

2023 Howard M. Smith DIAMOND STATE MASTERS REGATTA®
in partnership with USRowing
Northeast Mid-Atlantic Regional Masters Regatta

Dates & Times:

Saturday, June 24 8:30am and Sunday, June 25 8:00am

Coaches', Cox, Bow Meetings: via Zoom **Wednesday, June 21 @ 7:30PM**

Lightweight Weigh-Ins: Saturday 6:30-9:30am and other times TBA

Location: Noxontown Pond; GPS Address: 560 Noxontown Pond, Middletown, DE 19734

Contact Information:

Race Director: Maggie Brokaw dsmrowing@gmail.com

Regatta Director & Sponsorships: John Schoonover studios@dca.net

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Registration

Entries: Entries must be made through Regatta Central.

Entry Restrictions:

- A competitor may represent only one club.
- The regatta is Masters only: all rowers must be 21 years of age or older in the current calendar year (by December 31, 2023). *Coxswains and rowers in the parent/child 2x's do not need to be masters age.*
- Composite crews are allowed but will not be awarded team points.

Para 2x: athletes interested in participating in this event should contact the racing director, Maggie at dsmrowing@gmail.com.

Waitlist Entries: each event has an entry cap. Once the cap has been reached, entries will be placed on the waitlist. After the entry deadline, the race director may accept waitlist entries. Waitlist entries that are not accepted will not be charged entry fees.

Late Entries: if there is space in an appropriate flight, the race director may accept your entry.

Waivers: all rowers and coxswains must have a current signed USRowing waiver: <https://membership.usrowing.org/>. Competitors rowing as “unaffiliated” must be Championship level members. Competitors rowing for USRowing registered clubs do not need to be championship members.

Race Schedule: the preliminary race schedule is available on Regatta Central. Exact event times are subject to change based on registrations.

Race Sheets: the most current race sheets may be found on the regatta website. *On race day, make sure the race sheet says “Final Copy” as there are many revisions during the week prior to the regatta and the link is updated daily through Friday, June 23.*

Regatta Rules: DSMR uses USRowing’s most current Rules of Rowing. All rowers, coxswains, and coaches should be familiar with these rules, which may be found at <http://www.usrowing.org/rules-of-rowing/>. Please note some of the most pertinent rules for this regatta:

- Bowballs; every boat must have a USRowing approved bowball.
- Footgear Release; the heel will not lift more than 3 inches.
- Bow Numbers; every boat must have a bow number (supplied by the Regatta)
- A crew competing in a mixed event must be 50% male and 50% female, not including the coxswain.

Novice Events: a rower competing as a “novice” should be new to racing in the past 12 months. Sculling and sweep rowing are separate, so if you are an experienced sweep rower who is new to sculling, you may enter the novice 1x. For safety, the coxswain in a novice event must be experienced.

Practice: boats may practice on Noxontown Pond on Friday afternoon and after racing on Saturday until sundown. **Practice is at your own risk.** There will be no safety personnel on the pond. The practice boat traffic map can be found at <http://diamondstatemasters.com/dsmr/practice/> and it will be posted at the launch dock. Boats may row up the pond in lanes 6-4 and row down the course in lanes 1-3.

Race Day

Line-Up Changes: any line-up changes should be reported to the race director, Maggie, or her deputy, Kitsie, at the finish line at least two hours prior to race time to compute the age handicap.

Coaches', Coxswains', and Blind Bow Meetings: Via Zoom **Wednesday, June 21 at 7:30pm**. All crews will be responsible for any information discussed at these meetings. A recording will be posted.

Lightweights: All Lightweight entrants must pass a weigh-in to be eligible for medals, trophies, and points in a lightweight event. All participants in Lightweight events must display a green wrist or ankle band when launching. Athletes need only weigh in once during the weekend. Weigh-in times are on Saturday 6:30-9:30am and Sunday 8-10:30.

Launching: first call for launching is 50 minutes; second call at 40 minutes; last call at 30 minutes. All crews launch from Dock A. All returns are at Docks C & D. Dock B is reserved for launches and emergencies.

Alphanumeric bow numbers will be issued to coxswains or bows at the Launch Dock when a boat comes to the control tent ready to launch for its race. Bow numbers will be collected at the return dock.

Warm-Up and Course Safety:

- space for warming up on the water is limited, especially as there are a lot of weeds above the start.
- There are two squeeze points on the course, at 150 meters and 700 meters. These points will be monitored by officials. It is their job to keep you safe, so follow their instructions.
- Be careful to stay out of Lane 6 when paddling to the start.
- Buoys mark a turn around the point above the start. Crews may run into thick weeds in areas above the start; officials will be there to direct you. Do not turn before you are directed to do so.
- Lane 6 is closest to the warm-up area and Lane 1 is closest to the far shore. All 8+'s and 4x/+'s in Lanes 1, 2, & 3 load from the front, i.e. you must back into the starting platform.

Race Course: the DSMR course is approximately 1,073 meters. The course is marked at 250-meter intervals from the starting line; therefore, the last marker is 323 meters from the finish line. A course map can be found at diamondstatemasters.com/dsmr/course-map/ and in the appendix of this packet.

Severe Weather: If it is necessary to suspend racing, we will make every effort to resume events when it is safe again. If possible, we will hold delayed Saturday events on Sunday, shorten centers, and/or cancel the lunch break. Please see the Safety and Emergency Procedure pages in the Appendix for further details.

Hot Seating: all hot seating must be approved by Ken Hutton, the launch dispatcher. ALL hot seats require his permission. This is for safety. Please seek permission early. Hot seating may be allowed for boats with no less than 21 and no more than 45 minutes apart. Boats with hot seating rowers or boats that need to be hot seated will be given a special tag that allows them priority docking at the return docks. It is a crew's responsibility to hot seat quickly and efficiently. No race will be held beyond its published start time to wait for a hot-seated boat. The launch dispatcher's decision is final.

Age Handicapping: flights that contain only one age category are not handicapped. Flights that contain more than one age category are handicapped.

Awards: Medals are awarded to each flight's winner. If a flight is handicapped, the winner may not be the boat that crossed the finish line first. If the event has a trophy, the trophy is awarded to the fastest boat amongst all flights without age handicap considered. All event medals and trophies can be picked up within an hour of the event at the medals tent.

Special Trophies

- *Dead Poets Trophy* for the most overall team points
- *Howard M. Smith Trophy* for the most team points in sweep events
- *Ron McConnell Trophy* for the most team points in sculling events
- *Larry Isakoff Trophy* for the winners of the Mixed D-J 8+
- *Stuyve Pell Award* for the winner of the Men's G-J 1x
- *John R. Schoonover Coxswain's Award* for a deserving coxswain

Earning Points: Points are awarded in each flight — except the Helen Graham Cancer Survivor 4x Exhibition Race — based upon the number of boats defeated. Only one boat per club per flight will score points. Composite crews are not eligible for points.

Points are calculated by the following rubric:

1x = 10 points
2x/- = 15 points
4x/+ = 20 points
8x/+ = 30 points

# of boats in flight	% of 1st place points				
	<u>2nd</u>	<u>3rd</u>	<u>4th</u>	<u>5th</u>	<u>6th</u>
2	20%				
3	40%	20%			
4	60%	30%	5%		
5	80%	40%	10%	5%	
6	80%	40%	20%	10%	5%

Lost & Found: if you lose or find something, please speak to the announcer at the Pavilion. If you lose something, make sure you give your name, club, and contact details. We urge everyone to paint or mark their oars prominently with their names.

Accessibility: please be aware that the regatta site is not ADA compliant. The launch dock has a very steep access ramp and the regatta site is grassy and uneven. We welcome all athletes and will work with individuals and clubs to make the regatta as accessible as possible. Please contact the racing director, Maggie, at dsmrowing@gmail.com for more information and we would appreciate advance notice so we can best make accommodations.

NAVIGATING NOXONTOWN

Friday & Saturday

Afternoon Practice:

Practice maps and rules are posted at the docks and at www.DiamondStateMasters.com. Saturday afternoon practice will start after racing ends and pond is clear. **Practice at your own risk.**

Launching & Returning on Race Day

Races will be called 50 minutes before start time. **Bow numbers will be issued by the dispatcher when you launch at Dock A.** Please cooperate with dock masters; be quick on the dock as possible as space is limited.

DOCK A: All boats launch here. Listen for your race to be called to launch!

DOCK B: Launches, officials, and emergencies.

DOCK C & D: Return here. Watch for dockmasters' direction.

Staging area:

Boats in your heat will have the **same letter** on their bow numbers as you. Please try to approach the starting platforms together.

Warm-up area:

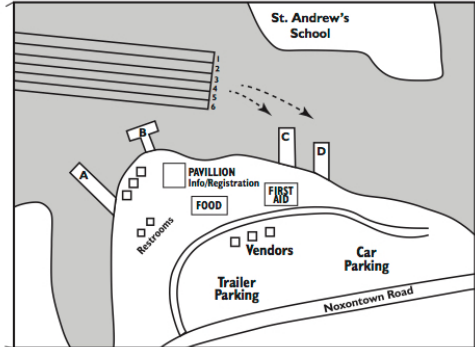
Follow traffic pattern and **keep to left**. Stay alert for marshals' directions and other boats

Caution: Water is very shallow beyond this point

Meetings for Coxswains, Coaches, & Scullers

Saturday 22 July: 7:45AM

Sunday 23 July: 7:15AM



All launching boats must **STAY TO LEFT** all the way up the course and beyond the starting line!

All boats must **STOP** at each "pinch point" and await the marshal's OK to proceed

REGATTA SAFETY

MEDICAL

- New Castle County Paramedics Advanced Life Support unit on standby.
- EMT/Rescue technicians on the water
- Incident Action Plan
- DSMR Safety and Evacuation Plans distributed to all competitors, staff, and officials.
- Predetermined Medivac Landing Zone
- Defibrillator
- Drinking water station
- Middletown Volunteer Hose Co.
- Misters

PARKING

- One-way traffic pattern

LAUNCHES

- Minimum of nine launches on the water for officials, timers, marshals, and emergency medical personnel

FOOD

- Provided by SaladWorks

WEATHER

- Weather monitored by head referee/race director and NOAA weather channel
- Onsite weather radar (WEB)
- NCCo Office of Emergency Management
- NOAA Mt. Holly Office

	Age	4x	2x	1x		Age	4x	2x	1x
		8+	4+/4-	2-			8+	4+/4-	2-
A	27	0.0	0.0	0.0	E	55	15.7	16.9	19.6
	28	0.0	0.0	0.0		56	16.8	18.2	21.0
	29	0.1	0.1	0.1		57	18.0	19.4	22.5
	30	0.2	0.2	0.2		58	19.2	20.8	24.0
	31	0.3	0.3	0.4		59	20.5	22.1	25.6
	32	0.5	0.5	0.6	F	60	21.8	23.5	27.2
	33	0.7	0.8	0.9		61	23.1	25.0	28.9
	34	1.0	1.1	1.2		62	24.5	26.5	30.6
	35	1.3	1.4	1.6		63	25.9	28.0	32.4
	36	1.6	1.7	2.0		64	27.4	29.6	34.2
B	37	2.0	2.2	2.5	G	65	28.9	31.2	36.1
	38	2.4	2.6	3.0		66	30.4	32.9	38.0
	39	2.9	3.1	3.6		67	32.0	34.6	40.0
	40	3.4	3.7	4.2		68	33.6	36.3	42.0
	41	3.9	4.2	4.9		69	35.3	38.1	44.1
	42	4.5	4.9	5.6					
C	43	5.1	5.5	6.4	H	70	37.0	39.9	46.2
	44	5.8	6.2	7.2		71	38.7	41.8	48.4
	45	6.5	7.0	8.1		72	40.5	43.7	50.6
	46	7.2	7.8	9.0		73	42.3	45.7	52.9
	47	8.0	8.6	10.0		74	44.2	47.7	55.2
	48	8.8	9.5	11.0					
	49	9.7	10.5	12.1		75	46.1	49.8	57.6
D					I	76	48.0	51.9	60.0
	50	10.6	11.4	13.2		77	50.0	54.0	62.5
	51	11.5	12.4	14.4		78	52.0	56.2	65.0
	52	12.5	13.5	15.6		79	54.1	58.4	67.6
	53	13.5	14.6	16.9					
	54	14.6	15.7	18.2					
					J	80+ add the following for each year over 80			
						2.0	2.3	2.7	

To calculate handicaps without using the above chart:

$$HC = (\text{age} - 27)^2 * K \quad \text{*AA category (ages 21-26)}$$

K = .020 for 8+'s and 4x's has no handicaps.

.0216 for 2x's and 4's

.025 for 1x's and 2-'s

When determining boat age averages, always round down.

(example 59.8 = 59.0)

DSMR SAFETY PLAN

Regatta Safety

This Safety Plan has been formulated to enable the Wilmington Rowing Center and the Howard M Smith Diamond State Masters Regatta Committee to conduct a safe regatta. This plan, and the Incident Action Plan, have been created with the advice and counsel of the United States Rowing Association (USRA or USRowing) and the New Castle County Office of Emergency Management.

Regatta Safety Advisor

The HMSDSM Regatta Committee has appointed a qualified individual as Regatta Safety Officer for the event.

Regatta Referees

The HMSDSM Regatta Committee has determined that the HMSDSM Regatta will be operated under the rules of the USRowing, and have arranged for the referees of the event to be USRowing-certified. The Regatta Referees will be employing US Rowing's Modified Referee Procedures for this event.

COVID-19 Policies and Procedures

The HMSDSM Regatta Committee has prepared and adopted a Registered Regatta Risk Mitigation Plan, which will be made available before the event to all competitors, Volunteers, staff and officials. It will be posted for review by media personnel and spectators.

Expectation of Competitors

It is required that the HMSDSM competitors complete and have on file a valid USRA waiver. It is expected that every HMSDSM competitor be familiar with the USRA Rowing Safety Guidelines and have complied with the USRA Pre-Practice Safety Checklist for Athletes and Shells. Checks will be made of shells before launching for a competitive event.

Safety Coverage

A full-time Safety Officer and, if appropriate, Assistant Safety Officers will be in place during event operating hours. These individuals have responsibility to review regatta operations and to change or stop any practice considered unsafe. On-site medical support is being provided by New Castle County Emergency Medical Services. Rescue services are being provided by Volunteer Hose, Middletown, DE. Each launch on the water will be equipped with a basic water life-saving equipment bag. Emergency plans covering specific risks/hazards have been prepared. The basics of the safety plan will be presented to each crew prior to beginning competition, and will be posted at the Pavilion.

Accidents and Emergencies

Accidents, injuries and other life-threatening events must be reported to a member of the HMSDSM staff immediately. A radio network and procedures for its use are in place, to direct emergency messages to our first responders as quickly as possible.

Emergency procedures covering specific risks/hazards have been developed (see next page for a summary). They define our plans for response, and the process for transferring responsibility to our professional emergency response partners, if appropriate.

Distribution of the Safety Plan

All volunteers, referees, and emergency responders will receive a copy of this Safety Plan, as well as details on the specific emergency plans. This information will also be posted at the Pavilion (Race HQ). The Incident Action Plan will be made available to volunteers in incident management positions, the referees, and the emergency response personnel on- and off-site.

Emergency Plan Highlights

Hazardous Weather Events

Regatta staff is monitoring the weather, using a variety of sources including local Emergency Management and NOAA Weather in Mt. Holly, NJ. In the event of threatening weather, Regatta staff will be briefed on possible situations, and take the appropriate actions:

- Low severity weather conditions – Issue warnings and increase monitoring
- Intermediate severity weather conditions – Issue instructions to tie down loose equipment. Monitoring becomes continuous
- High severity weather conditions – Regatta shutdown. Launching stops, crews on the way to or at the start will be turned around. A race in progress or ready to start will proceed. On-water personnel will direct boats to docks. All rowers will follow the instructions of the Dockmasters to land and immediately clear the docks, then follow instructions for seeking shelter.

Multiple Casualty Incident

In the event of an accident involving multiple casualties, Regatta staff will immediately terminate regatta operations and clear the incident area and docks, making room for our professional emergency responders to take action. Unified Command, led by Volunteer Hose Personnel, will lead the response. Communication with local Emergency Management will be established, and additional resources will be requested, if appropriate.

Lost Child/Missing Person

Should a lost child or missing person event occur, immediately notify the Dispatcher at the Rodney Point Pavilion. Security will be notified and an announcement will be made over the public address system. Should a lost child, or any person in need of assistance be found, bring that child/person to the Pavilion and ask that the Safety Officer or Operations Chief be notified.

On-Land Medical Emergency

In the event of an on-land emergency (Accident/Illness), immediately notify any staff person with a radio. The Safety/Operations Officer will coordinate with the on-site paramedics to provide the appropriate care.

High Heat Index Operation

If the calculated Heat Index is expected to reach or exceed 100 degrees F during the regatta, additional protective actions will be taken, including:

- Briefings of all participants before competition begins
- Meetings with all officials on plans and procedures to follow to get affected persons to medical care quickly
- Misting stations and tents will be set up near the Pavilion
- Safety launches will be equipped with water and towels for cooling affected persons

Should the calculated Heat Index be expected to reach or exceed 110 degrees F, additional EMS support will be requested.

Regatta staff will be monitoring the return docks, providing updates to the Regatta Director and Chief Referee on the number of heat-related incidents. Delaying or stopping competition will be considered if significant numbers or participants are affected.