**Exeter Invitational**  
Saturday, April 22, 2023  
Donahue Rowing Center, Shrewsbury, MA

**Bus Information:**

Arrive at High School at 9:45am  
Bus Departs at 10:00am

**Race Schedule:**

Coaches/Coxswains Meeting 1:00pm

1st Girls Race: 2:20, Launch at 1:40

2nd Girls Race: 2:00, Launch at 1:25

3rd Girls Race: 2:40, Launch when G2 is in

1st Boys Race: 2:50, Launch at 2:10  
2nd Boys Race: 2:30, Launch at 1:50

3rd Boys Race: 2:10, Launch at 1:35

4th Boys Race: 3:00, Launch when B3 is in

**What to Bring:**

**Competing Athletes should have:**

* Complete change of clothes
* Unisuit, plus a stretchy shirt or long sleeve shirt  
  Rain jacket
* Extra socks and shoes (real shoes, not flip flops or sandals as the ramp is very slippery)
* Snack for the bus if you don't eat at home
* Lunch and a filled water bottle
* Common Table donation on bus

**Common Table Information:**

Here are just a few reminders/notes about the Common Table 2022:

* The food request list changes for every race, CHECK EMAILS AND/OR THE WEBSITE.
* If you cannot contribute your assigned food item
* If you have been assigned a fruit or vegetable that is not readily available, please make an equivalent contribution.  For example, if strawberries are unavailable pick a different type of berry, or if there are no ripe cantaloupes bring a different type of juicy melon.
* Food requests are to be sent with your son/daughter on the bus. They are collected at boarding time.
* We recommend that you send your food request in a disposable container (Ziplocks are good, they save space in our coolers).  If sent in a personal container, please make sure that **you or your athlete** pick the container up before you leave the race.
* **EACH ATHLETE SHOULD BRING HIS/HER OWN LUNCH AND WATER BOTTLE** (the Common Table is only intended to be supplemental nutrition and hydration)
* **If you do not see your athlete’s name on the list,** please donate $5

**Parent Guidelines - We love that parents come to cheer our crews, but please follow the guidelines below.**

* Please respect that your child is there to compete and has a job to do.  Try not to distract them from their tasks.  They will come and say "hello and thank you" when they can.
* Only Coaches and Coxswains may go to the coxswains meeting.
* Only Coaches and Athletes are allowed on the dock and only if you are docking a crew.

Please read the following from the St. John's Crew Coach regarding parking and areas that are open or closed to guests.

**Directions and Parking Instructions:**

* NO Parking of any kind is permitted at the Postal facility. No Athletes, No Coaches and No Parents.  Vehicles will be towed at the owner's expense.
* ***Parents should park at Shrewsbury High School and then take the shuttle to the DRC.***
* Violators of this policy are subject to exclusion at next year's racing.
* No Food Trailers allowed in the DRC Parking lot.
* No visitor parking in the Boathouse lot.
* Trailer Parking in the state boat ramp adjacent to the DRC - This is in the big parking lot only Trailers will be permitted into this parking site.
* Visiting athletes and parents are asked to refrain from using the DRC Restrooms. Portable toilets are available in the trailer parking area.
* Please be sure that ALL garbage from your tents and/or trailer area is disposed of in the dumpsters located behind the boathouse.

Again, to the parents, thank you for coming out in the to cheer on your kids!!

**Race Course**

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|  |  | **Lane 7** | **Lane 6** | **Lane 5** | **Lane 4** | **Lane 3** | **Lane 2** | **Lane 1** |
| **G2V** | **2:00** | Travel Lane | Exeter | Kent | Hingham | Simsbury | Shrewsbury | Boston Latin |
|  |  |  |  |  | | | | |
| **B3V** | **2:10** |  |  | Hingham | Simsbury | St. John’s | Kent | Exeter |
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| **G1V** | **2:20** |  | Simsbury | Boston Latin | Shrewsbury | Kent | Exeter | Hingham |
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| **B2V** | **2:30** |  | St. John’s | Hingham | Simsbury | Shrewsbury | Exeter | Kent |
|  |  |  |  |  |  |  |  |  |
| **G3V** | **2:40** |  |  | Simsbury | Hingham | Kent | Exeter | Boston Latin |
|  |  |  |  |  |  |  |  |  |
| **B1V** | **2:50** |  | St. John’s | Simsbury | Exeter | Kent | Hingham | Shrewsbury |
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| **B4V** | **3:00** |  |  |  |  | St. John’s | Simsbury | Hingham |
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