

2025 WRRR SUMMER ROWING LEAGUE

Mid-Season Regatta Race Packet

June 21, 2025

RACE INFORMATION

- a. The first race of the day is scheduled at 8:00am (crews will push off from the dock at 7:40am).

b. NOVICE TEAMS

- i. Novice crews will race head style – single-boat time-trial races.
- ii. Novice crews are broken into 2 heats of 7 teams – races beginning at 8:00 and 10:15am (approx.)
- iii. The final time for this mid-season regatta will be used to classify crews into 4 different categories for the championship regatta.

c. EXPERIENCED TEAMS

- i. Experienced teams (mixed-gender teams, all-women teams, Intermediate and Vets teams) will race twice – once in each lane. At the end of the races, the team's 2 race times will be averaged for classification into categories for the championship regatta.
- d. Please note – due to unforeseen circumstances, race times are subject to change and may be up to 2 hours earlier or later than scheduled. It is the crew's responsibility to be ready to launch when your race is announced. If a crew is not present at launch time, the team will automatically forfeit the race.
 - i. Crews will be called to the docks before scheduled launch time but are also expected to keep track of the race schedule in case we are running ahead of schedule.

2. COXSWAINS:

- a. Unfortunately, due to logistical difficulties, your standard coxswain is not guaranteed for all races. Captains must pay the respective race's coxswain on the dock immediately before or after the race. We assure you that all our coxswains are very capable, and you will be in excellent hands, no matter the coxswain. Recommended fee per race is \$10 for your coxswain.

3. SUBSTITUTE ROWERS:

- a. You are encouraged to arrange for your own substitute rowers. The schedule attached will tell you the order number and expected time of your race.
- b. If you are unable to prearrange a substitute or if the need is unexpected, contact Heidi Lamb, Program Director – no more than 6 races ahead of your own race.
- c. **NOVICES:** Rowers may only sub for other teams in the opposite heat as their team – unless they are not rowing in their race. For example, if Jane's team is rowing in the 8:20 heat, she may also sub for a team that races at 9:45. She may not sub for a team in the 9:20 heat.

- d. **EXPERIENCED:** Subs must have at least 6 races between their own race and the race they are subbing for.

4. **ARRIVAL TIMES:**

- Coaches: No later than 6:55am, unless requested
- Coxswains: No later than 7:10am.
- Captains: No later than 7:10am.
- Crews with equipment responsibilities: No later than 7:15am.
- Novice rowers: No later than 7:10am.
- Coed teams: 8:00am

5. **MEETINGS:**

- a. The **coaches' meeting will take place at 7:00am**. If a coach does not attend the meeting in-person, they are disqualified from working for the event.
- b. **The captains' and coxswains' meeting will take place at 7:15am**. Another rower may be sent to represent the team, if the captain is unavailable. If a coxswain or team representative does not attend the meeting in-person, they are disqualified from participating or working for the event.

Conduct on the water:

1. **LAUNCHING**

- a. Officials and Dockmasters will call crews topside to the dock. DO NOT step foot on the dock until directed to do so, even if your boat is sitting on the dock.
- b. All crews will launch from the main CRF dock that is used in regular SRL practices.
- c. Please make every effort to launch within 90 seconds of when your team put hands on the boat.
- i. Remember that the equipment will be set up after the first novice heat, so there should be very little that must be accomplished on the dock. Be sure to prep for launch with the lineup being understood well before you enter the dock.
- d. Dockmasters will clear you to launch from the dock based on race traffic. Do not launch until directed to do so.

2. **WARM UP**

- a. You will have until the red Center Street Bridge to warm up. Crews are not permitted to proceed beyond Nautica Turn and should carefully follow instructions given by coaches and referees.

3. **PULLING INTO THE START AREA**

- a. The coaches and referees will direct you into the start area in conjunction with the 'start turn' coach and starter.
- b. **NOVICES:** Once entering the start area, please stay quiet and listen to the starter's commands and your coxswain.
- i. The starter (who will be the aligner for all other races) will shout "START" which will engage the team to build their start speed upon coming to the starting point.

- ii. When the bow ball crosses the start point, the starter will shout “GO”, and begin the time.
- c. **EXPERIENCED:** After the team has spun and is ready to move upriver to the starting area, they will await instruction from coaches and referees.
 - i. Coxswains must know the lane they will be racing in.

4. STARTING PROCEDURE

- a. **NOVICE:** Crews will use a running start, as in a head race. When they pass the Aligner, he/she will announce “Go!”, which will signal the start of the time clock.
- b. **EXPERIENCED:** In match-style races, control of the bow and stern pairs will be given to the aligner. After the aligner has announced, “we have alignment!”, the starting referee will announce, “Attention, GO!”.
 - i. Please note: once the aligner has announced that he/she has alignment, coxswain hands will no longer be recognized.
- c. Starting Sequence:
 - i. Aligner: We have alignment.
 - ii. Referee: Attention.
 - iii. *Variable pause, 1-5 seconds in length*
 - iv. Referee: GO! And motion of the red flag.

5. RACING

- a. The referee will follow the shells down the course during non-novice races. The referee launch will be responsible for timing races. Once the race is over, times will be radioed to shore and posted on a results schedule near Race Central.
- b. No race times are final until timers have come off the water and verified times have been translated correctly and any penalties have been factored in.

6. RECOVERY AND LANDING PATTERN

- a. After completing your race, please follow instructions from the coaches at the finish line. Crews will be expected to spin quickly and proceed back to the dock.
- b. Shells should pause near the launch docks and wait to be summoned in by the Dockmasters. This is a good time to prepare for a quick turnaround at the dock: grab shoes, untie foot stretchers, etc.
- c. You will be asked to walk the boat down to the furthest point possible on the dock. Please move at a rapid pace – there is **NO talking** by anyone but the **coxswains and dockmaster** until the team is off of the dock.
- d. Once back on the dock, rowers are again expected to move very quickly and turn the boat over to the next crew.
- e. Team debrief can take place topside or back at the team’s tent.

RULES

1. PENALTIES:

- A. Equipment Assignments: 20 seconds for failure to complete equipment assignments as noted on the schedule
- B. Encroachment: 10 seconds (or as decided by your race referee) for a crew encroaching upon their competition
- C. Missed buoy: Missed buoys on the inside of the turn will result in a 5 second per buoy penalty (or as decided by the head referee)
- D. Coaches: Coaches cannot race as a rower or coxswain with any crew, penalized by disqualification from the regatta.
- E. Substitute Rowers: Only current SRL members can act as subs for racing crews (using a non-SRL rower will result in disqualification). There is no penalty assigned for up to three sub rowers. Crews using more than three substitute rowers will be assessed a 5 second penalty per additional substitute
- F. Novice Crews: Crews must have at least four novice rowers in each race. Crews using less than four novice rowers will be assessed a 5 second penalty per non-novice
- G. Mixed crews can row no more than four men in a race (not including the coxswain). Mixed crews using more than four male rowers will be assessed a 10 second penalty per additional male sub.
- H. Anyone, team member or coxswain that is seen with (or using) a phone **or other visual recording device of any kind** within the shell, will be immediately disqualified. If you/your team are in need of photos of your race, please have someone situated on the dock to do so for you.
- I. Intentional disruption or delay of the regatta by a crew, **including** refusing to be boated when called to the dock, or refusing to leave the boat and the dock after returning from a race, or by any other action or demonstration, will be penalized by disqualification from the regatta.
- J. **Unsportsmanlike conduct, including using foul language, gestures or other conduct unbecoming the sport, or other conduct prohibited by USRA Rowing Rule 2-410, will result in the crew being assessed a 10 second penalty.**

2. SRL REGATTA COURSE

- a. 500 meters running up river.
- b. NOVICES: Run as a time trial in the inside lane – on the CRF side of the river.
- c. EXPERIENCED: Run as match-style but time will be used to calculate championship classifications. Each team will race twice – once in each lane. Both times will then be averaged to ensure equal distance was traveled by each crew.

3. START & FINISH LINE

- a. The starting point for races will be upriver from the Center Street bridge. The starters will use calls to alert teams.

- b. The finish point will be at the end of the CRF launch docks, marked by a buoy. A bull horn will sound to alert the end of your race.

4. PROTESTS:

- a. All penalties, objections and protests shall follow the procedures set out in Rules 2-601 through 2-607 of [USRowing's 2022 Rules of Rowing](#). In applying those rules, the penalties set out in 2022 SRL Regatta Rule 4 above will take precedence and be applied, and "LOC" will mean the WRRRA.

OFF THE WATER

1. [Rediscover Veterans Memorial Bridge](#)

- a. *Visit the historic streetcar level of the bridge*
- b. **Saturday, June 21st, 10 a.m. to 6 p.m.**
- c. Veterans Memorial Bridge, East entrance off W. Superior
- d. 900 West Superior Ave.
- e. Experience the usually inaccessible streetcar level of Veterans Memorial Bridge, where the public can see original streetcar stations, tracks, and unique views of the Cuyahoga River, Lake Erie, and more. Bring the family and explore a piece of history with this charming self-guided tour!

TENT CITY

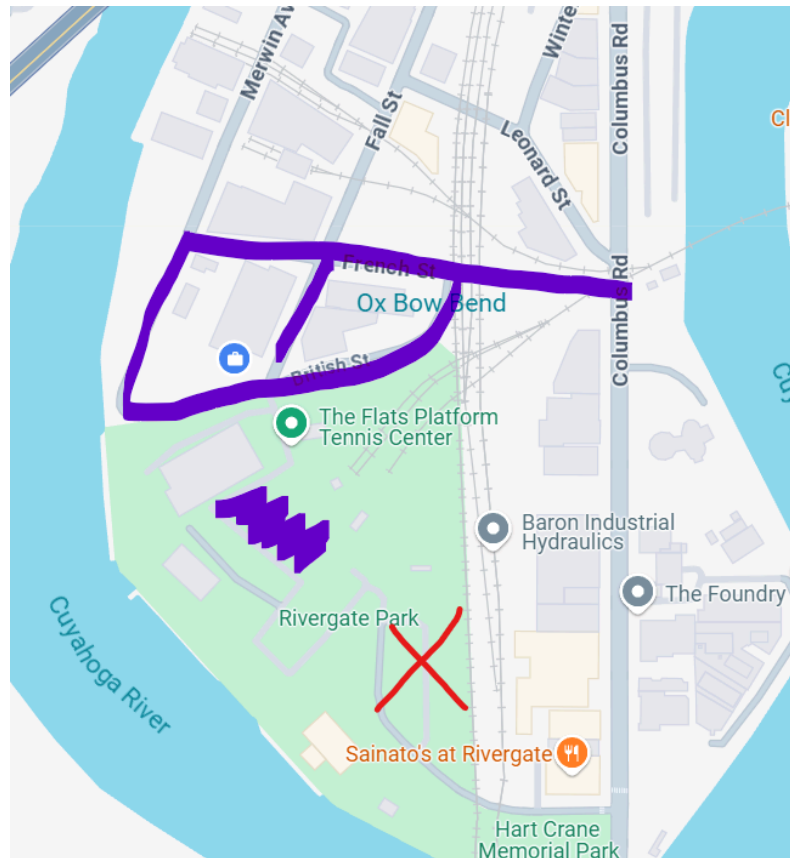
- f. As usual, teams are encouraged to bring their own tents, chairs, food, and beverages to the regatta.
- g. Crews may claim space on the river-front (the grassy area between CRF and Merwin's Wharf) to watch races by setting up their area with tents, chairs, signs, etc.

You are strongly encouraged to set-up your tent the night before any time after 4:00pm on Friday, June 27th. Space will be limited on June 21st

- The only way to claim your team's space is to set up your tent the night before or arrive very early. Team space is first come, first served.
- h. Teams are required to clean up after themselves!

Parking:

PLEASE DO NOT PARK IN MERWIN'S WHARF PARKING LOT. IF OURS IS FULL, PLEASE PARK ON THE STREETS JUST NORTH OF THE BOATHOUSE



****RACE SCHEDULE SUBJECT TO CHANGE****

2025 Mid-Season SRL Regatta

June 21, 2025

Race Schedule and Equipment Report

Race #	Time	Inside (BH) Lane	Outside Lane	Morning Equipment Responsibilities				
1-8	8:00 - 8:40	1n 2n 3n 4n 5n 6n 7n vets n		Catherine and Patrick WILL HEAD THIS UP 1n, 2n, 3n, 4n, 5n, 6n, 7n, 6x are responsible for taking out assigned shells and oars.				
9	8:40	vets	6x		7:40	1n	US Armed Forces	Orange/Green
10	8:50	19x	33x			2n	PS Awards	Red/Blue
11	8:55	14x	15x		7:45	3n	John Fowler	Blue/Gray
12	9:00	22x	12x			4n	Harry Fisher	Brown/Orange
13	9:05	77x	11x		7:50	5n	Bob Walton	Purple/White
14	9:10	13x	10x			6n	Summer Rower	Red/Green
15	9:15	18x	1x		8:00	7n	Firehouse	Yellow/purple
16	9:20	46x	27x			6x	O'Berg	Red/yellow
17	9:25	35w	55w	Vets are in charge of putting in and taking out their own equipment				
18	9:30	31x	32x	Afternoon Equipment Responsibilities 4w, 9x, 36x, 51w, 6w, 34w, 2w, 8x are responsible for taking in assigned shells and oars.				
19	9:35	3x	2x					
20	9:40	56x	8x					
21	9:45	7x	5x					
22	9:50	2w	34w					
23	9:55	6w	51w					
24	10:00	36x	9x					
25	10:05	24w	4w					
26-33	10:10-10:45	1n 2n 3n 4n 5n 6n 7n vets n						
34	10:50	6x	vets					
35	11:00	33x	19x					

36	11:05	15x	14x
37	11:10	12x	22x
38	11:15	11x	77x
39	11:20	10x	13x
40	11:25	1x	18x
41	11:30	27x	46x
42	11:35	55w	35w
43	11:40	32x	31x
44	11:45	2x	3x
45	11:50	5x	56x
46	11:55	8x	7x
47	12:00	34w	2w
48	12:15	51w	6w
49	12:10	9x	36x
50	12:15	4w	24w