

2023 Poughkeepsie Regatta Coach/Coxswain Meeting Notes (rev 09/24/23)

(09/28/2023, 19:00 - Zoom meeting, and 09/30/2023, 06:15 - In person at the launch dock)

I. Introductions;

1. Regatta Director – Paul A. Stasaitis
2. Dock Master – Mike Cerulli with Liz Schlusser and Crystal Alecksynas conducting safety checks,
3. Start line Judge – Jeff Lahm, Start line marshal – Candy Davies,
4. Finish Line Judge – Gail Lahm, Finish line marshal – John Mylod.
5. Safety Launches – SL #1; Sue Benfield, SL#2; Michelle Hyland,
SL #3; Andrew Runne, and SL#4; Kevin Piotti.

II. Regatta rules are posted online – Please read them.

III. Launching procedure:

1. Wait until the Dock Master calls your event.
2. Launch times will be approximately 45 minutes before the event time.
3. **Launch times may be condensed (moved up) due to under populated events, STAY AWARE AND LISTEN FOR YOUR EVENT TO BE CALLED.**
4. Bring oars to the dock area at first call for your event **NOT BEFORE**.
5. Check boat for bow number (on bow of boat and on the back of the bow rower), heel ties, bow ball, make sure all nuts and bolts are tight, and oar lock gates are open, before you get to the dock.
6. To Speed up launch process have non-rowing teammates bring down oars & pick up shoes.
7. All boats will be checked for safety (see item #5).
8. Approach the dock bow first and launch with your bow pointing north.
9. Upon completion of your race, you will land going north
10. Race course buoys: Start & Finish – **RED**, Hazards – **YELLOW**, Course markers – **GREEN** (About every 1000 meters)
11. Hot seating rowers or boats – See regatta rules. **RACES WILL NOT BE DELAYED WAITING FOR LATE OR HOT SEATED BOATS.**

IV. Warm up lane

1. Proceed north, close to the east shore, you should be no more than 20-30 feet from the shoreline.
2. You will encounter safety launches as you proceed north, follow their directions.
3. Proceed promptly to the starting line. Keep in mind you will be rowing against the tide and the wind on your way to the start. **Races will not be delayed waiting for late boats to arrive.**

V. Start Line:

1. The starting line (except for novice boats) is in the vicinity of the Culinary Institute of America (CIA). **DO NOT go any farther north than the little white gazebo near the shore.** The Start line for the *NOVICE BOATS* (2000m course) will be in the vicinity of the Vassar College docks. **Novice boats should not go any farther north than the Marist car tunnel.**
2. There will be a start line staging marshal getting you in bow number order
3. Know your event name, event number, and bow number.
4. Try to keep your boat in bow number order with the other boats in your event.
5. As you approach the starting line, build up to full speed and full pressure. You should be at racing speed and pressure as you cross the starting line.
6. Start commands will be **"READY.....READY.....GO!"**

VI. Racing lanes:

1. Race course map review
2. Passing and yielding – See Regatta rules
3. Distance markers painted on rocks long shore – NOT ACCURATE FOR THIS RACE
4. Wake awareness – pleasure boats and commercial traffic

VII. Finish Line

1. The finish line is the north edge of the Mid-Hudson Bridge.
2. Row past the bridge to finish the race
3. Do not go any farther south than the Shadows marina
4. Turn towards the east shore (Poughkeepsie side) then proceed north CLOSE to shore and OUT of the racing lane
5. There will be a finish line marshal, follow his directions.

VIII. Return docking:

1. **HAZARD at Children's Museum Waryra's Park – Yellow Buoy, shallow area near shore**
2. Follow the Dock Master's directions.
3. When you reach the dock, Be quick with your landing; "One Minute on the dock"
4. To Speed up landing process have non-rowing teammates deliver shoes & take up oars
5. Return your bow number at the dock. Give it to the Dockmaster or one of the assistants.

IX. Results and medals

1. Results will be posted at HRRRA Bulletin Board adjacent to the launch area, and after completion of the regatta on Regatta Central
2. Medals will be awarded for first, second, and third place, HOWEVER if only 2 boats –gold only, if 3 boats-gold & silver, 4 or more boats-Gold, silver and bronze.
3. Medals will be awarded at the end of the regatta

X. Protests:

1. Good sportsmanship will be the order of the day– UN-Sportsman like conduct is a DQ.
2. Protests will follow USRA rules and must be made while on the water at the finish line.
3. If you have a protest find the Finish Line Marshall and let him/her know.
4. Any protests made after you dock will not be accepted.

XI. Misc. Info:

1. Tide will be going out for the beginning of the race, and then will be slack or coming in for the rest of the race (north towards Kingston). Tides: Low tide is at 08:10, High tide is 14:02.
2. The weather is predicted to be Cloudy with a chance of showers 30% to 85% depending on the weather app. (high 67°, low 50°). Wind is supposed to be out of the north at 5-7 mph,.

If you have any questions a short CnC meeting will be held in boathouse Bay 2 at 06:15 Saturday morning

Inclement Weather or adverse water conditions

Regatta Day: In the event of Inclement Weather or adverse water conditions the following process will be used to decide on shortening the racecourse or canceling the regatta.

1. The Regatta Director and Regatta Committee Chairman will evaluate Safety Launch Driver's reports on river conditions in their areas of responsibility
2. The Regatta Director and Regatta Committee Chairman will evaluate weather forecasts from various sources (i.e. NOAA, Clime, AccuWeather, WeatherBug, and/or other applications)
3. The Start/Finish Line Judges will confer with the Start/Finish Marshalls on river conditions in their areas of responsibility
4. The Regatta Director, Regatta Committee Chair, and Judges will review and evaluate the information received from the various sources, and attempt to reach consensus on an appropriate course of action.
5. If no consensus is reached, the Regatta Director will make the final decision on how to proceed with the regatta.

Definition of a shortened course: Start will be at the Rhinebeck Rock (1500m from the HRRR dock). The race would then be approximately 3200 meters (2/3 of the original 4800 meters).