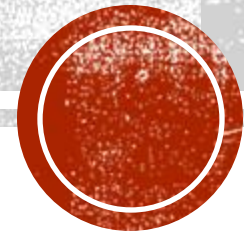# REGATTA 101

SPRING 2024

AGENDA

- The Boats
- The Boat
- The Heat Sheet
- The Spectators
- The Regatta Schedule
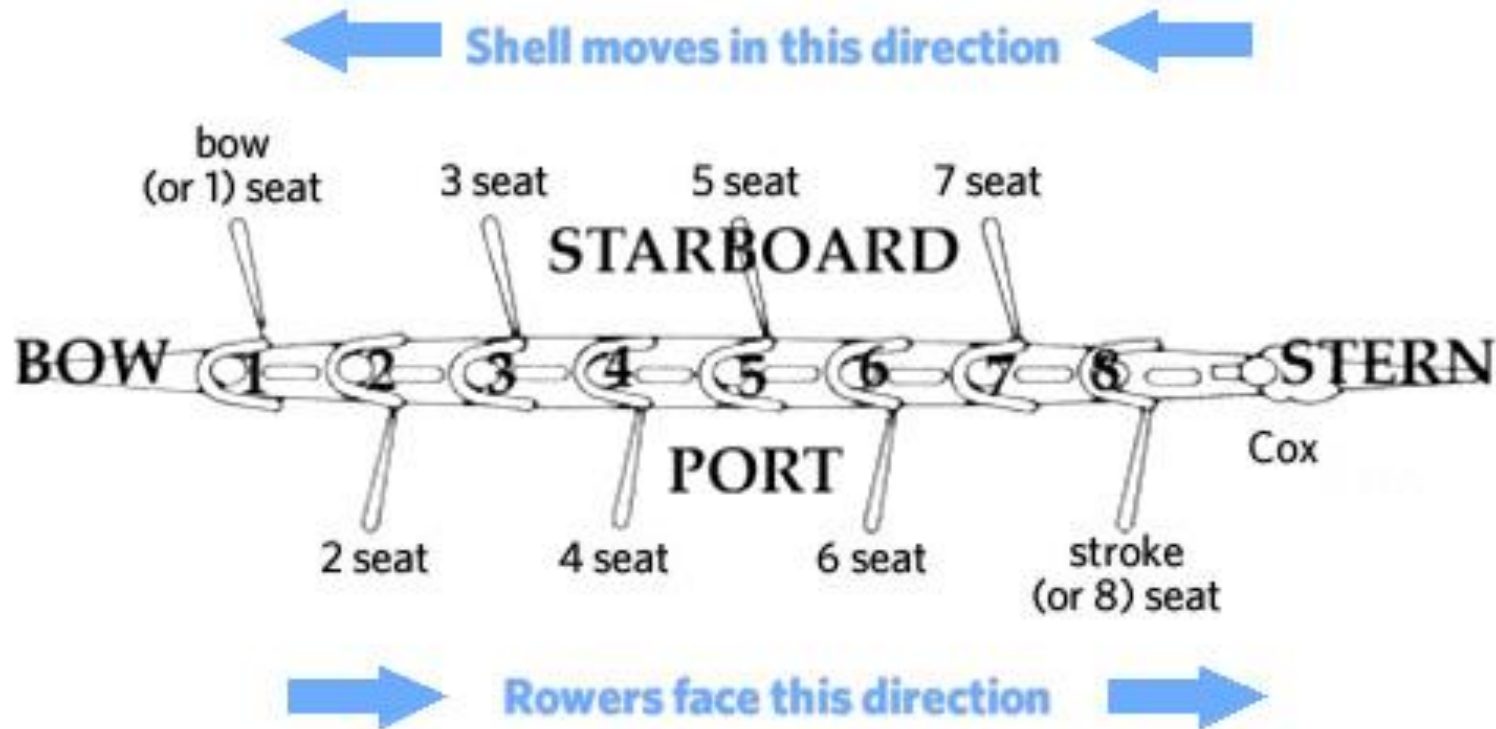- The Regattas
- Q&A

THE BOATS

- **First Varsity 8 (1V)** – Fastest varsity boat

- **Second Varsity 8 (2V)** – Second fastest varsity boat

- **Junior Varsity 8 (JV8)** – No seniors may row in this boat (not often raced at MHS)

- **Third Varsity 8 (3V)** – Third fastest varsity boat

- **Fourth Varsity 8 (4V)** – Fourth fastest varsity boat (not often raced at MHS)

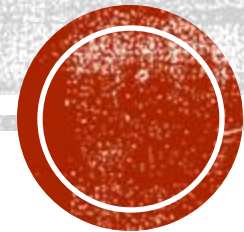--

- **Freshman 8 (F8)** – Meant to be the fastest freshman boat

- **Novice 8 (N8)** – Next fastest boat and can also include non-freshman novices

Indicates a boat raced by MCC in a typical season

Shell moves in this direction

bow (or 1) seat   3 seat   5 seat   7 seat

STARBOARD

BOW   1 2 3 4 5 6 7 8   STERN

Cox

PORT

2 seat   4 seat   6 seat   stroke (or 8) seat

Rowers face this direction

THE BOAT

THE HEAT SHEET

- Racing categories

- Heats, flights, and finals

- Not great cell reception at the Occoquan grandstands, so download, screenshot, or print out the heat sheet!
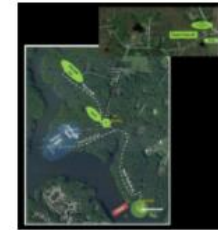
- **Communications from MCC – Samples→**

Walter Mess Regatta
Saturday

Our first regatta at Sandy Run Regional Park/Occoquan Reservoir in Fairfax Station is scheduled for this Saturday. The weather is looking pretty ideal as of today!

Please read through the information below and follow the links for more information.

DIRECTIONS AND PARKING INFORMATION

This aerial view of Sandy Run Park shows the rower drop-off area, onsite parking lots, rower area including docks and hiking paths to grandstand finish line area.

This printable map of Sandy Run Park corresponds with aerial view and shows more detail of facilities including VASRA sign-in, lot capacity, shuttle circle in Lot C. Also includes directions to off-site parking (if needed).

More details

Food Tent Sign-Up

Hot breakfast burritos, an alfresco lunch (no grilling at Sandy Run), and healthy snacks will be available for all athletes and supporters at the MCC food tent.

All parents of participating athletes are asked to help contribute food – you can send your contribution with your athlete

Food Tent Sign-Up Genius

Rower Arrival Times

Coaches will communicate boat line-ups this week and the regatta schedule will be posted on Regatta Central, usually on Thursday. The "Heat Sheet" will provide specific event times and the schedule.

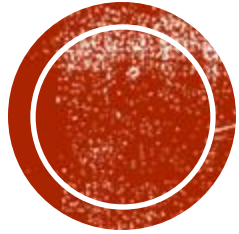It is **critical** that all athletes arrive on time with PLENTY of cushion for traffic, parking and other delays.

Regatta Central

THE SPECTATORS

- Outdoor sport…and all the glory and the misery that entails

- Wear hiking shoes or tennis shoes for Sandy Run/Occoquan – lots of walking

- Dress in layers – often cold in the AM and hot in the PM

- Most seats are in the sun, so sunscreen is useful

- Binoculars will make the event much more interesting!

- Concrete grandstands or bring a folding chair to sit closer to the water. A stadium seat can make the grandstands more comfy too.

- There is a concession stand selling food and drinks directly behind the grandstands

- There are bathrooms behind the grandstands, but no running water

- Cow bells and drums will be out in force

- Most spectators wear school colors and sit together

- Rowing is the ultimate team sport, so it is better to cheer for the boat rather than an individual.

- As rowers row out to the starting line, they often get a loud greeting or cheer from their fans, but it is rude to do this if other boats are on the course racing at that time.

3/16 Polar Bear @ Occoquan

3/23 Lake Lenape @ Lake Lenape, NJ

3/25-3/29 *Spring break*

3/30 St. Andrews @ Middleton, DE

4/6 Darrell Winslow @ Occoquan

4/13 Ted Phoenix@ Occoquan

4/14 Manny Flick @ Philadelphia, PA

4/20 TBC Tussle@ TBC

4/27 Charlie Butt @ TBC

5/4, States Day 1 (Lower), 5/11 States Day 2 (Upper)@ Occoquan

5/16-18 Stotesbury @ Philadelphia, PA (select crews)

5/23-25 SRAAs @ Pennsauken, NJ (qualified crews)

REGATTA SCHEDULE

The Local Regattas

Occoquan/VASRA Local Regattas:

3/16 Polar Bear

4/6 Darrel Winslow

4/13 Ted Phoenix

5/4 States Day 1 (lower boats)

5/11 States Day 2 (upper boats)

Typically, you'll drop your rower at Sandy Run and park at the local high school, South County. When the South County parking lot is available you will park there (located at 8501 Silverbrook Rd, Lorton, VA 22079) and take shuttle bus to venue $10/car to park and ride shuttle (athletes park and ride free) (*See the next slide for details and stay tuned for updates*!)

- Once on site there is a 0.6 mile trail through the woods to the viewing grandstands
- Allow 1.5 hours ahead of race time to deal with it all

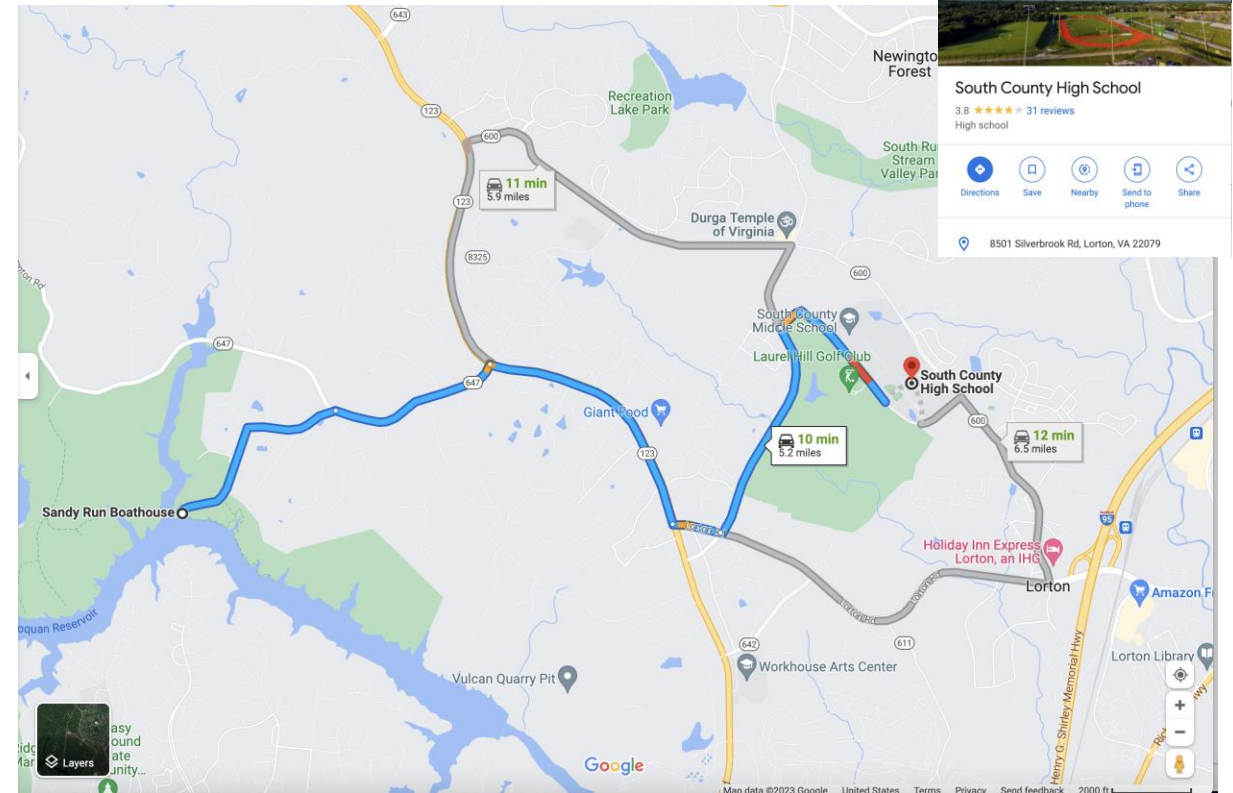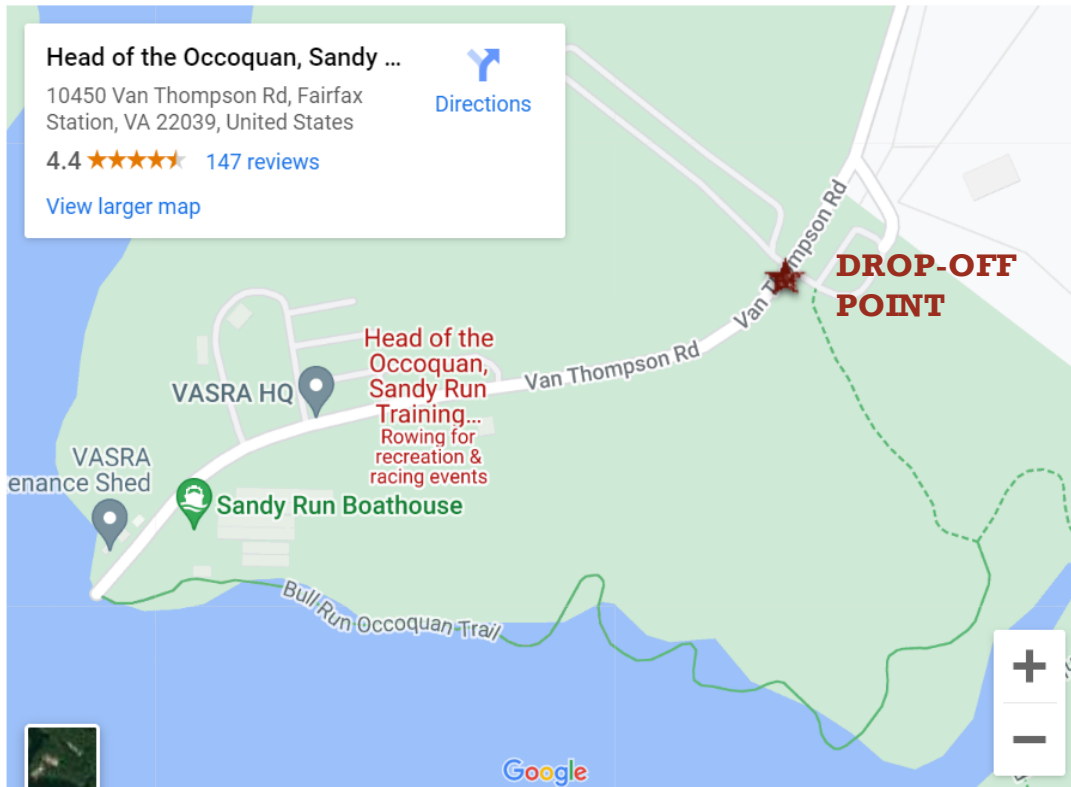**TBC (Thompson Boathouse Center)/Georgetown Regattas:**

4/20 TBC Tussle

4/27 Charlie Butt - Best grandparent regatta, right in front of Georgetown waterfront, restaurants, etc.
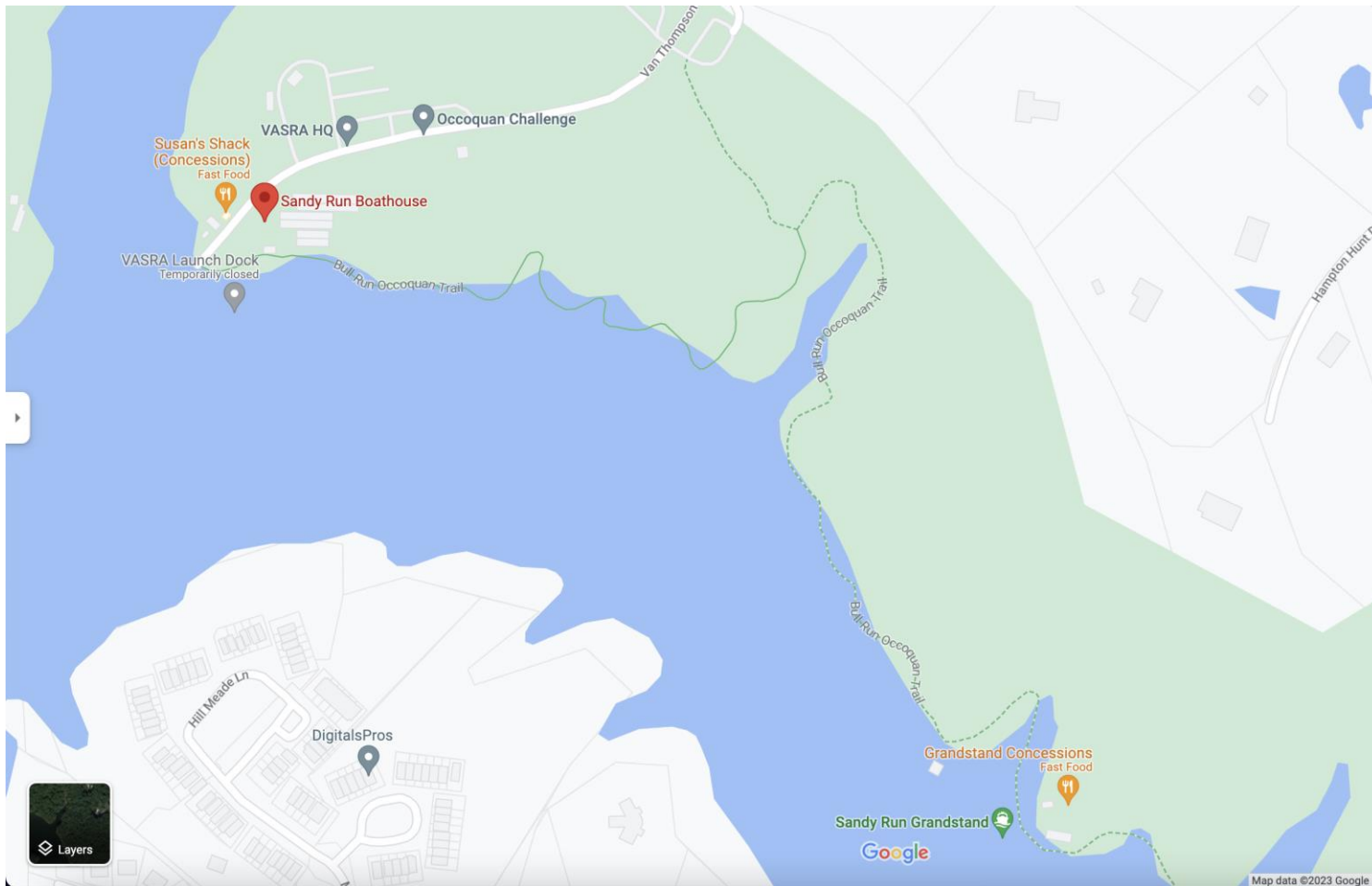
Sandy Run Drop-Off & Parking

Only coaches and special volunteers can park close-by. You'll drop off your athlete and need to exit to park at the high school or new parking area designated by VASRA.
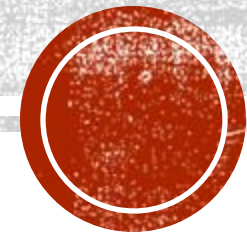
VASRA indicates that South County High School may not be available for all regattas this year, so stay tuned for updates!

OCCOQUAN / SANDY RUN:

THE TRAIL TO THE GRANDSTAND

The Away Regattas

Away Regattas during the Regular Season:

3/23 Lake Lenape @ Lake Lenape NJ (*New this year – both Boys AND Girls teams will attend)

3/30 St Andrew's @ Middletown DE (also a very family friendly location to park and see the race close)

- Dead Poets Society filmed there

4/14 Manny Flick @ Philadelphia PA

POST SEASON (Select or Qualified Boats):

Stotesbury Cup, Philadelphia, PA

- 5/16-18 Stotesbury @ Philadelphia PA (*select crews*)
- Held since 1927 on the Schuylkill River near the famous "Boathouse Row"
- Largest high school regatta in the world, 5,000 rowers, 10,000 spectators
- 2 night, 3 day trip (Thur-Sat)
- Time Trials Friday, Races Saturday
- Leave Thursday midday, return Saturday evening (Absences and test make-up dates arranged with the school)

SRAA Nationals, Pennsauken, NJ

- 5/23-23 SRAAs @ Pennsauken, NJ (*qualified crews*)
- 1V must qualify for any other boats that qualify to participate
- 2 night, 3 day trip (Thur-Sat)
- Heats Friday, Finals Saturday
- Leave Thursday midday, return Saturday evening (Absences and test make-up dates arranged with the school)

QUESTIONS & ANSWERS

THANK YOU FOR ATTENDING AND SUPPORTING MCC!

Regattachair@mcleancrew.org – Regatta Chair inquiries