



# 2024 FSRA Sweep State Championship Regatta Meeting

Wednesday, April 24, 2024

8:00 PM

**Florida Scholastic Rowing Association**



# WELCOME - INTRODUCTIONS

Florida Scholastic Rowing Association is excited to welcome everyone to the  
59<sup>th</sup> Annual FSRA Sweep State Championship Regatta  
April 27-28, 2024, at Nathan Benderson Park in Sarasota, FL

Safety and Fairness continues to be the top priority at all FSRA events.

Tonight we have the following people on the call:

Florida Scholastic Rowing Association : Brice Crossley  
Nathan Benderson Park Conservancy : Sarah Kupiec Hartz  
USRowing Chief and Deputy Referee : Teresa Wright, Ed Murphy

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# AGENDA

## 1. FSRA

- a. Review of Registration & Venue Items
- b. Alphanumeric Bow Card System
- c. Traffic Patterns

## 2. Chief Referee

- a. Referee Welcome
- b. USRowing Rules of Rowing
- c. Launching
- d. On the water
- e. Racing
- f. End of Race
- g. Unsportsmanlike Conduct

## 3. FSRA, LOC, Chief Referee

- a. Safety on Venue (Water & Land)
  - i. Evacuation Plans
  - ii. Medical Aid

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# REGISTRATION & VENUE ITEMS

- Team Trailer Arrival
  - Friday between 10:00 AM and 6:00 PM
  - Those planning to arrive outside the above time frame must notify Sarah Kupiec Hartz (**Please Text 941-224-9395**) for alternate arrival time coordination
  - **NOTE:** Trailers will remain in place until after the last race is completed. This is a safety issue.
- Regatta Registration
  - Friday, 2:00 PM - 6:00 PM, Tower 3<sup>rd</sup> floor
  - For teams arriving Saturday, send a representative Friday to avoid delays Saturday
  - Please report scratches to registration at least 1 hour prior to race time to avoid scratch fee
- Practice
  - Friday only 1:00 PM – 6:00 PM
  - Launch docks open when marshals are in place and close at 5:15 PM Friday
  - All boats off the water by 6:00 PM
  - Teams violating practice time box will be assessed a penalty (1<sup>st</sup> warning to all entries)

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# REGISTRATION & VENUE ITEMS

- Tents

- No tents or beach umbrellas on the beach
- Teams are limited to 2 – 10x10 tents; larger tents required pre-event rental
- No 10x20 team installed tents allowed
- Rental deadline has passed; Team must pay for rentals before moving in

- Parking

- Vehicle parking will be on the island: \$10 Friday, \$15 Saturday and Sunday
- Each team will receive three (3) parking passes in their registration package
- Each Regatta Committee member will receive one parking pass
- Busses will park in the island drop off loop only; Handicap parking on the bus loop
- Car toppers will have to drop off their boats (to infield area) and park in general parking
- There will be **NO VEHICLE ACCESS to the team tent area on Saturday or Sunday** until racing is finished; **bring carts to transport items**
- Tow vehicles may park in front of their boat trailers – MUST be parked by 7 AM and remain in place until 1 hour after last race has completed

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# REGISTRATION & VENUE ITEMS

- Lightweight Weigh-in
  - Test scales Friday, 2:00 PM - 5:00 PM, at the base of the tower
  - Official weigh-ins Saturday only, 7:00 AM – 9:00 AM, at the base of the tower
  - Make sure entire boat is present **in uniform** with credentials and with supervising adult
  - Wristbands are for both days; bring the old one to get a replacement at regatta HQ
  - Missing the weigh-in window or not making weight means exclusion, no exhibition entries
  - No wristbands for coxswains; only rowers will get wristbands
- Lost Credential – bring \$30 payment to Regatta HQ for replacement
  - Replacements on Sunday will be punched based on lineups, make sure lineups are current
- Lost and Found – Regatta HQ (tower 3<sup>rd</sup> floor)
- Awards
  - No awards dock - on Sunday the awards table will be at the base of the tower
  - Medals and trophies available after each race results are marked official
  - Photo area with regatta banner on course side of the tower – Sunday only

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# REGISTRATION & VENUE ITEMS

- Volunteers
  - Key to successful event!
  - Time slots include check-in time and time to get into position
  - **CHECK-IN: Friday Tower 3<sup>rd</sup> floor; Saturday & Sunday: tent behind grandstands**
  - VERY IMPORTANT: volunteers show up no later than the listed start time
  - We need everyone to work together to keep the regatta on schedule
  - Review your team's obligations and double check they are ready to go
  - Teams have backups just in case – lets keep things running smoothly
- VIP Information
  - No Onsite cash sales – advance sales only – SOLD OUT
  - Wristbands – must be present to have them placed on wrist
  - Service desk opens at 7:30 AM to receive wristband for that day
- NO PETS allowed in the tower. In the park pets must be on a 6-foot fixed length leash. No adjustable flexi leashes.

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# ALPHA-NUMERIC BOW CARD SYSTEM

- Control Commission will issue and collect alphanumeric bow cards as boats launch and recover at the docks
- Fee for not returning a bow card is \$10
- Crews need to remember their alpha number
- These are key to marshalling and staging plan
- Keeps the schedule running smoothly



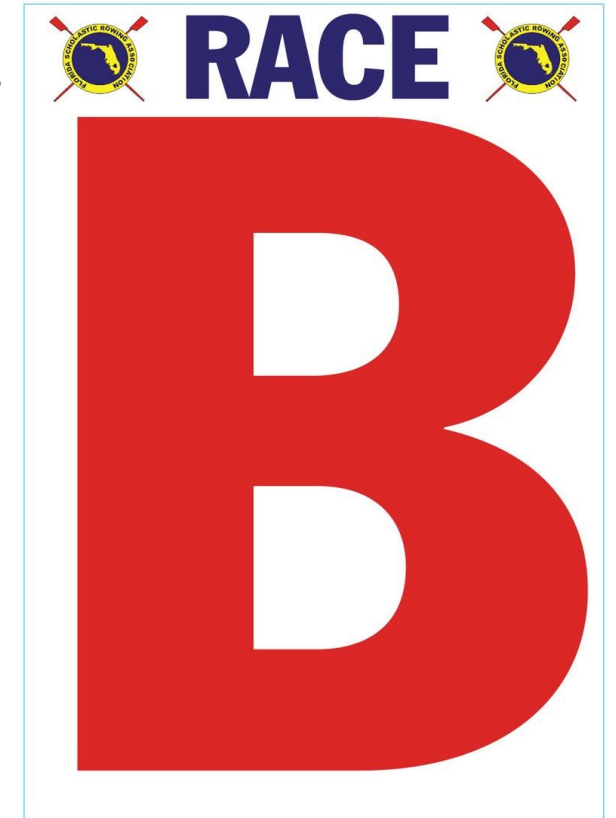
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# ALPHA-NUMERIC BOW CARD SYSTEM

- Marshals/Referees will call races by the alpha letter **approximately 15 minutes prior to race start time** to cross pass the wave attenuator from warmup side to race side
- A corresponding Letter Card will be displayed
- Crews are to move to their race lane and line up
- **Please allow enough space behind your boat to allow others to move to their lanes**
- Once all boats for that race are lined up, an official will direct them to move forward together toward start line
- **LATE BOATS:** for boats showing up late, the marshal will determine if it is possible for the boat to join their group and if they should be allowed cross over to the racecourse

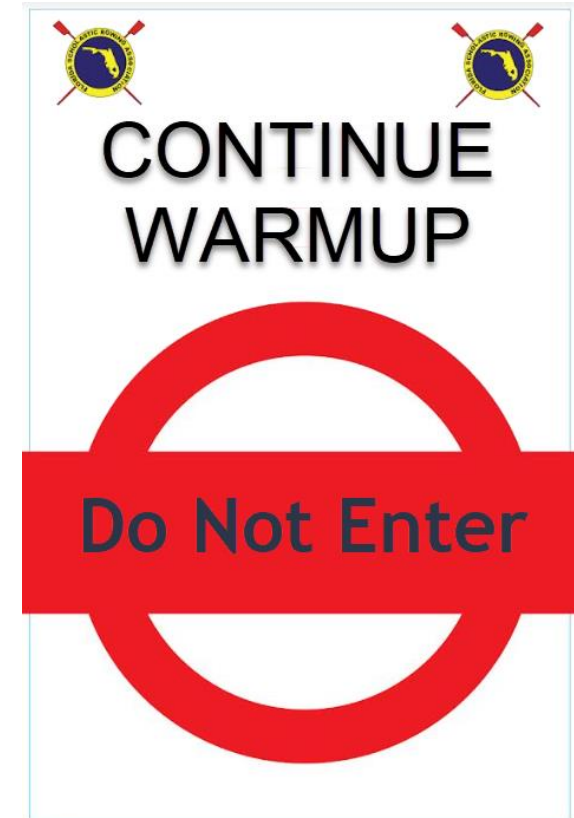


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# ALPHA-NUMERIC BOW CARD SYSTEM

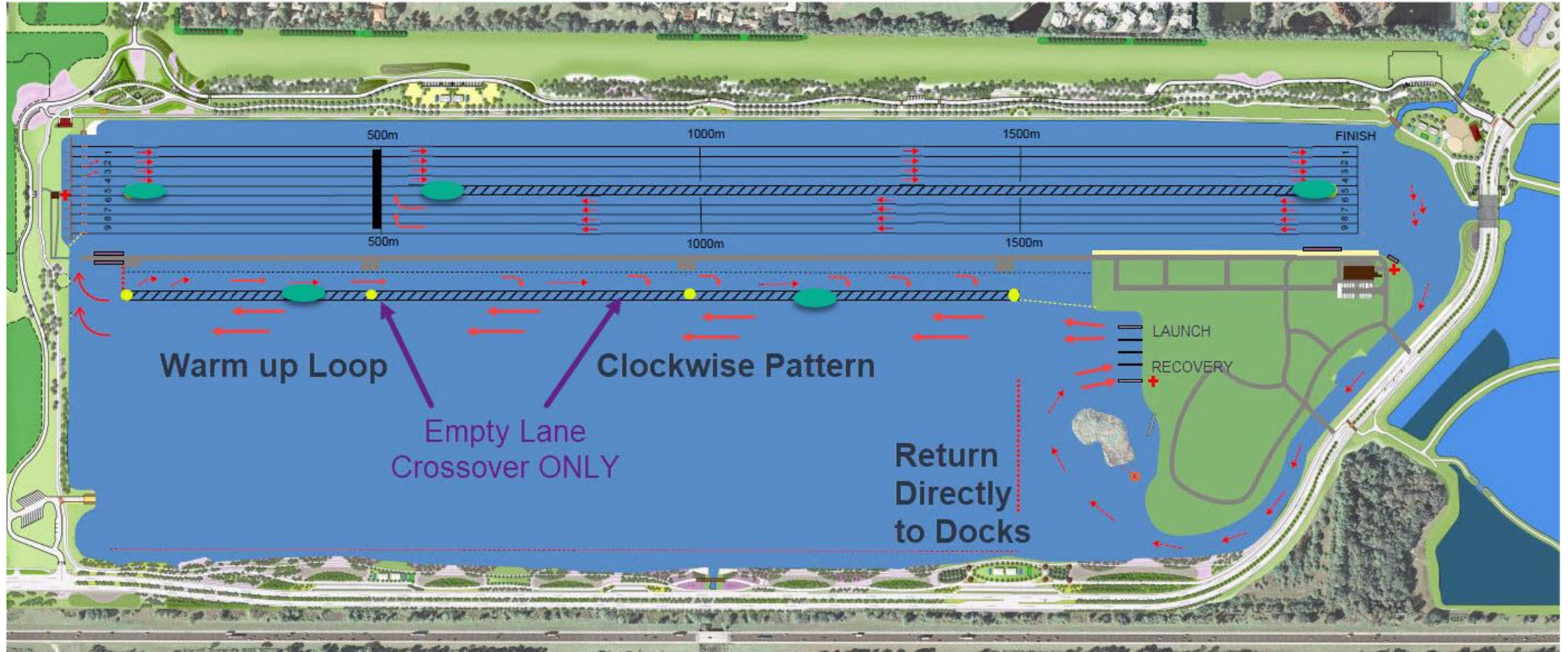
- NOTE: Before officials start calling races by the alpha letter, the racecourse side will be closed
- A sign will be posted at the wave attenuator access point



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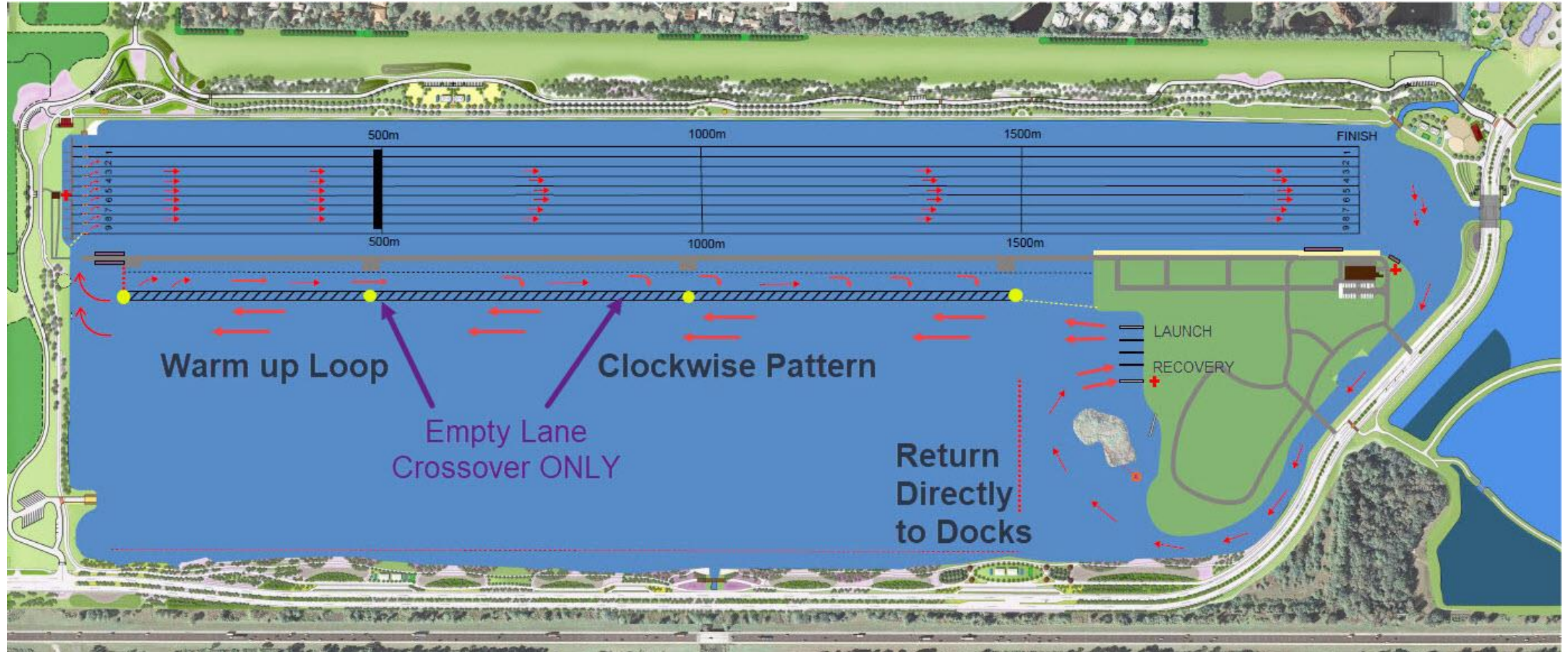
# PRACTICE TRAFFIC PATTERN



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# RACE DAY TRAFFIC PATTERN



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# WEATHER

- The Regatta Committee is watching weather and will provide a Remind text notification if a new schedule is posted.
- With wind in the forecast, it is VERY important crews understand how to 'scull the bow' around while remaining locked on the stake boat.



- Bow pass the oar to 2 or 2 pass the oar to 3.



- Reaching over the side, take short strokes

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# Referee Welcome

- The Referees are here for everyone's safety and fairness
- This is your regatta
- If you have questions, ask us
- We are here for you!

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# USRowing Rules of Rowing

- It is your responsibility to know and understand the Rules of Rowing
  - If you don't understand something, ask us
- Equipment
  - You have certified that your equipment meets the rules - heel ties 3" and bow ball is firmly affixed
  - Do checks before heading to the docks
- Broken Equipment - alert the nearest referee or marshal
  - Boat allowed maximum of one hour after the breakage is reported from either the warmup area or within the first 100m of the race
  - Boats failing to resolve breakage issues within the one-hour limit will be scratched from the event without any advancement opportunities

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# Launching

- Uniforms
  - All athletes must have their torso covered sling to sling: from when picking up the boat going to control commission to putting down the boat after rowing
- Control Commission
  - Before you approach the docks - IT IS YOUR RESPONSIBILITY that the boat is compliant with all safety rules
  - Pre-check heel ties and bow balls
    - Racing issues with these are not breakage – it is for your safety
  - Know your race letter and lane number so you recognize when you are called
  - **HOT SEATING – Let CC know as early as possible; they will coordinate recovery on center dock to switch crew**
- Launch Time
  - Recommend crews launch 40 to 45 minutes prior to scheduled race time

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# Launching

- Hot Seating
  - The initial crew involved with a hot seat need to inform CC
  - The boat coming in needs to recover on center dock to switch crew
  - Outgoing crew needs to check in with Control Commission as if launching
  - CC Official will verify bow card properly switched out on the dock
- On the Docks
  - Keep all walkways and docks clear of oars, shoes, clothing, etc.
  - Be quick while on the dock for both launch and recovery
    - Minimal number of people to launch your boat
    - Take boat to slings for any repairs/adjustments

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# On the water

- In general, if an official gives you an instruction,
  - Please acknowledge with a hand so we know you heard us
  - Follow instruction as quickly as safely possible
- Warm Up
  - Follow the Traffic Pattern – **clockwise pattern** with empty lane between north bound and south bound lanes
  - Only use middle empty lane for switching from north bound back to south bound lanes after 500-meter mark (start line)
  - Merge with traffic only when you have room to safely do so

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# Racing

## Sprint Starts – Part 1

- The starter will tell you when you may enter the racecourse
- If you must turn in your lane to attach to starting dock, **do it close to the dock**
- Starter will count down to 2 minutes
- Locked on by 2 minutes prior to your race;
  - failure to be locked on will result in a warning
- The race may start at any time after the 2-minute notice
- If you leave the start, you accept the start
- Breakage zone is 100 meters or 20 seconds

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# Racing

## Sprint Starts – Part 2

- Quick start – will be announced by the Starter;
  - No announcing of the crew names during the Start sequence
- Hands will not be recognized during the Start sequence
- Start Using Lights
  - Crews will be announced in a steady cadence, then “Attention” and **Red Lights** illuminate, then GO when **Green Lights** illuminate and horn sounds off
- Start Using Flags
  - Crews will be announced in a steady cadence, then “Attention” and raising the red start flag, then “Go” and dropping the flag
- If the Starter is interrupted, crews will hear “As you were” and the start sequence will begin again

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# Racing

## During the Race

- A referee(s) will follow each race and use the white flag as necessary to direct your shell. You and you alone are responsible for your steering.
- If necessary, the following referee will STOP a single boat using the white flag.
- If necessary, the following referee will STOP the race using the red flag and an audible sound.
- It is prohibited to give any instructions, advise or directions to Rowers that are racing with any electric, electronic, or other technical devices. The presumed penalty for communication by electronic means is exclusion.

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# End of Race

If you feel your opportunity to win, place or advance was negatively impacted, raise your hand at the finish line and get the following referee's attention

- Referee will listen to your objection
- State what happened, where it happened and what remedy you would like to restore fairness
- Referee may need to speak to other crews so do not leave the finish area
- Referee will render a decision on the water to your objection
  
- If you agree ....
  
- If you disagree or if you are affected by a referee's decision and you disagree ...
  - 1 hour written protest and \$50 cash to the Chief Referee or Chief Judge at the Finish
  - You can not file a protest on land if you have not raised an objection on the water
  - We will review your protest and advise you of the next steps

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# UNSPORTSMANLIKE CONDUCT

- Unsportsmanlike conduct includes, but is not limited to, failure to heed the instructions of race officials, use of obscene language or gestures, delaying a race without just cause, intentional or flagrant disregard of principles of safety and fairness, or abusive behavior toward any official, team member, or spectator.
- A crew that engages in unsportsmanlike conduct may be assessed a penalty by a race official.
- Any team member, including a competitor, who engages in unsportsmanlike conduct, on or off of the water, at any time during the regatta, may have his or her further participation at the regatta curtailed or prohibited by a race official.
- A crew may be subject to an “unsportsmanlike conduct” penalty if a person affiliated with their organization, including spectators and parents, engages in the use of an unapproved drone at the regatta venue. An “unsportsmanlike conduct” penalty issued for the use of a drone will carry a presumed penalty of “Disqualification”.
- If you or one of your athletes witnesses unsportsmanlike conduct of any kind, please refer to the USRowing Code of Conduct on how to escalate the matter.

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# SAFETY ON VENUE - EVACUATION PLAN

The Chief Referee initiates “suspend”, “cancel”, “resume” rowing plans.

- On-Water:
  - The Starter directs evacuation of the start area including crews in line behind the start. The Start Marshal and Referees closest to the start are designated to evacuate Starters, Judge at Start/Aligner and stake boat holders to land.
  - The Referees along the racecourse direct the evacuation of crews on the course expeditiously and move to beach landing sites to assist crews and document recovered crews.
  - Warm-up and Pre-Start Marshals direct and escort crews in the warm-up area back to the docks.
  - Referees closest to the finish proceed to the launch and recovery docks. Use all docks for evacuation. Coordinate boats going into the docks.
- Control Commission stops launching, directs the dock master in recovering boats expeditiously and safely and documents returning crews.

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# SAFETY ON VENUE - MEDICAL AID

- Medical will be located at the finish line and the launch docks.
- If medical is needed on the water, flag down the nearest official for assistance.

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# PUNCHING CREDENTIALS


 MALE  
 Class of 2028 (8th Grade)  
**Dominick DIAZ**  
 Belen Jesuit Prep School



VARSITY		Lightweight		Junior		Freshman	
1V8+	2V8+	3V8+	4V8+	1V4+	2V4+	2-	Lt8+
C	C	C	C	C	C	C	C
R	R	R	R	R	R	R	R


 MALE  
 Class of 2027 (Freshman)  
**Gabriel DIAZ**  
 Belen Jesuit Prep School



VARSITY		Junior		Freshman			
1V8+	2V8+	3V8+	4V8+	1V4+	2V4+	2-	Lt8+
C	C	C	C	C	C	C	C
R	R	R	R	R	R	R	R


 MALE  
 Class of 2025 (Junior)  
**Lorenzo DIAZ**  
 Belen Jesuit Prep School



VARSITY		Junior					
1V8+	2V8+	3V8+	4V8+	1V4+	2V4+	2-	Lt8+
C	C	C	C	C	C	C	C
R	R	R	R	R	R	R	R

Red circled eligibility labels determined during athlete validation process:

- Seniors cannot race in Freshman or Junior events (example on next page)
- Sophomores and Juniors cannot race in Freshman events (right example)
- Lightweight requires both pre-registration lightweight form and race day weigh-in



# DOUBLING RULES – 2 Events Max

MALE  
Class of 2028 (8th Grade)  
**Dominick DIAZ**  
Belen Jesuit Prep School

VARSITY		Lightweight		Junior	Freshman
1V8+	2V8+	3V8+	4V8+	1V4+	2V4+
2-	Lt8+	Lt4+	Jr8+	Jr4+	1Fr8+
2Fr8+	1Fr4+				
C	C	C	C	C	C
R	R	R	R	R	R

MALE  
Class of 2027 (Freshman)  
**Gabriel DIAZ**  
Belen Jesuit Prep School

VARSITY		Junior		Freshman
1V8+	2V8+	3V8+	4V8+	1V4+
2V4+	2-	Lt8+	Lt4+	Jr8+
Jr4+	1Fr8+	2Fr8+	1Fr4+	
C	C	C	C	C
R	R	R	R	R

MALE  
Class of 2024 (Senior)  
**Christian DIAZ**  
Belen Jesuit Prep School

VARSITY		Lightweight	
1V8+	2V8+	3V8+	4V8+
1V4+	2V4+	2-	Lt8+
Lt4+	Jr8+	Jr4+	1Fr8+
2Fr8+	1Fr4+		
C	C	C	C
R	R	R	R

Coxies may race again in any event either as a coxswain or as a rower; 2 events max

Eligible rowers in the 1<sup>st</sup> Varsity 8+ may race again in one of the follow events: (2 events max) Ltwt 8+ and 4+, Junior 8+ and 4+, 1st Freshman 8+ and 4+, 2nd Freshman 8+, and Pair (not another varsity 8+ or 4+ event)



# FINAL THOUGHTS FOR A SUCCESSFUL REGATTA

## **Coaches will make or break this event!**

Multiple people have spent lots of time to setup and organize this regatta for FSRA member teams.

Successful execution requires all teams

1. Have equipment checked & ready to race each race
  2. Launch crews on time
  3. Know your race alpha letter

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Get Ready to race!

Good luck and be safe.



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