womens Jr 1st Varsity 8+
24	12:50 PM	Womens HS 1st Varsity 8+
25	1:00 PM	Womens Jr 2nd Varsity 8+
26	1:00 PM	Womens HS 2nd Varsity 8+
27	1:10 PM	Womens Jr 3rd/4th Varsity 8+
28	1:10 PM	Womens HS 3rd/4th Varsity 8+
29	1:25 PM	Mens Jr 1st Varsity 4+
30	1:25 PM	Mens HS 1st Varsity 4+
31	1:35 PM	Mens Jr 2nd Varsity 4+
32	1:35 PM	Mens HS 2nd Varsity 4+
33	1:45 PM	Mens Jr 3rd/4th Varsity 4+
34	1:45 PM	Mens HS 3rd/4th Varsity 4+
35	2:00 PM	Womens Jr 1st Varsity 4+
36	2:00 PM	Womens HS 1st Varsity 4+
37	2:10 PM	Womens Jr 2nd Varsity 4+
38	2:10 PM	Womens HS 2nd Varsity 4+
39	2:20 PM	Womens Jr 3rd/4th Varsity 4+
40	2:20 PM	Womens HS 3rd/4th Varsity 4+
break	3:15 PM	TEAM TROPHIES AWARDED

RACE COURSE MAP:



Lake Quinsigamond

Worcester, MA

Massachusetts State Championship

Coaches Certification Form

- 1) School/Team/Club Rowing Program Name:

- 2) Is your school/team/club program a member in good standing with USRowing?
YES_____ NO_____
- 3) Is your school/team/club program a member in good standing with North American Rowing Association?
YES_____ NO_____
- 4) Do ALL the rowers in your program have a signed valid waiver submitted through Regatta Central?
YES_____ NO_____ PAPER WAIVERS_____
If NO, they will not be allowed to row in this regatta.
(Paper waivers will be accepted at the regatta)
- 5) Are you competing as a High School Team?
YES_____ NO_____
-Single School/District
-Row under School Name
-HS Varsity/Club Varsity under the AD
- 6) Are your bowballs and heel ties properly and firmly attached to each boat?
YES_____ NO_____
- 7) Have you reviewed, and have you reviewed with your coxswains/steering bow seats the No Passing rules as detailed in Rules 10, 11, 12b, 12c, & 12d of the regatta packet
YES_____ NO_____

As the representative of the above Rowing Program, I hereby certify that the above answers are true.

Name (print)

Title/Position with the Program

Signature

_____/_____/_____
Date