

65th Annual EARC Sprints Regatta--Final Entry Packet
Available ONLY online
This will not be mailed

Items included in this packet:

- 1. 2010 EARC Regatta Information Form**
- 2. 2010 EARC Official Entry Blank to be completed and signed by the Athletic Director or Administrative Representative and postmarked by May 5, 2010. (This form and others may be faxed to number listed in lieu of mailing)**
- 3. Final Entry Forms - Heavyweight and Lightweight**
- 4. Special Instructions to Coxswains and Coaches**
- 5. Lightweight Weigh-in PROTOCOL**
- 6. Weigh-in Procedure for Coxswains**
- 7. Policy for Assignment of Lanes - Heats and Finals**
- 8. Summary of Entry and Crew Travel Plans**
- 9. Waiver of Liability Forms Submit Via Regatta Central.com**
- 10. Safety Rules**
- 11. Rowing Equipment Compliance Form**

EASTERN ASSOCIATION OF ROWING COLLEGES

1311 Craigville Beach Road, Centerville, MA 02632
Tel: 508/771-5060, Ext. 236 Fax: 508-778-9486

April 28, 2010

To: **EARC Athletic Directors and Coaches**
Re: **65th Annual EARC Regatta -- Sunday, May 16, 2010**
Lake Quinsigamond, Worcester, MA

Please find enclosed the following **EARC Regatta material** which should be distributed to your crew coaching staff:

1. 2010 EARC Official Entry Blank to be completed and signed by the Athletic Director or Administrative Representative (postmarked by May 5, 2010)
2. Final Entry Forms - Heavyweight and Lightweight (submitted at Regatta Registration May 15, 2010)
3. Special Instructions to Coxswains and Coaches
4. Lightweight Weigh-in Procedure and Weigh-in Time Schedule
5. Weigh-in Procedure for Coxswains
6. Policy for Assignment of Lanes - Heats and Finals
7. 2010 Information Sheet (postmarked by May 5, 2010)
8. Waiver of Liability Forms (Submitted via Regatta Central.com by May 12, 2010)
9. Safety Rules
10. Rowing Equipment Compliance Form (postmarked by May 5, 2010)

SHELL STORAGE: Shells will be stored during the Regatta on racks alongside the new Regatta Point boathouse, in two large tents in the Regatta Point Park, and on shell trailers.

The following crews, lightweight and heavyweight, have been assigned to utilize the boathouse racks (21): Syracuse (3), Dartmouth (6), Georgetown (6), Northeastern (3), and Brown (3)

The following crews, lightweight and heavyweight, have been assigned to utilize the tents (30): Navy (6), Harvard (6), Pennsylvania (6), Princeton (6), and Yale (6)

The following crews, lightweight and heavyweight must utilize their own shell trailers for storage during the Regatta, positioned near the north end of the parking lot nearest the Regatta Point Boathouse. **All trailers, whether utilized for storage during the regatta or not, MUST be parked on a diagonal, leaving sufficient space in between for rigging.** (30): Columbia (6), Cornell (6), MIT (4), Wisconsin (3), Rutgers (2), George Washington (3), Boston University (3), and St. Joseph's (3)

All other vehicles, including team vans, will use a designated section of the Regatta Point parking lot and the UMass Medical Center parking lot. A section of the UMass lot, closest to the Regatta staging area, will be reserved for this purpose.

IMPORTANT - FINAL ENTRY FORMS (enclosed) must be completely filled out for each competing crew. Please print or type the full name, (first name, last name, middle initial) of each oarsman and coxswain. Alternate's names are also required. **Heavyweight crews should submit their Final Entry Forms to the Regatta Registration Table located in the back of the Regatta Point Boathouse on Saturday, May 15, 2010 not later than 5:00 PM. Lightweight crews should submit their entry form/weigh-in roster at the time of their weigh-in.**

Freshman/Novice Entry: A maximum of two novice upper-class rowers (oarsmen and/or coxswain) are permitted to compete as members of the first freshmen/novice eight. (NOTE: A novice is an undergraduate who is participating in rowing for the very first time.)

3rd Varsity Entry: Freshmen, and/or novice upperclassmen competing at the freshman level may compete at the lowest sub-varsity level (2V or 3V, but not both) at the EARC Sprints Regatta without jeopardizing their freshman/novice upper class eligibility status in any way provided that approval is granted in advance by the ECAC Director of Rowing in response to an email request from the Head Coach. There shall be no limit on the number of freshmen/novice upperclassmen who may so participate. All such requests should be made by the May 5, 2010 entry deadline. (Please send these requests to gary.caldwell@tufts.edu).

WAIVER OF LIABILITY FORM: It is required that all competitors read, and complete the ECAC Rower Education Survey located at www.RegattaCentral.com. If athletes have already competed in other ECAC Championships this spring they do not need to repeat this process. One waiver is good for the entire season. **Minors must submit individual forms. To alleviate last minute problems at Worcester, please complete this process no later than May 10, 2010.**

SHELL WEIGH-IN FOR HEAVYWEIGHT VARSITY EIGHTS: The weight of the shells utilized in the heavyweight varsity eight event shall be at least 205 pounds. Shell weight shall include only those items permanently affixed to the shell including seats, rudders, skegs, fins, loudspeakers and riggers. These heavyweight shells will be weighed-in on Saturday, May 15, prior to being placed on the water to ensure adherence to the minimum weight standard. (Note: 2V, 3V, 1FR and 2FR heavyweight shells will not be weighed.)

Please distribute the enclosed **Special Instructions to Coaches and Coxswains** to your coaches.

Instructional sessions for coxswains **will be held on Saturday, May 15, at 2:00 PM, 3:00 PM and 4:00 PM** in the Sailing Pavilion at the Regatta Point Boathouse adjacent to the site of the coxswains weigh-in to review the 2010 EARC Special Instructions.

As this Sprints Notice is issued it is probable that **Regatta identification wrist bands** will be needed by oarsmen, coaches, managers, etc. for admission to the boathouse and finish line area. If this is the case, the wrist bands will be issued in proper quantity to each college party on Saturday, May 15, at the Regatta Point Boathouse.

Officials Meeting: A meeting of all regatta officials will be held at 7:00 AM on Sunday, May 16, 2010 in the Regatta Office at the Sailing Pavilion. A full hot and cold breakfast will be served.

We anticipate a busy but successful Regatta, and we will appreciate the cooperation of all concerned.

Clayton W. Chapman	Gary R. Caldwell	Michael K. Letzeisen
EARC Regatta Director	ECAC Director of Rowing	ECAC Director of Sport Administration

Enclosures

cc: Dan Thompson, 2010 Regatta Chief Referee

EASTERN ASSOCIATION OF ROWING COLLEGES
65th ANNUAL REGATTA
LAKE QUINSIGAMOND, WORCESTER, MA
SUNDAY, May 16, 2010

OFFICIAL ENTRY BLANK

(Name of EARC College)

Will enter the following crews in the 65th Annual EARC Regatta on May 16, 2010

	<u>V8</u>	<u>2V8</u>	<u>1F8</u>	<u>3V8</u>	<u>2F/N8</u>	<u>3V4 **</u>	<u>2F4**</u>
HEAVYWEIGHT	()	()	()	()	()	()	()
LIGHTWEIGHT	()	()	()	()	()	()	()

** Please note that potential races for the 3V4 and 2F4 are to be held in lieu of entries in the respective 3V8 and 2F8 events, not in addition to entries in those events. Schools must declare for one event or the other, not both.

I understand that final boatings must be submitted to Regatta officials on Saturday, May 15, 2010 at the Boathouse.

Enclosed are the following completed forms:

- 1. 2010 Information Form**
- 2. Rowing Equipment Compliance Form**

In consideration of the acceptance of our entries for the 65th Annual EARC Regatta on Lake Quinsigamond, Worcester, Mass. we hereby waive any and all claims to damages that we might have against the EARC, ECAC, Quinsigamond Rowing Association, Inc. and any other sponsors or their representatives or agents, as a result of any and all injuries incurred by the members of our crews and/or staff in connection with participation in the Regatta.

Date

Athletic Director

EARC Member Institution

ENTRY DEADLINE: Wednesday, May 5, 2010
(Postmark Date)

RETURN COMPLETED FORMS TO:

Michael Letzeisen, Director of Sport Administration, ECAC
1311 Craigville Beach Road
Centerville, MA 02632
FAX: 508/771-9486

These forms may be faxed to the number above in lieu of mail.

**EASTERN ASSOCIATION OF ROWING COLLEGES
65th ANNUAL REGATTA --May 16, 2010
LAKE QUINSIGAMOND, WORCESTER, MA**

**FINAL ENTRY FORM - HEAVYWEIGHT CREWS
(Circle One) Varsity 2nd Varsity 3rd Varsity 1st Freshman 2nd Freshman**

COLLEGE/UNIVERSITY _____

Head Coach _____ Freshman Coach _____

TYPE OR PRINT - LAST NAME, FIRST NAME, MIDDLE INITIAL

Varsity Eight

	First Name	Last Name	Middle Initial
Bow	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____
5	_____	_____	_____
6	_____	_____	_____
7	_____	_____	_____
Str	_____	_____	_____
Cox	_____	_____	_____

Cox's Weight _____ lbs. _____ lbs. _____ lbs.

Shell Weight _____ lbs.

SUBMITTED BY: _____ (Head Coach)

ALTERNATES:

#1 _____

#2 _____

**TO BE COMPLETELY FILLED OUT AND SUBMITTED TO AN EARC REGATTA OFFICIAL
ON SATURDAY, MAY 15, 2010 AT THE TIME OF THE COXSWAIN'S WEIGH-IN**

**IF THE 3V OR 2F ENTRY IS A FOUR RATHER THAN AN EIGHT PLEASE LIST THE OARSMEN IN SEAT
POSITIONS BOW, 2, 3, AND 4 ON THIS FORM**

**EASTERN ASSOCIATION OF ROWING COLLEGES
65th ANNUAL REGATTA --May 16, 2010
LAKE QUINSIGAMOND, WORCESTER, MA**

2nd VARSITY EIGHT - FINAL ENTRY FORM - HEAVYWEIGHT CREWS

COLLEGE/UNIVERSITY _____

Head Coach _____ Freshman Coach _____

TYPE OR PRINT - LAST NAME, FIRST NAME, MIDDLE INITIAL

2nd VARSITY EIGHT

	First Name	Last Name	Middle Initial
Bow	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____
5	_____	_____	_____
6	_____	_____	_____
7	_____	_____	_____
Str	_____	_____	_____
Cox	_____	_____	_____

Cox's Weight _____ lbs. _____ lbs. _____ lbs.

Shell Weight _____ lbs.

SUBMITTED BY: _____ (Head Coach)

ALTERNATES:

#1	_____	_____	_____
#2	_____	_____	_____

**TO BE COMPLETELY FILLED OUT AND SUBMITTED TO AN EARC REGATTA OFFICIAL
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**EASTERN ASSOCIATION OF ROWING COLLEGES
65th ANNUAL REGATTA --May 16, 2010
LAKE QUINSIGAMOND, WORCESTER, MA**

1st FRESHMAN EIGHT - FINAL ENTRY FORM - HEAVYWEIGHT CREWS

COLLEGE/UNIVERSITY _____

Head Coach _____ Freshman Coach _____

TYPE OR PRINT - LAST NAME, FIRST NAME, MIDDLE INITIAL

1st FRESHMAN EIGHT

	First Name	Last Name	Middle Initial
Bow	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____
5	_____	_____	_____
6	_____	_____	_____
7	_____	_____	_____
Str	_____	_____	_____
Cox	_____	_____	_____

Cox's Weight _____ lbs. _____ lbs. _____ lbs.

Shell Weight _____ lbs.

SUBMITTED BY: _____ (Head Coach)

ALTERNATES:

#1 _____

#2 _____

**TO BE COMPLETELY FILLED OUT AND SUBMITTED TO AN EARC REGATTA OFFICIAL
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EASTERN ASSOCIATION OF ROWING COLLEGES

65th ANNUAL REGATTA --May 16, 2010

LAKE QUINSIGAMOND, WORCESTER, MA

3rd VARSITY EIGHT - FINAL ENTRY FORM - HEAVYWEIGHT CREWS

COLLEGE/UNIVERSITY _____

Head Coach _____ Freshman Coach _____

TYPE OR PRINT - LAST NAME, FIRST NAME, MIDDLE INITIAL

3rd VARSITY EIGHT

	First Name	Last Name	Middle Initial
Bow	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____
5	_____	_____	_____
6	_____	_____	_____
7	_____	_____	_____
Str	_____	_____	_____
Cox	_____	_____	_____

Cox's Weight _____ lbs. _____ lbs. _____ lbs.

Shell Weight _____ lbs.

SUBMITTED BY: _____ (Head Coach)

ALTERNATES:

#1 _____

#2 _____

**TO BE COMPLETELY FILLED OUT AND SUBMITTED TO AN EARC REGATTA OFFICIAL
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HVFENTRY

**IF THE 3V OR 2F ENTRY IS A FOUR RATHER THAN AN EIGHT PLEASE LIST THE OARSMEN IN SEAT
POSITIONS BOW, 2, 3, AND 4 ON THIS FORM**

**EASTERN ASSOCIATION OF ROWING COLLEGES
65th ANNUAL REGATTA --May 16, 2010
LAKE QUINSIGAMOND, WORCESTER, MA**

2nd FRESHMAN EIGHT - FINAL ENTRY FORM - HEAVYWEIGHT CREWS

COLLEGE/UNIVERSITY _____

Head Coach _____ Freshman Coach _____

TYPE OR PRINT - LAST NAME, FIRST NAME, MIDDLE INITIAL

2nd FRESHMAN EIGHT

	First Name	Last Name	Middle Initial
Bow	_____	_____	_____
2	_____	_____	_____
3	_____	_____	_____
4	_____	_____	_____
5	_____	_____	_____
6	_____	_____	_____
7	_____	_____	_____
Str	_____	_____	_____
Cox	_____	_____	_____

Cox's Weight _____ lbs. _____ lbs. _____ lbs.

Shell Weight _____ lbs.

SUBMITTED BY: _____ (Head Coach)

ALTERNATES:

#1	_____	_____	_____
#2	_____	_____	_____

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HVFENTRY

**IF THE 3V OR 2F ENTRY IS A FOUR RATHER THAN AN EIGHT PLEASE LIST THE OARSMEN IN SEAT
POSITIONS BOW, 2, 3, AND 4 ON THIS FORM**

**EASTERN ASSOCIATION OF ROWING COLLEGES
65th ANNUAL REGATTA --May 16, 2010
LAKE QUINSIGAMOND, WORCESTER, MA**

FINAL ENTRY FORM/WEIGH-IN ROSTER - LIGHTWEIGHT CREWS

(Circle One) Varsity 2nd Varsity 3rd Varsity 1st Freshman 2nd Freshman

COLLEGE/UNIVERSITY _____

Head Coach _____ Freshman Coach _____

TYPE OR PRINT - LAST NAME, FIRST NAME, MIDDLE INITIAL

3RD VARSITY EIGHT

	First Name	Last Name	Middle Initial	Weight
Bow	_____	_____	_____	_____
2	_____	_____	_____	_____
3	_____	_____	_____	_____
4	_____	_____	_____	_____
5	_____	_____	_____	_____
6	_____	_____	_____	_____
7	_____	_____	_____	_____
Str	_____	_____	_____	_____
Cox	_____	_____	_____	_____

Total Weight _____

Average Weight _____

SUBMITTED BY: _____ (Head Coach)

ALTERNATES:

#1 _____

#2 _____

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**IF THE 3V OR 2F ENTRY IS A FOUR RATHER THAN AN EIGHT PLEASE LIST THE OARSMEN IN SEAT
POSITIONS BOW, 2, 3, AND 4 ON THIS FORM**

**EASTERN ASSOCIATION OF ROWING COLLEGES
65th ANNUAL REGATTA -- MAY 16, 2010
LAKE QUINSIGAMOND, WORCESTER, MA**

2nd FRESHMAN EIGHT - FINAL ENTRY FORM/WEIGH-IN ROSTER - LIGHTWEIGHT CREWS

COLLEGE/UNIVERSITY _____

Head Coach _____ Freshman Coach _____

TYPE OR PRINT - LAST NAME, FIRST NAME, MIDDLE INITIAL

2nd FRESHMAN EIGHT

	First Name	Last Name	Middle Initial	Weight
Bow	_____	_____	_____	_____
2	_____	_____	_____	_____
3	_____	_____	_____	_____
4	_____	_____	_____	_____
5	_____	_____	_____	_____
6	_____	_____	_____	_____
7	_____	_____	_____	_____
Str	_____	_____	_____	_____
Cox	_____	_____	_____	_____
			Total Weight	_____
			Average Weight	_____

SUBMITTED BY: _____ (Head Coach)

ALTERNATES:

#1	_____	_____	_____	_____
#2	_____	_____	_____	_____

**TO BE COMPLETELY FILLED OUT AND SUBMITTED TO AN EARC REGATTA OFFICIAL
ON SATURDAY, MAY 15, 2010, AT THE TIME OF WEIGH-IN**

**IF THE 3V OR 2F ENTRY IS A FOUR RATHER THAN AN EIGHT PLEASE LIST THE OARSMEN IN SEAT
POSITIONS BOW, 2, 3, AND 4 ON THIS FORM**

**EASTERN ASSOCIATION OF ROWING COLLEGES
65th ANNUAL REGATTA --May 16, 2010
LAKE QUINSIGAMOND, WORCESTER, MA**

Varsity Eight - Final Entry Form/Weigh-in Roster - Lightweight Crews

COLLEGE/UNIVERSITY _____

Head Coach _____ Freshman Coach _____

TYPE OR PRINT - LAST NAME, FIRST NAME, MIDDLE INITIAL

Varsity Eight

	First Name	Last Name	Middle Initial	Weight
Bow	_____	_____	_____	_____
2	_____	_____	_____	_____
3	_____	_____	_____	_____
4	_____	_____	_____	_____
5	_____	_____	_____	_____
6	_____	_____	_____	_____
7	_____	_____	_____	_____
Str	_____	_____	_____	_____
Cox	_____	_____	_____	_____
			Total Weight	_____
			Average Weight	_____

SUBMITTED BY: _____ (Head Coach)

ALTERNATES:

#1	_____	_____	_____	_____
#2	_____	_____	_____	_____

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**EASTERN ASSOCIATION OF ROWING COLLEGES
65th ANNUAL REGATTA --May 16, 2010
LAKE QUINSIGAMOND, WORCESTER, MA**

2nd VARSITY EIGHT - FINAL ENTRY FORM/WEIGH-IN ROSTER - LIGHTWEIGHT CREWS

COLLEGE/UNIVERSITY _____

Head Coach _____ Freshman Coach _____

TYPE OR PRINT - LAST NAME, FIRST NAME, MIDDLE INITIAL

2nd VARSITY EIGHT

	First Name	Last Name	Middle Initial	Weight
Bow	_____	_____	_____	_____
2	_____	_____	_____	_____
3	_____	_____	_____	_____
4	_____	_____	_____	_____
5	_____	_____	_____	_____
6	_____	_____	_____	_____
7	_____	_____	_____	_____
Str	_____	_____	_____	_____
Cox	_____	_____	_____	_____
			Total Weight	_____
			Average Weight	_____

SUBMITTED BY: _____ (Head Coach)

ALTERNATES:

#1	_____	_____	_____	_____
#2	_____	_____	_____	_____

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**EASTERN ASSOCIATION OF ROWING COLLEGES
65th ANNUAL REGATTA --May 16, 2010
LAKE QUINSIGAMOND, WORCESTER, MA**

1st FRESHMAN EIGHT - FINAL ENTRY FORM/WEIGH-IN ROSTER - LIGHTWEIGHT CREWS

COLLEGE/UNIVERSITY _____

Head Coach _____ Freshman Coach _____

TYPE OR PRINT - LAST NAME, FIRST NAME, MIDDLE INITIAL

1st FRESHMAN EIGHT

	First Name	Last Name	Middle Initial	Weight
Bow	_____	_____	_____	_____
2	_____	_____	_____	_____
3	_____	_____	_____	_____
4	_____	_____	_____	_____
5	_____	_____	_____	_____
6	_____	_____	_____	_____
7	_____	_____	_____	_____
Str	_____	_____	_____	_____
Cox	_____	_____	_____	_____
			Total Weight	_____
			Average Weight	_____

SUBMITTED BY: _____ (Head Coach)

ALTERNATES:

#1	_____	_____	_____	_____
#2	_____	_____	_____	_____

**TO BE COMPLETELY FILLED OUT AND SUBMITTED TO AN EARC REGATTA OFFICIAL
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EASTERN ASSOCIATION OF ROWING COLLEGES

1311 Craigville Beach Road, Centerville, MA 02632

April 28, 2010

To: EARC Coaches

From: Clayton W. Chapman, Regatta Director

Re: 2010 EARC Regatta Special Instructions

Please distribute the enclosed **SPECIAL INSTRUCTIONS** to your coxswains for review prior to leaving for Worcester.

INSTRUCTIONAL SESSIONS for coxswains and Coaches will be held at 2:00 PM, 3:00 PM and 4:00 PM in the Sailing Pavilion at the Regatta Point Boathouse on Saturday, May 15 to review these Special Instructions.

Please make note of the following:

1. The Starter will not use a red flag to signal the start. Crews will start on the audio command "Go".
2. The EARC will continue to use the starting commands of "Attention, Go", preceded by the standard count-down. 5-4-3-2-1. The pause between "Attention" and "Go" will be an indeterminate one. (See page 3, IV-5).
3. Crews must avoid any movement in their boat (including the "squaring" of oar blades) between the commands of "Attention" and "Go". Such movement may result in the charging of a false start. (See page 3, IV-6).

Please also be advised of the following from **2010 USROWING RULES**.

2010 Rules of Rowing 3-109 as follows:

Footgear Release: Where the feet of the competitor are held in place by footgear affixed to the structure of the boat, the design of such footgear shall provide for the quick release of the competitor's feet in case of emergency, without the use of hands. Any pull strings shall not allow the heel to raise more than 3 inches (7.5 cm) above the footboard to which it is anchored.

2010 Rules of Rowing 3-110 as follows:

Boat Construction for Coxswains: A boat in which the body of the coxswain is enclosed or partially enclosed within the hull of the boat shall conform to the following requirements:

- a.** The opening of the boat 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 1.65 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.

We will continue to utilize an "OMBUDSMAN" to facilitate the handling of any protests. (See Page 4, VI-8.)

All boats shall be equipped with a quick-release as per USRowing rules. Those not so equipped will not be allowed to row. Any questions should be resolved with the Regatta Director on Saturday, May 15, 2010. Any last minute questions should be directed to the STARTER OR REFEREE prior to your race.

Regatta Reception: Due to poor attendance at recent receptions and tight budget considerations, the Saturday evening reception for coaches and officials has been cancelled.

Officials Meeting: A meeting of all regatta officials will be held at 6:45 AM on Sunday, May 16, 2010 in the Regatta Office at the Sailing Pavilion. A full hot and cold breakfast will be served.

cc: Regatta Officials

EASTERN ASSOCIATION OF ROWING COLLEGES

2010 Special Instructions to Coxswains and Coaches

- I. The 2010 EARC Regatta will be conducted in accordance with the Rules of Racing of USRowing except as modified in these Special EARC Regatta Instructions.
- VIOLATION OF SAFETY RULES:** A crew that violates any of the safety rules described below may be assessed a “WARNING” by the Starter or the Referee. Such a warning shall be applicable to the next race in which the crew competes.
- II. **Procedures Prior to Race Day** (Saturday, May 15)
1. **Bow Ball:** MANDATORY on the bows of every racing shell unless equivalent provision for visibility and protection against puncture injury is included in the shells’ basic construction.
 2. Workouts will follow the schedule posted.
 3. Follow designated traffic pattern, CLOCKWISE from launch area to the starting area to the finish line.
 4. **No coaching launches** on the course from 12:00 noon to 6:00 p.m. Coaching launches will be available for use below the Route 9 Bridge beyond the finish line. **No crews are permitted to practice below the Route 9 bridge beyond the finish line unless they are accompanied by a coaching launch.**
 5. **All crews will be off the water by 6:00 p.m.**
 6. Coxswains (heavyweight and lightweight) and lightweight oarsmen must weigh-in per schedule posted.
 7. **Instructional Sessions for Coxswains** will be held in the Sailing Pavilion at the Regatta Point Boathouse at 2:00, 3:00 and 4:00 PM to review these 2010 EARC Special Instructions.
 8. **Shell Weigh-in, Heavyweight Varsity Event:** The weight of the shells in the heavyweight varsity event shall be at least 205 pounds. (Note: Heavyweight 2V, 3V, 1FR and 2 FR shells will NOT be weighed.) This weight shall include only those items permanently affixed to the shell, including seats, rudders, skegs, fins, loudspeakers and riggers. These heavyweight shells will be weighed-in on Saturday, May 15, prior to being placed on the water to ensure adherence to the minimum weight standard.
 9. Coaches are responsible to check shells' conformance with USRowing Rule 3-109 (regarding quick release footgear), and Rule 3-110 (regarding boat construction for coxswains).
- III. **Race Day Procedure** (Sunday, May 16)
1. **Prior to the Race:**
Check your equipment before launching. “Bottom Tape” is banned.
 2. LANE ASSIGNMENTS AND LAUNCHING TIMES WILL BE POSTED. ALWAYS Check with your dispatcher to confirm your lane assignment and departure time schedule. Your dispatcher is the referee’s official representative at the boathouse, and his instructions concerning launching shall be strictly followed. Launching shells at any time other than that listed on the schedule shall be only at the direction of the dispatcher.
 3. Prior to YOUR scheduled launch time, coxswains will pick up THEIR CREWS APPROPRIATE BOW MARKER AND any external COXSWAIN’S weight which shall be carried in the shell at the coxswain’s seat, as close as possible to the coxswain’s torso.
 4. Shells **departing** the float area shall be given priority over incoming shells.
 5. Crews proceeding to the starting line and warm-up area will follow designated traffic patterns per attached diagram, keeping **off the race course.** **IMPORTANT:** Crews should be “on the paddle” within 100 meters of the 1000 meter mark above or below. Crews **MUST KEEP LEFT** and row **ON THE PADDLE** when approaching and passing beneath the overhead bridge at the starting line.
 6. **At no time when the crews are on the water will urinating from the shells be permitted.** Crews violating this directive will be subject to exclusion. **NOTE:** Offending oarsmen are subject to immediate arrest and prosecution if caught by the police.

2010 EARC INSTRUCTIONS TO COXSWAINS AND COACHES

PAGE TWO

7. If, on the way to the starting line, your shell has breakage of any kind, report said breakage to the Referee, Assistant Referee or Starter and follow his/her directions. Do not return to the boathouse for repairs unless so instructed. Repairs will be made on the water whenever possible, or at the Donahue Rowing Center.
8. When reaching the starting line, identify yourself to the Starter or his Assistant. Then remain within voice distance of the starting line. Your crew must be on the starting line, at your designated station, pointed and ready to race, two (2) minutes prior to the scheduled start of your race. Don't be late. A crew will be charged with a false start if it is not in position two (2) minutes before its scheduled race time.
9. Pre-race warm-up practice should be completed on the way to the starting line off the race course. All crews are restricted to rowing on-the-paddle in either direction in the area within 100 meters above and below the starting line, with particular emphasis on keeping left, "on the paddle", when approaching and passing beneath the overhead bridge. Practice starts alongside the course in the area of the starting line are prohibited. (See POSTED RACE COURSE diagram.)
10. Crews ENTERING into the practice area above the starting line should pass under the bridge along the Worcester shore. In the practice area, crews must travel in a clockwise pattern leaving the buoys to starboard (i.e. passing to the left of them). (See POSTED RACE COURSE diagram.) Practice starts and warm-ups at racing cadence are permitted in the practice area, but extreme caution must be observed as there will be a constant flow of boats in and out of the area.
11. Crews LEAVING the practice area to approach the starting area should enter the race course single file on the Shrewsbury shore. An updated EARC traffic pattern will be posted on Monday, May 9, 2010: <http://qra.org/visitors/RacingTraffic.pdf>
12. Practice starts on the course are permitted, but only after the previous race has left the starting zone. During such practice starts, a crew may row at racing cadence down the course in its lane only, starting at a point beyond the bridge abutments (50 meters from the starting line). A crew following this procedure should turn in its own lane, and paddle back to the start, in its own lane, turning and positioning itself in front of its designated station. Crews should use extreme caution when turning, and should be alert at all times to other crews on the course. **NOTE:** This privilege to permit racing starts on the course may be suspended or canceled at any time, but only by the Regatta Director, with appropriate notification to all competitors prior to their scheduled launch time.
13. At approximately ten (10) minutes prior to the start of each race, the Starter will announce the next event and the lane assignment of each competitor. The Starter will also announce the five (5) and two (2) minute marks prior to each race.

IV. At the Start

1. Individual stake boats and bows-on-line start will be used for all races. The starting stations are numbered 1-6, beginning with lane 1 on the Worcester shore.
2. When all crews are in position, the Aligner will bring the crews even. When the crews are even (aligned), the Aligner will raise a WHITE flag.
3. The Aligner's white flag will be held aloft throughout the starting procedure. If the crews lose alignment at any time, the Aligner will lower the white flag, regain alignment, and then raise the flag again.
4. When the Starter is satisfied that alignment is complete (Aligner's white flag aloft) and that the crews are ready to race, he/she will poll the crews, starting with lane 1; naming the crew in lane 1, asking if it is "Ready?", then proceeding likewise to lane 2 - "Ready?", etc. As each crew is polled, the coxswain will acknowledge in the affirmative with a hand wave. A crew which is not ready will signify so by the bow-person's raised hand.
5. When all the crews have been polled, the count down start will begin. The Starter will give the following "count-down" and starting commands "5-4-3-2-1, Attention, Go". The pause between "Attention" and "Go" will be an indeterminate one. Coxswains hands will not be recognized once the countdown procedure has begun.
6. Between the words "Attention" and "Go" crews must avoid any movement in their boat (including the squaring of oar blades). Any such movement may result in the charging of a false start.
7. IF A CREW FAILS TO LEAVE THE STARTING LINE after the starting commands have been given, the Starter shall stop the race. If the crew's failure to start is not justified, the Starter may assess the crew with a "warning". A warning, in combination with a false start or a second warning will result in exclusion from the event.

2010 EARC INSTRUCTIONS TO COXSWAINS AND COACHES

PAGE THREE

8. The Referee may stop a race if any one of the following situations occurs:

(A) **False Start:** a crew will be assessed a false start for leaving the starting line before the “Go” command is given, or for any action deemed to be unsportsmanlike in nature, and/or which gives one or more crews unfair advantage over other competitors. A crew which makes or causes two (2) false starts shall be excluded from the Regatta.

(B) **Collisions** between crews within the first 150 meters of the race.

(C) When, during the first 150 meters of the race, the coxswain, or any member of the crew puts up his hand as a signal for **broken or damaged equipment** or an **oarsman is thrown out of the boat, jumps his slide** or experiences an **over the head crab**, or equipment is damaged as a result of a crab. A partial crab is not grounds for recalling a race. NOTE: A buoy on either side of the course will mark the end of the first 150 meters of the course.

If the Referee observes any of the above incidents (A), (B), or (C) and determines that the race should not continue, he will stop all crews by sounding an air horn and waving a **RED** flag. The Referee will then inspect the affected crew and determine when the race shall be rescheduled and whether or not any penalties are warranted.

9. Any attempt to stop a race for unauthorized reasons may be cause for disqualification of the offending crew.
10. **Exclusion/Disqualification:** A crew that makes or causes two (2) false starts and/or warnings shall be excluded from the Regatta. A crew may be excluded from the Regatta for causing a collision with another crew, or by causing interference with another crew. A crew may be excluded from the Regatta for unsportsmanlike conduct, including urination from a shell on the water, but only by action of the EARC Race Committee.

V. During the Race

1. **Course Markers** - The seven (7) lanes of the course are lined on both sides by floating buoys. Lanes are numbered consecutively starting at lane “0” on the Worcester side of the course and lane “6” on the Shrewsbury side of the course.

The buoys stop at the finish line. At each 500 meter mark, and at the finish line, there will be large buoy markers off the course outside lanes 0 and 6. Targets marking each lane will be located on the Ken Burns bridge beyond the finish line. The color scheme of the buoys, from start to finish, is as follows:

START TO 150 M:	Red
150 M TO 1750 M:	White
1750 M to FINISH:	Red

2. USRowing Rules will be followed during the progress of the race.
3. **Dead Heat Instructions** - In the event of a dead heat for 1st place in any of the Grand Final races, a re-row will take place between the dead heat crews as soon as feasible, but not earlier than one (1) hour after the completion of the event in which the dead heat occurred.

VI. After the Race

1. Coxswains who carry external weight may be required to display their weight to the referee at the finish line.

After the Morning Heats and Petite Finals

2. After each race, crews should proceed immediately to the boathouse area, observing proper traffic patterns. Do not remain around the finish line area, and particularly do not stay in line of sight of the judge’s stand at the finish line.
3. Follow the dispatcher’s directions when approaching the floats. Crews departing the float area have priority.
4. Coxswains must report to the dispatcher and return any external weights and EARC lane markers.

2010 EARC INSTRUCTIONS TO COXSWAINS AND COACHES
PAGE FOUR

After the Grand Finals

5. As soon as possible after each Grand Final, the three crews placing 1st, 2nd, and 3rd should proceed directly to the front of the Regatta Point Boathouse and dock together alongside the award's float. All three crews will then be instructed to assemble together on the upper section of the dock.
6. Individual medals will then be awarded in reverse order of finish - bronze, silver, then gold. The Cup/Trophy will also be awarded to the Championship Crew and its Coach. The crews will then proceed to the launching dock.
7. Crews finishing fourth through sixth in each Grand Final should follow the procedures outlined in 2, 3 and 4 above.

Protests

8. Protests should be registered on the water in accordance with USRowing rules **except as noted below**. In order to address protests as soon as possible an informal "pre-hearing" will be given to them by a specially designated "ombudsman" official as soon as crews have returned to the docks. This "ombudsman" will act only as a moderator and will attempt to resolve the protests in a way that is mutually agreeable to the protesting crew, any other crews involved and the official most directly involved. If no mutually agreeable resolution can be arranged within a short period of time, or if it seems necessary to consult additional witnesses, the matter will then be formally referred to the Race Committee (as indicated below) which will be convened when the morning or afternoon schedule (whichever is appropriate) has been completed.

The formal referral to the Race Committee must be submitted to the Regatta Director by the head coach in writing citing the specific USRowing or EARC rule(s) applicable and be accompanied by a \$25.00 fee. Disposition of the protest will follow USRowing rules including return of the fee if the protest is upheld.

Note: In accordance with ECAC rules and with approval of the USRowing Board of Directors and the Referee Commission, decisions of the EARC Race Committee with respect to protests, shall be final and binding, and not subject to appeal to any outside agency.

EARC RACE COMMITTEE

Chief Referee, Associate Referee, Chief Judge, Chief Starter and Regatta Director shall serve as the EARC Race Committee. Make sure that your crews know the rules, and that your equipment is in good condition. If you have any questions, ask the Referee before the start of the race.

Good Luck and good racing.

Dan Thompson, Chief Referee
Clayton Chapman, Regatta Director

EASTERN ASSOCIATION OF ROWING COLLEGES

1311 Craigville Beach Road, Centerville, MA 02632
Tel: 508/771-5060, Ext. 236 Fax: 508-771-9486

LIGHTWEIGHT CREW WEIGH-IN PROTOCOL

WEIGHT REQUIREMENTS: ALL crews must average 155 lbs; no individual oarsman may weigh over 160 lbs.

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 p.m. 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.
- All members of an individual crew (1V, 2V, 3V, 1F, 2F), including the coxswain, must weigh in together.
- One EARC Varsity Lightweight Coach will be selected each year by vote at the EARC Lightweight Coach's meeting to serve as the on-site "Coordinator" of the formal weigh-in activity at the Sprints.
- Each participating EARC Lightweight member school will provide two individuals to serve as lightweight weigh-in staff at the Sprints, one to serve in the capacity of a "volunteer overseer", and the other to serve as 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 after it arrives at the Regatta site. The "Coordinator" will arrange for Worcester Weights and Scales (508-853-2886) to be available on-site to perform the calibration. Each school is responsible for getting its scale calibrated, on site, in time for use during the formal weigh-in.
- The Coordinator will select 7 of the scales for the formal weigh-in procedure. Two of the 7 scales will be selected for each of the Jope Cup crews (V8-Scales A&B; 2V8-Scales C&D: 1F8-Scales E&F). The six V8 crews of Heat 1, in ranking order, will be assigned to Scale A. The six V8 crews from Heat 2 will be
 - assigned, in ranking order, to Scale B. The 2V8 and 1F8 crews
 - will be assigned their respective scales in like manner. The 3V8
 - and 2F8 crews will share one additional scale (scale G), with all
 - 3V8 crews weighing in first, followed by the 2F8'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 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 lb. 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 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 proscribed 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 is 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 lb 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 lbs within the proscribed 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 lb average weight requirement, and provided the substitute satisfies the individual oarsman's maximum weight limit of 160 lbs. 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

1311 Craigville Beach Road, Centerville, MA 02632

April 28, 2010

TO: EARC Coaches, Coxswains and Officials

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

Coxswains of all heavyweight and lightweight crews participating in the 2010 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.

Weigh-in for coxswains of lightweight crews will take place at the time their crew is scheduled to weigh-in on Saturday, May 15, at the Regatta Point Boathouse.

Weigh-in for coxswains of heavyweight crews will take place beginning at 3:30 PM, Saturday, May 15th at the Regatta Point boathouse.

The EARC will provide external weight, in the form of sand bags, for all coxswains whose body weight is less than 125 pounds. It is suggested and encouraged however, that all coxswains who know that they will require external weight, provide their own form of weight. This applies especially to those who will require external weight in excess of 10 pounds. ALL WEIGHTS, whether provided by EARC or not, must be marked for specific individuals at the time of the coxswains weigh-in.

Regatta officials will accept responsibility for storing external weight until race time.

ON RACE DAY it will be the coxswain's responsibility to report to the dispatcher OF WEIGHTS (AT THE SITE WHERE THE WEIGH-IN TOOK PLACE) prior to their crew's scheduled launch time and obtain their individual 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. Immediately upon returning to the launching site after the race, the same coxswains will surrender their weights to the dispatcher. Coxswains are also advised that they must display their weight to the Referee, if so requested.

Clayton W. Chapman
EARC Regatta Director

weincox

EASTERN ASSOCIATION OF ROWING COLLEGES

1311 Craigville Beach Road, Centerville, MA 02632

April 28, 2010

MEMORANDUM

TO: 2010 EARC Coaches
FROM: Clayton W. Chapman, EARC Regatta Director
RE: LANE ASSIGNMENTS: 2010 EARC REGATTA

LANE ASSIGNMENTS FOR MORNING HEATS: In accordance with previous formal action taken by the EARC, the top-seeded crews in the EARC Regatta are to be assigned to Lane #1 for the morning heats, with the next best seed in the lane alongside the top-seed and so on. The objective is to ensure that the "top-seed" will always be given the "lee" side of the lake in the event of excessive cross-winds on the race course. In the event of a "wind shift" that necessitates a change in lane assignments the regatta will follow the procedure outlined below in steps #1, #2, and #3. This procedure will be applied to the morning heats only of the EARC Regatta.

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

The procedures will be implemented as follows:

1. For the morning heats, the EARC office will draw up two Schedules of lane assignments. Schedule "A" will show all top-seeded crews in Lane 1 (or the appropriate Worcester shore lane), and Schedule "B" will show all top-seeded crews in Lane 6 (or the appropriate Shrewsbury shore lane).
2. It is agreed in advance of the Regatta that Schedule "A" would be followed, UNLESS weather conditions dictate a change to Schedule "B".
3. The decision to change would be made by the Regatta Director on the recommendation of the head varsity coaches of the top-seeded crews in up-coming heats, as transmitted to the Regatta Director by the President of the EARC Coaches. The change would be implemented as soon as possible, but no later than 45 minutes after notification to the Director.
4. The new schedule would be followed for all subsequent races until conditions change sufficiently to dictate another change. In such case, the same procedure would be followed as outlined in (3).
5. For the afternoon finals, two schedules, "C" AND "D", will be developed. Schedule "C" will place heavyweight heat winners in lanes 1, 2, and 3. Schedule "D" will place the same heat winners in lanes 6, 5, and 4 respectively. Schedule "C" will be followed, unless weather conditions dictate a change to Schedule "D", as decided in accordance with procedures outlined in paragraph (3) above with the exception that the recommendation would be made by the respective Varsity Eight coaches of the winning morning heats. Lightweight heat winners will be placed in lanes 1 and 2 for Schedule "C", and Lanes 6 and 5 respectively for Schedule "D."

(2010seedng)

EASTERN ASSOCIATION OF ROWING COLLEGES

1311 Craigville Beach Road, Centerville, MA 02632

April 28, 2010

TO: 2010 EARC Coaches

SUBJECT: Seeding Format and Lane Assignments for 2010 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	18	17	16

and for the lightweights:

<u>LANE</u>	<u>HEAT 1</u>	<u>HEAT 2</u>
1	1	2
2	4	3
3	5	6
4	8	7
5	9	10
6		

Sincerely yours,

Clayton W. Chapman
Regatta Director

cwc/cs
(2010seedng)

EASTERN ASSOCIATION OF ROWING COLLEGES
65th ANNUAL REGATTA - SUNDAY, May 16, 2010
LAKE QUINSIGAMOND -- WORCESTER, MA
2010 Information Sheet

FROM: _____

1. **Number of crews to be entered:** _____

<u>Heavyweight</u>	<u>Lightweight</u>
Varsity _____	Varsity _____
Second Varsity _____	Second Varsity _____
Third Varsity _____	Third Varsity _____
Freshman/Novice _____	Freshman/Novice _____
2nd Freshman/Novice _____	2nd Freshman/Novice _____

2. **Total Number in Party:** _____

Breakdown: Competitors and Spares _____ Riggers _____
 Managers _____ Trainer _____
 Coaches _____ Other _____

3. **Means of Transportation to Worcester:** Bus: _____ Vans: _____
 Number of Vans: _____

4. **Day and Time of Crews' Arrival:** _____

5. **Day and Time of Crews' Departure:** _____

6. **Name and Address of Hotel or Motel Where Reservations are Made for Your Crew:**

7. **What Practice Time Would You Prefer on Saturday?** (Preference will be honored where possible.)

Heavyweight _____ Lightweight _____
Will you need a coaching launch for practice?
 Heavyweight _____ Lightweight _____

8. **Arrival Times of Shells at Regatta Point, Worcester**

Day _____ Time: _____

(Note: Shells for all crews from the same college will be stored together at the Regatta site.)

RETURN ONE COPY OF THIS INFORMATION SHEET TO EACH OF THE FOLLOWING:

Mr. Michael Letzeisen
 ECAC
 1311 Craigville Beach Road
 Centerville, MA 02632
 FAX: 508/771-9486

Mr. Patrick Diggins
 Diggins Insurance Agency
 10 Institute Road
 Worcester, MA 01608
 FAX: 508/754-0816

DUE DATE: Wednesday, May 5, 2010 RETURN WITH ENTRY FORM

EASTERN ASSOCIATION OF ROWING COLLEGES

1311 Craigville Beach Road, Centerville, MA 02632

April 28, 2010

To: EARC Coaches and Coxswains

From: Clayton W. Chapman, Regatta Director

Re: **IMPORTANT: SAFETY RULES – 2010 REGATTA**

This is to emphasize that the following **SAFETY RULES** are to be strictly adhered to at the 2010 EARC Sprints Regatta. These rules are spelled out in detail in the 2010 Special Instructions to Coaches and Coxswains. **Please READ THESE INSTRUCTIONS CAREFULLY** prior to your participation in the EARC Regatta.

The SAFETY RULES include the following:

1. BOW BALL: Mandatory on all shells.

2. TRAFFIC PATTERNS - PRACTICE DAY: (Diagram attached)

- a) **CLOCKWISE** from launch to start to finish: **KEEP LEFT**
- b) **SINGLE FILE** from launch to start line, between Lane 0 and the western (Worcester) shore, **KEEP OFF THE COURSE**
- c) From start line to finish - **LANES 3-4-5-6 ONLY** (along the Shrewsbury shore)
- d) **DO NOT USE** lanes 1-2 at any time

3. TRAFFIC PATTERNS - RACE DAY (Diagram attached)

- a) **SINGLE FILE** from launch area to start line
KEEP LEFT, OFF THE COURSE
- b) Near the starting area:
 - (1) Beneath the bridge: **KEEP LEFT**
 - (2) All rowing: **ON THE PADDLE**
 - (3) **ALONGSIDE THE COURSE: NO PRACTICE STARTS**
 - (4) **ON** the course: Practice Start permitted **AFTER** preceding race has cleared. **USE EXTREME CAUTION.**

4. NO COACHING LAUNCHES ON THE COURSE

- a) Practice Day: Noon - 6:00 PM
- b) Race Day: 7:30 AM - end of Regatta

A FALSE START PENALTY MAY BE ASSESSED FOR ANY VIOLATION OF THESE SAFETY RULES

SAFETYRULES

2010 EARC REGATTA

Rowing Equipment Compliance Form

To: Coaches – 2010 EARC Regatta

IMPORTANT: Part A must be signed by all participating coaches: Part B if applicable.

Date: April 28, 2010

A. My boat is in compliance with US Rowing 2010 Rules of Rowing 3-109 as follows:

Footgear Release: Where the feet of the competitor are held in place by footgear affixed to the structure of the boat, the design of such footgear shall provide for the quick release of the competitor's feet in case of emergency, without the use of hands. Any pull strings shall not allow the heel to raise more than 3 inches (7.5 cm) above the footboard to which it is anchored.

Heavyweight _____

Lightweight _____

Institution _____

Coach _____

Date _____

Signature _____

Print/Type Name _____

B. My boat is in compliance with US Rowing 2010 Rules of Rowing 3-110 as follows:

Boat Construction for Coxswains: A boat in which the body of the coxswain is enclosed or partially enclosed within the hull of the boat shall conform to the following requirements:

a. The opening of the boat 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.

Heavyweight _____

Lightweight _____

Institution _____

Coach _____

Date _____

Signature _____

Print/Type Name _____

DUE DATE: Wednesday, May 5, 2010

RETURN WITH ENTRY FORM