



**Connecticut Public Schools Rowing Association (CPSRA)
State Championships (New Preston, CT)
Sunday, May 19, 2019**

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:

Snacks and water for rowers will be provided at the trailer. Stock will be replenished during the day. Rowers, please be mindful of your teammates and take only what you need.

Food will also be available for rowers at the food tent. For V1 Girls and V1 Boys crews who are scheduled to race at the end of the day, we will take food orders in advance. To-go containers will be delivered to the trailer after their race, between loading the trailer and the awards ceremony. We will also bring leftover items to the trailer for all rowers to have on the ride home.

Rowers, it's important to re-fuel and hydrate between heats and finals! Please review Coach Sally's blog post on pre-race nutrition:

<http://www.stoningtoncrew.org/blog/fueling-your-fastest-race>.

Location:

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

Map: <https://goo.gl/maps/iD9YEvwEXR2>

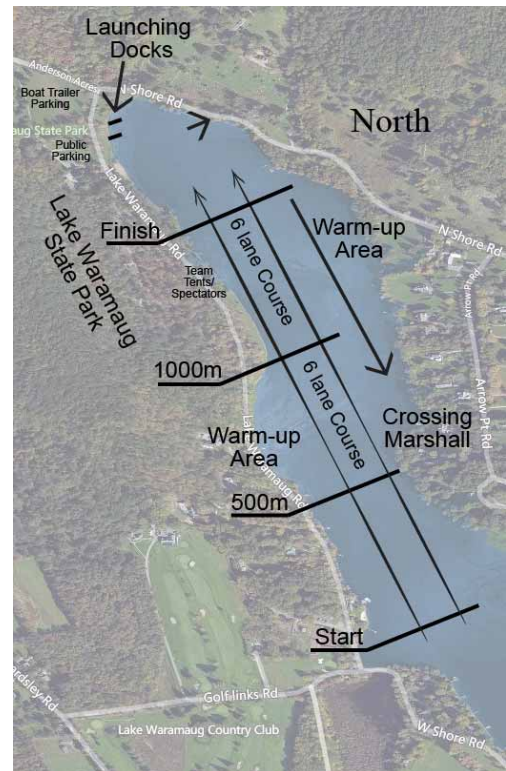
Note: Cell coverage is spotty near Lake Waramaug. Please print out directions as backup to your mobile phone.

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 payment on the team store www.stoningtoncrew.org/team-store. Thank you!

Starting at 9:00 am there will be a red Guntery 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, especially CPSRAs. We provide refreshments for our rowers during a long day of racing. 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) as some items have been added.

CONNECTICUT PUBLIC SCHOOLS ROWING ASSOCIATION
SPRINTS CHAMPIONSHIP -- LAKE WARAMAUG, CT
 May 19, 2019

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>				<i>For the Novice 8's - Progression will be Top 2, next 2 Fastest Times</i>			
1	9:00	1st Novice Girls Eight	Heat 1	Middletown	Lyme/Old Lyme	Glastonbury	East Lyme	Avon	
2	9:15	1st Novice Girls Eight	Heat 2	EO Smith	Guilford	Farmington	Stonington	Valley Regional	
3	9:30	1st Novice Boys Eight	Heat 1	Middletown	Avon	Stonington	Glastonbury	Guilford	
4	9:45	1st Novice Boys Eight	Heat 2		Simsbury	Lyme/Old Lyme	East Lyme	Farmington	
5	10:00	2nd Boys Eight	Heat 1		Guilford	Stonington	Glastonbury		
6	10:10	2nd Boys Eight	Heat 2		East Lyme	Simsbury	Farmington	Avon	
7	10:20	1st Boys Four	Heat 1	Old Saybrook	Glastonbury	Lewis Mills	Valley	Guilford	
8	10:30	1st Boys Four	Heat 2		Avon	Middletown	Lyme/Old Lyme	EO Smith	
9	10:40	1st Girls Eight	Heat 1		Guilford	Simsbury	Stonington	Middletown	
10	10:50	1st Girls Eight	Heat 2		Farmington	East Lyme	Glastonbury	EO Smith	
11	11:00	1st Boys Eight	Heat 1	Avon	Lyme/Old Lyme	Stonington	Simsbury	Middletown	
12	11:10	1st Boys Eight	Heat 2		East Lyme	Glastonbury	Farmington	Guilford	
13	11:20	1st Novice Boys Four	Final	EO Smith	Lyme/Old Lyme	Avon	Valley	Lewis Mills	
14	11:30	1st Novice Girls Four	Final	Guilford	Glastonbury	Old Saybrook	Lewis Mills	Valley Regional	
15	11:40	3rd Girls Eight	Final	East Lyme	Farmington	Glastonbury	Stonington	Simsbury	Guilford
16	11:50	3rd Boys Eight	Final	Avon	Simsbury	Glastonbury	Stonington	Farmington	
17	12:00	3rd Girls Four	Final		Lewis Mills	Valley Regional	Lyme/Old Lyme	Avon	
LUNCH BREAK 12:10 - 1:20 - boats may start launching at 1:00									
<i>Lane Assignments for Finals with Heats</i>				<i>3rd Heat 1</i>	<i>2nd Heat 2</i>	<i>1st Heat 1</i>	<i>1st Heat 2</i>	<i>2nd Heat 1</i>	<i>3rd Heat 2</i>
<i>Lane Assignments for Finals with Petites</i>				<i>6th Heat 1</i>	<i>5th Heat 2</i>	<i>4th Heat 1</i>	<i>4th Heat 2</i>	<i>5th Heat 1</i>	<i>6th Heat 2</i>
<i>Lane Assignments for Novice 8's & 2nd Boys 8</i>				<i>1st Fastest Time</i>	<i>2nd Heat 2</i>	<i>1st Heat 1</i>	<i>1st Heat 2</i>	<i>2nd Heat 1</i>	<i>2nd Fastest Time</i>
18	1:40	1st Novice Girls Eight	Final						
19	1:50	1st Novice Boys Eight	Final						
20	2:00	2nd Boys Four	Final		Avon "A"	Lewis Mills "A"	Lewis Mills "B"	Avon "B"	
21	2:10	2nd Girls Four	Final	Glastonbury	Old Saybrook	Lyme/Old Lyme	Valley Regional	Avon	Lewis Mills
22	2:20	2nd Girls Eight	Final	Farmington	Stonington	Simsbury	East Lyme	Guilford	Middletown
23	2:30	2nd Boys Eight	Final						
24	2:40	1st Girls Eight	Petite						
25	2:50	1st Boys Eight	Petite						
26	3:00	1st Girls Fours	Final	Old Saybrook	Glastonbury	Lyme/Old Lyme	Lewis Mills	Valley Regional	Avon
27	3:10	1st Boys Fours	Final						
28	3:20	1st Girls Eight	Final						
29	3:30	1st Boys Eight	Final						
MEDALS AND TEAM TROPHY'S WILL BE PRESENTED FOLLOWING THE FINAL RACE UP ON THE HILL NEAR THE TRAILERS									