



## 2024 FSRA Sculling States

Friday, April 12 - April 14, 2024 - **UPDATED 4/11/24**

**PLEASE read this entire document and click on ALL links.**

**We are still missing Heat Sheets, I will send an update when they are released.**

### **Rower registration - \$160**

Included in the registration fee is the following:

- Transportation of Boats, Trailers and Equipment
- Travel and Transportation Costs of SORA Staff
- Venue Tent Rental and Hospitality Costs
- Hospitality will provide nutritious and plentiful snacks, Friday - Sunday
- Lunch at the Venue Sunday
- Regatta fees

**Venue:** Nathan Benderson Park  
5851 Nathan Benderson Circle  
Sarasota, FL 34235

**VIP Tickets Available for the Tower.** [https://www.regattacentral.com/clubs/?org\\_id=1583](https://www.regattacentral.com/clubs/?org_id=1583)

A limited number of tickets will be sold for each day allowing 2nd floor access. Initially 170 tickets per day will be available via the link above.. Soft drinks, water, and snacks provided for on premise consumption only. Spectators are welcome to bring their lawn chairs to sit out on the 2nd floor observation deck. No pets allowed. Except in the event that the entire regatta is canceled, tickets are non-refundable.

Service desk is located at the base of the tower stairs and opens at 7:30 am and closes at 2:00 pm on regatta race days. All individuals in the group receiving wristbands must be present at the service desk. Copy of receipt and photo ID required at service desk to receive wristbands. Deadline to purchase is April 10, 2024

**FSRA Regatta Volunteers REQUIRED by every team to provide volunteers** - Volunteers are **required** from each participating team to help ensure that FSRA runs a successful regatta. SORA will need a minimum of 16 parent volunteers. It is important that you include your team name when you sign up. If we do not make our minimum number of volunteers SORA will be fined \$250. This is a great opportunity for those of you new and old. Team favorites are Stakeboat Holder, Crowd Control and Hospitality tent. Admission and Volunteer check in at the main entrance walkway; security will be at other island gates to direct walkers to correct entrance.

**Sign Up HERE to Volunteer:**

**<https://www.signupgenius.com/go/20F054DACA928A2F49-47063652-2024#/>**

**Parking:**       **There will be a parking fee:**  
**Friday, \$10**  
**Saturday, \$15**  
**Sunday, \$15**

**Drop-Off:**     As with past regattas at Nathan Benderson, rowers will NOT be dropped off on the island. NO stopping or Drop-Off of Athletes on Cattlemen.

There is a trolley service from the south end parking area; using it Friday will give athletes a chance to know what to expect for Saturday and Sunday.

Important - Plan on **EXTRA** time to arrive so you don't miss your race.

**Arrival:**       Friday, April 12, 2024 - **1:00PM**  
Nathan Benderson Park  
Meeting Place will be SORA Boat Trailer

**Departure:**    Sunday, April 14, 2024  
All Rowers will be expected to stay through the end of SORA racing and all boats are loaded on the trailer. Medals will be distributed after the trailer is loaded.

### **SORA Regatta Information:**

This is a three day FSRA Sculling States weekend.

### **SORA Hospitality:**

- ❖ Hospitality will provide nutritious and plentiful snacks, Friday - Sunday
- ❖ Saturday - **Lunch will be on your own**, with rowers only at the venue for their race and then released back to their hotels to stay out of the sun. Saturdays meals were often left at the venue uneaten.
- ❖ SORA hospitality will have plenty of breakfast items, nutritious snacks, fruits, bite size sandwiches available. In addition, to water/gatorade etc
- ❖ Last year we threw away several meals that were uneaten due to rowers leaving the venue and/or purchasing their own meals.
- ❖ Sunday, nutritious snacks and **lunch, will** be provided by SORA

### **SORA Regatta Logistics and Information**

#### **Friday, April 12th**

- ❖ Rowers are required to be in Sarasota and the venue at **1pm**
- ❖ Arrive to venue you in your SORA Practice shirt - Everyone in your boat should be dressed the same
- ❖ Rowers will unload the trailer, rig the boats and practice on the course
- ❖ Coaches meeting - at the boat trailer
- ❖ Rowers to be picked up by families

### **Saturday, April 13th**

- ❖ Arrival times will be announced at the Friday meeting
- ❖ Arrival time is approximately 1 ½ hours to 2 hours prior to their event
- ❖ Rowers should be picked up from the venue following their event for lunch and break from the sun and heat
- ❖ Most rowers will have only 1 race on Saturday, however it is possible they may race a second time (Repechage) if they do not immediately progress to Semi-Finals
- ❖ Filling and nutritious snacks will be provided from the SORA Hospitality Team.
- ❖ Lunch will be on your OWN
- ❖ Team Meeting - Tentative team meeting is possible, location TBD.
- ❖ All information will be communicated through - Sculling Remind group (Sunday arrival times etc)

### **Sunday, April 15th**

- ❖ Semi-Finals and Finals are on Sunday
- ❖ Arrival times will be announced Saturday via remind group
- ❖ Arrival time is approximately 1 ½ hours to 2 hours prior to their event
- ❖ Hospitality will provide filling and nutritious snacks
- ❖ A lunch will be provided by SORA at the hospitality tent for ALL rowers
- ❖ All Rowers are encouraged to remain at the venue after their races to cheer on their teammates
- ❖ Departure time is dependent on SORA's final race, trailer loading and Coaches meeting and medal distribution at the Boat Trailer.

***ALL ROWERS ARE REQUIRED TO HAVE A REFILLABLE WATER BOTTLE AT THE VENUE***

**FSRA Regatta Information:** [https://www.regattacentral.com/regatta/?job\\_id=7520&org\\_id=0](https://www.regattacentral.com/regatta/?job_id=7520&org_id=0)

**Regatta Race UPDATED information** - Progression update - FSRA regatta rules state that any event with 22+ entries will go to Time-Trial. Top 16 go to Semi, Next 8 fastest "C" final. 2 semis: Top 4 to final, remaining to petite finals.

**NEW / UPDATED Progression Schedule from FSRA -**

**📅 Updated Progression, 4/8/24**

**NEW / UPDATED Preliminary Schedule is up -**

<https://www.floridarowing.org/entry/FSRA-Sculling-Championships-2024-race-schedule.pdf>

**SORA Line-Up -**

[https://docs.google.com/spreadsheets/d/16OguS92qWy4F-q96mk8HDt1aO\\_RYN2eDFUk1n2hGmDQ/edit?usp=sharing](https://docs.google.com/spreadsheets/d/16OguS92qWy4F-q96mk8HDt1aO_RYN2eDFUk1n2hGmDQ/edit?usp=sharing)

**FSRA Sculling Heat Sheet:**

<https://www.floridarowing.org/entry/FSRA-Sculling-Championships-2024-Saturday-Apr-13-heat-sheet.pdf>

**Text Sign-up for regatta specific information: This is required of ALL ROWERS and the best way to get up to the minute information. Information will be sent out via text the entire weekend.**

**Text to 81010 the message @2024scull**

### **Suggested Packing list:**

#### Regatta Wear and Travel Wear to Venue

- ❖ Masks are required on the Island, they may be removed when boat is off the dock
- ❖ Unisuit - its hot, you may want to bring detergent to hand wash at hotel
- ❖ Hi-Vis Yellow Shirt and Hat
- ❖ Solid black shorts or pants.  
(no stripes or markings of any other color)
- ❖ SORA jacket or sweatshirt if needed

#### Travel Gear

- ❖ Warm-weather practice gear
- ❖ Rain gear, SUN Block
- ❖ SORA practice/regatta clothes for 2 Regatta Day
- ❖ Non- Racing gear for Friday - Sunday
- ❖ Toiletries
- ❖ Refillable water bottle - REQUIRED
- ❖ SMALL backpack for daily regatta gear

### **Emergency Contact Numbers**

Coach Terry Davison	352-422-7366
Kelly Hagan - SORA Program Director	407-744-6298

If you have any questions, contact Kelly Hagan OR Coach Terry