

# Kent Invitational

Saturday, May 10, 2025  
Lake Waramaug State Park  
30 Lake Waramaug Rd, New Preston, CT 06777

## Bus Information:

Arrive at High School at 9:00am  
Bus Departs at 9:15am

## Race Schedule:

Coaches/Coxswains Meeting 11:30  
G1 Race: 1:20, Launch at 12:40  
G2 Race: 12:30, Launch at 11:50  
G3 Race: 1:50, Launch at 1:10  
B1 Race: 1:00, Launch at 12:20  
B2 Race: 1:40, Launch at 1:00  
B3 Race: 2:00, Launch at 1:20  
B4 Race: 2:10, Launch at 1:30  
NB Race: 2:20, Launch at 1:40

## What to Bring:

### Competing Athletes should have:

- Complete change of clothes
- Unisuit, plus a stretchy shirt or long sleeve shirt
- Rain jacket
- **Every athlete must have a long sleeve with them on the water per the state police!!**
- Extra socks and shoes or boots (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
- Snack for the ride home.

## Common Table Information:

- There will be **NO COMMON TABLE** at the Kent Invitational. We will set up water and Gatorade by the trailer. At this regatta everything happens very quickly and where the tents get set up is quite a way from the trailer.
- **EACH ATHLETE SHOULD BRING HIS/HER OWN LUNCH AND WATER BOTTLE** and a snack for the ride home. We will not be stopping on the way home - plan on them for dinner.
- Parents - you should also bring food with you for the day. Water as well. There are three wonderful sandwich shops. All the places are lovely.
  - Nine Main Bakery and Deli, 9 Main St. New Preston, CT 06777
  - Wilson's, 10 N. Main St., Kent, CT 06757

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

1. 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.
2. Only Coaches and Coxswains may go to the coxswains meeting.
3. Only Coaches and Athletes are allowed on the dock and only if you are docking a crew.
4. **BOOTS!! Lake Waramaug is very mucky!! Parents Too!! I cannot stress this enough!! DO NOT WEAR NICE SHOES or PANTS!! I have had moms lose dress shoes or sandals as they sink into a foot of mud!!!**

Please read the following from the Kent Coach regarding parking and areas that are open or closed to guests.

## Parking Instructions:

- *Parents are reminded that they are to park in the State Park parking area.*
- *They are not to park on the road near the finish line unless they are directed to do so.*
- *Please be advised that traffic will be one-way and there will be quite a few police in the area.*
- *DRONES and Hammocks are not permitted*
- *Cell service: There is very limited (if any) cell service at the regatta site.*
- *Also, there will be State Police and DEEP Police - please follow all their directions and be kind and courteous. Do not go near the Park Ranger Office.*
- *Please make sure that you take all your garbage and place it in the dumpsters by the bus area. If the dumpster is full you need to take it home.*
- *Please only use the port-o-lets. Do not use any of the bathrooms at the park. You may want to bring your own roll of toilet paper*
- *The campground is off limits.*

Again, to the parents, thank you for coming out in the to cheer on your kids!! Lane 1 is closest to the State Park

## Race Course

Race/Time	Lane 1 – Seed 3	Lane 2 – Seed 1	Lane 3 – Seed 2	Lane 4 – Seed 4	Lane 5 – Seed 5	Lane 6 – Seed 6
G2/12:30	Glastonbury	Deerfield	Kent	East Lyme		
G2/12:40	Farmington	Simsbury	Stonington			
B1/12:50	Brunswick	Deerfield	Kent	Salisbury	Stonington	
B1/1:00	Simsbury	Farmington	Glastonbury	East Lyme		
G1/1:10	Glastonbury	Deerfield	Kent	East Lyme		
G1/1:20	Stonington	Simsbury	Farmington			
B2/1:30	Salisbury	Deerfield	Kent	Brunswick	Stonington	
B2/1:40	Farmington	Glastonbury	Simsbury	East Lyme		
G3/1:50	Glastonbury	Deerfield	Kent	Simsbury	East Lyme	
B3/2:00	Brunswick	Deerfield	Kent	Salisbury	Glastonbury	Simsbury
G4/2:10	Farmington	Deerfield	Kent	Stonington	Glastonbury	Deerfield “B”
B4/2:10	Kent	Brunswick	Deerfield	Simsbury	Salisbury	Deerfield “B”
B4/2:20	Stonington	Simsbury “N’	Glastonbury	Farmington		