

Northeast Fall Championship Head of the Quinsigamond Regatta

Sunday, October 12, 2025



Hosted By:

Regatta Point Rowing, part of Regatta Point Community

Sailing

St. Johns High School & Crew Team

Venue:

Regatta Point State Park, 10 Lake Ave North Worcester, MA 01605

Donahue Rowing Center, 237 N Quinsigamond Ave, Shrewsbury, MA 01545

Distance:

4,200m or 2.6-mile distance.

Appreciation to:

The Massachusetts Department of Conservation and Recreation

N & D Sports

DonutNV

Jerry's Ice Cream

Regatta Central (Registration)

HereNow Systems (Timing)

Critical Notices:

Communication:

This will be done via announcements at the Regatta Office. The phone number for texting and calling is (508)864-4180. Communications can also be directed to RaceDirector@regattapoint.org.

Divisions:

High School, Juniors & Club Programs
Master

Refer to the Eligibility section for the definitions of these divisions.

On Regatta Central, High School vs. Junior registration is now distinguished with a drop-down menu when the entry is created.

Late Arrivals to the starting line:

- Crews arriving late for their start time, but before the last crew in their event, will be allowed to start after the last starting crew, with the addition of a 10-second penalty.
- Crews arriving late for their start after the last crew in the event has started may not be allowed to race.
- To avoid problems, please ensure novice coxswains are trained and qualified to race. If the officials consider a novice boat unsafe, the starting official will disqualify it and send it back to the dock.

Medal Awards:

- Medals will be given in all events, subject to the rules below.
- For varsity sweep events, medals will be awarded according to place within the High School or Junior Division, subject to the restrictions below.

Medal Restrictions:

- Events with two or fewer entries: Gold only
- Events with three entries: Gold and Silver
- Events with four or more: Gold, Silver, & Bronze

Medal Pickup:

Medals will be available after the race is official and must be picked up by a coach or master rower, who will sign for them.

General Instructions:

Race Day Registration:

Registration is at Regatta headquarters, in the conference room at the Regatta Point boathouse. ALL TEAMS MUST REGISTER between 6:00 AM and 8:00 AM. Clubs must have waivers, rosters, or regatta fees to be eligible for registration.

Referees meeting / Coaches and Coxswains meeting:

The Referees, Coaches, and Athletes meeting will be held via Zoom at 7:00 PM on Tuesday, October 7th. A link will be provided on the Regatta Central page and emailed to registered coaches. Regatta staff and USRowing referees will review the rules, highlight key points of hazard, and provide other relevant information. All coaches, coxswains, and steering bow seat personnel are requested and encouraged to attend. A recording of the meeting will be posted on Regatta Central after the meeting.

Coaches & Athletes Meeting:

Coaches & Athletes Meeting for the Northeast Fall Championship Regatta. 2025
Referee, Coaches and Athletes Meeting Date & Time: October 7, 2025 @ 7 pm

- Google Meet joining info
- Video call link: <https://meet.google.com/yve-vego-ovz>
- Or dial: (US) +1 484-531-2554 PIN: 713 519 898#
- More phone numbers: <https://tel.meet/yve-vego-ovz?pin=6831734911145>

Essential features for your equipment:

- If any of the following conditions are not met, you will not be allowed to launch.
 - All shells must have a suitable, legal bowball.
 - All shoes in shells must have heel ties that do not allow the rower to raise heels more than 3" from the footboard.
 - All shoes in shells must have quick-release ties.
 - Please check your boats, preferably before traveling to the regatta. This rule has been a problem and a source of a launching backlog in the past.

Bow Markers & Bib Numbers:

- The Regatta Committee will provide bow markers and two bib numbers. Bow markers must be returned to the dock master before leaving the landing dock. Bib numbers must be given to all bow seats and should also be worn by coxswains sitting in the stern. Bib numbers must be worn on the outermost layer of clothing at race time.
- Unreturned Bow Markers:
- Programs will be billed \$25 for each bow marker that is not returned.

Cancellation/Delay:

Regatta officials may call for a delay or cancellation of racing due to conditions that endanger the safety of rowers, staff, or spectators. The Chief Referee or the Regatta Director will make the final decision for delay or cancellation and will use their best discretion. Following a decision to delay racing, the Regatta Director will announce a revised racing schedule with compressed racing centers. Event cancellation will begin when all remaining events cannot be held by the end of the day and will follow the order posted with the schedule.

Order of Event Cancellation:

If any event is canceled, both the men's and women's events will be canceled together, in each category. Smaller, less stable boats will be canceled first. The Chief Referee or the Regatta Director will make the call to cancel and will use their discretion.

Likely Team Cancellation Order

1. Novice
2. Masters
3. Varsity

Likely Entry Cancellation Order

1. Pair
2. Single
3. Double
4. Four
5. Quad
6. Eight

The Chief Referee or the Regatta Director will make the final cancel call and use their discretion.

Rules & Instructions to Coaches and Athletes:

Compliance with the Current USRowing Rules of Rowing:

The regatta will comply with all US Rowing Rules of Rowing unless non-mandatory rules are preempted here. Please make sure your crews understand this information.

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Warm-ups:

We will stick to the schedule. There will NOT be exceptions for any crew hot-seating boats. All schools should note that a crew with one warning for a traffic violation risks disqualification if that same crew receives a second warning for some other infraction.

Also, please note the following points:

- Crews warming up must follow the directions of the racing marshals
- Crews should keep the center line of buoys to the PORT side of the boat at all times.
- Crews warming up & crews returning to the dock should yield to racing crews. This applies especially within the Narrows.
- The officials may judge ambiguous incidents/events in favor of the racing crew/against a warming-up or returning crew.

Voiding:

By direction of The Lake Commission, there shall be no urination or defecation in the lake. A violation of this rule results in immediate disqualification from the regatta and a prohibition from other races on Lake Quinsigamond, regardless of the organization.

Approaching the Start:

Crews and coxswains will be marshaled in the area south of the start. Races will be organized south of the start area 10 minutes before the scheduled race time. Coxswains must know how to maneuver their boats with both rowing and backing strokes and must follow all directions of the start marshals. Upon arrival in the starting area, coxswains should find the two crews starting directly ahead of them and should remain near these crews as the start time approaches. Crews are to stay away from the south cove.

The Start Referee will call the Start:

The referee will be in a launch anchored near the starting line. Crews are expected to follow all directions and to be prepared to cross the start line at full pressure.

Equipment Breakage:

All crews and scullers are responsible for a complete check of equipment before launching for their race. The Regatta will NOT be held for any one crew. A crew may arrive late to the start and race as long as it is in the same boat size and at the Start Referee's discretion.

Course:

There is a map on Regatta Central for review. You can also review the map attached to this packet. Coxswains should use the Rt. 9 bridge as a reference and then must keep course once through the bridge.

- For all events, the course will run from the Shrewsbury side of the big island, through the Narrows, and then through the first full arch on the Shrewsbury side of the Rt. 9 (Burns) bridge, ending at the DRC.
- Racing is done Northwards, on the eastern (Shrewsbury) half of the lake.
- Buoys will mark the "No Passing Zone" of the narrows.
- The course will be described in greater detail at the Coaches & Athletes Meeting.
- [Click here](#) for the course map, or go to <https://tinyurl.com/3p82embc>

Passing is allowed at the narrows – mindful when passing and Give Way when being overtaken.

Giving Way:

- A crew being passed must yield the straighter course to the overtaking crew. Failure to do so will incur a penalty.

Penalties:

- A 10-second penalty will be applied for being late to the start
- A 20-second penalty will be applied for failure to give way or buoy violations
- If, in the view of the chief referee, a crew makes a dangerous pass, including or not including contact with another crew, that crew shall be excluded.

Objections and Formal Protests:

In the event of an objection, it must be made on the water at the end of the race AND also presented in writing to the Regatta Director within one hour of the completion of the race in question, along with a \$100 fee. The fee will be returned if the protest is ruled in your favor.

Venue Information:

Regatta Point State Park:

Saturday 10/11: Trailers 1:00 to 18:00. No practice on Saturday
PARK IS CLOSED OVERNIGHT

Sunday 10/12: Trailers 5:00 AM-7:00 AM Regatta Office:

Located in the Conference Room at Regatta Point State Park. Note –spectators are not allowed in the Regatta Office; Coaches and authorized personnel only!

Spectators:

There is space available for spectators at the venue. To avoid congestion, spectators are requested to avoid the launching area whenever possible. Spectators are not allowed on the docks.

Parking is available at UMass Hospital's designated parking area on South Road. There is a garage and a lot.

The admission fee for spectators is a \$10.00 donation for individuals entering Regatta Point State Park.

Bathroom Facilities:

There are limited restrooms at the boathouse, so porta-potties will be available.

Results:

Our timing provider, HereNow, will provide results. Complete results will be available after the regatta at www.row2k.com.

Parking:

- PLEASE FOLLOW ALL POSTED SIGNS AND DIRECTIONS OF WORCESTER, SHREWSBURY & UMASS POLICE
- Buses may drop off athletes outside of the fence at Regatta Point.
- Team Bus Parking will be located in the overflow lot of UMass Medical Center (off South Rd.).
- Shell Trailer parking will be available inside the Regatta Point State Park lot.
- Shell trailers will be instructed on how to park upon arrival. Trailer reservations are required to park at Regatta Point.
- All trailers will be parked without extraneous space in between.
- THERE WILL BE NO PARKING OR UNLOADING OF VEHICLES OTHER THAN BOATS
- TRAILERS/TRUCKS INSIDE REGATTA POINT STATE PARK (handicapped and officials' cars excluded)
- Car Parking will be in the UMass Hospital Parking Garage (fee applies)
- Chuck Wagons will not be permitted inside the gates at Regatta Point. All supplies must be unloaded outside the park and carried in.

ADA Parking:

There are spaces in the small lot by the boathouse inside Regatta Point State Park. Vehicles MUST have a valid Handicap Plate or Placard. Please speak to the police officer at the North gate.

Launching and Landing Shells:

- All crews should allow 45 minutes to get from their launching site to the starting line.
- Crews will not be allowed to launch more than 60 minutes before their race start time.
- Upon crossing the finish line, crews should continue to row until they have cleared the course AND gone underneath the I-290 Bridge. They should then proceed back to the docks along the Worcester shore.
- There should be a maximum of 2 helpers carrying oars to the rowers. Crews should launch their shells as quickly as possible; maximum time on the dock will be restricted to 2 minutes per crew.
- Approaches to and from the docks must be kept clear. Spectators are not allowed on the dock or along the paved area in the approach to the docks.

Dock Layout:

- Dock #1: Dock at the DRC. This is for DRC-based crews, and if crews need emergency help at the finish.
- Docks #2 & #3: Located at the North "Beach". Primary Landing/Return Docks.
- Dock #4: Located in front of the boathouse. Secondary Launch Dock. Only launch if directed - ALL HOTSEATS SHOULD TAKE PLACE AT THIS DOCK.
- Dock #5: Located on the side of the boathouse. PRIMARY LAUNCH DOCK. We can fit up to 3 eights on the dock at a time. When launching, stay clear of the 2k finish line island (Shallow).
- Crews are given 90 seconds on the dock; only coaches or a team helper are allowed.

First Aid Location:

There will be Paramedics at the Regatta Point State Park (at the Boathouse) and at the Finish Line (at the Donahue Rowing Center). If you have a problem during or after a race, notify the nearest safety launch.

Shell Storage:

There is no rack space available at this venue. All crews should bring their own blocks/slugs. Shells may not encroach into the travel lane.

Garbage Removal:

Please deposit all trash in closed garbage bags and leave them in the dumpsters.

Donahue Rowing Center Information

For home crews launching and landing from DRC ONLY! These are extra rules/guidelines for those teams.

Saturday 10/11: NO EARLY TRAILER ARRIVAL

Sunday 10/12: Trailers 5:00 AM-7:00 AM Regatta Office:

DRC Parking:

- No vehicles are allowed within the gates of the DRC
- Shrewsbury Police will restrict parking along N. Quinsigamond Ave..
- Please follow all posted signs and directions from volunteers and Shrewsbury Police.
- Do Not Park in front of any Driveway
- Parking will be available at Shrewsbury High School (64 Holden St., Shrewsbury).

Spectators:

A suggested donation of \$10 is required to enter the DRC.

Traffic Pattern Considerations:

- Crews should plan to launch 60 minutes before their race start time.
- Crews will launch off the north end of the dock towards I-290
 - After launching, crews will pass under the I-290 bridge and turn there to row down to the start.
- After racing, crews will continue under I-290, turn after the bridge, and row south towards the Marshal located near the Gazebo.
- Crews will cross the racecourse under the direction of the Marshal and row along the shore back towards the docks at the DRC.

Officials Parking:

All officials will park inside the gate at the Donohue Rowing Center. Please park only where directed.

Race Course Map:

[Full Course Maps - 4,200 meters or 2.61 miles](#)

Northeast Fall Championship Regatta Coaches Certification Form

School/Team/Club Rowing Program Name: _____

Is your school/team/club program a member in good standing with USRowing? YES___NO___

Is your school/team/club program a member in good standing with the North American Rowing Association? YES_____NO_____

Do ALL the competing rowers in your program have a signed, valid waiver submitted through Regatta Central? YES___NO_____

If NO, they will not be allowed to row in this regatta. (Paper waivers will be accepted at the regatta)

Are you competing as a High School Team? YES_____NO___

-Single School/District

-Row under School Name

-HS Varsity/Club Varsity under the AD/Principal

Are your bowballs, heel ties, and quick-release firmly and adequately attached to each boat?
YES___ NO___

Have you reviewed the Rules of Passing with your coxswains and/or athletes? YES___NO___

As the representative of the above Rowing Program, I hereby certify that the above answers are accurate.

Name (print)_____

Signature_____

Title/Position/Program_____

Date_____