

# SOUTHERN INTERCOLLEGIATE ROWING ASSOCIATION (SIRA)

## 2024 Coaches and Coxswains Meeting



**Tuesday, April 16, 2024**  
**8:00 PM (EDT)**  
**Meeting Link**

**Meeting ID: 876 0232 8091**  
**Passcode: 965302**



SIRA



USRowing



Explore Oak Ridge

# SIRA

SOUTHERN INTERCOLLEGIATE ROWING ASSOCIATION

## Coaches & Coxswains Meeting

### *Agenda*

1

#### **SIRA**

- Welcome to the 2024 SIRA Regatta (Introductions)
- Registration and Venue Schedule
- Practice and Weigh-Ins

2

#### **Chief Referee**

- Referee Welcome
- Regatta Time
- Traffic Patterns
- USRowing Rules of Rowing
- Rules and Information of Note
- On the Water
- Unsportsmanlike Conduct

3

#### **SIRA/Chief Referee/LOC**

- Parking
- Site Map
- Weather Advisories
- Alternative Programs in Cases of Adverse Weather
- Safety on the Venue
- Regatta Information and Alert System



# SIRA

SOUTHERN INTERCOLLEGIATE ROWING ASSOCIATION

Coaches & Coxswains Meeting

*Welcome and Introductions*

## **SIRA is excited to welcome everyone to the 2024 SIRA Championship Regatta**

**April 20, 2024 – April 21, 2024**

**Melton Hill Lake, Oak Ridge, TN**

**SIRA: Casey Baker**

**Chief Referee: Sam Dempsey**

**Deputy Chief Referee: Andy Blackwood**

**LOC (ORRA): Ann Edwards**



# SIRA

SOUTHERN INTERCOLLEGIATE ROWING ASSOCIATION

Coaches & Coxswains Meeting

*Registration and Venue Schedule*

**Team Trailers may not be parked until Wednesday,  
April 17, 2024 at 2:00 PM.**

**Trailer drivers will be directed to their spots.**

**SIRA Registration & Information will be in the  
boathouse (next to the breezeway):**

- **Thursday, April 18, 2024: 8:00 AM – 7:00 PM**
- **Friday, April 19, 2024: 8:00 AM – 7:00 PM**
- **Saturday, April 20, 2024: 6:30 AM – End of Racing**
- **Sunday, April 21, 2024: 6:30 AM – End of Racing**

**Regatta Meeting (Regatta Officials Tent):**

- **Friday, April 19, 2024: 6:00 PM**



# SIRA

SOUTHERN INTERCOLLEGIATE ROWING ASSOCIATION

## Coaches & Coxswains Meeting

### *Practice and Weigh-Ins*

The course will be available for practice at the following times (subject to change):

- Thursday, April 18, 2024: 8:00 AM – 6:00 PM
- Friday, April 19, 2024: 8:00 AM – 6:00 PM
  - Practice is **NOT** allowed outside of these times
  - Launching ends 45 minutes prior to the end of practice

Weigh-Ins will take place in the breezeway and are scheduled for the following times (please refer to the regatta packet for specific weigh-in procedures):

- Friday, April 19, 2024: 4:00 PM – 7:00 PM (coxswains and rowers official weigh-ins)
- Saturday, April 20, 2024: 7:00 AM – 10:00 AM (coxswains and rowers official weigh-ins)
  - Coxswains only need to weigh-in once during either scheduled time



# SIRA

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Coaches & Coxswains Meeting

*Referee Welcome*

- Referee Jury Introductions
  - 30+ Referees, spanning 4 Regions
- The Referees are here for everyone's safety and fairness



# SIRA

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Coaches & Coxswains Meeting

*Regatta Time*

- Regatta Time = US Naval Observatory
  - <https://www.usno.navy.mil/USNO/time/display-clocks/simpletime>
- The regatta is always on time!
  - Recommended launch time is 45 minutes before your event
  - In the unlikely event that we fall behind, the starter will get us back on schedule. **NEVER** assume it is safe to launch late!



# SIRA

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*Traffic Patterns*

- **There are 3 Traffic Patterns at SIRA!**
  - Practice Traffic Pattern
  - Time Trials Traffic Pattern
  - Race Traffic Pattern
  
- **Traffic patterns are posted on Regatta Central and the SIRA website, as well as physically posted at the docks**



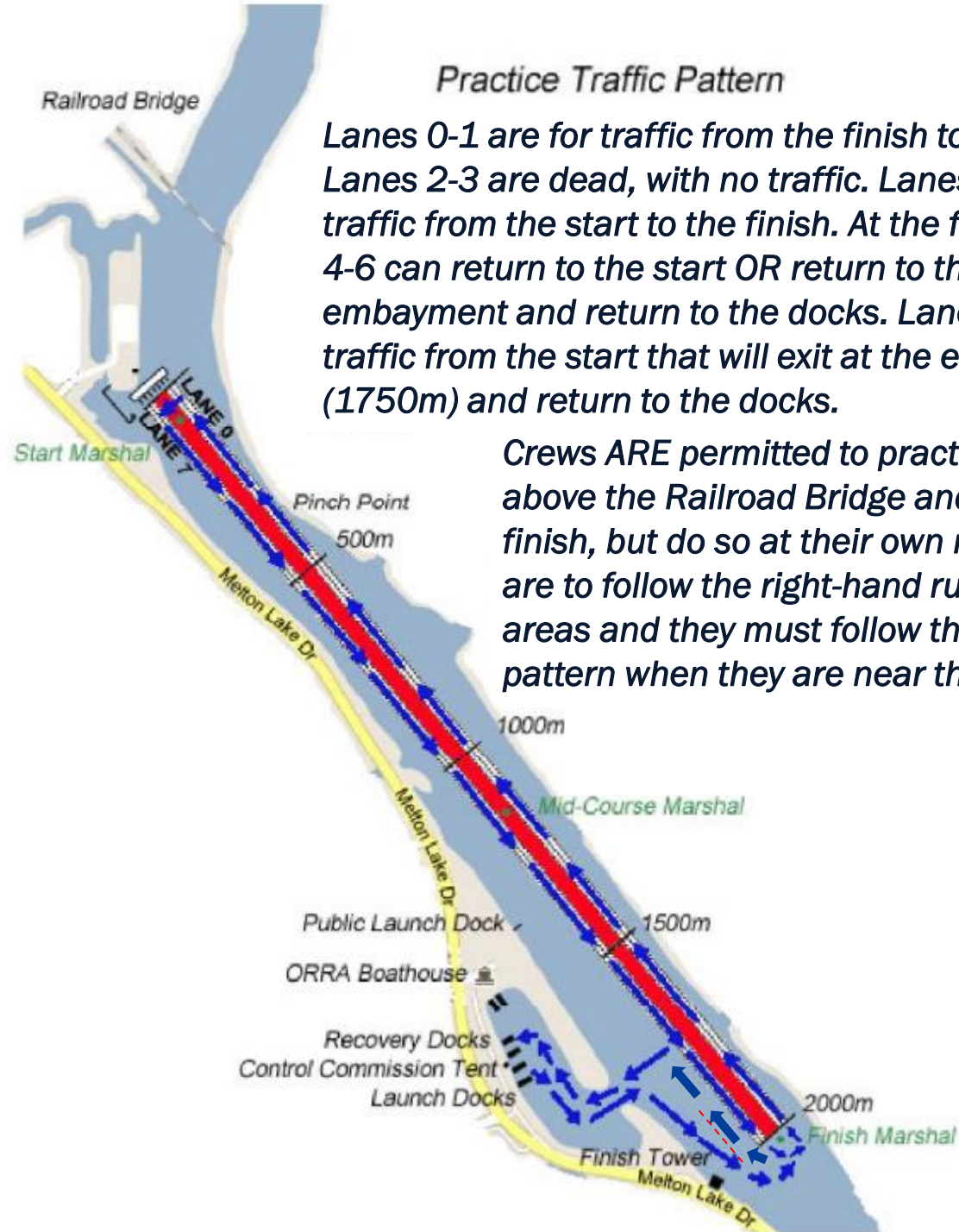


# SIRA

SOUTHERN INTERCOLLEGIATE ROWING ASSOCIATION

## Coaches & Coxswains Meeting

### Traffic Pattern – Practice



### Practice Traffic Pattern

Lanes 0-1 are for traffic from the finish to the start. Lanes 2-3 are dead, with no traffic. Lanes 4-6 are for traffic from the start to the finish. At the finish, Lanes 4-6 can return to the start OR return to the embayment and return to the docks. Lane 7 is for traffic from the start that will exit at the embayment (1750m) and return to the docks.

Crews ARE permitted to practice both above the Railroad Bridge and below the finish, but do so at their own risk. They are to follow the right-hand rule in these areas and they must follow the traffic pattern when they are near the course.



# SIRA

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Coaches & Coxswains Meeting

Traffic Pattern – Time Trials



TIME TRIALS TRAFFIC PATTERN

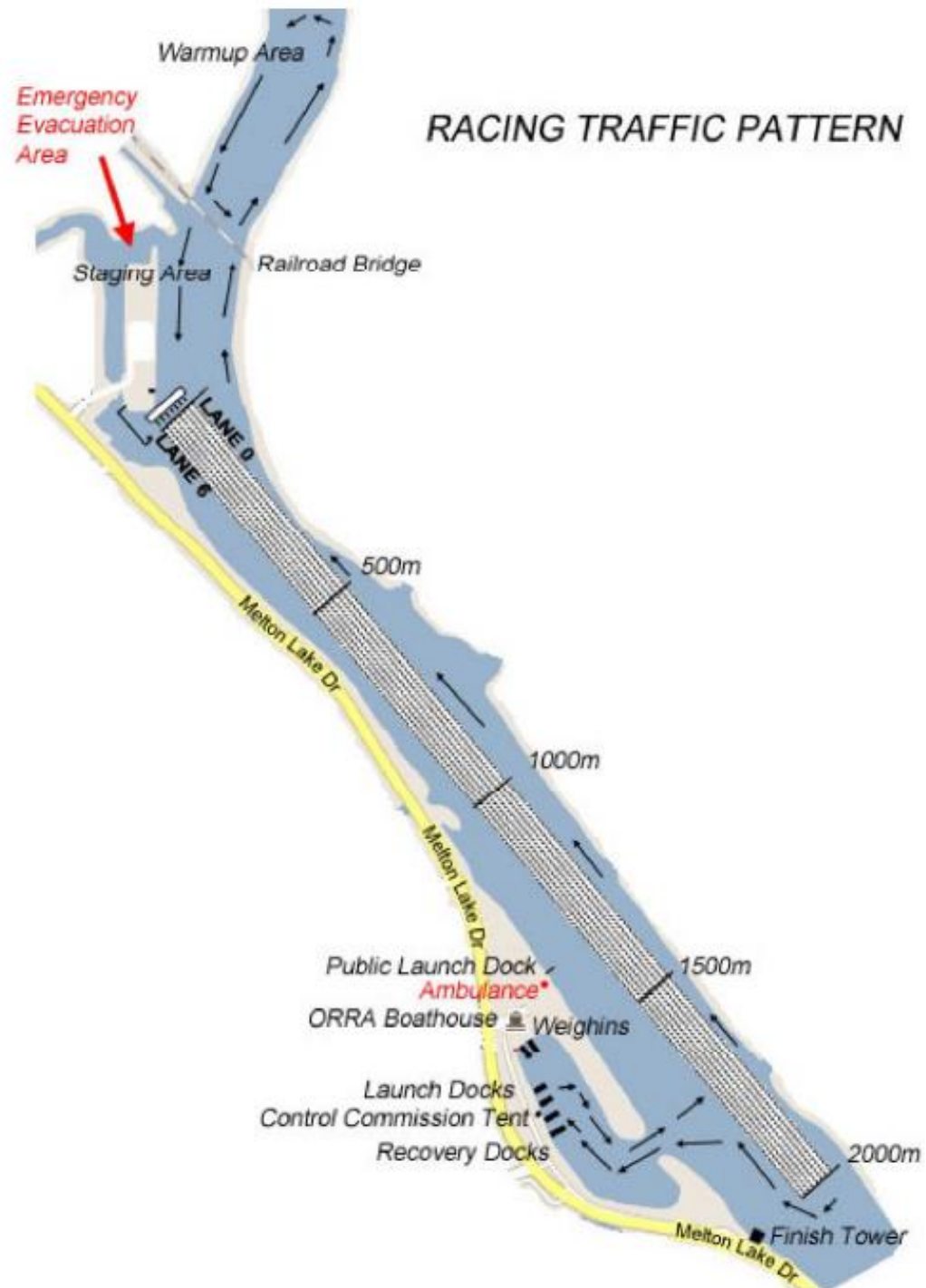


# SIRA

SOUTHERN INTERCOLLEGIATE ROWING ASSOCIATION

Coaches & Coxswains Meeting

Traffic Pattern – Racing



# SIRA

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Coaches & Coxswains Meeting

*USRowing Rules of Rowing*

- It is your responsibility to know and understand the Rules of Rowing
- Equipment:
  - You have signed that your equipment meets the rules (3" heel ties, bowball is firmly affixed, etc.)
  - Referees will perform visual checks each time you launch
  - Bow numbers are critical! Crews must provide their own bow numbers (except for time trials)
  - If you lose your bow number, or your bow (lane) number is incorrect, inform a Marshal ASAP
- Broken equipment:
  - Alert the nearest Referee and we will do everything we can to let you race



# SIRA

SOUTHERN INTERCOLLEGIATE ROWING ASSOCIATION

## Coaches & Coxswains Meeting

### *Rules and Information of Note*

- **Bow Numbers**
  - Each crew is to supply its own bow number (except for time trials)
- **Safety Checks**
  - Safety checks shall be done visually
  - If a Race Official has concerns about the safety of equipment, they shall have the competitor demonstrate that the equipment meets the requirements in the Rules of Racing
- **Docks**
  - The number of people on the launch and recovery docks at any given time will be limited to no more than necessary to ensure safe launching and landing
  - The members of the Control Commission will manage the adherence to this rule (everyone must comply with their instructions)



# SIRA

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Coaches & Coxswains Meeting

*On the Water – Notes and Warm-Up*

- If a Referee gives you an instruction, please acknowledge with a hand so we know that you have heard us
- In proximity of the course:
  - Do not stop on the start line or where you will drift into the Aligners line of sight
  - Do not sit at the finish line as a race is finishing
- Warm-Up
  - Follow the Traffic Pattern and know what it is each day
  - Stop your warm-up along the race course as a race is approaching or passing



# SIRA

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## Coaches & Coxswains Meeting

### *On the Water – Sprint Starts*

- The Starter will call you onto the course after the race in front of you clears the breakage area (do not enter the course until you are invited)
- Minimize how much backing you need to do (do not travel too far down your lane before attempting to lock onto the stakeboat)
- The Starter will give time to race updates roughly every minute
- You must be locked on 2 minutes prior to your race or you may receive a warning for being late to start
- The Starter may start the race at any time within the 2-minute window
- Hands will not be recognized during the Start:
  - Crews will be polled in a steady cadence – You will hear the “Attention” command and after a pause you will hear GO!
  - If the Starter is interrupted, crews will hear “As you were” and the Starter may choose to re-poll the crews or perform a quick start
- If you leave the start, you accept the start, you cannot protest the start at the finish!
- The Breakage Zone is 100 meters



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*On the Water – Racing and Finish*

- **Sprint - Racing**
  - Chase Official(s) will follow behind all races and will use white flags to correct any course deviations that impact your safety or the fairness of the race
- **Sprint - Finish**
  - Hear a horn
  - See the orange flag drop (from the finish)
  - Objections must be initiated on the water
  - If there is a question of fairness or another issue, please raise your hand at the finish and talk to the referee
  - Please have in mind:
    - What happened to you
    - What impact it had on you
    - What resolution you are seeking
  - After your conversation, if your issue has not been resolved, let the referee know if you plan to submit a protest
  - Protests must be filed, along with a \$50 fee, within one hour of your boat returning to the recovery docks





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*Unsportsmanlike Conduct*

Among other things, profanity is not considered “sportsmanlike,” even when used to motivate; profanity may never be directed at another crew or regatta personnel. Unsportsmanlike conduct is grounds for exclusion or disqualification.



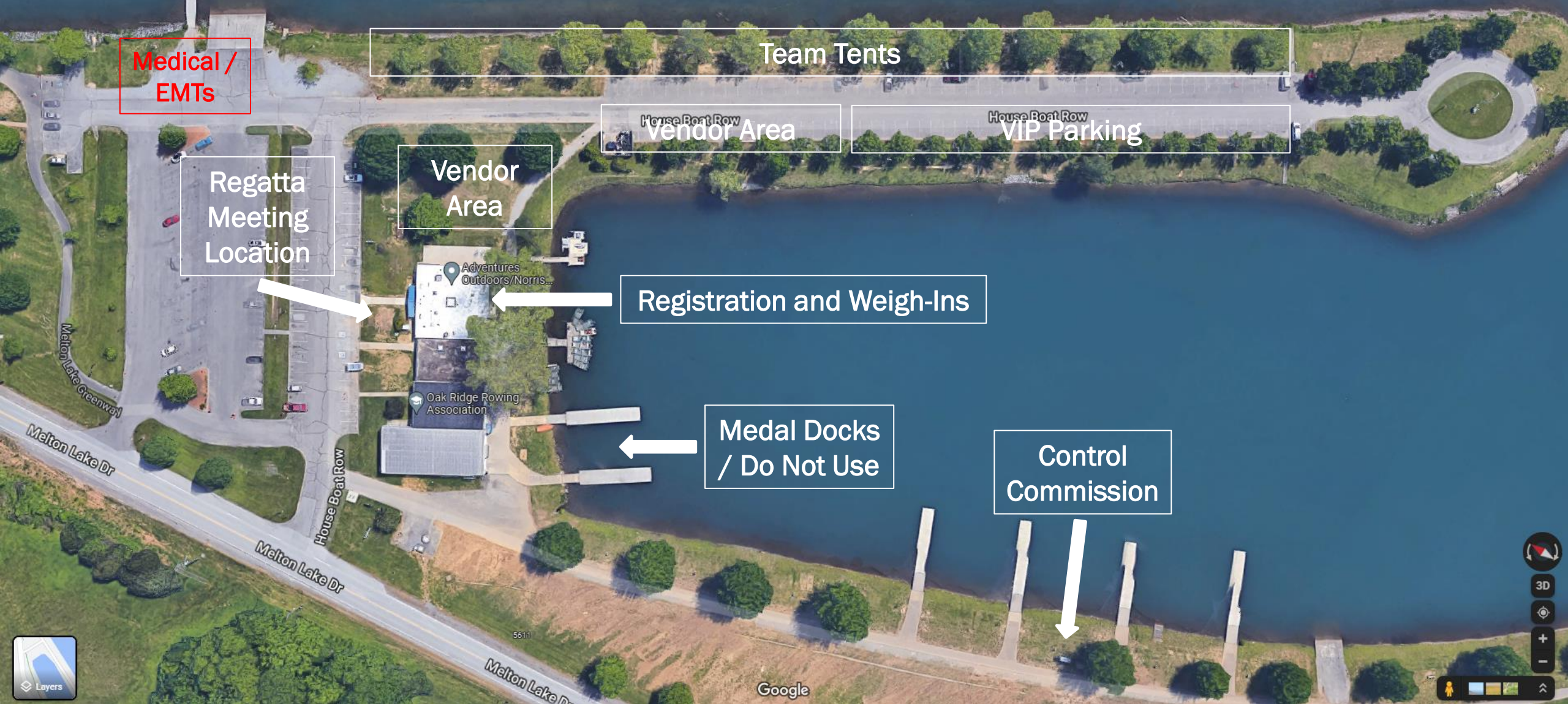
# SIRA

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- Trailer Parking opens Wednesday, April 17, 2024 at 2:00 PM.
- Trailers will be directed where to park upon arrival.
- Trailer trucks may not stay in the trailer area. There is parking directly behind your spot on the side of Melton Lake Drive, on a first come, first serve basis.



- Team tent space is on a first come, first serve basis
- Tent stakes are not permitted (please use weights, bags of sand, etc.)



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### *Weather Advisories*

Please refer to the entry packet for the weather advisory plan.

The regatta has a Fairness Commission to assess conditions and determine whether lane shifts, postponements, cancellations, or any other alterations to the schedule or race procedures to ensure safety and fairness is warranted. The commission is likely to consist of the Chief Referee, a member of the SIRA Board of Directors involved with regatta management and a third member who is neither a member of the SIRA Board of Directors nor a Referee.



# SIRA

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*Alternative Programs in Cases of  
Adverse Weather*

The regatta organizers will make every attempt to reschedule every event in accordance with SIRA guidelines.

SIRA

Slide #21 (SIRA Staff)



# SIRA

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Coaches & Coxswains Meeting

*Safety on the Venue*

Should inclement weather necessitate a situation where crews must be cleared from the water quickly, the course will be evacuated as follows:

- All crews that are on the start, or above the 1,000 meter mark, will be sent to Restaurant Point
- All crews that are below the 1,000 meter mark will be sent back to the staging area
- The boathouse will have slings set up in the boat bays to accommodate as many boats as possible and athletes that are sheltered in the building
- All four docks will be used to accept returning crews and additional volunteers will be provided to help gather oars off the docks for a speedy return



# SIRA

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*Regatta Information and Alert System*

For additional information:

- Registration and updates
  - [Regatta Central](#)
- General information
  - [SIRA Website](#)
- Heat sheets and results
  - [HereNow](#)
- Live Streaming Website
  - [YouTube](#) (updated link will be provided)

Email Address:

- [info@siraregatta.com](mailto:info@siraregatta.com)



# QUESTIONS?