



Regatta Competition Packet
2023 Rockland Masters Regatta

July 8, 2023

Rockland Lake State Park

Rockland Rowing Association is pleased to welcome you to the first Rockland Masters Regatta.

The goal of the regatta is to provide summer racing opportunities at a Masters-focused regatta that provides quality racing and a fun time for everyone.

We have brought together a team of experts to ensure the highest quality regatta experience. Our team includes:

- 10-lane course installed by Tim Royalty. Tim has installed every major race course in the country, including the 2017 World Championships course in Sarasota.
- Professional regatta director AJ Dominique. Former Regatta Director for USRowing, he has 10 years of experience directing every USRowing regional and national championship regatta, including Masters Nationals, from 2010-2019.
- Electronic timing provided by HereNow Timing. HereNow has been USRowing's timing vendor since 2013, and used by regattas around the country, they have helped grow the use of technology in the sport to ensure accurate results are available in real-time.

The regatta will include both traditional 1,000 meter sprint racing and will introduce the rowing world to the "Rockland Relays". Off-the-water, competitors and spectators will find a festival-like atmosphere including a beer garden with a view up the course on beautiful Rockland Lake.

Please read this packet in its entirety, as it contains important information about this year's event. All competitors and crews are responsible for the information included in this packet.

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Important Dates & Schedule Information

- March 1, 2023 -- Online registration opens on RegattaCentral
- June 25, 2023 -- Initial online registration deadline. All entry fees become non-refundable after this deadline. Line-up deadline.
- June 28, 2023 -- Initial race schedule posted.
- July 5, 2023 -- Initial heat sheet posted.
- July 7, 2023 -- Venue opens for trailer parking and practice.
- July 8, 2023 -- Coaches, Coxswains, & Blind Boat meeting. Racing & Awards

Schedule Information:

All racing will take place all day on Saturday July 8, 2023.

Morning racing will include 1,000 meter flights. Afternoon racing will include the new "Rockland Relays".

Coaches, Coxswains, and Blind Boat Meeting:

The Coaches, Coxswains, and Blind Boat Meeting will be held on Saturday, July 8, 2023, at 7:00 a.m. at the course.

Racing Format

Event List:

1. Womens Masters 1x
2. Mens Masters 1x
3. Womens Masters 4+
4. Mens Masters 4+
5. Womens Masters 2x
6. Mens Masters 2x
7. Womens Masters 8+
8. Mens Masters 8+
9. Womens Masters 4x
10. Mens Masters 4x
11. Mixed Masters Inclusive 2x
12. Mens Masters Adaptive 1x
13. Womens Masters Adaptive 1x
14. Mixed Masters Adaptive 2x
15. Rockland Relays - Team Entries

1,000 meter Sprint Racing:

- **There is NO HANDICAPPING at this regatta!**

- Our goal is to allow crews to get to experience being on the water with as close to a full 10-lane field as we can get in each event, while still awarding medals and trophies to winners in each age category represented in the flight.
- Crews registered for each event will be placed into flights according to the average age of their crew, from youngest to oldest. We will fill as many of the 10-lanes as possible for each heat, while keeping all crews in a given age category in the same flight.
- Flights that contain crews from multiple age categories will see medals awarded to the winning crew in each age category represented in the flight. Medals and placements will be determined separately for each age category in a given flight.
- Course:
 - Racing will occur on a 1,000 meter, 10-lane, fully buoyed course with stakeboats at the start.

“Rockland Relays”:

- Each entry in the “Rockland Relays” will be comprised of crews racing in the 2x, 4+, 4x, and 8+ categories.
 - This means each entry will include 18 rowers and 2 coxswains. Of the 18 rowers, a minimum of 9 rowers must be women. Coxswains can be of either gender.
 - Rowers can be distributed within the boat categories in any combination. So, the overall team entry must have a minimum number of women rowers, but the rowers can be seated in any combination between the 2x, 4+, 4x, or 8+ crews.
- Course:
 - Each leg of the relay will be 500 meters.
 - Each team will occupy 2 lanes. The 2x’s will begin at the Finish Line of the 1k course. They will start on the referee’s signal and race up to the 500 meter mark. Once their bow crosses, the 4+ will start in the next lane over, racing down to the finish line. Once their bow crosses the finish, the 4x will row up to the 500 meter line, then the 8+ will race down to the finish to complete the relay.
 - The team with the fastest time after completing the 4 legs of the relay will win the event.
- A maximum of 4 teams can enter each relay flight. If more than 4 teams enter, a second relay may be added to the schedule.

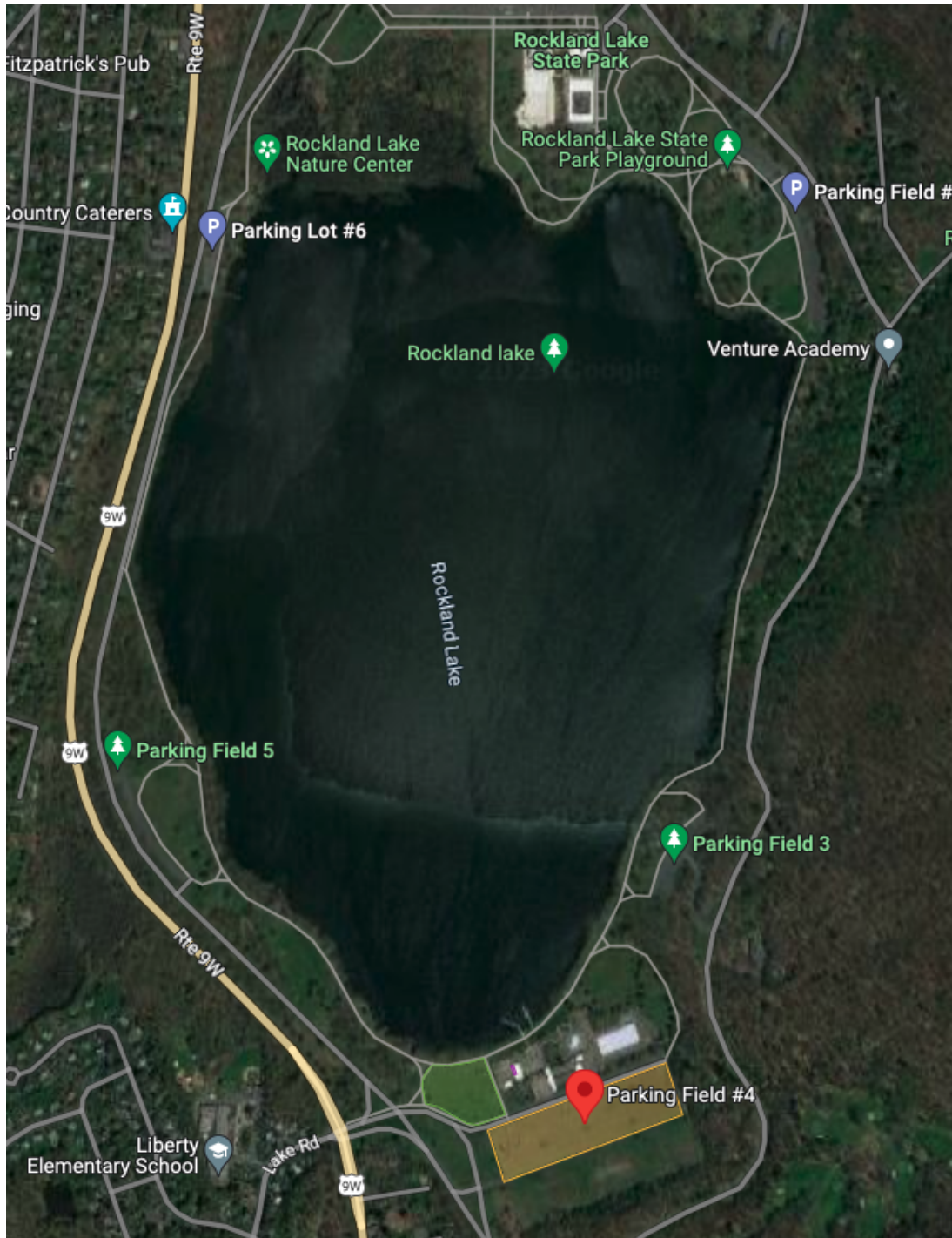
Medals:

Gold medals shall be awarded to the winners in each age category represented in each flight of the 1,000 meter sprint racing in the morning regardless of the number of entries in the age category.

Venue Information

Rockland Lake State Park, 299 ROCKLAND LAKE ROAD, PARKING LOT #4, VALLEY COTTAGE, NY, 10989

Google Maps Link: <https://goo.gl/maps/skTA5ZqMgTnNC7xk8>



Registration Information

Entry Information:

Registration is available online at RegattaCentral:

https://www.regattacentral.com/regatta/?job_id=8105&org_id=0

Initial registration will be available beginning March 6, 2023, and ending Sunday, June 25, 2023.

All entry fees must be paid when submitting the entry in RegattaCentral. Teams needing to make arrangements for non-credit card payments should contact the regatta via email at

aj.dominique@rowingmavens.com

No refunds will be given once the initial registration period has ended.

Crews with an outstanding balance will not be allowed to compete until the balance is paid in full.

Entry Fees:

Boat Class	Amount
8+	\$200
4+/4x	\$120
2x	\$70
1x	\$40
Rockland Relays	\$25/rower

Entry fees become non-refundable on Sunday, June 25, 2023.

Scratches:

Entries may be scratched without penalty until the end of the initial registration period on June 25, 2023.

Beginning June 26, 2023, no refunds will be given for entries that are scratched. Any scratches after this date must be emailed to the regatta at aj.dominique@rowingmavens.com

Lineup Changes:

In order to ensure the proper placement of crews within flights, each entry should include a full lineup of rowers.

The Lineup deadline is the same as the registration deadline: June 25, 2023.

After this deadline, only 50% of a crew's lineup, not including the coxswain, may be substituted, with the exception of single sculls. Substitutions cannot be made for single scull entries except for cases of illness or injury as described in the USRowing Rules of Rowing.

Any lineup change request after June 25 should be submitted to the regatta via email:

aj.dominique@rowingmavens.com

Lineup change requests must include the birthdate of each rower, so the crew's average age can be confirmed. If a lineup change results in the change in a crew's age category, that crew may be moved to a different flight to correspond with the new age category. If a lane is not available in the new flight, the substitution request may be declined, and the crew will be required to either find a different rower or scratch the entry.

On-Site Line-up Changes:

On race day, any lineup changes should be reported via the form at the registration desk. No emails will be accepted for substitutions on race day. A crew submitting a substitution is responsible for ensuring that the average age of the crew remains within the bounds of the event in which it is participating. Crews are not allowed to switch events due to lineup changes on Saturday, so any change that would put a crew's average age outside of the bounds of the relevant event will not be acceptable.

USRowing Membership and Waiver:

This regatta is a "USRowing Registered Regatta". This requires that:

- All U.S based organizations represented must be current organizational members of USRowing.
- Athletes representing U.S based organizations must have at least a Basic membership and waiver on file.
- All unaffiliated athletes must have at least a Basic PLUS or Champ membership and waiver on file.

Memberships can be activated or renewed by visiting <https://membership.usrowing.org/> or by calling the Membership Services Department at (609) 751-0700.

Memberships and waivers should be handled prior to arriving for the event. A current listing of your athletes, their member numbers, and expiration dates can be found on your online roster through the Membership Portal at <http://membership.usrowing.org>

Please make sure the membership number on the athlete's RegattaCentral profile matches their current USRowing number.

USRowing Safesport Requirements

This regatta is a USRowing-registered regatta and all "Relevant Adult Participants" are required to go through SafeSport training prior to the regatta.

Use USRowing's "Self Attestation" tool to determine whether you need to complete the training: <https://usrowing.org/sports/2023/2/21/safesport-self-attestation-for-relevant-adult-participants.aspx>

Click here for more information on USRowing's SafeSport policies and training: <https://usrowing.org/sports/2016/6/1/safesport.aspx>

Competition Information

Eligibility:

Master: A master is a competitor who has attained or will attain the age of 21 during the current calendar year. A competitor's age is determined as of December 31 of the current calendar year, rounded down to the nearest whole number. A competitor thus becomes a master on January 1 of the year of his or her 21st birthday. A masters crew shall be comprised exclusively of masters rowers, but the coxswain need not be a master.

The age category of a Masters Crew shall be determined by the average age of the Rowers in the Crew, rounded down to the nearest whole number. The age of a Coxswain shall not be counted. The ages of individual Rowers need not fall within the age category, so long as each Rower is a Master and so long as the average age of the Crew falls within the applicable category.

"Adaptive": All Rowers racing in Adaptive Rowing Races shall be classified before competition, either by self-classification or by a USA or FISA Classification Panel. Self-classification is acceptable for this regatta. There shall be no protests over another Rower's sport class designation.

"Inclusive": A crew entered in the "Inclusive" event must be comprised of a mixture of Classified Rowers and Non-Classified Rowers. The crew must contain an equal number of Classified and Non-Classified Rowers. The Inclusive events are open to athletes that have been classified in the PR-3, PR-2, or PR-1 sport classes included in the Rules of Rowing. The sport class requirement pertains only to the Rower who has been classified.

Age Categories:

Category	Ages
AA	21-26
A	27-35
B	36-42
C	43-49
D	50-54
E	55-59
F	60-64
G	65-69
H	70-74
I	75-79
J	80-84
K	85+

The age category of a masters crew shall be determined by the average age of the rowers in the crew, rounded down to the nearest whole number. The age of a coxswain shall not be counted. The ages of individual rowers need not fall within the age category, so long as each rower is a master and so long as the average age of the crew falls within the applicable category.

Individuals whose age places them in the AA category (age 21-26) may compete in any age category where the average age of the boat falls within that specific age category.

A masters crew may compete in a lower (younger) age category but not in a higher (older) category.

Affiliation:

A competitor shall represent only one organization at a regatta.

Composite Entries:

Composite entries are allowed to compete at this event.

Composite entries must include the affiliation of each member of the crew. These affiliations must comply with the affiliation rule listed above.

Crews may row under their club name with a coxswain from a different club (the boat will not be considered composite). Crews must provide the accurate name of that coxswain.

Composite crews will receive an exception from being required to wear matching uniforms.

Foreign (non-American) Crews

All foreign competitors shall be individual members of their national rowing federation recognized by FISA or its national Olympic committee.

Mixed Events:

A crew competing in a mixed event must be 50% male and 50% female, not including the coxswain.

Rules:

USRowing's 2023 Rules of Rowing will govern this event.

An online version is available at <http://www.usrowing.org/rules-of-rowing/>

USRowing licensed referees will officiate the event to ensure fairness and safety.

The following rules will be waived for this event:

- Rule 3-104 Minimum Weight of Boats
- Rule 3.202 Oars, uniform throughout the crew

- Rule 4-103 (h) Eligibility to Compete in Events
- Rule 4-105.1 Coxswain's Weight

Equipment:

All equipment used in competition must meet the USRowing Rules of Rowing requirements for equipment, with the exception of the waived rule listed above. Each organization is responsible for ensuring that its equipment meets these standards.

Crews must provide their own bow balls. Bow balls must meet the requirements set forth in the USRowing Rules of Rowing.

Bow numbers will be provided to crews when they pass through Control Commission to launch for racing sessions. Bow numbers must be properly affixed to the shell in order for a crew to be allowed onto the race course.

Any equipment not meeting these standards, or judged to be unsafe by a USRowing official, will not be allowed onto the water.

Boats used for Adaptive Rowing may include both recreational and adaptive racing boats as well as traditional racing boats in the PR3 Events. Whenever possible, Crews will compete against other Crews in the same sport class and type of boat (i.e. PR2 2x recreational, PR1 1x adaptive racing). If the number of entries is insufficient to run separate Events, a Race may combine entries with both recreational and adaptive racing boats.

All boats used for Adaptive Rowing Races must comply with the requirements set out in Article III ("Equipment") and Part C ("Equipment") of Article X ("Adaptive Rowing") of the 2023 Rules of Rowing.

Inclement Weather Policy:

The Chief Referee, USRowing, and the LOC will work together to monitor the weather continuously during the event.

Should it be determined that schedule changes are necessary due to weather concerns, the following weather plan will be utilized:

Communication Plan

- a. Weather-related schedule changes will be announced utilizing the following media.
 - i. Posted on the results board at the regatta site.
 - ii. Announced over the on-site sound system.
 - iii. Posted online via Twitter, Facebook, RegattaCentral, and the Rockland Rowing Association event website.
 - iv. Via text message. More information will be provided about this option closer to the

regatta.

Teams are responsible for staying updated on announced schedule changes.

Schedule Changes will be made with the following priorities

- Delay racing later the same day, if time is available. This may include removing breaks in the schedule and reducing race centers between race times.
- Begin racing earlier than previously announced. Announcement will be made no later than 3 hours before racing or 9:00 p.m. the evening before in the case of morning racing.
- Combine events within the same boat class, but across gender categories.
- Cancel some races, depending on time availability and weather conditions.
- Cancel regatta.

At any point, race centers may be shortened in order to try to accommodate as many races as possible.

Under no circumstances will races be run after July 8, 2023.

Contact Information:

AJ Dominique III

aj.dominique@rowingmavens.com

(225) 335-2924