



**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 bus 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, 30 Lake Waramaug Rd, New Preston, CT 06777

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

**Parent Handout:**

A separate document posted on the team site provides valuable information about parking, regatta rules, food tents, and more.

**Spectator Fee:**

Entry to the regatta is **\$10 per person**. SHS Crew is responsible for collecting this fee. Please submit payment on the team store [www.stoningtoncrew.org/team-store](http://www.stoningtoncrew.org/team-store). Thank you!

**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](http://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	1st Boys Four	Heat 1	Old Saybrook	Glastonbury	Lewis Mills	Valley	Guilford		
6	10:10	1st Boys Four	Heat 2		Avon	Middletown	Lyme/Old Lyme	EO Smith		
7	10:20	1st Girls Eight	Heat 1		Guilford	Simsbury	Stonington	Middletown		
8	10:30	1st Girls Eight	Heat 2		Farmington	East Lyme	Glastonbury	EO Smith		
9	10:40	1st Boys Eight	Heat 1	Avon	Lyme/Old Lyme	Stonington	Simsbury	Middletown		
10	10:50	1st Boys Eight	Heat 2		East Lyme	Glastonbury	Farmington	Guilford		
11	11:00	1st Novice Boys Four	Final	EO Smith	Lyme/Old Lyme	Avon	Valley	Lewis Mills		
12	11:10	1st Novice Girls Four	Final		Glastonbury	Old Saybrook	Lewis Mills	Valley Regional		
13	11:20	3rd Girls Eight	Final	East Lyme	Farmington	Glastonbury	Stonington	Simsbury	Guilford	
14	11:30	3rd Boys Eight	Final	Avon	Simsbury	Glastonbury	Stonington	Farmington		
15	11:40	3rd Girls Four	Final		Lewis Mills	Valley Regional	Lyme/Old Lyme	Avon		
<b>LUNCH BREAK 11:50 - 1:10 - boats may start launching at 12:40</b>										
<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 &amp; 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>	
16	1:20	1st Novice Girls Eight	Final							
17	1:30	1st Novice Boys Eight	Final							
18	1:40	2nd Boys Four	Final		Avon "A"	Lewis Mills "A"	Lewis Mills "B"	Avon "B"		
19	1:50	2nd Girls Four	Final	Glastonbury	Old Saybrook	Lyme/Old Lyme	Valley Regional	Avon	Lewis Mills	
20	2:00	2nd Girls Eight	Final	Farmington	Stonington	Simsbury	East Lyme	Guilford	Middletown	
21	2:10	2nd Boys Eight	Final	Guilford	Farmington	Stonington	Simsbury	Glastonbury	East Lyme	
22	2:20	1st Girls Eight	Petite							
23	2:30	1st Boys Eight	Petite							
24	2:40	1st Girls Fours	Final	Old Saybrook	Glastonbury	Lyme/Old Lyme	Lewis Mills	Valley Regional	Avon	
25	2:50	1st Boys Fours	Final							
26	3:00	1st Girls Eight	Final							
27	3:10	1st Boys Eight	Final							
<b>MEDALS AND TEAM TROPHY'S WILL BE PRESENTED FOLLOWING THE FINAL RACE UP ON THE HILL NEAR THE TRAILERS</b>										