



*New England Interscholastic Rowing Association
Championship Regatta*

2026 Race Packet

Saturday, May 23, 2026

Presented By:



NEIRA Championship Regatta Instructions

1. Coaches and Coxswains' Meeting

Label	Details
Date/Time	Tuesday, May 19 · 19:30–20:30
Video call	https://meet.google.com/mfz-atuw-pwt

All coaches and participants are responsible for the information presented at this meeting.

The NEIRA Regatta will be run under the USRowing Rules of Rowing.

Coaches must ensure each participant from their organization has completed the required Release of Liability Waiver via RegattaCentral (no paper submissions).

Please note: lanes 1–5 are fully buoyed. Lane 6 has no buoy line on the port side (Shrewsbury shore side).

2. Equipment Requirements

1. All coxswains should wear a watch set to regatta time (cell phone time).
2. All shells must have a **bow ball** or its equivalent.
3. Ensure that **heel tie-downs** do not allow rowers to raise their heels from the footboard more than three (3) inches. This will allow quick release of their feet in case of emergencies.
4. Coxswain bow openings in fours should be at least 70 cm (2.3 feet) long and a minimum of 50 cm (1.65 feet) wide.
5. A Control Commission official will check the bow balls and the heel ties at each launching area.

3. Bow Markers


Each school is responsible for supplying its **bow marker(s)**. Secure the marker properly to the bow to withstand wind and/or rain. Crews appearing without bow markers may be assessed a warning.

Bow markers should be sturdy, clearly visible, and not a nominal attempt to satisfy the rules. The best, most visible design features a large, rectangular, rigid, plastic, waterproof marker with a white background and a black number.

Bow numbers with shapes that differ from this are exceptionally challenging to see from the finish line. **Shark fin** bow numbers are not permitted.

You can purchase bow numbers here: <https://www.durhamboat.com/product/bow-numbers/>

4. Warm-ups


 **Timing:** Crews must be within hailing distance of the start line no later than **8 minutes** before the published starting time.

A crew with one warning for a bow marker, uniform, or traffic violation risks exclusion from its race if that same crew is assessed a second warning, which includes false starts.

Please note the following points:

1. Crews launching from the Donohue Rowing Center are not to row down the length of the course as the first part of their warm-up.
2. As crews approach the 500-meter mark, a Race Marshal may stop boats temporarily to allow oncoming races to pass safely through this narrow point on the course. Once released by the marshal, crews rowing northward should stay off the racecourse.
3. Crews rowing to the Start should stop their boats as a race comes down the course. Crews may continue once the race has passed.
4. To avoid the shallow water at the Pump House, stay to the right of the shallow water buoys on the Worcester shore.
5. Crews should continue to warm up between the starting dock and the I-290 bridge. Please observe a clockwise, rectangular traffic pattern, keeping the neutral zone in the middle free of boats. Failure to observe the traffic pattern is a safety hazard and may result in a warning. No one is to row above the 290 bridge. We will have a marshal on site to direct traffic back to the start. This warm-up pattern is not the EARC college pattern.

5. Voiding

 **No voiding into the lake.** Voiding will result in **disqualification** from the regatta. You and/or your crew will be subject to arrest.

6. Approaching the Start Assembly Area

An **Assembly Marshal** will be stationed at the Donahue Rowing Center (DRC) dock. Approximately 8 minutes before each race, the marshal will direct the crews to line up in numerical order (1–6) on the Shrewsbury/DRC side of the lake.

7. Starting Commands

Starting commands will be in accordance with [USRowing Rules of Rowing](#).

Alignment will begin once two or more crews have locked onto the starting platforms. Crews should actively work to maintain their points during this process.

If a crew does not have a satisfactory point or is unready, the coxswain must raise an arm fully extended and take corrective action. In bow-coxed fours, the bow seat should raise their

hand.

Once all hands are down, the Starter will announce the crews and will no longer recognize hands, though adjustments may continue until the announcement is complete.

The Starter shall start the Race by: (1) calling out “Attention!”, (2) raising the Starter’s flag overhead, and then (3) after a distinct and variable pause, calling out “Go!”. The command “Go!” shall be accompanied by a quick and simultaneous downward motion of the Starter’s flag to one side.

8. Quick Start

If weather or other conditions prevent the standard starting procedure, the Starter may use a Countdown Start. The Starter shall first announce to the Crews that a “**Quick Start**” will be used. When the Starter determines that the Race may be safely and fairly started, the Starter shall call out “**Quick Start!**” followed by the starting commands. The Starter shall start the Race by: (1) calling out “Attention!”, (2) raising the Starter’s flag overhead, and then (3) after a distinct and variable pause, calling out “Go!”. Once the “**Quick Start**” announcement is made, the Starter shall disregard any Crew signaling that it is not ready.

9. Equipment Breakage

All crews are responsible for a thorough check of equipment before departure.

If equipment breakage or any major mishap occurs within the first 100 meters (see Article 8 of “Rules of Racing”), the coxswain should immediately raise their hand and stop the boat. The **Referee** will stop the race and determine the severity of the breakage and the appropriate action (restart, postponement, etc.).

A crew that falsely claims breakage or any major mishap within the first 100 meters, and as a result stops the race, may be penalized with a Warning. If that crew already has a traffic, uniform, or bow marker violation, the false start of a race (now a second warning) will result in Exclusion.

11. Heed the White Flag (Adherence to Referees’ Directions)

As each race proceeds, each crew is expected to maintain its proper course in its designated lane. If a boat is moving into another lane, the following referee will call to that boat and direct it in the appropriate direction with a white flag.

The stern pairs of the offending crews should alert their coxswains to take action. In bow-loaded fours, the bow pair should alert the coxswain.

Failure to follow the referee’s instructions may result in a collision and exclusion from the race.

12. Objections and Protests: In the event of an objection, it must be made on the water at the end of the race. The referee on the water shall hear out the objection and attempt to resolve it on the water. If the crew does not agree, the referee shall red flag the race, and the protest must then be presented in writing to the Committee of Management or the Regatta Director within one hour of completing the race in question.

13. Questions? Contact Kristin San Bento at ksanbento@gmail.com

Trailer Arrival Information

Regatta Point State Park will open to trailers on Friday, May 22, at 10:00. A City of Worcester Police Officer will direct you into the park, and once in the park, staff will direct you accordingly.

Due to traffic considerations for UMass Memorial Hospital, trailers cannot park outside Regatta Point before its opening. Early trailers should wait at the Corazzini State Boat Ramp, next to the Donahue Rowing Center in Shrewsbury, MA, until 9:45 AM. UMass Memorial Police will ticket any trailers parked on North Road before entry.

Detached trailers must use a block of wood under the trailer's crank; otherwise, damage to the pavement may occur.

Only trailers with four or more shells may park at the venue. Unless the regatta director has approved boat transport, all shells on trailers are expected to race. Trailers with fewer than four shells will be required to unload and rack shells in the Regatta venue.

Driving Directions


1. **From I-290 East:** Exit 24 and turn right onto Plantation St. Drive approximately $\frac{3}{4}$ mile and turn left on North Rd. At the end of North Rd, wait to be directed across Lake Avenue into the park.
2. **From I-290 West:** Exit 25 and bear right onto Main St. Proceed to the second set of lights and turn left onto Plantation St. Drive approximately 1 mile and turn left onto North Rd. At the end of North Rd, wait to be directed across Lake Avenue into the park.

Trailers that do not follow the above driving directions and arrive from either direction on Lake Ave will be sent around the hospital to enter from North Road.

P Practice Day Parking

- Only tow vehicles will be allowed to park inside Regatta Point Park.
- Team buses and/or vans should park north of the trailer entrance gate (in the direction of the start line).
- Tent items must be dropped off outside the park. Vehicles should not be left running and/or unattended. A maximum of 15 minutes will be allowed to unload the vehicle. Please coordinate with your team to assist in carrying food and other items.
- If you arrive Saturday morning to drop off supplies, please anticipate a lengthy wait time. It is recommended that tent supplies be dropped off on Friday.
 - Food trailers—after unloading, they may be parked at the Corzinni Boat Ramp in Shrewsbury for the duration of the regatta, but they will not be permitted back to the park until after the final race on Saturday.

P Race Day Parking

 **Gate timing:** Tow vehicles must be inside the gates by **6:45**. The gates will lock at **7:00**, and we will not allow late entry.

- Tow vehicles must be inside the gates by 6:45. The gates will lock at 7:00, and we will not allow late entry.
- Tow vehicles must be parked immediately in front of their trailer.
- All food items must be unloaded before 7:00 a.m. on Saturday.
- Athlete drop-off will be allowed north of the main gate.
- Buses must park in a Bus Parking Lot adjacent to the UMass parking garage.
- All team vans and spectators must utilize the UMass parking garage.

Practice: Friday, May 22

- Course Open: 1:00 PM - 6:00 PM (no launching after 5:00 PM) and Gates Locked at 7:00 PM
- Coaches are not permitted on the water. Marshals will be provided for safety.
- Teams are responsible for knowing the traffic pattern.
 - Notables:
 - There is no crossing of the course between the I-290 bridge and the finish line. All crews should proceed through the bridge, spin safely, and approach the starting line.
 - Lane 2 is a dead lane.

- Boats ahead have the right of way.
- No drilling is allowed within lanes.

Race Day: Saturday, May 23

- Regatta Point will open at 6:00 AM on Race Day.
- Teams are responsible for knowing the traffic pattern
 - Notables:
 - Boats are not permitted past the I-290 bridge. All warm-ups must be completed on the way to the start line and in the first 500m of the 2000m course.
 - No boats should enter the race lanes on their way to the start.
 - All boats should stop to let the races pass.

Tents

Team tent setup is not allowed before the park opens. Your trailer will not be permitted access to Regatta Point if your tent is set up before this time. On arrival, Regatta Volunteers will direct you to designated Team Tent areas. No tents are permitted below the North Beach launch area wall, along the boardwalk, on the beach, or past the Regatta Point Boathouse. The Worcester Boat Club does not permit tents.

Break Down and Clean Up

All teams should clean up after themselves and dispose of rubbish in the provided dumpsters. Teams renting tents should fold all chairs and tables and return them to their initial location. Please leave the venue as you found it. Failure to clean your team tent will incur a \$200.00 cleanup charge.

Conduct

Everyone working the regatta is a volunteer. The good folks involved in operating QRA-hosted regattas are committed to giving everyone an opportunity for safe, fair racing. Please follow their instructions. Courteous behavior is expected from all of our guests.

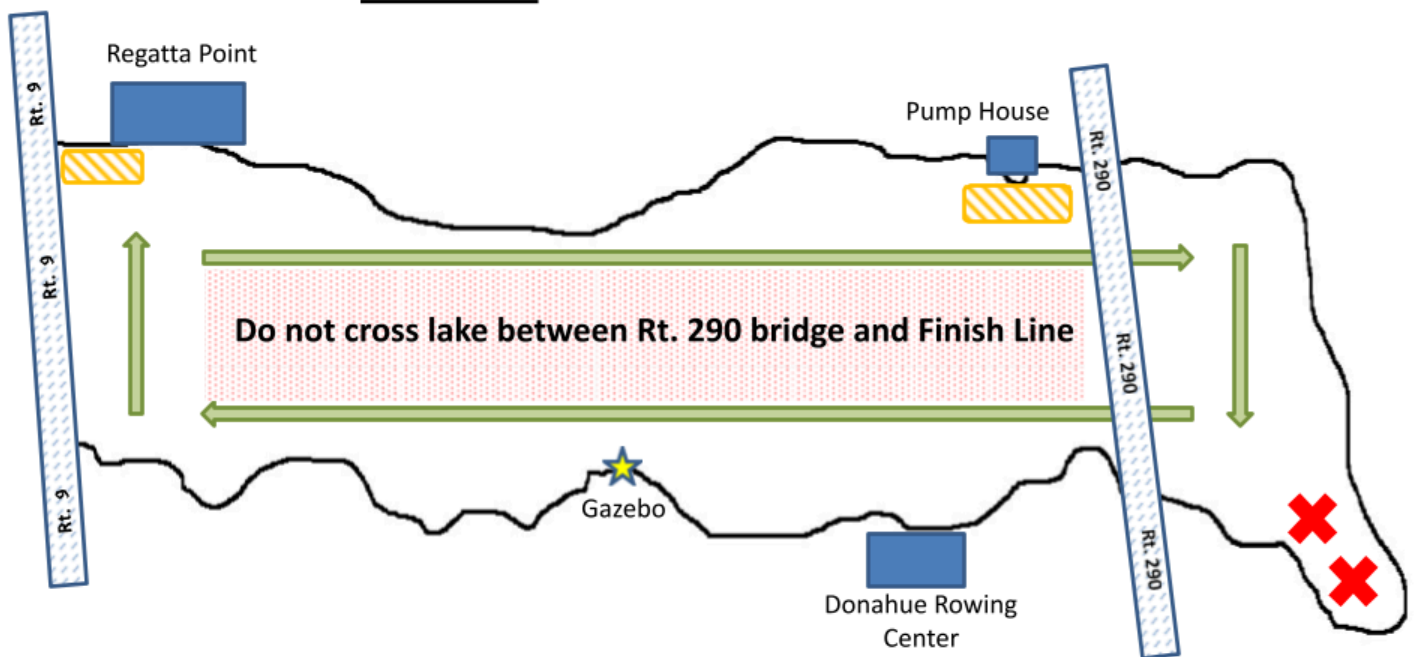
Failure to follow instructions from regatta organizers and volunteers, DCR employees, safety officials, or law enforcement will result in removal from the park. It will further impact the

related crew's ability to race on the course at Lake Quinsigamond and NEIRA-sponsored events.

No artificial noisemakers (bells, horns) are permitted at QRA events.

Drones are prohibited, and the airspace is restricted for life-flight helicopters. Law enforcement will confiscate any unofficial drone used during the event.

FRIDAY PRACTICE TRAFFIC PATTERN

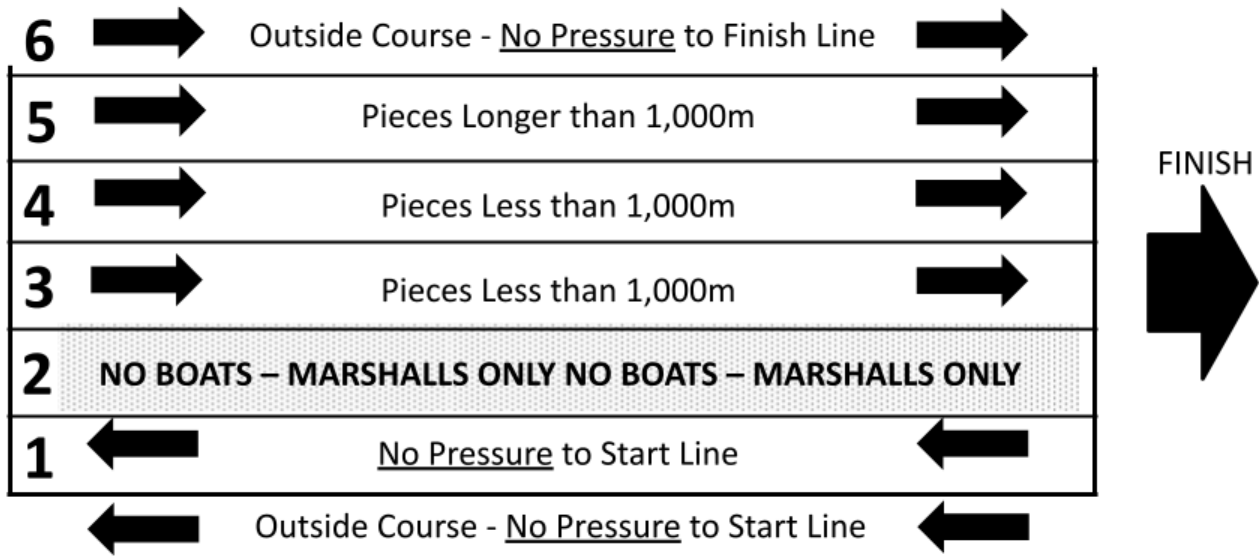


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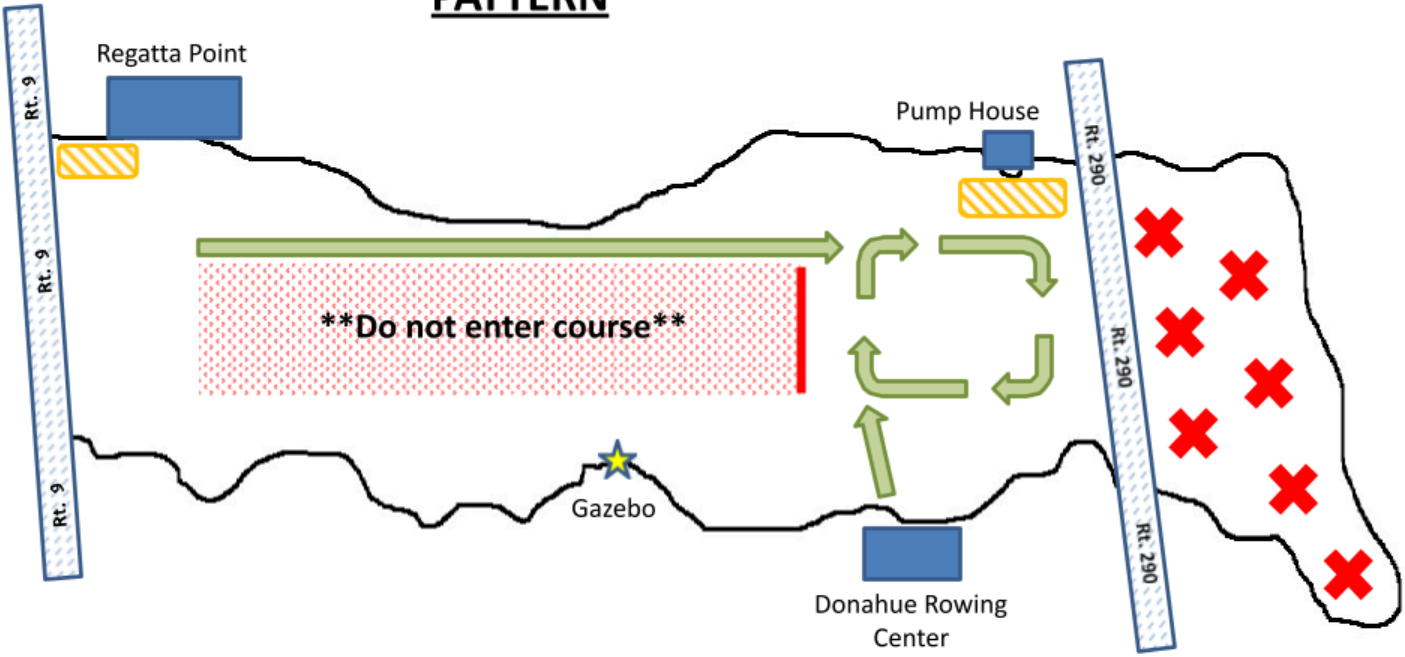
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FRIDAY PRACTICE TRAFFIC



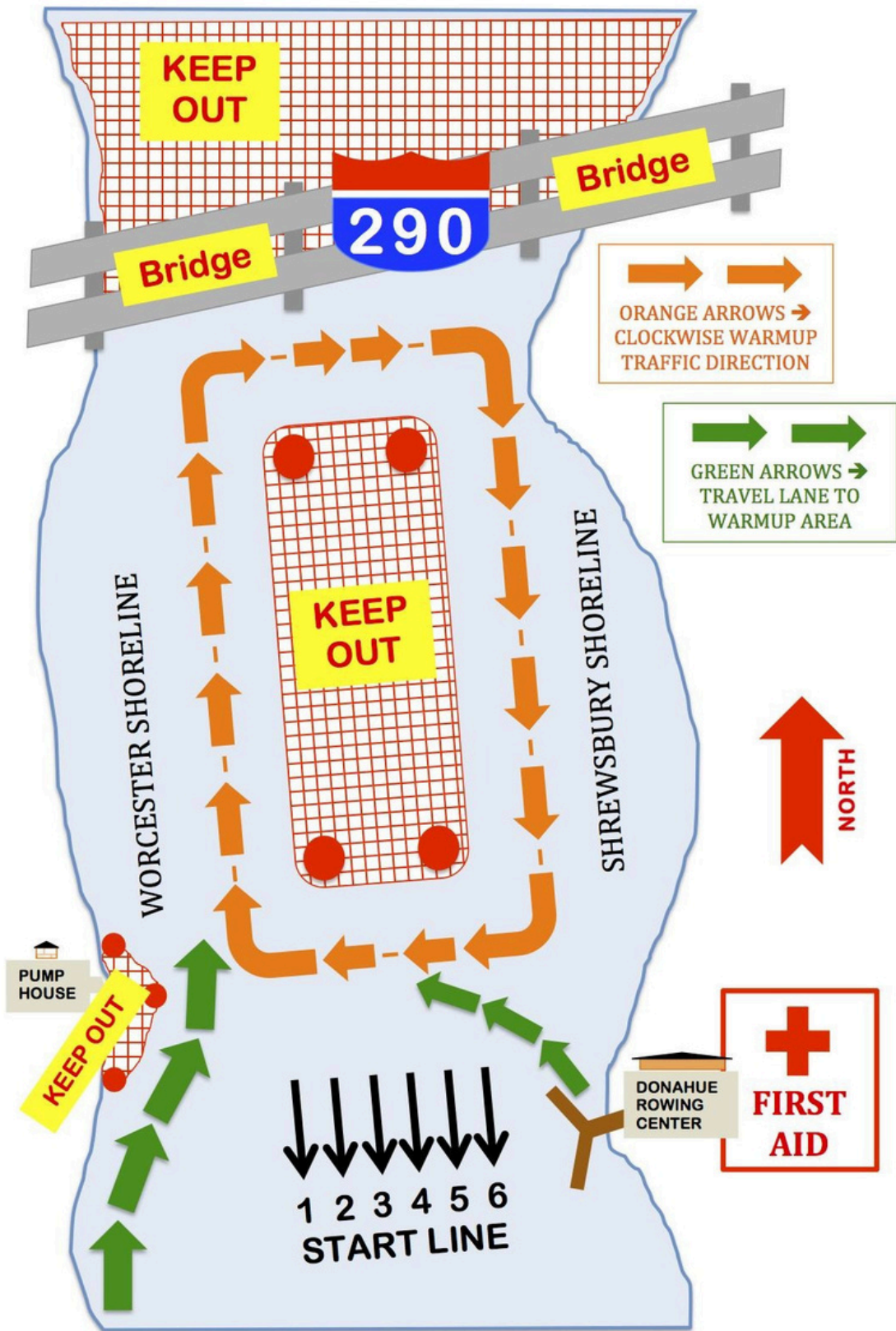
RACE DAY TRAFFIC
PATTERN



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USRowing



CHAMPIONSHIP REGATTA

ADMISSION \$15

