

37th Annual EAWRC Sprints Regatta--Final Entry Packet

Available online

emailed to Varsity Coaches

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ECAC Liaisons on site:

Michael Letzeisen

Director of Sport Administration

Cell Phone: 774-392-2483

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Lindsay DeStefano

Asa S. Bushnell Rowing Assistant

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EASTERN COLLEGE ATHLETIC CONFERENCE

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May 1, 2010

To: **EAWRC Athletic Directors and Coaches**

Re: **37th Annual EAWRC Regatta -- Sunday, May 16, 2010**
Cooper River, Camden County, NJ

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

1. Final Entry Forms - Open and Lightweight **DUE at ECAC Monday May 10, 2010**
2. Regatta Central and Waiver of Liability Forms - Completed by May 14th
3. Boating Forms Due - Saturday May 15 2010
4. Special Instructions to Coxswains and Coaches
5. Lightweight Weigh-in Procedure and Weigh-in Time Schedule
6. Weigh-in Procedure for Coxswains
7. Policy for Assignment of Lanes - Heats and Finals
8. Practice – Saturday after weigh in of Varsity 8 - 9AM to 4PM can be extended due to circumstances
9. Safety Rules
10. Summary of Entry and Crew Travel Plans **DUE at ECAC Monday May 10, 2010**
11. Rowing Equipment Compliance Form **DUE at ECAC Monday May 10, 2010**

ENTRY – Submitted to the ECAC before end of business May 10, 2010 and signed by Athletic Director. The Entry Summary and Crew Travel Plans plus the Rowing Equipment Compliance Form should also be sent to ECAC at this time.

WAIVER OF LIABILITY FORM: **DUE Before 5PM May 14, 2010.** It is required that all competitors read, and complete the ECAC Rower Education Survey located at www.RegattaCentral.com. Coaches should log on to their account at the site and enter the names of all student-athletes participating in the championships on their roster. Please include the students' email address on the roster form. Once that is completed check on the tab marked "ECAC Athlete Compliance" located just under "Add Athlete" section and then check off those athletes who need to take the survey. Upon completion of the survey the athletes will be able to sign an on line waiver. This replaces the old paper waiver you were asked to bring on site. 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. **It is helpful and will alleviate last minute problems at the regatta site we suggest your athletes complete this process by May 10, 2010.**

COACHES MEETING: There will be a **mandatory** coaches meeting with regatta officials Saturday, May 15, 2010 at 4:00 PM at the control commission tent. Each member institution Head Coach(s), Open and Lightweight, must attend. (If you are unable to attend you must make prior arrangements with the EAWRC Sprints Director for an approved substitute for this meeting).

Page 2:

IMPORTANT - FINAL BOATING FORMS (enclosed) must be completely filled out for each competing crew. Please print or type the full name, (last name, first name, middle initial) of each oarswoman and coxswain. Alternates names' are also required. **These forms must be submitted to a Regatta official at the Regatta Staging Area on Saturday, May 15, 2010 not later than 4:00 PM. Lightweight crews should submit their entry form/weigh-in roster at the time of their weigh-in. Boating lists also need to be entered at www.regattacentral.com at "your entries" no later than Friday, May 14, 2010 at 5:00 PM**

Novice Entry: A novice is an undergraduate who is participating in rowing at the collegiate level for the very first time. This applies to Lightweights only

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 the ECAC Staff. Please instruct your riggers and/or drivers to work with the ECAC on this. As the regatta may have additional competitor school(s) this year there may be extra trailers on site from lightweight and other guest entry programs. Your cooperation on this matter will help insure an orderly flow of shells through the control commission to the water.

All other vehicles, including team vans, will use a designated section of the parking lot across from the Hilton Hotel. A section of this lot, closest to the Regatta Staging Area, will be reserved for this purpose. The Regatta Director will distribute one special parking pass per team, that will enable two vehicles to park along the road adjacent to the finish line area.

SHELL WEIGH-IN FOR OPEN VARSITY EIGHTS: The weight of the shells utilized in the open 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. Weigh-in officials will be available starting at 9:00 AM and will close at 3:30 PM. Coaches requiring special arrangements outside of this time period should contact Chris Combs, EAWRC Sprints Director, prior to arrival on site. (Note: 2V, 3V, 1N, 2N, and Lightweight shells will not be weighed.)

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

INSTRUCTIONAL SESSIONS FOR COXSWAINS: **Instructional sessions for coxswains will be held on Saturday, May 15 at 9:00 AM, 11:00 AM, 1:00 PM and 3:00 PM** at the site of the coxswains weigh-in to review the 2010 EAWRC Special Instructions. **PLEASE NOTE: YOUR CREWS WILL NOT BE ALLOWED ON THE WATER FOR PRACTICE UNTIL COXSWAINS HAVE ATTENDED ONE OF THESE MEETINGS. Coxswains will get a release from the meeting official to present to the control commission before launching for the first time.**

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

Ronald K. Chen
Chief Referee

Gary R. Caldwell
ECAC Director of Rowing

Chris Combs
EAWRC Sprints
Regatta Director

EASTERN ASSOCIATION OF WOMEN'S ROWING COLLEGES
37th ANNUAL REGATTA
COOPER RIVER, CAMDEN COUNTY, NJ
SUNDAY, MAY 16, 2010

OFFICIAL ENTRY

_____ Will enter the following crews in the 37th Annual EAWRC Regatta on May 16, 2010
(Name of EAWRC College)

	<u>V8</u>	<u>2V8</u>	<u>3V8</u>	<u>4V8</u>	<u>V4(A)</u>	<u>V4(B)</u>	<u>V4(C)</u>
OPEN	()	()	()	()	()	()	()
LIGHTWEIGHT	()	()	<u>N8</u> ()		()		

I understand that final boatings must be submitted to Regatta officials on Saturday, May 16, 2010 at the Staging Area.

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 37th Annual EAWRC Regatta on the Cooper River in Camden County, NJ we hereby waive any and all claims to damages that we might have against the EAWRC, ECAC, Cooper River Rowing Association, Camden County Parks Department, 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

EAWRC Member Institution

RETURN COMPLETED FORMS TO:

ENTRY DEADLINE: Monday, May 10, 2010

ECAC

Attn: Lindsay DeStefano, Asa S. Bushnell Rowing Assistant

P.O. Box 3

Centerville, MA 02632

FAX: 508/771-9486 x242 or email affiliates@ecac.org

**FINAL ENTRY FORM - EIGHT-OARED EVENTS
 EASTERN ASSOCIATION OF WOMEN'S ROWING COLLEGES
 37th ANNUAL CHAMPIONSHIPS MAY 16, 2010**

 (Name of College/University)

OPEN EIGHTS: (Varsity) (Second Varsity) (Third Varsity) (Fourth Varsity)
LIGHTWEIGHT EIGHTS: (Varsity) (Second Varsity) (Novice)

**Note: Rowers weights only to be filled out for lightweight crews at weigh-in.
 Coxswains weights to be certified at cox weigh-in on Saturday**

POSITION	NAME (Please Print)			Class	WEIGHT*
	First	Last	Middle		
_____	Evans	Martha	P.	2010	@ weigh-in

BOW _____

2 _____

3 _____

4 _____

5 _____

6 _____

7 _____

STROKE _____

COXSWAIN _____

OFFICIAL WEIGHT OF COXSWAIN: _____ **LBS.**

SUBSTITUTE _____ **WEIGHT** _____

SUBSTITUTE _____ **WEIGHT** _____

COACH: _____

SUBMITTED BY: _____

MANAGER: _____

POSITION: _____

NOTE: This entry form must be completed and submitted to the Regatta Director upon arrival at the Regatta site.

**FINAL ENTRY FORM - FOUR-OARED EVENTS
EASTERN ASSOCIATION OF WOMEN'S ROWING COLLEGES
37th ANNUAL CHAMPIONSHIPS MAY 16, 2010**

(Name of College/University)

FOUR-OARED EVENTS

OPEN FOURS: (Varsity "A") (VARSITY "B") (VARSITY "C")

LIGHTWEIGHT FOURS: (Varsity / Novice)

***Note: Rowers weights only to be filled out for lightweight crews at weigh-in.
Coxswains weights to be certified at cox weigh-in**

POSITION	NAME (Please Print)			Class	WEIGHT*
	First	Last	Middle		
BOW	_____				
2	_____				
3	_____				
STROKE	_____				
COXSWAIN	_____				
OFFICIAL WEIGHT OF COXSWAIN:	_____			LBS.	
SUBSTITUTE	_____				
SUBSTITUTE	_____				

COACH: _____ **SUBMITTED BY:** _____

MANAGER: _____ **POSITION:** _____

NOTE: This entry form must be completed and submitted to the Regatta Director upon arrival at the Regatta site.



EASTERN ASSOCIATION OF WOMEN'S ROWING COLLEGES

To: EAWRC Coaches

From: Chris Combs, EAWRC Sprints Regatta Director
Ronald K. Chen, Chief Referee

Re: 2010 EAWRC Championships Special Instructions for Coaches and Coxswains

Date: April 30, 2010

Please distribute the enclosed **Special Instructions** to your coxswains for review prior to the coxswains' instructional meetings.

INSTRUCTIONAL SESSIONS FOR COXSWAINS: Instruction meetings for coxswains will be held on Saturday, May 15 at 9:00 AM, 11:00 AM, 1:00 PM and 3:00 PM at the site of the coxswains weigh-in to review the 2010 EAWRC Special Instructions. PLEASE NOTE: YOUR CREWS WILL NOT BE ALLOWED ON THE WATER FOR PRACTICE UNTIL COXSWAINS HAVE ATTENDED ONE OF THESE MEETINGS. Coxswains will get a release from the meeting official to present to the control commission before launching for the first time.

COACHES MEETING: There will be a mandatory coaches meeting with regatta officials Saturday, May 15, 2010 at 4:00 PM at the control commission tent. Each member institution Head Coach(s), Open and Lightweight, must attend. (If you are unable to attend you must make prior arrangements with the EAWRC Regatta Director for an approved substitute for this meeting.)

Please take special notice of the following safety and equipment requirements from the **2010 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:** 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. (Rule 3-109)
- **Bow Balls: Mandatory** on the bow of each racing shell unless equivalent provision for visibility and protection against puncture injury is included in the shell's basic construction.

- **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 3-110):
 - 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.
 - 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 will be checking boats for compliance with these rules on Saturday, May 15, 2010.

The official assigned to the Control Commission will also act as the "Ombudsman." See below (page 11 ¶2). Any questions that may arise after launching should be directed to the STARTER OR REFEREE prior to your race.

Note: This EAWRC Championships Regatta will be conducted in accordance with the Rules of Rowing of USRowing except as modified in these Special EAWRC Regatta Instructions. It is your responsibility to make sure that your coxswains and crews are familiar with the rules. The 2010 USRowing Rules of Rowing are available on the Internet at

www.usrowing.org/uploads/docs/2010RORweb_420313.pdf

SPECIAL INSTRUCTIONS FOR COXSWAINS

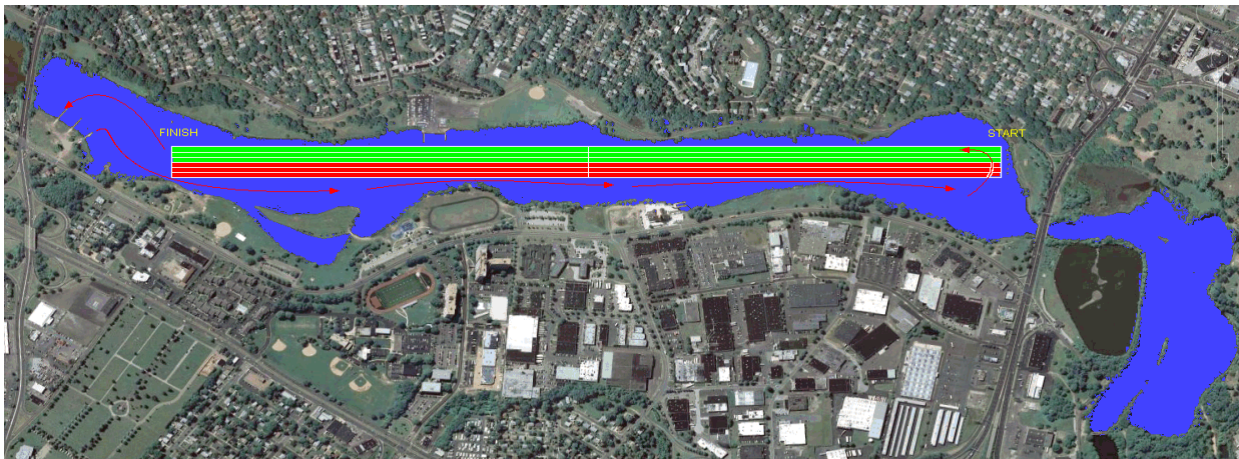
Procedures Prior to Race Day:

SATURDAY, MAY 15, 2010

There are two launching docks. **OUT-GOING** traffic must use the right-hand dock (North Dock) (right as you face the river from the staging area), and **IN-COMING** traffic must use the South Dock.

***PLEASE REVIEW CAREFULLY – SPRINTS PATTERN
MAY BE DIFFERENT THAN OTHER EVENTS***

PRACTICE TRAFFIC PATTERN



RED = NO BOATS PERMITTED IN EITHER DIRECTION

GREEN = PRACTICE ROWING PERMITTED TOWARDS FINISH LINE ONLY

Always maintain a **COUNTER-CLOCKWISE** traffic pattern during **PRACTICE HOURS** on Saturday when on the water. The race course is the **PRIMARY AREA** available for practice.

After launching, turn right toward the race course, staying adjacent to the shoreline from which you launched. Head to the right of the "run-off" area below the finish line marked by 2 red buoys, then move along the shore, outside the race course buoys on your left. **YOU ARE ROWING TOWARD START IN LANE ZERO (0). LANES 1, 2, & 3 SHOULD BE EMPTY ON SATURDAY.** Be alert to crews to your left, who are proceeding down the race course towards the finish line, rowing in the outside lanes (4, 5, and 6). Give them room to cross the finish line to your left. Then, proceed single file toward the starting line **USING LANE 0 ONLY**. Use extreme caution and maintain **COUNTER-CLOCKWISE** traffic pattern at all times. **NEVER ROW TO THE START IN RACE LANES – 1 TO 6.**

Upon reaching the starting line, move **COUNTER-CLOCKWISE** (to your left) into lanes 4 5-6. Crews must then proceed back toward the finish line **USING LANES 4-5-6 ONLY**. **LANES 1, 2 & 3 SHOULD NEVER BE USED FOR PRACTICE IN EITHER DIRECTION.**

KEEP CLEAR OF ANCHOR LINES in the area of the start (fore and aft of stake boats in each lane.) DO NOT ROW between the stake boats and the shore line.

WARM-UP AREA: The race course is the primary area available for practice. However, an additional “warm-up” area, located above and beyond the starting line (see map on site) will be available to crews for pre-race practice starts, and for short pieces at racing cadence. During practice hours, crews may enter this area, on the paddle, exercising extreme caution because of the flow of traffic in and out of this area. Crews must keep to the right, on the paddle, when passing under the bridge and for the next 100 meters thru the first right turn, maintaining a **COUNTER-CLOCKWISE** traffic pattern. The line of buoys which describes the centerline of this area should always be kept to the crew’s port side. When reaching the straightaway after the first right turn, crews may take practice starts and short pieces at racing cadence, in either direction, but cautiously and always keeping to the right. . Crews leaving the straightaway area should again keep to the right, on the paddle, until after passing under the bridge, then turn right toward the starting line area. Crews will then proceed back to the finish line, using lanes 4, 5, or 6 only. **Practicing starts ALONGSIDE THE COURSE in EITHER direction within 150 meters of the starting line ARE PROHIBITED.**

Spare Oars/Parts/Equipment: Following your last workout, identify and tag your ‘spare’ oars and any other spare parts/equipment that may be required for use by your crews on race day. Keep these spare oars and parts in your possession, but readily accessible in the event any are needed by your crews because of breakage on race day.

All coxswains will weigh-in to establish that they will carry the minimum required 110 pounds while competing in the Regatta. Initial weigh-in will occur at the dispatch area, beginning at 1:00 PM, Saturday.

Weigh-in: Open Varsity 8 Shells: The weight of all eight-oared shells utilized in the Open Varsity Eight event shall be at least 205 pounds. This weight shall include only those items permanently affixed to the shell, including seats, rudders, skegs, fins, loudspeakers and riggers. These shells will all be weighed-in on Saturday, May 16 **PRIOR TO BEING PLACED ON THE WATER**, to ensure adherence to the minimum weight standard. Officials will be available at the control commission tent between 9:00 AM and 4:00 PM for boat weigh-in.

Race Day Procedures (Sunday, May 16):

NOTE: The race course will be closed to any boat or practice one hour before the start of the first race.

Prior to the Race:

Check all equipment and shells before launching on race day. If on the way to the starting line your shell has breakage of any kind, report said breakage to the Referee or Starter and follow his/her directions. Do not return to the launching area for repairs unless so instructed. A "repair launch" will be dispatched to the starting line area utilizing the oars/parts/equipment previously TAGGED for your crews for this purpose.

- a) BOW BALLS: Mandatory on the bow of each racing shell unless equivalent provision for visibility and protection against puncture injury is included in the shells basic construction. (See USRowing Rule of Rowing 3-105). Bowballs must be firmly affixed to the bow and in good condition.
- b) Footgear Release: 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. (Rule 3-109). Heel tie-down strings must be in good condition.
- c) Bottom Tape: Bottom tape or other artificial substances on the hull are banned from use in this Regatta (see USRowing Rule of Rowing 3-107).

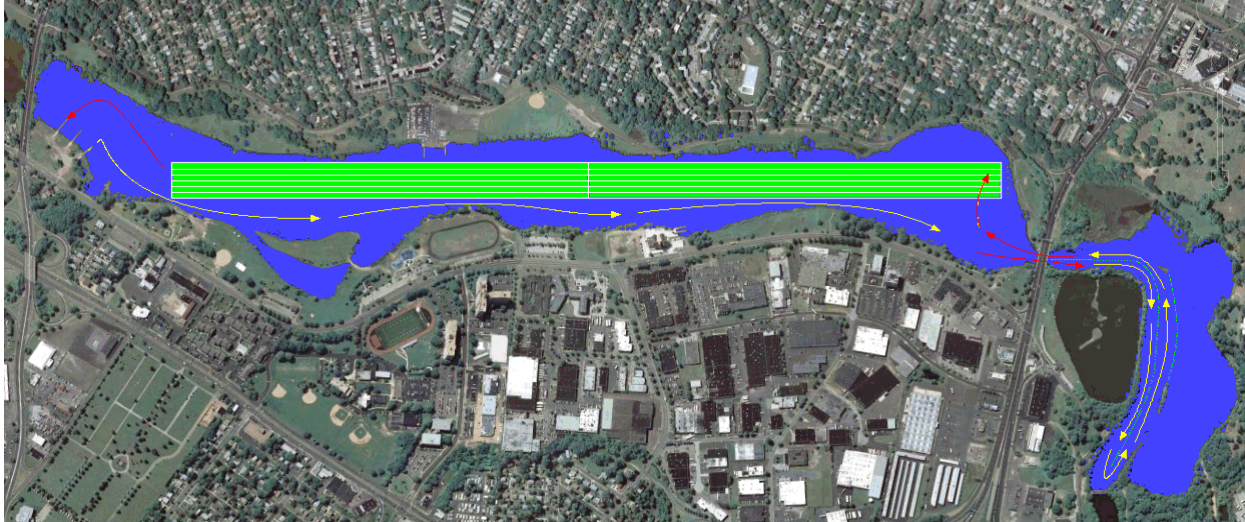
ALL COXSWAINS will report to the dispatcher within 45 minutes prior to their scheduled launch time. Those coxswains who are required to augment their body weight to reach the minimum weight standard will obtain their external weights, which are to be carried in the shell at the coxswain's seat, as close as possible to the coxswain's torso. At the same time, all coxswains will pick up their bow markers, and secure them to the bow of their shells. Check your launching time schedule and confirm your lane assignment with the Dispatcher.

See that your crew is prepared to launch its shell when called by the DISPATCHER. The Dispatcher is the Referee's official representative at the staging area, and his/her instructions concerning launching are to be strictly followed. Launching shells at any time other than that listed on the schedule shall be only at the direction of the Dispatcher. Coxswains are responsible for getting their crews on the water on time.

After shoving off, turn right towards the race course, and stay adjacent to the shore from which you launched, moving up along the shore toward the finish line awards dock. Be careful to follow the contour of the shore and stay well below, and inside, the "run off" area beyond the finish line marked by 2 red buoys. Keep the finish line well to your left, to provide plenty of room for crews racing on the course to cross the finish line in their lanes. Once past the finish line proceed up lane "0", inside the race course, in a single file progression toward the starting line.

NOTE: RACE DAY TRAFFIC PATTERN - COUNTER_CLOCKWISE
REVIEW – MAY BE DIFFERENT THAN OTHER REGATTA'S

RACING TRAFFIC PATTERN



Use **EXTREME CAUTION** when you reach areas where the shoreline juts out close to the line of buoys marking the inside of lane 0. (NOTE: Lane 0 may be used in proceeding toward the start, but crews should proceed with caution, rowing on the paddle or at low cadence.)

When reaching the starting area all crews should identify themselves by reporting to the Start Marshal, who will be in a motor launch in the starting area or beyond the bridge. 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. A crew will be assessed a warning if not in position two (2) minutes before its scheduled race time.

WARM-UP AREA: After reporting to the Start Marshal, crews should proceed immediately, on the paddle, to the “warm-up” area ([see map on site](#)), exercising caution because of the flow of traffic in and out of this area. Crews must keep to the right, on the paddle, when passing under the bridge and for the next 100 meters thru the first right turn. In the warm-up area crews must maintain a counter-clockwise traffic pattern. The line of buoys which describes the centerline of this area should always be kept to the crew’s port side. When reaching the straightaway area after the first right turn, crews may take practice starts and short pieces at racing cadence, cautiously. Crews leaving the straightaway area should, again, keep to the right, on the paddle, until passing under the bridge to return to the starting line area.

Crews should leave the Warmup Area above the bridge and approach the starting area ten minutes before the scheduled time of their race, unless instructed otherwise by the Start marshal. Once they have passed under the bridge, crews should wait for clearance from the Starter before moving on to the race course and into their assigned lanes. Practice starts alongside the course, in either direction, in the area of the starting line are prohibited.

Practice starts from the area of the stakeboats onto the course will be permitted, but only after the preceding race has left the starting zone (first one-hundred meters of the course). A crew may row at racing cadence down the course in its lane only, but must remain within voice distance of the Starter. A crew following this procedure should turn in its own lane and, 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: the privilege to perform racing starts on the course may be suspended or canceled at any time, but only by the Chief Referee or Regatta Director, with appropriate notification to all competitors in a heat or final prior to their scheduled launch time.

At approximately ten (10) minutes prior to the start of each race, the Starter will announce the next event and the name and the lane assignment of each competitor. The Starter will also announce the five (5), four (4), three (3), and two (2) minute marks prior to each race. At two minutes the crews should be locked on to their stakeboats and are thereafter under Starter's orders.

At the Start:

Stake boats and bows-on-line start will be used for all races. The starting stations are numbered 1 through 6. (Lane 1 is on your port [left] side as you proceed toward the finish line.)

A crew must be attached to its starting station, ready to race, **TWO MINUTES** before the scheduled time of its race. A crew that is late to the start may be assessed a warning by the Starter. If a crew is not at the Start by the scheduled time of its race, the start may take place without them.

When all crews are in position, the Aligner will bring the bows of the crews even. When the crews are even (aligned), the Aligner will raise a **WHITE** flag. 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 upon realignment.

When the Starter is satisfied that alignment is complete (Aligner's white flag aloft) and that the crews are ready to race, the crews will be polled, starting with lane one: naming the crew in lane one, proceeding likewise to lane two, etc. A crew which is **NOT** ready will so signify by the **BOW-PERSON'S** raised hand. If polling cannot take place without inordinate delay, the Starter may dispense with polling and use a "**quick start.**" In that case, "**Quick Start!**" will be announced and the starting commands will be followed as described below.

When all the crews have been polled, the start will begin. The Starter will give the following starting commands: (1) "**ATTENTION**", (2) [raise red flag], and (3) "**GO!**" accompanied by the dropping of the red flag. The pause between "Attention" and "Go" may be a variable one (approx. 2 to 4 seconds) to deter anticipating the start. Crews will start on the audible command "Go" and the dropping of a red flag.

Starter will first say "**Quick Start!**" and then go immediately to the starting commands without further polling.

A Countdown Start may be used if wind conditions prevent a normal or quick start. The countdown start will be "**5, 4, 3, 2, 1, Attention**, [red flag up], **Go!**" Raised hands will not be recognized in a countdown start, and it is the responsibility of each crew to make final adjustments during the countdown period.

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, which is the equivalent of a "false start". A second warning or false start in the same race will result in a crew's exclusion from the event.

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

- a) **False Start:** A crew will be assessed a false start if its bow crosses the plane of the starting line before the Starter's red flag begins to move. . A crew that is assessed two (2) false starts or warnings in the same race shall be excluded from the event.
- b) **Collision** between crews within the first 100 meters of the race. Collisions with fixed markers or structures already on course and known to participating crews will not be cause for stopping the race at any time. Collisions between crews beyond 100 meters are subject to the USRowing Rules of Rowing, with discretionary authority given to the Referee as to whether or not the race is to be stopped and/or restarted.
- c) **Broken Equipment or Full Crab.** When, during the first 100 meters of the race, the coxswain or any member of the crew raises a hand as a signal for broken or damaged equipment, or a rower is thrown out of the boat, or experiences a full over-the-head crab,. A partial crab is not grounds for recalling a race. **REMINDER:** The first 100 meters of the course are lined with green buoys. If the Referee, upon observing any of the above incidents a), b), or c), determines that the race should not continue, he or she will stop all crews by sounding a bell or siren and waving a RED flag. *(Coaches meeting 10/25/04 choose not to include jumped slides and defined the breakage zone as 100 meters)*

The Referee will inspect the affected crew or crews and determine when the race shall be rescheduled and whether or not any penalties are warranted. Any attempt by a crew to stop a race for unauthorized reasons may be cause for disqualification of the offending crew.

During the Race:

Course Markers - Lanes: Each of the six racing lanes will be lined on either side by floating buoys. The first 100 meters and the final 250 meters of the course are lined with green buoys. The remainder of the course is lined with red buoys. The buoys stop at the finish line. Markers on the shore on both sides of the course, indicate 500, 1,000 and 1,500 meters gone. In addition, a single green buoy is located on either side of each lane to signal each 500 meter mark. Targets marking all lanes are placed beyond the finish line

USRowing Rules will be followed during the progress of the race. Each crew is responsible for its own steering. The Referee will not render assistance to crews merely to steer a better course, even if a crew leaves its own water, and will instruct a crew to alter its course only to prevent interference, or otherwise ensure safety, or to ensure fairness to other crews. If a crew has left, or is about to leave, its own water and is in danger of interference with another crew that is rowing in its own water, the Referee shall instruct the offending crew to alter its course by raising a white flag, calling the name of the crew, and

dropping the flag in the direction the crew should move. A crew leaves its water when any part of its boat or equipment leaves the crew's assigned lane.

Signaling Devices: The use of any sound device (such as air horn, bell or siren) which is similar to that being utilized by the Regatta officials for recalling the crews, is prohibited for use by any participating crew in this Regatta.

Dead Heat Instructions: In the event of a dead heat for first place in any of the Grand Final races, The EAWRC Race Committee may choose to schedule a re-row that would 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.

Warnings: A crew may be assessed a warning for any action deemed to be unsporting in nature and/or which gives said crew an unfair advantage over other competitors. A crew that is assessed two (2) false starts or warnings in the same race shall be excluded from the event.

Environmental Unsporting Conduct: Throwing refuse from shells, such as water bottles, at anytime while on the Cooper River is forbidden. Any crew who engages in this practice will be subject to disqualification by action of the EAWRC Race Committee. A crew may empty water bottles at the starting line but must keep the empty bottles in the boat for the race. Crews will not be able to pass back water bottles to the stakeboat attendant.

Exclusion. A crew also may be excluded for causing a collision with another crew, or by causing interference with another crew. A crew may be excluded for unsporting conduct, but only by action of the EAWRC Race Committee.

After Each Race:

Coxswains who carried external weight may be required to display their weight to the Referee or the Finish Marshal.

After the Heats, Third Level and Petite Final races:

All crews should, after a short rest period, proceed immediately to the launching area. Do not remain around the finish line area, and particularly do not obstruct the line of sight of Judges and Timers at the finish line.

All crews are reminded to approach the launching docks in single file and be alert to other crews which are proceeding from the dispatch area to compete in their event. Crews departing the float area have priority. The Dispatcher will assist in this regard.

Upon returning to the launching site, coxswains should report to the dispatcher and return weights (if applicable), and bow markers.

After the Grand Finals:

Crews finishing 4th through 6th in each Grand Final should follow procedures outlined in After the Race above. Crews finishing second and third should pass in review in front of the spectator area at the finish line, stop at the awards float and receive their silver and bronze medals without getting out of their shell. These crews should then proceed to the launch area after checking for a race in progress.

The winning crew in each Grand Final event will then proceed to the awards float located adjacent to the finish line. The Cup or Trophy for the event and the individual gold medals will be awarded to the champion crew and its coach on the Award Dock.

Protests

Protests should be registered on the water in accordance with USRowing rules. In order to address protests as soon as possible, an informal “pre-hearing” will be provided to crews by a specially designated “ombudsman” official, - as soon as they have returned to the boathouse staging area. 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 EAWRC Race Committee (as indicated below) that will be convened when the day’s race schedule has been completed.

The formal referral to the Race Committee must be submitted to the Regatta Director by the head coach in writing within one (1) hour after the crew returns to the launching area citing the specific USRowing or EAWRC 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. Decisions of the Race Committee shall be final and binding, and not subject to appeal to any outside agency including under the appeal process under the USRowing Rules of Rowing.

EAWRC RACE COMMITTEE

The Chief Referee, Deputy Chief Referee, Chief Judge, Chief Starter, and EAWRC Sprints Regatta Director shall serve as the Race Committee for the duration of this Regatta.

Make sure your crews know the rules, and that your equipment is in good condition. If you have any further questions, ask the Control Commission official at the launching area before the start of the race, who will be able to contact the Chief Referee or Deputy Chief Referee. We want all crews to enjoy their races on the Cooper River.

Good Luck – and Good Racing

Ronald K. Chen, Chief Referee
Terese Friel Portell, Deputy Chief Referee
Chris Combs, EAWRC Sprints Regatta Director

**EASTERN ASSOCIATION OF WOMEN'S ROWING
COLLEGES**

1311 Craigville Beach Road, P.O. Box 3, Centerville, MA 02632

May 4, 2010

TO: EAWRC Coaches, Coxswains and Officials

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

Coxswains of all heavyweight and lightweight crews participating in the 2010 EAWRC Regatta are required to weigh a minimum of 110 pounds. Those coxswains whose body weight, while wearing racing shirt, shorts and socks is less than 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 lightweight crews will take place at the time their crew is scheduled to weigh-in on Saturday, May 15, at the weigh in tent. (See attached weigh-in schedule for lightweight crews.)

Weigh-in for coxswains of heavyweight crews will take place beginning at 11:30 AM, Saturday, May 15, at the staging area tent.

The EAWRC 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 EAWRC 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 coxswains' responsibility to report to the dispatcher 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 or Starter, if so requested.

Chris Combs
EAWRC Sprints Regatta Director

**EASTERN ASSOCIATION OF WOMEN'S ROWING
COLLEGES**

1311 Craigville Beach Road, P.O. Box 3, Centerville, MA 02632

May 1, 2010

To: EAWRC Coaches and Coxswains

From: Chris Combs, EAWRC Sprints 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 EAWRC 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 EAWRC Regatta.

The SAFETY RULES include the following:

1. **BOW BALL:** Mandatory on all shells.
2. **TRAFFIC PATTERNS - PRACTICE DAY:**
SATURDAY, MAY 15, 2010
See Cox Instructions and Sprints Cooper River Cox Map Attachment
3. **TRAFFIC PATTERNS - RACE DAY (See Cooper River Cox Map)**
SUNDAY, MAY 16, 2010
See Cox Instructions and Sprints Cooper River Cox Map Attachment
4. **NO COACHING LAUNCHES ON THE COURSE ON PRACTICE OR RACE DAY.**

A FALSE START PENALTY MAY BE ASSESSED FOR ANY VIOLATION OF THESE SAFETY RULES, APPLICABLE TO THE NEXT RACE IN WHICH THE CREW COMPETES.

**EASTERN ASSOCIATION OF WOMEN'S ROWING
COLLEGES**

1311 Craigville Beach Road, P.O. Box 3, Centerville, MA 02632

May 1, 2010

To: Lightweight Varsity Crew Coaches
EAWRC Championships
May 1, 2010
Cooper River, Cherry Hill, NJ

From: Chris Combs, EAWRC Sprints Regatta Director

Re: **Weigh-in Procedure for Lightweight Crews**

The following procedures will apply to this year's EAWRC Championships Regatta:

1. **Weigh-ins** will take place on Saturday, May 15, 2010 in the staging area, beginning at 3:00 PM in order of heat and lane number. The Lightweight scale will be available from 10:00 AM on Saturday to check weight.
2. Each athlete must bring a photo ID.
3. Athletes will weigh-in wearing racing attire.
4. The entire crew must weigh-in at the same time from bow to stroke.
5. **Coxswains will weigh-in with their crew.**
6. **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.**
7. 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. No re-weigh on each day is necessary for those athletes who are at 130.0 on the first try.
8. The entire crew will receive certification at the same time.

EASTERN ASSOCIATION OF WOMEN'S ROWING COLLEGES
1311 Craigville Beach Road, P.O. Box 3, Centerville, MA 02632

May 1, 2010

MEMORANDUM

TO: 2010 EAWRC Coaches
FROM: Chris Combs, EAWRC Sprints Regatta Director
RE: LANE ASSIGNMENTS: 2010 EAWRC REGATTA

In accordance with previous formal action taken by the EAWRC, the top-seeded crews in the EAWRC Regatta are to be assigned to an "inside" lane; i.e., Lane 3 for the morning heats, with the next best seed in the lane alongside the top-seeds and so on. The objective is to ensure that the "top-seed" always will be given the "middle" of the lake on the race course.

1. For the morning heats, the ECAC office 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.

In a 3 heat event the 1st and 2nd place crews will advance to the Grand Final. Crews in 3^d and 4th place will race in the Petite Finals. Crews finishing 5th or 6th in the heats will race in the Third Level Final. A Petite or 3rd Level final will be held if heats have been held in which more than two crews have placed fifth or fifth and sixth.

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 EAWRC 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 ECAC Regattas Director 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 FISA 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.

EASTERN ASSOCIATION OF WOMEN'S ROWING COLLEGES
 1311 Craigville Beach Road, P.O. Box 3, Centerville, MA 02632

May 1, 2010

TO: 2010 EAWRC Coaches

SUBJECT: Seeding Format and Lane Assignments for 2010 Sprints

This is seeding scheme based on heats -

a. Three heat races:						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Heat 1:	Seed 13	Seed 7	Seed 1	Seed 6	Seed 12	Seed 18
Heat 2:	Seed 14	Seed 8	Seed 2	Seed 5	Seed 11	Seed 17
Heat 3:	Seed 15	Seed 9	Seed 3	Seed 4	Seed 10	Seed 16
b. Two heat races:						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Heat 1:	Seed 9	Seed 5	Seed 1	Seed 4	Seed 8	Seed 12
Heat 2:	Seed 10	Seed 6	Seed 2	Seed 3	Seed 7	Seed 11

Progression to Lanes for FINALS

Three heat races:

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
3rd Level:	6th Heat # 2	5th Heat # 3	5th Heat # 1	5th Heat # 2	6th Heat # 3	6th Heat # 1
Petite:	4th Heat # 2	3rd Heat # 3	3rd Heat # 1	3rd Heat # 2	4th Heat # 3	4th Heat # 1
Grand:	2d Heat # 2	1st Heat # 3	1st Heat # 1	1st Heat # 2	2d Heat # 3	2d Heat # 1

Two heat races, more than 8 boats:

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Petite:	6th Heat # 1	5th Heat # 2	4th Heat # 1	4th Heat # 2	5th Heat # 1	6th Heat # 2
Grand:	3rd Heat # 1	2d Heat # 2	1st Heat # 1	1st Heat # 2	2d Heat # 1	3rd Heat # 2

Two heat races, up to 8 boats:

	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Petite:			3rd Best Time	4th Best Time		
Grand:	Best Time	2d Heat # 2	1st Heat # 1	1st Heat # 2	2d Heat # 1	2d Best Time

Non Seeded events (by Coaches) may be set to advance by using first 2 to qualify plus 2 fastest times.

Chris Combs
 EAWRC Sprints Regatta Director

EASTERN ASSOCIATION OF WOMEN'S ROWING COLLEGES
37th ANNUAL REGATTA - SUNDAY, MAY 16, 2010
COOPER RIVER, CAMDEN COUNTY, NJ
2010 Information Sheet

FROM: _____

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

<u>Open</u>		<u>Lightweight</u>	
Varsity 8	_____	Varsity 8	_____
Second Varsity 8	_____	Second Varsity 8	_____
Varsity Four	_____	Varsity Four	_____
Third Varsity 8	_____	Novice 8	_____
Fourth Varsity 8	_____		
Varsity Four "B"	_____		
Varsity Four "C"	_____		

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

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

3. **Means of Transportation to Camden County:** 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.)
Open _____ Lightweight _____

8. **Arrival Times of Shells at Camden:**
Day _____ Time: _____

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

9. Please provide the cell phone numbers for the following coaches - if available;

Varsity _____ # _____

Novice _____ # _____

Lightweight _____ # _____

RETURN ONE COPY OF THIS INFORMATION SHEET TO THE FOLLOWING:

ECAC: Lindsay DeStefano, Asa S. Bushnell Rowing Assistant
P.O. Box 3
Centerville, MA 02632 FAX: 508/771-9486 **DUE DATE: Friday, May 10, 2010**
RETURN WITH ENTRY FORM

2010 EAWRC REGATTA

Rowing Equipment Compliance Form

To: Coaches - 2010 EAWRC Regatta

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

Date: May 1, 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: Monday May 10, 2010

RETURN WITH ENTRY FORM