



**Connecticut Public Schools Rowing Association (CPSRA)  
State Championships (New Preston, CT)  
Sunday, May 20, 2018**

**Bus Departure @ 4:30 am:**

Rowers meet the bus at the south entrance of the Mystic Seaport at 4:15 am. (Please arrive 15 minutes prior to bus departure).

*Note: Each athlete going on the water is required bring a long-sleeve shirt or jacket. Rowers will not be allowed to launch without one. Please bring this clothing with you.*

**Rower Food:**

A balanced cold breakfast will be served on the bus, compliments of Friends of Stonington Crew (FOSC). Rowers, please review Coach Sally's post on pre-race nutrition <http://www.stoningtoncrew.org/blog/fueling-your-fastest-race>. It's important to re-fuel and hydrate between heats and finals!

A well-stocked food tent will be placed near the boat trailer and boat slings. So, rowers do not need to walk to the spectator tent for food. Bring a chair or blanket for the crew tent. There's plenty of room available to spread out and stay dry between races.

**Location:**

Lake Waramaug State Park, New Preston, CT (Also listed as Kent, CT)

Map: <https://goo.gl/maps/iD9YEvwiEXR2>

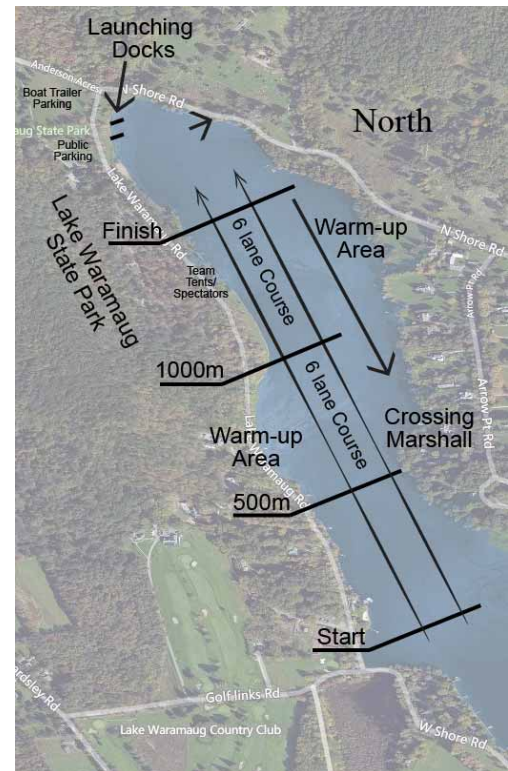
*Note: Cell coverage is spotty near Lake Waramaug. Please print out directions as backup to your mobile phone.*

### **Parking:**

Please follow the DEEP directions for parking. They will let you unload near your tent, and may allow cars to park there early. But they may ask you to move your car to the lot. Please follow their directions and do as they ask you to.

*Note: There is a \$10 gate fee per spectator. SHS Crew is responsible for collecting this fee. Please submit your fee through [www.stoningtoncrew.org/team-store](http://www.stoningtoncrew.org/team-store). Thank you!*

Starting at 9:00 am there will be a red Gunnery mini-bus that will drive along the race course, then up and around the golf course back to the start. There will be Shuttle Bus signs along the way so the driver knows where to stop. If you need to, you may be able to flag the driver down. Please take advantage of this service.



### **Spectating:**

Team tents may be set up along the course (see map), close to the road, away from the bank of the lake. Please be cautious near the bank, as it can be muddy. Please do NOT lay hay on the ground to combat the mud. Please wear boots!

Do NOT use horns to cheer on your athletes. Race officials use a horn at the finish line. We do not want to confuse crews and have them accidentally stop early because they hear a horn!

Drones are *strictly* prohibited.

Please make sure that you either take your garbage home or use the dumpsters. There are extra dumpsters throughout the park - both for trash and recycling. Please use them appropriately. If they are full, take your garbage home.

### **Race Schedule:**

Coaches & Coxswains meeting is at 8:00 am. Event times and lane assignments for heats and finals are listed below. (This is subject to change at the coaches & coxswains meeting).

### **Chuck Wagon Volunteer:**

Families please help with the Stonington Crew Chuck Wagon. We provide refreshments for our rowers. Many hands make light work. Please click on the SignUp Genius link on the Schedule page of the team's site ([www.stoningtoncrew.org/schedule](http://www.stoningtoncrew.org/schedule))

**CONNECTICUT PUBLIC SCHOOLS ROWING ASSOCIATION  
SPRINTS CHAMPIONSHIP -- LAKE WARAMAUG, CT  
May 20, 2018**

*Definitive Schedule is set at Coaches' /Coxswain Meeting @ 8:00 AM*

*Coaches & Referees will meet at the beach after the regatta.*

RACE	TIME	EVENT	LEVEL	LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6
<i>Heats - Progression to finals is: top three to final</i>									
1	9:00	1st Novice Boys Eight	Heat 1	EO Smith	Guilford	East Lyme	Farmington	Simsbury	
2	9:15	1st Novice Boys Eight	Heat 2		<b>Stonington</b>	Glastonbury	Avon	Lewis Mills	
3	9:30	1st Novice Girls Eight	Heat 1	<b>Stonington</b>	Lewis Mills	Glastonbury	Lyme/Old Lyme	Middletown	
4	9:45	1st Novice Girls Eight	Heat 2	Valley Regional	Simsbury	Farmington	Guilford	EO Smith	Old Saybrook
5	10:00	2nd Boys Eight	Heat 1		Middletown	Simsbury	Farmington	Avon	
6	10:10	2nd Boys Eight	Heat 2		Guilford	Glastonbury	<b>Stonington</b>	Lewis Mills	
7	10:20	2nd Girls Eight	Heat 1	Avon	Guilford	East Lyme	<b>Stonington</b>	EO Smith	
8	10:30	2nd Girls Eight	Heat 2		Farmington	Simsbury	Glastonbury	Middletown	
9	10:40	1st Boys Eight	Heat 1	Lewis Mills	Glastonbury	Simsbury	Avon	Middletown	
10	10:50	1st Boys Eight	Heat 2		Farmington	<b>Stonington</b>	Lyme/Old Lyme	Guilford	
11	11:00	1st Girls Eight	Heat 1	EO Smith	Farmington	Glastonbury	Simsbury	Middletown	
12	11:10	1st Girls Eight	Heat 2		Avon	<b>Stonington</b>	East Lyme	Guilford	

**LUNCH BREAK 11:20 - 12:30 - boats may start launching at 12:10**

<i>Lane Assignments for Finals with Heats</i>				<b>3rd Heat 1</b>	<b>2nd Heat 2</b>	<b>1st Heat 1</b>	<b>1st Heat 2</b>	<b>2nd Heat 1</b>	<b>3rd Heat 2</b>
<i>Lane Assignments for Finals with Petites</i>				<b>6th Heat 1</b>	<b>5th Heat 2</b>	<b>4th Heat 1</b>	<b>4th Heat 2</b>	<b>5th Heat 1</b>	<b>6th Heat 2</b>
<i>Lane Assignments Novice Eight Finals</i>				<b>1st Fastest Time</b>	<b>2nd Heat 2</b>	<b>1st Heat 1</b>	<b>1st Heat 2</b>	<b>2nd Heat 1</b>	<b>2nd Fastest Time</b>
14	12:45	1st Novice Girls Four	Final	Avon	Valley Regional	Lyme/Old Lyme	Glastonbury	Old Saybrook	
15	1:00	1st Novice Boys Four	Final	Valley Regional	Glastonbury	Lyme/Old Lyme	Guilford	Avon	Old Saybrook
16	1:10	1st Novice Boys Eight	Final						
17	1:20	1st Novice Girls Eight	Final						
18	1:30	3rd Girls Four	Final		Lewis Mills	Valley Regional	Lyme/Old Lyme		
19	1:40	3rd Boys Varsity Eight	Final	Avon	Simsbury	<b>Stonington</b>	Glastonbury	Farmington	
20	1:50	3rd Girls Varsity Eight	Final	EO Smith	Glastonbury	Simsbury	<b>Stonington</b>	Farmington	East Lyme
21	2:00	2nd Girls Four	Final		Old Saybrook	Lyme/Old Lyme	Valley Regional	Lewis Mills	
22	2:10	2nd Boys Varsity Eight	Final						
23	2:20	2nd Girls Varsity Eight	Final						
24	2:30	1st Boys Varsity Eight	Petite						
25	2:40	1st Girls Varsity Eight	Petite						
26	2:50	Boys Four	Final	EO Smith "A"	Lewis Mills	East Lyme	Lyme/Old Lyme	EO Smith "B"	
27	3:00	Girls Four	Final	Old Saybrook	Valley Regional	Lyme/Old Lyme	Lewis Mills	Avon	Guilford
28	3:10	1st Boys Varsity Eight	Final						
29	3:20	1st Girls Varsity Eight	Final						

**MEDALS AND TEAM TROPHY'S WILL BE PRESENTED FOLLOWING THE FINAL RACE UP ON THE HILL NEAR THE TRAILERS**