



Big Ten Women's Rowing Invitational Regatta

2024

Hosted by:
The University of Iowa &
Nathan Benderson Park
Conservancy

APRIL 19-20, 2024



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REGATTA STAFF

NBPC: Director of Events: Sarah Hartz

Cell: 941-224-9395

Email: Sarah@nathanbendersonpark.org

Regatta Director: Mary L. Browning

Cell: 608-239-5631

Email: marylbrowning2@gmail.com

Univ. of Iowa Head Coach: Jeff Garbutt

Cell: 319-800-8205

Email: jeffrey-garbutt@iowarowing.com

Head Referee: Rachel Star Sundborg

Cell: 401-489-8904

Email: r.schupp.star@gmail.com

Iowa Athletics Events: Caleb Striegel

Cell: 815-708-5232

Email: cstriegel@uiowa.edu

Iowa Athletic Trainer: Kezia DiGioia-Schmidt, MEd, LAT, ATC, CES

Cell: 847-414-1880

Email: kezia-digioia@uiowa.edu

NBPC Chief Medical Officer: Dr. Fava, D.C.

Cell: 941-321-6808

Email: medical@nathanbendersonpark.org

NBPC On Site Medical Officer: Dr. Sarah Simmons, MD

Cell: 617-959-4288

Email: ssimmons@coastalorthopedics.com

EVENT & RACING INFORMATION



Welcome to the 2024 Big Ten Women's Rowing Invitational Regatta hosted by the University of Iowa and Nathan Benderson Park. As one of the premier cross-conference rowing events in the country, we are excited to provide a top quality racing experience for all teams at all levels. Please read all of the following information about the details of the regatta and know that the regatta planning committee is available for any questions that may arise.

Participants:

BIG TEN SCHOOLS

Indiana University
University of Iowa
University of Michigan
Michigan State University
University of Minnesota
The Ohio State University
Rutgers University
University of Wisconsin

INVITEES

University of Alabama
Brown University
University of California-Los Angeles
University of Central Florida
Clemson University
Duke University
University of Notre Dame
University of Oklahoma
Southern Methodist University
University of Tennessee

EVENTS: 1V8, 2V8, 1V4, 2V4, 3V8, 4V8, 3V4

- **Volunteers are critical to the success of this regatta. Please let your alumnae or parent groups know that their support is so appreciated and critical to the regatta. Volunteers will be able to sign up via a Sign Up Genius link that will open at the end of February. Please ask volunteers to sign up using their full name and the team they are representing. (Susie Speedster-SMU). Volunteers are to report to the base of the finish line tower 45 minutes before the start of each session and will receive instructions/training, a t-shirt and snacks/drinks.**
- This year's event will be live-streamed courtesy of Nathan Benderson Park. A link will be posted on the regatta INFORMATION CENTRAL as soon as it is available. The live stream will be available on YouTube.

EVENT & RACING INFORMATION



Crews will be responsible for following all established safety protocols and all USRowing Rules of Racing, such as following the traffic patterns, being prompt at the start and following the directions of all officials and regatta personnel. In the spirit of early season, double dual style racing, referees will exercise patience with the goal of safe and fair races in a timely manner.

- A pre-recorded Coaches and Coxswains meeting will be posted on YouTube (see Information Central for link) by **April 5th**. Coaches and coxswains will have the opportunity to submit questions to the Head Official online. Additionally, the Head official will be available at the launch area at various times on the practice day to answer any questions (schedule TBD).
- **The BOOT system will be NOT be used for starting. The start light system will be used. All crews are requested to double check notices and traffic pattern maps prior to launching.**
- Coaches are not allowed on the course or on the water, unless serving as a volunteer. No launches/motor boats are allowed on the water unless for official regatta business.
- The course is closed during all breaks in racing and crews are to launch no more than one hour prior to **their** race and must be off the water one hour after the start of the last race for the session. Please follow stated practice times for Thursday.
- Crews are responsible for ensuring their equipment meets safety requirements. Referees may spot check equipment.
- Each crew is responsible for providing their own bow numbers.
- Drones are not allowed in the park, except for official regatta business.

EVENT DATES AND DEADLINES

All Times EASTERN



INFORMATION CENTRAL FOR this regatta
is:

<https://hawkeyesports.com/2024bigteninvite/>

- February 7, 2024:** Volunteer portal opens (see the information central for link to sign up volunteers)
March 17, 2023: Entry portal opens (see information central for link to submit entries and lineups)
April 1, 2024: **Noon EST: entries, lineups, and team travel forms due**
April 5, 2024: Coaches and coxswain meeting video posted
- Mon., April 15, 2024:** Final schedule posted on information central
Wed., April 17, 2024: 12-5pm: Park open for trailer parking

If arriving onsite *after* 5pm, Please contact Sarah H. cell to notify security.
No practice allowed on Wed. unless arrangements are made directly with Nathan Benderson Park

Thursday, APRIL 18:

- 6:00am Park Opens
8:00am to 12:00pm Course open for practice (no launching after 11:30a)
2:00pm to 7:00 pm Course open for practice (no launching after 6:15p)
6:00pm to 5:00am Overnight Security for trailers

Friday, APRIL 19:

- 6:00am Park Opens
7:30am Course opens for racing crews (crews only launch 1 hr prior to start of their event)
8:30am to 12:30pm AM racing Session (crews must be off the water 1 hr after the start of the last race)
2:15pm to 6:25pm PM racing Session (crews must be off the water 1 hr after the start of the last race)
6:00pm to 5:00am Overnight Security for trailers

Saturday, APRIL 20 :

- 6:00am Park Opens
7:30am Course opens for racing crews (crews only launch 1 hr prior to start of their event)
8:30am to 12:30pm AM racing Session (crews must be off the water 1 hr after the start of the last race)

TENTATIVE RACING SCHEDULE

Below is the approximate order of events and race times. Final schedule will be posted on 4/15/24

Friday, April 19th

Morning session

EVENT 1	8:30	2V4 FLIGHT 1
EVENT 2	8:40	1V4 FLIGHT 1
EVENT 3	8:50	2V8 FLIGHT 1
EVENT 4	9:00	1V8 FLIGHT 1
EVENT 5	9:10	2V4 FLIGHT 2
EVENT 6	9:20	1V4 FLIGHT 2
EVENT 7	9:30	2V8 FLIGHT 2
EVENT 8	9:40	1V8 FLIGHT 2
EVENT 9	9:50	2V4 FLIGHT 3
EVENT 10	10:00	1V4 FLIGHT 3
EVENT 11	10:10	2V8 FLIGHT 3
EVENT 12	10:20	1V8 FLIGHT 3
EVENT 13	10:30	2 V4 FLIGHT 4
EVENT 14	10:40	1 V4 FLIGHT 4
EVENT 15	10:50	2 V8 FLIGHT 4
EVENT 16	11:00	1 V8 FLIGHT 4
EVENT 17	11:10	3V4 FLIGHT 1
EVENT 18	11:20	4V8 FLIGHT 1
EVENT 19	11:30	3V8 FLIGHT 1
EVENT 20	11:40	3V4 FLIGHT 2
EVENT 21	11:50	4V8 FLIGHT 2
EVENT 22	12:00	3V8 FLIGHT 2
EVENT 23	12:10	3V4 FLIGHT 3
EVENT 24	12:20	4V8 FLIGHT 3
EVENT 25	12:30	3V8 FLIGHT 3

Afternoon session

EVENT 26	2:15	3V4 FLIGHT 1
EVENT 27	2:25	4V8 FLIGHT 1
EVENT 28	2:35	3V8 FLIGHT 1
EVENT 29	2:45	3V4 FLIGHT 2
EVENT 30	2:55	4V8 FLIGHT 2
EVENT 31	3:05	3V8 FLIGHT 2
EVENT 32	3:15	3V4 FLIGHT 3
EVENT 33	3:25	4V8 FLIGHT 3
EVENT 34	3:35	3V8 FLIGHT 3
EVENT 35	3:45	2V4 FLIGHT 1
EVENT 36	3:55	1V4 FLIGHT 1
EVENT 37	4:05	2V8 FLIGHT 1
EVENT 38	4:15	1V8 FLIGHT 1
EVENT 39	4:25	2V4 FLIGHT 2
EVENT 40	4:35	1V4 FLIGHT 2
EVENT 41	4:45	2V8 FLIGHT 2
EVENT 42	5:05	1V8 FLIGHT 2
EVENT 43	5:15	2V4 FLIGHT 3
EVENT 44	5:25	1V4 FLIGHT 3
EVENT 45	5:35	2V8 FLIGHT 3
EVENT 46	5:45	1V8 FLIGHT 3
EVENT 47	5:55	2V4 FLIGHT 4
EVENT 48	6:05	1V4 FLIGHT 4
EVENT 49	6:15	2V8 FLIGHT 4
EVENT 50	6:25	1V8 FLIGHT 4

TENTATIVE RACING SCHEDULE

Below is the approximate order of events and race times. Final schedule will be posted on 4/15/24

Saturday, April 20th

Morning session

EVENT 1	8:30	2V4 FLIGHT 1
EVENT 2	8:40	1V4 FLIGHT 1
EVENT 3	8:50	2V8 FLIGHT 1
EVENT 4	9:00	1V8 FLIGHT 1
EVENT 5	9:10	2V4 FLIGHT 2
EVENT 6	9:20	1V4 FLIGHT 2
EVENT 7	9:30	2V8 FLIGHT 2
EVENT 8	9:40	1V8 FLIGHT 2
EVENT 9	9:50	2V4 FLIGHT 3
EVENT 10	10:00	1V4 FLIGHT 3
EVENT 11	10:10	2V8 FLIGHT 3
EVENT 12	10:20	1V8 FLIGHT 3
EVENT 13	10:30	2 V4 FLIGHT 4
EVENT 14	10:40	1 V4 FLIGHT 4
EVENT 15	10:50	2 V8 FLIGHT 4
EVENT 16	11:00	1 V8 FLIGHT 4
EVENT 17	11:10	3V4 FLIGHT 1
EVENT 18	11:20	4V8 FLIGHT 1
EVENT 19	11:30	3V8 FLIGHT 1
EVENT 20	11:40	3V4 FLIGHT 2
EVENT 21	11:50	4V8 FLIGHT 2
EVENT 22	12:00	3V8 FLIGHT 2
EVENT 23	12:10	3V4 FLIGHT 3
EVENT 24	12:20	4V8 FLIGHT 3
EVENT 25	12:30	3V8 FLIGHT 3

Big Ten Invitational 2024

PARK INFORMATION FOR **TEAMS** AND TEAM PARKING

- PARK ADMISSION:

There is no fee for athletes and staff to enter the park. Vehicle parking fee serves as the park admission.

- TEAM TRAILER PARKING AND BOAT STORAGE:

All team trailers will be given a designated space to park upon arrival and will be assigned based on arrival time. Teams are expected to either keep their boats on their trailer for storage or within their designated team area. Trailer tow vehicles will receive a pass upon arrival.

The venue will be open for trailer parking during the following times:

- Wednesday, April 17th from 12pm-5pm
- Thursday, April 18th from 7am-8pm

If your trailer is going to arrive outside of these hours, please reach out to regatta staff so that we can arrange park entry.

Overnight security will be provided overnight Wednesday April 17th, Thursday, April 18th and Friday, April 19th.

- TEAM VEHICLES/CARS:

The spectator lot (5851 Nathan Benderson Circle, Sarasota FL 34235) will have spaces for team car/vans only. Team vehicles will pay a \$10.00 parking fee per day (cash only).

- TEAM BUS PARKING AND DROP-OFF:

Team buses should enter the island following the parking signs and stage on the left side of the drop off loop. At no time shall a bus enter the main parking lot. There are spaces for 18 busses in the drop off loop. Once that area is full, busses must find additional parking at the North lot. There is no fee for bus parking.

- TEAM TENTS IN ATHLETE AREA:

Teams will be provided with a 20x20 tent courtesy of The Big Ten Conference and set up along the course. (No charge for team tents)

Team are allowed to bring their own tent to use in boat storage area. However, **TENTS MAY BE NO LARGER THAN 10'x10'** (park rule.)

PARK MAP:



SPECTATOR INFORMATION:

SPECTATOR PARKING: Parking will be available at 5851 Nathan Benderson Circle, Sarasota FL 34235. Parking is \$10 per day and only CASH payment is accepted.

SPECTATOR ADMISSION FEE: There is no additional park admission fee other than parking.

SPECTATOR TENTS: Team supporters are welcome to set up a tent in the spectator area next to the grandstands just south of the bleachers. Tents cannot be larger than 10x10 (no exceptions as it is a park rule.) There will be a park employee who will assign spaces for tents. **Please have a parent connect with a park employee or the regatta director when they arrive at the venue.** Groups can rent a tent if needed from Nathan Benderson Park. See link below. **Reservations due by 4/8/24.**

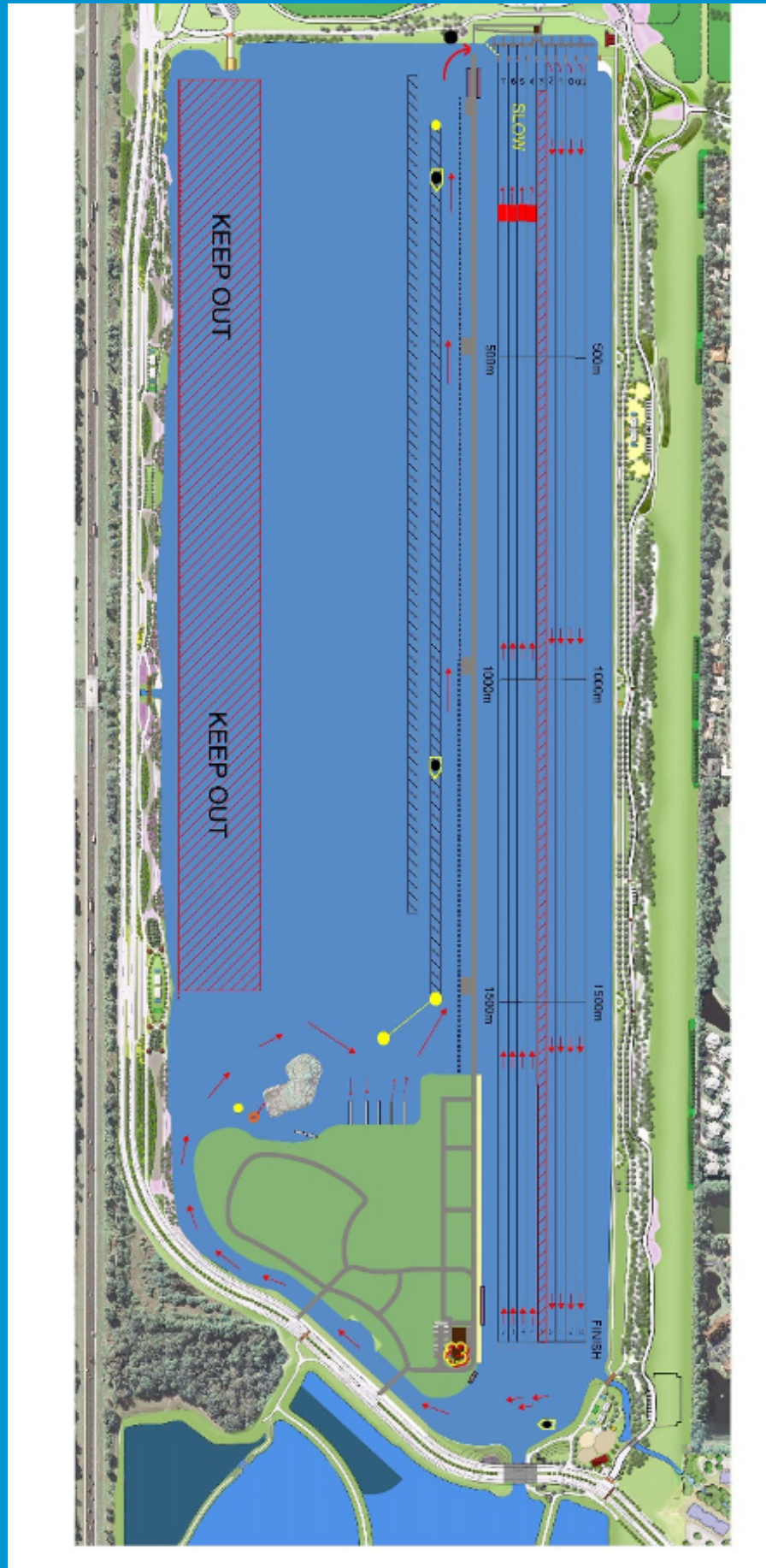
<http://nathanbendersonpark.org/vendor/>

Nathan Benderson Park
5851 Nathan Benderson Circle
Sarasota, FL 34235

Big Ten Invitational 2024

PRACTICE DAY TRAFFIC PATTERN:

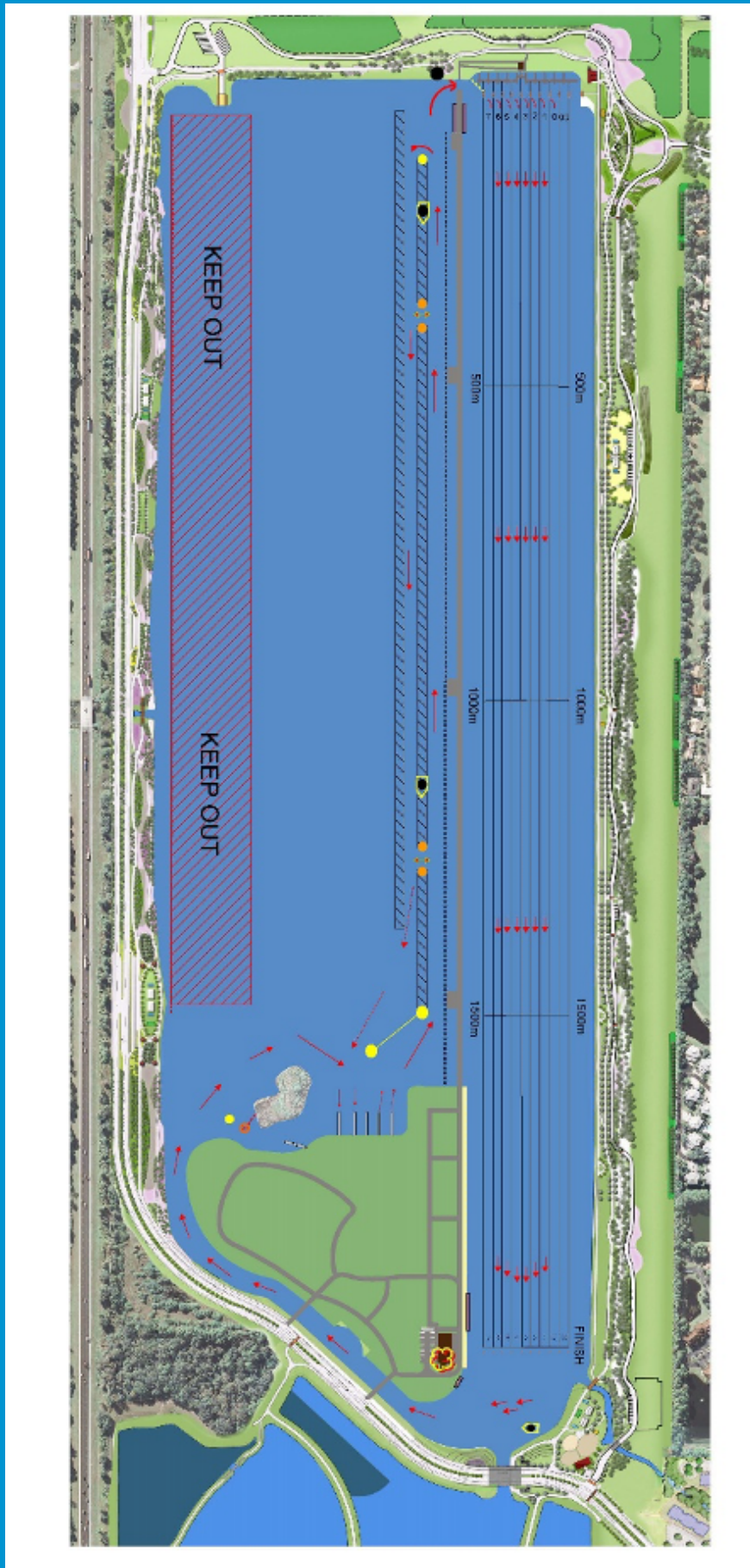
PLEASE NOTE:
Please watch
the Coaches &
Coxswain
meeting and
check
Information
Central for
announcements
prior to arriving
on site.



RACE DAY TRAFFIC PATTERN:

PLEASE NOTE:

Please watch the Coaches & Coxswain meeting and check Information Central for announcements prior to arriving on site.



Medical & Emergency Information

ATHLETIC TRAINING

- On-site emergency medical services will be available during all practice and race times and 30 min before and after racing. A medical tent will be located at the launch and recovery dock area the finish line area. Both will be staffed by EMTs. Each individual participating institution is responsible for their own athletic training needs.
- If emergency cooling is needed, EMTs shall be located at the finish line tower with an emergency cooling station.
- Ice will be available for injuries only. (located at the medical tent)
- **University of Iowa SM staff will hold a medical timeout 15 minutes prior to crews launching at the start of each day. All team athletic trainers are requested to attend and will meet at the medical tent at the launch and recovery area.**

EMERGENCY SERVICES AND URGENT CARE INFORMATION

Hospital emergency rooms close to Nathan Benderson Park:

Lakewood Ranch Medical Center
8330 Lakewood Ranch Blvd.,
Lakewood Ranch, FL 34202

Doctors Hospital
5731 Bee Ridge Rd.
Sarasota, FL 34233

Downtown Hospital
Sarasota Memorial Hospital
1700 S Tamiami Trail
Sarasota, FL 34239

Nearby urgent care options:

Urgent Care Center at University Parkway
5360 University Pkwy,
Sarasota, FL 34243

Fruitville Walk in Urgent Care
3420 Fruitville Rd,
Sarasota, FL 34237

Sarasota Urgent Care (941) 907-9434
6272 Lake Osprey Dr.,
Sarasota, FL 34240
Open every day = 8am – 8pm

Pharmacy:

CVS Pharmacy (941)355-0456
5403 University Pkwy
Sarasota, FL (7am-10pm)

Walgreens Pharmacy (941) 907-2686
9114 Town Center Pkwy University Park
Lakewood Ranch, FL (7am-10pm)

SAFETY APPENDIX:

Weather information

INCLEMENT WEATHER PLAN:

Event Management Personnel from the University of Iowa will be responsible for monitoring the weather during practice and competition. Local weather forecasts, weather radar and lightning detection devices (WeatherSentry online system), combined with local weather knowledge, will be used to monitor the weather during all practices and competition.

They will work with Nathan Benderson Park staff liaisons and the Head Referee on making the final decision on when to clear the area and when it is safe to return.

This Inclement Weather Plan will function in conjunction with the Nathan Benderson Park EAP, with additions/modifications as needed.

Notifications of Watches/Warnings

When a severe weather watch/warning is received for the area or the “flash/bang” count reaches 75 seconds (15 miles), the aforementioned group will notify the following individuals verbally and/or via telephone or text message:

- a. The Head Official and/or her designee.
- b. Park Staff
- c. Onsite EMTs and security/event personnel.

Severe Weather Evacuation

When a severe weather warning is received for the area, the “flash/bang” count reaches 60 seconds or less (12 miles), or the radar shows that a thunderstorm is imminent (will arrive within 45 minutes), the aforementioned group will notify the individuals listed above via radio and all competition/practice activities are to cease immediately, with Tournament Personnel evacuating to the finish line tower. All remaining personnel should evacuate to nearby vehicles.

Being on the water when lightning is within a 10-mile radius is not allowed.

When on the water, evacuations should occur immediately with the following actions:

Marshaling boats and officials’ boats, will push each teams toward the launching and recovery docks as directed by the head official or her designee.

All boats will stop launching and both outgoing and incoming docks will be used for recovery of boats.

Officials and volunteers located in the student-athlete area will be in place to help account for each team coming off the water.

Spectators will be evacuated from viewing areas and instructed to go to their vehicles.

Safe structures for congregating teams and spectators are extremely limited within the park. A safe structure or location is any sturdy, full enclosed, substantial, and frequently inhabited building that has plumbing and/or electrical wiring that acts to electrically ground the structure. Tents do not meet these criteria.

Fully enclosed vehicles with a hard metal roof, rubber tires, and completely closed windows (e.g. Team bus or vans, or personal vehicles) can provide a measure of safety.

Examples of locations that routinely DO NOT meet the criteria include:

Golf carts

Outside storage sheds; and/or canopy/awning/tent/lean-to

Parking garages

Remember, NO PLACE outside is safe when lightning is in the area, but if outside with no safe shelter, the following actions may reduce risk:

In the absence of a sturdy, fully enclosed, substantial, and frequently inhabited location as described above, a secondary structure such as a fully enclosed vehicle with a hard metal roof, rubber tires, and completely closed windows can provide a measure of safety. Persons should not touch the sides of the vehicle! Convertible and “soft-top” vehicles, and golf carts do not provide a high level of protection and cannot be considered safe from lightning.

If no safe structure or location is within a reasonable distance, personnel should find a thick grove of small trees surrounded by taller trees or a dry ditch. Everyone should assume the “lightning safe” position - a crouched position on the ground with the feet together, weight on the balls of the feet, head lowered, and ears covered. DO NOT LIE FLAT! Minimize the body’s surface area and minimize contact with the ground.

If unable to reach safe shelter, persons should stay away from the tallest trees or objects (i.e. light poles, flag poles, etc.), metal objects (i.e. fences, bleachers, etc.), individual trees, standing pools of water, and open fields. Persons should avoid being the highest object in an open field.

In situations where thunder and/or lightning may or may not be present, yet someone feels his/her hair stand on end and skin tingle, LIGHTNING IS IMMINENT! Therefore, all persons should assume the “lightning-safe” position as described above.

PREHOSPITAL CARE OF VICTIMS OF A LIGHTNING STRIKE

Because lightning-strike victims do not remain connected to a power source, they do not carry an electric charge. Therefore, it is safe to touch the victim to move him/her to a safe location and to render medical treatment.

During an ongoing thunderstorm, lightning activity in the local area still poses a deadly hazard for personnel responding to the victim. Personnel should consider his/her own personal safety before venturing into a dangerous situation to render care.

The first priority of personnel is to move the lightning strike victim to a safe location.

Prompt, aggressive CPR has been highly effective for the survival of victims of lightning strikes.

Therefore, it is critical that CPR and AED use is initiated as soon as safely possible.

The basic triage principle of “treat the living first” should be reversed in cases involving casualties from a lightning strike. It is imperative to treat those persons who are “apparently dead” first.

Wind and Water Conditions

Officials on the water will report water conditions to the head official. The head official will work with Event Management Personnel from the University of Iowa, the Regatta Director and NBP on making the final decision on wind and water conditions and when it is safe to return. If it is determined that fair and/or safe racing is no longer possible, aforementioned group will notify the individuals listed above verbally and/or via telephone or text message and all competition/practice activities are to cease immediately and all personnel are to evacuate the water.

Criteria for Safe Return to Practice/Competition

The decision to return to championships activity after a period of evacuation will be made by the aforementioned group. Communication of decisions and progress of decisions will be the responsibility of Event Management Personnel from the University of Iowa. Decisions on adjustments to the schedule will be made by the Regatta Director, Event Management Personnel from the Univ. of Iowa, in conjunction with the Nathan Benderson Park staff liaisons and Head Referee.

Standard guidelines for return to activity indicate that the immediate threat of severe weather should have passed and 30 minutes have elapsed since both the last sound of thunder and the last flash of lightning is seen or monitored.

Right to Leave: all student-athletes and individuals are granted the right to leave an athletic site or activity without fear of repercussion or penalty in order to seek a safe structure or location in the event of severe weather.

NATHAN BENDERSON PARK – EMERGENCY ACTION PLAN

This is the NBP generalized EAP. During the medical timeout, we will be going over specifics for this event.

Emergency Action Plan

1) Definition of Emergency requiring activation of EMS (on-site for regatta)

a) Life-threatening event

i) Shock

ii) Severe Allergic Reaction

iii) Loss or Deterioration of Consciousness

iv) Severe Bleeding

b) Cardiorespiratory Emergency

i) Labored Breathing

ii) Chest Pain

iii) Diminished / No pulse

iv) Heat Stroke – or severe heat illness

c) Severe Orthopaedic Injury

i) Suspected cervical spine injury

ii) Head / neck fracture

iii) Dislocation / open fracture

2) The CMO on site will evaluate the student-athlete, administer basic life support (BLS), and stabilize the student-athlete until EMS arrives.

- If the injury is a suspected cervical spine injury, in-line head and shoulder stabilization will be maintained by the on-site physician as per standard protocols.
- If the injury is a suspected cardio-respiratory emergency, the CMO will set-up, and use the automated external defibrillator as per State of Florida protocols.
 - The AEDs will be located in the Sports Medicine area at Launch and Recovery and at the Finish Line Area.
 - In the event a boat extraction is required, regatta officials will use the medical boat for this purpose and transfer care to CMO at the finish line or launch and recovery area, depending on which is quicker.

- 3) CMO will notify facility management personnel of the emergency situation.
- 4) CMO shall lead/direct the care until EMS assumes care.
Additional first responders (coaches, staff, officials, regatta officers) shall provide assistance at the direction of the CMO to include crowd control, escorting EMS, maintaining communication and completing incident report.
- 5) Regatta management personnel or CMO will immediately use the closest available device to notify EMS and direct them to the appropriate location.
- 6) Regatta management personnel, and/or other personnel will assist with crowd control and securing an unobstructed passageway for EMS personnel.
- 7) An affiliate of the afflicted student-athlete's institution should accompany the injured student- athlete to the medical facility with the injured student athlete.

PART B - Weather Plan

Responsibilities:

Chief Referee (and/or her designee)

- Final decision maker
- Weather related decisions are made in consultation with the Regatta Director

Regatta Director/Univ. of Iowa Events Management and Nathan Benderson Park staff:

- Initiates "suspend" and "cancel"
 - Consults with the Chief Referee and Regatta Director/Iowa Events Management
- Coordinates and communicates with:
- Volunteer Coordinator, Park Staff, EMT, Fire Department, Spectators, Coaches

Coaches

- Manage and account for athletes
- Manage and secure team equipment

Volunteer Coordinator

- Manages and accounts for volunteers
- Controls and secures launches

Park Staff - Coordinates evacuation of the park

EMT - Treats weather related injuries AND INFORMS CMO OF EMERGENCY

Fire Department - Coordinates emergency services

Alternate Landing Sites

#1- starting platforms and starting area is an NOW alternative landing site.

2 – Normal launching and recovery docks on Regatta Island

3 – Awards dock on Regatta Island

4 – Beaches along Regatta Island spectator area

Communication for Evacuation of the course:

- Chief Referee (or her designee) - Informs the Regatta Director, Marshals, Referees, Starter, Control Commission, Chief Judge, Judge at the Start and CMO of the decision to evacuate.
- Control Commission - Informs and coordinates with the Control Commission referees and volunteers
- Referees - Coordinate and direct the marshals to evacuate the crew to the alternate landing sites
- Nathan Benderson Staff/Regatta Management

Informs:

(1) Volunteer coordinator

(2) Park Staff

(3) EMT

(4) Fire Department

(5) Spectators

- Volunteer coordinator - Maintains a contact roster to inform volunteers of revised racing

EMERGENCY PHONE NUMBERS:

9-1-1

CMO: Dr. Sara Simmons, MD. 617-959-4288

Chief Judge: Rachel Star Sundborg 401-489-8904

Regatta Director: Mary Browning 608-239-5631

NBP Medical staff: Joanna Fava 941-321-6808