



2021
ROWING
CHAMPIONSHIPS

*SARASOTA, FL • University of Central Florida
and Suncoast Aquatic Nature Center Associates, Hosts*

PARTICIPANT
2020-21 MANUAL

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Section 1 - Introduction/Welcome

On behalf of the NCAA Divisions I, II and III Women's Rowing Committees, thank you for being an important part of the 2021 NCAA Divisions I, II and III Women's Rowing Championships.

Administration of the NCAA Divisions I, II and III Women's Rowing Championships is under the direction of the NCAA Divisions I, II and III Women's Rowing Committees. The hosts play an integral part in the successful administration of the championships.

This manual is designed to use in conjunction with, not in place of, the respective divisional NCAA Women's Rowing Pre-Championship Manual, which provides more general policies for the administration of the championship.

Championship Websites

For more information about the Divisions I, II and III Women's Rowing Championships please visit the following links:

www.ncaa.com/sports/rowing/d1

www.ncaa.com/sports/rowing/d2

www.ncaa.com/sports/rowing/d3

For onsite information visit:

<https://ucfknight.com/sports/2021/5/3/2021-ncaa-rowing-championships.aspx>

Section 2 - NCAA Mission Statement

The core purpose of the NCAA is to govern competition in a fair, safe, equitable and sportsmanlike manner, and to integrate intercollegiate athletics into higher education so that the educational experience of the student-athlete is paramount.



Section 3 - NCAA Committee/ Staff

DIVISION I

Shelagh Donohoe Head Women's Rowing Coach University of Rhode Island Three Keaney Road Kingston, Rhode Island 02881 Phone: 978-282-1404 Email: sdonohoe@uri.edu	REGION 1	Wesley Ng Head Women's Rowing Coach University of Pennsylvania 235 South 33rd Street Philadelphia, Pennsylvania 19104 Phone: (215) 898-6283 Cell: (203) 376-6990 Email: ngwesley@upenn.edu	REGION 1
Tiffini Grimes Executive Associate Athletics Director The University of Alabama Box 870323 Tuscaloosa, Alabama 35487 Phone: 205-348-3641 Cell: 260-450-1767 Email: tgrimes@ia.ua.edu	REGION 3	Jessica Grasso Senior Associate Commissioner Metro Atlantic Athletic Conference 712 Amboy Ave Edison, New Jersey 08837 Phone: 732-738-5455 Cell: 732-991-7712 Email: jgrasso@maac.org	REGION 2
Steve Pritzker Senior Associate Athletics Director/CFO University of Virginia Post Office Box 400846 Charlottesville, Virginia 22904 Phone: 434-243-5081 Cell: 434-981-6824 Email: pritzker@virginia.edu	REGION 3	Justin Price Head Women's Rowing Coach Rutgers University 83 Rockafeller Road Piscataway, New Jersey 08854 Phone: 848-932-1566 Email: jprice@scarletknights.com	REGION 4
Jennifer Simon-O'Neill Senior Associate Athletics Director/SWA University of California, Berkeley 115 Haas Pavilion Berkeley, California 94720 Phone: 510-642-9224 Cell: 415-412-5389 Email: jenny.simon@berkeley.edu	REGION 5		



DIVISION II

Jen McKillop EAST REGION Associate Athletics Director/SWA Franklin Pierce University 40 University Dr. Rindge, New Hampshire 03461 Phone: 603-899-4367 Cell: 484-888-6245 Email: McKillopj@franklinpierce.edu	Amanda Knight, chair SOUTH REGION Associate Athletic Director/S.W.A. Barry University 11300 NE 2nd Ave. Miami Shores, Florida 33161 Phone: 305-899-4084 Email: aknight@barry.edu
Matt Weise WEST REGION Head Women's Rowing Coach Humboldt State University 1 Harpst St. Arcata, California 95521 Phone: 517-256-9043 Cell: 517-256-9043 Email: Matthew.Weise@humboldt.edu	

DIVISION III

William Randall NEW ENGLAND REGION Director of Rowing U.S. Coast Guard Academy 33 Mohegan Avenue New London, Connecticut 06320 Phone: 703-786-4257 Cell: 703-786-4257 E-mail: william.m.randall@uscga.edu	Linda Yost MID-ATLANTIC REGION Associate Director of Athletics/SWA Stockton University 101 Vera King Farris Dr. Galloway, NJ 08205 Phone: 609-652-4875 Cell: 609-577-3591 E-mail: linda.yost@stockton.edu
Andy Foltz PACIFIC REGION Assistant A.D. & Head Rowing Coach Pacific Lutheran University 12180 Park Ave. Tacoma, WA 98447 Phone: 253-535-8799 Cell: 253-686-4077 E-mail: foltzae@plu.edu	Carolyn Miles, Chair AT-LARGE Williams College (New England) Associate Director, Student Athlete Services 22 Spring St. Williamstown, Massachusetts 01267 Phone: 413-597-3939 Cell: 856-200-9359 E-mail: cdm3@williams.edu
Kristin Maile NEW YORK REGION Director of Athletics Sarah Lawrence College 1 Mead Way, Campbell Sports Center Bronxville, New York 10510 Phone: 914-395-2560 Cell: 570-470-9789 E-mail: kmaile@sarahlawrence.edu	Tracy King AT-LARGE Commissioner (New York) Liberty League 110 8th St. Troy, NY 12180 Phone: 518-276-2995 Cell: 518-522-4790 E-mail: tking@libertyleagueathletics.com



NCAA STAFF

NCAA Operations (Division I) Kelly Whitaker Phone: 317-917-6511 Cell: 317-476-6867 Email: kwhitaker@ncaa.org	NCAA Operations (Divisions II and III) Michelle Watsky Phone: 317-917-6775 Cell: 317-437-4705 Email: mwatsky@ncaa.org
NCAA Operations Ethan Walker Phone: 317-917-6476 Email: ewalker@ncaa.org	Media Mark Bedics Phone: 317-917-6541 Cell: 317-966-6762 Email: mbedics@ncaa.org
NCAA Travel Department Phone: 317-917-6757 Email: travel@ncaa.org Melissa Piening, Director of Travel and Insurance Carol Roland, Travel and Insurance Coordinator	Short's Travel 866-655-9215 ncaalo@shortstravel.com

Section 4 – Host Personnel

REGATTA STAFF

Stephen V. Rodriguez, LOC Chair Chief Operating Officer Nathan Benderson Park Office: 941-358-7275 ext. 5815 Cell: 941-724-6113 Email: stephen@sanca.us	David Hansen, Host Institution Executive Associate Athletics Director/COO University of Central Florida (UCF) Cell: 407-403-0877 Email: dhansen@athletics.ucf.edu
Sarah Kupiec, Event Operations Director of Events Nathan Benderson Park Office: 941-358-7275 ext. 5806 Cell: 941-224-9395 Email: sarah@sanca.us	Michael Washington, Facilities Operations Director of Facilities Operations Nathan Benderson Park Office: 941-358-7275 ext. 5801 Cell: 941-780-1697 Email: MichaelW@sanca.us



Douglas Jessmer, Marketing & Media Media & Communications Manager Nathan Benderson Park Office: 941-358-7275 ext. 5802 Cell: 941-374-8492 Email: Douglas@sanca.us	Dr. Joanne Fava, Medical Chief Medical Officer Nathan Benderson Park Cell: 941-321-6808 Email: medical@sanca.us
Jon Campana, Water Operations Program & Aquatic Manager Nathan Benderson Park Office: 941-358-7275 ext. 5812 Cell: 941-402-1598 Email: Jcampana@sanca.us	Shelby Connett, Destination/Hospitality/Awards Services Director of Sports Visit Sarasota Cell: 941-961-4412 Email: sconnett@visitsarasota.org
Kirsten Meisner, Chief Referee Cell: 513-378-1695 Email: kbmeisner@gmail.com	Kathleen Murphy, Host Institution Assistant Director of Facility and Event Mgmt UCF Cell: 352-317-0737 Email: kmurphy@athletics.ucf.edu
Amanda Sweet, Event Operations Event Coordinator Nathan Benderson Park Office: 941-358-7275 ext. 5808 Cell: 941-893-7356 Email: ASweet@sanca.us	Allison Jones, Merchandise Sports Events Manager Visit Sarasota Cell: 941-724-4301 Email: ajones@visitsarasota.org
Tomas Herrera-Mishler President/CEO Nathan Benderson Park	

Section 5 - Host Information

UCF

UCF will cohost the 2021 NCAA Rowing Championships along with the Suncoast Aquatic Nature Center Associates, Inc. (SANCA), the operators of Nathan Benderson Park. This is the second time they have hosted this event and will again play host in 2022 when we return to Nathan Benderson Park. UCF is a thriving preeminent research university located in metropolitan Orlando. With more than 66,000 students, UCF is one of the largest universities in the U.S. In addition to its impressive size and strength, UCF is ranked as a best-value university by *Kiplinger's*, as well as one of the nation's most affordable colleges by *Forbes*. The university benefits from a diverse faculty and staff who create a welcoming environment and opportunities for all students to grow, learn and succeed.

Nathan Benderson Park

Nathan Benderson Park is a 600-acre Sarasota County park, featuring a permanent FISA International Class A 2,000 meter course with an additional 1,500 course for warm-up. The park is conveniently located on



the border of Sarasota and Manatee Counties, just off of I-75, providing easy access to the REGION while minutes from Florida's most beautiful beaches. One of the most unique features of the course is the state of the art wave attenuation system, which is essentially a 1-mile long floating dock that helps provide a flat and fair course and doubles as a television broadcast lane. The iconic Guy Peterson designed finish tower provides indoor space for regatta operations with 360 degree viewing of the park. Nathan Benderson Park hosts over 50 events annually and is home to over 40 international, collegiate and club teams training in the winter months. Just recently, NBP hosted the 2017 World Rowing Championships and will host the 2021 World Rowing Masters Regatta.

Though a Sarasota County Park, NBP is operated by the Suncoast Aquatic Nature Center Associates, Inc., which is a 501(C)3 nonprofit corporation dedicated to the development and promotion of the park as a world class event center and team training site. For more information about Nathan Benderson Park, please visit www.nathanbendersonpark.org.



Section 6 - Checklist

Participating Institution Checklist

This checklist is arranged in chronological order to be of assistance as you prepare for the championship.

- _____ **4:30 p.m. ET, Tuesday, May 11:** Division III Selection show announcement on www.ncaa.com. Following the show, those teams which are selected will receive a memo via email regarding next steps in their preparations.
- _____ **1 p.m. ET, Wednesday, May 12:** Division III call with participating institutions.
- _____ **5 p.m. ET, Monday, May 17:** Division II Selection show announcement on www.ncaa.com. Following the show, those teams which are selected will receive a memo via email regarding next steps in their preparations.
- _____ **1 p.m. ET, Tuesday, May 18:** Division II call with participating institutions.
- _____ **5 p.m. ET, Tuesday, May 18:** Division I Selection show announcement on www.ncaa.com. Following the show, those teams which are selected will receive a memo regarding next steps in their preparations.
- _____ **1 p.m. ET, Wednesday, May 19:** Division I call with participating institutions.
- _____ Make official travel party arrangements through the NCAA travel service, Short's Travel, at 866-655-9215. If required to travel by bus, see travel information.
- _____ An email will be sent with instructions on creating a registration to input team roster, line-ups, along with other mandatory championship questions. This information is due by **5 p.m. ET, Thursday, May 20**.
- _____ **By 5 p.m. ET, Thursday, May 20:** [Elite 90](#) submission deadline for Divisions I, II and III Women's Rowing Championships. (see Elite 90 section in this manual for more information).
- _____ **By 5 p.m. ET, Thursday, May 20:** Deadline for teams to confirm their blade designs as shown at www.oarspotter.com is correct. See the end of section 7 for details.



Section 7 - Schedule of Events

PRE-COMPETITION SCHEDULE

Schedule is subject to change.

Tuesday, May 25

8 a.m. Trailers begin to arrive.
4 p.m. NCAA Committee and Host Regatta Management Meeting/Walkthrough

Wednesday, May 26

10 a.m. - 7 p.m. Team Packet Pick up – Finish Tower Floor 2
Noon - 7 p.m. Boat scale available for test weighing
1 p.m. - 2:30 p.m. Head Official available for coxswain questions – Finish Tower Floor 2 Balcony
3 - 5 p.m. Course open for practice for Session A (practice starts available from 4 - 5 p.m.)
3 - 4:30 p.m. Head Official available for coxswain questions – Finish Tower Floor 2 Balcony
5 - 7 p.m. Course open for practice for Session B (practice starts available from 5 - 6 p.m.)

Thursday, May 27

5:45 a.m. Park opens for teams.
7 - 8:30 a.m. Head Official available for coxswain questions – Finish Tower Floor 2 Balcony
7 a.m. - Noon Boat scale available for test weighing
7 - 9:30 a.m. Course open for practice for Session A (practice starts available from 8 - 9:30 a.m.)
9:30 a.m. - Noon Course open for practice for Session B (practice starts available from 9:30 - 11 a.m.)
1:30 - 2 p.m. Pre-championships coaches administrative meeting via Teams webinar.
2:15 - 2:45 p.m. Coaches administrative meeting and divisional breakout sessions
4 - 7 p.m. Boat scale available for test weighing
4 - 5:30 p.m. Course open for practice for Session A (no practice starts)
5:30 - 7 p.m. Course open for practice for Session B (no practice starts)



COMPETITION SCHEDULE

Friday, May 28

<u>Time</u>	<u>Division</u>	<u>Event</u>
5:45 a.m.	All Divisions	Park opens for teams
6:12 - 11 a.m.	All Divisions	Coxswain weigh-in available
6:30 - 7:30 a.m.	All Divisions	Course open for practice and boat test weighing (teams must sign-up for a practice dock slot)
*7 a.m.	All Divisions	Latest teams can launch for practice
7:12 a.m.	All Divisions	Course open for race warm-up
8:12 a.m.	Division III	II Eights Heat 1
8:24 a.m.	Division III	II Eights Heat 2
8:36 a.m.	Division III	I Eights Heat 1
8:48 a.m.	Division III	I Eights Heat 2
9 a.m.	Division I	I Eights Heat 1
9:12 a.m.	Division I	I Eights Heat 2
9:24 a.m.	Division I	I Eights Heat 3
9:36 a.m.	Division I	I Eights Heat 4
9:48 a.m.	Division I	II Eights Heat 1
10 a.m.	Division I	II Eights Heat 2
10:12 a.m.	Division I	II Eights Heat 3
10:24 a.m.	Division I	II Eights Heat 4
10:36 a.m.	Division I	Fours Heat 1
10:48 a.m.	Division I	Fours Heat 2
11 a.m.	Division I	Fours Heat 3
11:12 a.m.	Division I	Fours Heat 4
11:24 a.m.	Division II	Eights Heat 1
11:36 a.m.	Division II	Eights Heat 2
11:48 a.m.	Division II	Fours Heat 1
Noon	Division II	Fours Heat 2
12:30 p.m.	All Divisions	Committee Meeting (each division will meet separately)
12:45 p.m.	All Divisions	Regatta Director/Committee Chairs' Meeting
2:48 p.m.	All Divisions	Course open for race warm-up
3:48 p.m.	Division III	II Eights Repechage
4 p.m.	Division III	I Eights Repechage
4:12 p.m.	Division I	I Eights Repechage 1
4:24 p.m.	Division I	I Eights Repechage 2
4:36 p.m.	Division I	II Eights Repechage 1
4:48 p.m.	Division I	II Eights Repechage 2
5 p.m.	Division I	Fours Repechage 1
5:12 p.m.	Division I	Fours Repechage 2
5:30 - 7 p.m.	All Divisions	Course open for practice and boat test weighing (or immediately following the final race)
5:30 p.m.	All Divisions	Committee Meeting (each division meets separately)
6 p.m.	All Divisions	Regatta Director/ Committee Chairs' Meeting



Saturday, May 29

<u>Time</u>	<u>Division</u>	<u>Event</u>
5:45 a.m.	All Divisions	Park opens for teams
6:12 - 10:36 a.m.	All Divisions	Coxswain weigh-in available
6:30 - 7:30 a.m.	All Divisions	Course open for practice and boat test weighing (teams must sign-up for a practice dock slot)
*7 a.m.	All Divisions	Latest teams can launch for practice
7:12 a.m.	All Divisions	Course open for race warm-up
8:12 a.m.	Division I	I Eights C/D Semifinals
8:24 a.m.	Division I	I Eights C/D Semifinals
8:36 a.m.	Division I	I Eights A/B Semifinals
8:48 a.m.	Division I	I Eights A/B Semifinals
9 a.m.	Division I	II Eights C/D Semifinals
9:12 a.m.	Division I	II Eights C/D Semifinals
9:24 a.m.	Division I	II Eights A/B Semifinals
9:36 a.m.	Division I	II Eights A/B Semifinals
9:48 a.m.	Division I	Fours C/D Semifinals
10 a.m.	Division I	Fours C/D Semifinals
10:12 a.m.	Division I	Fours A/B Semifinals
10:24 a.m.	Division I	Fours A/B Semifinals
10:36 a.m.	Division II	Eights Repechage
10:48 a.m.	Division II	Fours Repechage
11 a.m.	Division III	II Eights Petite Final (places 5-6)
11:12 a.m.	Division III	II Eights Grand Final (places 1-4)
11:24 a.m.	Division III	I Eights Petite Final (places 5-6)
11:36 a.m.	Division III	I Eights Grand Final (places 1-4)
12:30 p.m.	Division III	**Awards Ceremony
12:45 p.m.	Division I/II	Committee Meeting
1 p.m.	Divisions I/II	Regatta Director/ Committee Chairs' Meeting
3 - 5 p.m.	Divisions I/II	Course open for practice and boat test weighing
*4:30 p.m.	Divisions I/II	Latest teams can launch for practice

***Division III Awards will start approximately 40 minutes following the last race of the day.*



Sunday, May 30

<u>Time</u>	<u>Division</u>	<u>Event</u>
5:45 a.m.	All Divisions	Park open for teams
6:12 - 9:48 a.m.	All Divisions	Coxswain weigh-in available
6:30 - 7:30 a.m.	All Divisions	Course open for practice and boat test weighing (teams must sign-up for a practice dock slot)
*7 a.m.	All Divisions	Latest teams can launch for practice
7:12 a.m.	All Divisions	Course open for race warm-up
8:12 a.m.	Division I	Fours D Final (places 19-22)
8:24 a.m.	Division I	Fours C Final (places 13-18)
8:36 a.m.	Division I	II Eights D Final (places 19-22)
8:48 a.m.	Division I	II Eights C Final (places 13-18)
9 a.m.	Division I	I Eights D Final (places 19-22)
9:12 a.m.	Division I	I Eights C Final (places 13-18)
9:24 a.m.	Division II	Fours Grand Final (places 1-3)
9:36 a.m.	Division II	Eights Grand Final (places 1-3)
9:48 a.m.	Division I	Fours Petite Final (places 7-12)
10 a.m.	Division I	Fours Grand Final (places 1-6)
10:12 a.m.	Division I	II Eights Petite Final (places 7-12)
10:24 a.m.	Division I	II Eights Grand Final (places 1-6)
10:36 a.m.	Division I	I Eights Petite Final (places 7-12)
10:48 a.m.	Division I	I Eights Grand Final (places 1-6)
11:30 a.m.	Division II	Awards Ceremony
Noon	Division I	Awards Ceremony

Coaches Meeting

The NCAA Divisions I, II and III Women's Rowing Committees will conduct a mandatory pre-championships virtual meeting with all the participating coaches to review championship procedures and policies. Team administrators are highly encouraged to attend.

This joint meeting is scheduled to begin at 1:30 p.m. Eastern time, Thursday, May 27 via Microsoft Teams. [Click here to join the meeting](#). Three divisional breakout meetings will take place following the all divisions coaches meeting via Teams breakout sessions.

The lineup that you provided through the online system will be printed that morning at 9 a.m. before the meeting. Changes can be made up until that 9 a.m. time. After that time, any changes should be emailed to Kelly Whitaker (Division II) or Michelle Watsky (Divisions II and III) 15 minutes before the start of the division breakout sessions.

Coxswain Virtual Meeting

Prior to any team being permitted on the course for practice or competition, the coxswain must review the meeting video and complete the Box task. In order to complete this task, coaches MUST register their coxswains [here](#) in order to receive the video. Once coxswains receive access



to the video, they will need to watch the video and mark the assigned task as complete. Note: Email addresses will be kept confidential and not shared with any outside parties.

On site, the head official will be available for questions at the following times on the Finish Tower Floor 2 Balcony.

Wednesday, May 26 1 – 2:30 p.m.

Wednesday, May 26 3 – 4:30 p.m.

Thursday, May 27 7 – 8:30 a.m.

Practices

The course will be open for practices during the times listed below. Wednesday and Thursday practice sessions will be split in half into Sessions A and B. Teams may only practice during their designated session. Teams will receive a form to choose their practice times. Sessions and dock space are first-come, first-served.

Coaching from motor launches will not be permitted. Crews must practice in uniform and practice gear as outlined in the NCAA Pre-Championship Manuals. Due to capacity issues from our Covid protocols, Friday, Saturday, and Sunday morning practices will require a signup by crews wanting to practice during those times. A form will be provided the week of the championships, and teams will have to register each boat for a slot.

Teams will not be allowed access to Nathan Benderson Park for training purposes prior to Wednesday, May 26 at 3 p.m., the first official practice time at the championship. Boats will not be permitted to launch with fewer than 30 minutes remaining in a practice session. A light and boot starting system will be used for racing. Practice starts with the starting system will be available during practices on Wednesday afternoon and Thursday morning only. For competition days, boats not racing in the first three events must be off the water at the conclusion of the morning practice session.

Wednesday, May 26 3 - 7 p.m.

(*4 - 6 p.m. – Practice starts available)

Thursday, May 27 7 a.m. - Noon

(*8 - 11 a.m. – Practice starts available)

4 - 7 p.m.

Friday, May 28 6:30 - 7:30 a.m.

5:30 - 7 p.m.

Saturday, May 29 6:30 - 7:30 a.m.

3 - 5 p.m.

Sunday, May 30 6:30 - 7:30 a.m. (Divisions I and II)

No coaching launches
will be allowed at any
time.

Weigh-Ins (Boats and Coxswains)

Boat and coxswain weigh-ins will take place in tents adjacent to the boat storage field, near Control Commission.



Boat Weighing

The boat scale will be available for test weighing any time the venue is open for practice, with additional time available Wednesday from Noon - 3 p.m. Time permitting, test weighing will be accommodated during racing sessions, but boats selected for post-race weighing will have priority. Adjustments to the weight of the boat may not be made in the boat weighing tent.

Coxswain Weighing

A test scale will be available at all times during practice and racing. The official scale is available to coxswains during their weigh-in window; the weight displayed on their first attempt of the day on the official scale is the weight that will be used to determine the amount of deadweight required, if necessary.

The weight of the coxswains shall be determined once each day, no less than one hour and no more than two hours before the scheduled time of the first race in which the weight is relevant. The competitor shall be weighed in dry (including hair), in racing uniform, without shoes or other foot gear.

(See Appendix D for a map).

Boat Identification

All boats are required to have the name of the institution in letters at least two inches high on each side of the boat. It is preferred that the name be placed near the coxswain on the boat. A boat will not be allowed on the water until the institutional name appears on both sides of the boat. Manufacturers' normal identification may appear on participants' uniforms, per the provisions of Bylaw 12.5.4. Manufacturers' normal identification may appear on equipment; all other identification is limited to the name of the institution. II Eights will also be provided pink vinyl tape to place next to the institution name near the coxswain compartment. This pink tape is used to visually distinguish the I Eights from the II Eights.

Blade Design

Each team must make sure that their blade design is correct as shown at www.oarspotter.com. If it is not correct, schools are to submit the updated design at <http://www.oarspotter.com/submit.html> no later than Thursday, May 20 at 5 p.m. Eastern time.

Contact Doug Rathburn at Oarspotter (email: doug@rathburn.net) with any questions. All crews are to come with blades that match what is on Oarspotter.com.

Section 8 - Championship Operations

Team Gear, Boats & Equipment

Teams will not be allowed into boat storage area until after packet pickup which begins at 8 a.m. on Wednesday.



Bike Rentals

Coaches interested in renting bikes during the championships can reserve bikes in advance by visiting the following website <https://siestakeybikeandkayak.com/index.html>, click “Book Online Now”, and click “NCAA Women’s Rowing Bike Rentals” or by calling 941-346-0891 and mentioning NCAA Championships.

Boat Storage

Space will be available within the student-athlete area at Nathan Benderson Park for boat storage. Teams must provide their own slings or Ts for boats. Teams will be assigned a designated location within the student-athlete area. There will be security for the boats every evening, beginning Tuesday evening, May 25 and continuing through Sunday morning, May 30. Teams that would like to begin dropping off trailers prior to Tuesday, May 25, at 8 a.m. must contact Sarah Kupiec (941-224-9395) to make arrangements. You are required to check in at the venue for registration with the NCAA regatta staff prior to unloading your trailer. Trailers are permitted to enter the team area beginning at 8 a.m. on Tuesday, May 25.

Credentials

A credential will be provided for each member of the official tested traveling party. All individuals will require a credential or ticket to gain admittance. Institutions that violate or abuse this policy will be subject to the NCAA misconduct policy. For information regarding media, please refer to the media section in this manual.

Due to safety concerns, no individuals under the age of 18 (unless they are competing student-athletes) will be allowed in the boat storage area.

Credentials will be

Emergency/Evacuation Plan

Security personnel will instruct your travel party in the event of an emergency according The Regatta Emergency Action Plan (Appendix H). The inclement weather plan is also included (Appendix H) and will be reviewed at the coaches’ meeting.

Forms

Following the selection of teams for the championship, information will be sent to each head coach regarding creating an account to input rosters, line-ups, schedule your boat certification (weigh-in) along with other championship information that is needed. All forms/entries are due by **Thursday, May 20 at 5 p.m. Eastern time** for Divisions I, II and III. A confirmation email will be sent following submission. After 5 p.m., Eastern time, Thursday, the system will be locked for changes. The online system will be opened back up for lineup adjustments at 8 a.m. Eastern time, Monday, May 24. You can make changes to your lineups up until 9 a.m. Eastern time, Thursday, May 27. After that time, any changes should be emailed to Kelly Whitaker (Division II) or Michelle Watsky (Divisions II and III) 15 minutes before the start of the division breakout sessions.

Roster/Line-up/Boat Certs/Championship System. This system allows the line-ups to be input directly into the timing software so please spell names accurately.



- Primary Contact Information [Primary team contact name, work number, cell number, email, date of team arrival, team transportation (bus/plane), number of team vehicles (bus/car/van)]. Please note there is a limit of four parking passes for team cars/vans in the lot adjacent to the team area, please indicate the number needed on this form.
- Credential List (institutional personnel that will receive the Coach/Team Staff credentials, list up to 6)
- Lineup Form (List the names of the student-athletes for each boat starting from 8 to coxswain – please list last name, first name and include the birth month, birth day, birth year for each student-athlete; list names of spares (same list of spares should be entered on each boat); list coaching staff and athletic trainer. The lineup form will be used to assign student-athlete credentials.)
- Boat Transportation Form (Institution, division, transportation contact name, email, cell phone number, and boat transportation plans/needs)

Team Hospitality

Water, PowerAde, and a variety of fruit and snacks will be provided to each team daily. Each team will receive a 10-gallon cooler for their designated tent for water or PowerAde. Note: coolers must have a designated cup filler, and squeeze bottles may not be refilled from the spigot.

Lineup/Substitution Forms

Each coach will receive an email with instructions (user credentials) on creating a registration which then will allow them to submit his or her line-up for each boat. The system will directly enter these line-ups into the timing system. Coaches desiring to make any minor substitutions must email Kelly Whitaker (Division II) or Michelle Watsky (Divisions II and III) 15 minutes before the start of the coaches division breakout sessions. After this time, coaches can change the order/seats of student-athletes in a boat without approval, but cannot change student-athletes between boats without following official protocol. If a change is made to the order/seats, **please submit it to your committee representative assigned to your team or turn into the committee on the 5th floor of the finish line tower.**

This protocol is initiated with the change of lineup approval form, found in Appendix G, and only granted for student-athletes who have been seen by the host physician and declared unable to race due to illness or injury. If an illness or injury occurs to a competitor and that competitor is later restored to health, the crew must revert back to that which was originally submitted prior to the start of competition. All proper medical forms must be completed for exemption from competition, as well as clearance to return to competition. Any change to lineups should be communicated to your committee representative assigned to your team or turn it on the 5th floor of the finish line tower for announcement.

Lost and Found

Lost and Found is located at the Nathan Benderson Park admissions tent.



Mementos

An online gift-suite will serve as the participation awards provided to members of the official travel party of institutions that advance to the championship final sites. For more information including examples of the awards, please see [Appendix A on page 33](#).

Merchandise

Merchandise will be sold at the championship in the spectator area during each competition day. Additionally, it will be available for Thursday, May 27 from 7 a.m. to at least 7 p.m. for student-athletes and officials.

National Anthem

The national anthem will be performed each day of competition before the first race of the day. This will occur at approximately at 8 a.m. each day.

Packet Pick Up

Each team will need to pick up their packet on Wednesday, May 26 between the hours of 10 a.m.-7 p.m. Eastern time on the second floor of the Finish Tower. The packet will include participant medallions, squeeze bottles, heat sheets, course map, pink vinyl tape for the II Eights, and a set of bow numbers for each boat.

Teams may park behind the Finish Tower for packet pickup; however, once they have received their packet and parking passes, vehicles must be moved to the appropriate parking location.

Parking

Team Van/Car

The spectator lot (5851 Nathan Benderson Circle, Sarasota FL 34235) will have spaces for team car/vans only. There is a limit of four passes per institution, please indicate the number needed on the primary contact information. These passes will be included in your team packet.

Team Bus Parking and Drop-off

Buses should enter the island following the parking signs and stage on the left side of the drop off loop. There will be signs for “bus parking”. At no time shall a bus enter the main parking lot. There is space for 18 busses in the drop off loop. Once that is full there is additional parking at the North lot, additional signs will lead you to this spot.

Media

Parking will be at the bus drop dropoff circle behind the Finish Tower. Packets can be picked-up at the admission tent located at the entrance to the spectator area Thursday-Sunday. If you do not have your pass starting Friday, please provide your name to the spectator lot entrance until you have secured your pass.

Spectator Parking

Parking will be available at 299 University Town Center Dr., Sarasota FL 34243. Parking is \$10 per day and only **CASH** payment is accepted for parking fees.



Post-Championship & Competition Site Evaluations

All evaluations will be sent via email from the NCAA at the conclusion of the event.

Pre-Championship Manual

Coaches should review the respective divisional pre-championship manual for exceptions to US Rowing Rules, system of determining finalist, equipment requirements, seeding and progressions.

Protest Area

The initial objection must be verbally lodged **on the water by the crew** followed by a written protest submitted within one hour after the crew reaches land. The written protest should be completed and submitted at Control Commission to the Control Commission Deputy. There will be protest forms at Control Commission and can also be found in Appendix F in this manual. All protests are administered according to the current US Rowing Rules. The protest hearing will be scheduled as soon as possible, most likely at the end of that racing session.

Please refer to US Rowing Rules 2-605 and 2-606 for the procedures for to raise an objection and to lodge a protest statement. Any Jury decision made at the championship is final. Rules 2-608 as well as the US Rowing Grievance procedure will not be honored.

Race Course

Specific traffic rules will be in effect at all times. Course marshals will be on the water during all practice sessions to ensure that the traffic rules are observed properly during training. Practice rules and course map with traffic pattern are included in Appendix C.

Spectator Area

Grandstands/shade tents will be provided. Food vendors will be available in the spectator viewing area behind the grandstands. Outside food is permitted in designated tent areas ONLY (i.e., team tents & spectator tents outside the spectator area).

Spectator/alumni tents are available for rent and will be set up on the beach along the course. Deadline for teams to reserve Spectator/Alumni tents rental by visiting the following link http://ucfknight.com/documents/2021/5/10//Tent_Rental_Request_Template_for_NCAA_Parent_Tent_Rentals.pdf?id=14282 is 5 p.m. Eastern time, Thursday, May 17.

Team Area

A credential-only team area, including athletic training services, boat weigh-ins and student-athlete hospitality with an LED display board for race viewing, will be fenced in and located near the launch/return docks.

Teams bringing their own ergs may set up in the common tents, and a limited number of community ergs will also be available for teams not bringing their own.



Inclement Weather

For any potential weather delays, you will be notified by your assigned committee member via phone or text and an email will be sent by the NCAA to all head coaches.

Web Streaming

The entire championship can be seen live on <http://www.ncaa.com/liveschedule>.

Section 9 - Drug Testing

The NCAA is dedicated to fair and equitable competition throughout each round of championships and strongly supports the drug-testing program in order to safeguard the health and safety of the participating student-athletes.

Student-Athlete Notification

Immediately after any established NCAA cool-down period, a member of the drug-testing crew will notify student-athletes selected for drug testing. Each student-athlete will be instructed to read and sign the Team Championship Student-Athlete Notification Form. The notification form will instruct the student-athlete to report to the testing location within 60 minutes, unless otherwise directed by the crew member. An institutional representative must be present in the drug-testing venue.

Media Obligations

Each team is provided a post-game cool-down period. At the conclusion of the cool-down period, a member of the drug-testing crew will notify the student-athletes who have been selected for testing. If a selected student-athlete is scheduled to participate in any postgame news conference, she is required to attend the news conference first. The student-athlete will be escorted to the drug-testing area after all of her media obligations have been fulfilled.

Participating Institution's Notification

The institutional representative will be notified of drug testing no sooner than two (2) hours prior to the start of the race by the drug-testing crew chief. After the race, a member of the drug-testing crew will provide the institutional representative with the names of the selected student-athletes.

Prolonged Test

If the student-athlete's team must depart the championship prior to a student-athlete completing drug testing, an institutional representative must remain with the student-athlete. If the student-athlete and/or institution incur additional expenses because of the delay (e.g., hotel, transportation back to campus, etc.), the institution may request reimbursement from the NCAA.

Testing Process

Student-athletes are drug tested through urinalysis and must provide a specimen in view of a drug-testing collector of the same gender. The length of the collection process depends on the student-athlete's ability to provide an adequate specimen. If a student-athlete provides an adequate specimen immediately upon arriving in the drug-testing area, the entire process can be completed within 20 minutes. If the student-athlete is unable to provide an adequate specimen,



she must remain in the drug-testing area until one is provided. There is no maximum allotted time for a student-athlete to provide an adequate specimen.

Section 10 - Expenses/ Reimbursement

Per Diem

Transportation expenses and per diem will be provided for the official travel party. See Travel party for exact divisional numbers.

TES System

Expense reimbursement for participation in championships must be filed through the Travel Expense System (TES), which can be found online at www.ncaa.org > Division > Championships > Championships Travel. All competing institutions must request reimbursement through the new system in order to receive the appropriate reimbursement.

If you need assistance or experience any technical difficulties, please contact the travel department at 317-917-6757 or by email at travel@ncaa.org. Teams should provide themselves sufficient money to meet all expenses throughout the championships, including ground transportation, lodging and meal expenses and other miscellaneous expenses.

Section 11 - Lodging

Headquarters Hotel

Homewood Suites Lakewood Ranch
305 N. Cattlement Rd.
Sarasota, Florida 34243

<https://www.hilton.com/en/hotels/srqunhw-homewood-suites-sarasota-lakewood-ranch/>

Team Hotels

Hotel reservations for the official travel parties of the competing teams, the officials and Division I, II and III Women's Rowing Committee representatives shall be made by the NCAA. The NCAA will assign teams to the respective hotel properties. Once the teams have been determined and assigned to a hotel, the reservations will be confirmed in the names of the institution; and, therefore, the institutions shall be responsible for the reservations, room assignments, and payments. Each participating institution is also responsible for making its own arrangements for meeting rooms, meals and other functions.

The following rooms and types have been reserved for each participating institution based upon their division. These rooms are guaranteed for a minimum of four nights for Divisions I and II (Wednesday, May 26 – Sunday, May 30) and a minimum of three nights for Division III (Wednesday, May 26 – Saturday, May 29).

Division I – 3 Kings; 15 double-doubles



Division II – 1 King; 12 double-doubles

Division III – 1 King; 14 double-doubles

Institutions desiring to come earlier than Wednesday or needing additional rooms outside of what is allocated above should make their requests directly with the hotel property contact where they are assigned. If your request can be satisfied, the hotel will communicate that information back to you.

Participating institutions are responsible for the rooms reserved by the NCAA. If an institution prefers to stay in another hotel, the institution must:

1. Obtain a written release of the rooms from the hotel's general manager and submit it to the NCAA. Institutions may be subject to a financial penalty per the hotel's policy, or
2. Utilize the rooms for persons accompanying the official travel party.

In either case, the institution is responsible for securing arrangements at another property. If an institution fails to make satisfactory arrangements for the use of rooms at the assigned hotel, it will be charged for those rooms.

Section 12 - Media Services

Credentials

All media credential requests must be made online at ncaa.com/media. Members of the media and sports information directors may pick up their credential with a photo ID 2-5 p.m., Wednesday, May 26, or 3-7 p.m, Thursday, May 27, 3 – 7 p.m. at the admission tent.

If you have questions, please contact Douglas Jessmer, media coordinator, Douglas@sanca.us.

Credentials must be worn in plain sight at all times. Standard rules concerning credentials apply. Credentials are issued for the sole purpose of providing facility access to the bearer with a legitimate working function in connection with this event. IT IS NONTRANSFERABLE. Any unauthorized use of this credential subjects the bearer to having the credential revoked. We cannot replace lost or stolen credentials.

Interview Requests

No in-person interviews will be allowed with any coaches and/or student-athletes during the championships. Media interested in conducting virtual interviews with coaches and/or student-athletes should contact the team's sports information director.



Media Services

Sports information and media will be located in the media tent by the finish tower. This area will have tables and chairs along with power outlets for writing stories or uploading photos. Wireless internet capabilities are available. Light snacks will be provided in this area.

Parking

Parking will be at the bus drop dropoff circle behind the Finish Tower.

Media parking is provided in the spectator parking lot (5851 Nathan Benderson Circle, Sarasota FL 34235) at no charge, please follow signage and direction event staff. Media should request parking through Doug Jessmer, media coordinator, at Douglas@sanca.us.

Passes will be provided and included in your credential packet. Packets can be picked-up at the admission tent on Thursday-Sunday.

Results/Heat Sheets

Results will be posted in the student-athlete hospitality area and at the Finish Tower. Results and heat sheets can also be accessed on www.ncaa.com/rowing.

New for 2021: An NCAA Women's Rowing Championship App is available for free download for iPhone and Android users. The most up-to-date heat and lane assignments and results will be available in real time through this app found in the iStore (iPhone) and on Google Play (Android). Participants and spectators are **highly encouraged** to use this App as heat sheets will not be made available via hard copy.

Webcasts

Each day of the competition there will be a live webcast on <http://www.ncaa.com/liveschedule>.

Section 13 - Medical

Ambulance

An ambulance will be at the water at least 30 minutes prior to practice and competition.

Athletic Training

On-site medical services will be available during all practice and race times. A physician will be on-site for races and on-call for practice times. The athletic training tent (see Appendix D map) will have hot packs and ice available. These services will be available to all student-athletes on a first-come, first-served basis except in emergency situations. If your team is not traveling with an athletic trainer, the athletic training staff will be happy to assist your team. If your team is not traveling with a certified athletic trainer and a student-athlete needs a specific modality, please have a written request accompany the student-athlete for the modality treatment required to provide to the Coordinator of Medical Services.



Athletic training services will be available 30 minutes before practice times and 30 minutes after practice times or until the last student-athlete is seen. On race days, the athletic training tent will be available one hour prior to the first race and 30 minutes after the last race or until the last student-athlete is seen.

Concussion Management

The NCAA has adopted legislation that requires all active member institutions to have a concussion management plan for their student-athletes. Participating institutions shall follow their concussion management plan while participating in NCAA championships. If a participating team lacks appropriate medical staff to activate its concussion management plan, the host championship concussion management plan will be activated.

The legislation notes, in part, that a student-athlete who exhibits signs, symptoms or behaviors consistent with a concussion shall be removed from athletics activities (e.g., competition, practice, conditioning sessions) and evaluated by a medical staff member (e.g., sports medicine staff, team physician) with experience in the evaluation and management of concussions; a student-athlete diagnosed with a concussion is precluded from returning to athletics activity for at least the remainder of that calendar day; and medical clearance for return to athletics activity shall be determined by the team physician or the physician's designee from the student-athlete's institution. In the absence of a team physician or their designee, the NCAA tournament physician will examine the student-athlete and will determine medical clearance. Within the rules of the sport and policies established for the championships, medical staff should have access to the injured student-athlete without interference (e.g., coach).

A concussion is a brain injury that may be caused by a blow to the head, face, neck or elsewhere on the body with an "impulsive" force transmitted to the head. Concussions can occur without loss of consciousness or other obvious signs. A repeat concussion that occurs before the brain recovers from the previous one (hours, days or weeks) can slow recovery or increase the likelihood of having long-term problems. In rare cases, repeat concussions can result in brain swelling, permanent brain damage and even death.

Championship Medical Contact/Physician

Dr. Joanne Fava

Chief Medical Officer

Nathan Benderson Park

Office: 941-359-3278

Cell: 941-321-6808

E-mail: medical@sanca.us.

Emergency Services and Urgent Care

Below please find the closest hospital emergency room to Nathan Benderson Park :

Lakewood Ranch Medical Center
8330 Lakewood Ranch Blvd



Lakewood Ranch, FL 34202

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

Nearby urgent care options include the following:

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

Fruitvill Walkin Urgent Care
3420 Fruitville Rd, Sarasota, FL 34237

Section 14 - Participant Expectations & Guidelines

Testing

Teams must adhere to the [NCAA Championships Participant Code of Conduct](#). Failure to do so could result in misconduct penalties.

Misconduct

Misconduct in an NCAA championship is any act of dishonesty, unsportsmanlike conduct, unprofessional behavior or breach of law, occurring from the time the championship field is announced through the end of the championship that discredits the event or intercollegiate athletics.

Sportsmanship

The primary goal of the rules is to maximize the safety and enjoyment of the student-athlete. Sportsmanship is a key part of that goal. Sportsmanship should be a core value in behavior of players and bench personnel, in crowd control by game management and in the officials' proper enforcement of the rules governing related actions.

Sports Wagering

The NCAA defines sports wagering as putting something at risk – such as an entry fee or a wager – with the opportunity to win something in return. The NCAA opposes all forms of legal and illegal sports wagering on college sports. Student-athletes and athletics administrators cannot place a sports wager for any NCAA-sanctioned sport. This includes wagering on the intercollegiate, amateur or professional level.

A student-athlete involved in sports wagering on the student-athlete's institution permanently loses all remaining regular-season and postseason eligibility in all sports. A student-athlete who is involved in any sports wagering activity that involves college sports or professional athletics, through Internet gambling, a bookmaker, a parlay card or any other method employed by



organized gambling, will be ineligible for all regular-season and postseason competition for at least one year.

In championships in which a bracket format is used, student-athletes, coaches and administrators may not participate in bracket competitions where there is both a required entry fee and an opportunity to win a prize. Student-athletes and administrators may participate under current NCAA rules, in bracket contests where there is no entry fee but a possibility of winning a prize. Some NCAA member schools, however, have chosen to ban student-athletes from participating in these types of bracket contests.

Tobacco Ban

The use of tobacco products is prohibited by all game personnel (e.g., coaches, trainers, managers and game officials) in all sports during practice and competition. Uniform penalties (as determined by the applicable rules-making committees and sports committees with rules-making responsibilities) shall be established for such use.

The use of tobacco products by a student-athlete is prohibited during practice and competition. A student-athlete who uses tobacco products during a practice or competition shall be disqualified for the remainder of that practice or competition.

Section 15 - Security

There are credentialed access points that will require individuals to show their credential. Please have it with you at all times. Student-athletes will be issued wristbands that should be worn for the duration of the championships.

Due to safety concerns, no individuals under the age of 18 (unless they are competing student-athletes) will be allowed in the boat storage area.

Security will be on site beginning Wednesday, May 26 through Sunday, May 30 on a 24-hour basis.

Section 16 - Team Travel/ Transportation

Short's Travel Management

The participating institution shall be completely responsible for making its own travel reservations in accordance with the following:

The NCAA's official travel agency for the tournament is Short's Travel Management, which can be reached at 866-655-9215. Institutions can also enter travel manifest and other travel party information through the travel portal at www.shortstravel.com/ncaachamps. Since transportation costs are billed directly to the Association, all air travel must be arranged through Short's. Please note, travel not booked through Short's will not be reimbursed by the Association. They can be reached by phone at 866-655-9215 or by email at ncaaalo@shortstravel.com.



Championships Ground Travel. Institutions are NO longer required to use Go Ground for post-season NCAA team championship ground transportation. For 2020-21 championships, institutions will have the ability to work directly with bus companies or use their regular season providers, if in accordance with the NCAA bus safety standards. This transportation will be secured to and from the site of competition and any other transportation needs while competing in NCAA championships. Institutions must use bus companies that meet NCAA safety standards. These safety standards can be found [here](#). Institutions eligible for ground travel will receive reimbursement directly from the NCAA through the NCAA Travel Expense System.

Teams flying are eligible for reimbursement of bus rentals. Any days in between are considered local transportation and are at the expense of the institution. Please reference the NCAA travel policies at: <http://www.ncaa.org/championships/travel/championships-travel-information>.

Teams flying that would prefer to use minivans will be reimbursed on the back end for two rental days through the Travel Expense System (TES) if mileage from arrival airport to site of competition is over 25 miles one way. Again, any days in between are considered local transportation and are at the expense of the institution. Enterprise will work with teams to secure minivans or other forms of transportation. Teams may also contact GO Ground Options that is referenced above.

Travel Exceptions. Be advised that if extraordinary circumstances may warrant an exception to the travel policies, you must contact the NCAA travel department for approval PRIOR TO making any travel arrangements. The travel group can be reached at 317-917-6757, or by email at travel@ncaa.org.

For a complete list of NCAA policies for travel and transportation, please go to: <http://www.ncaa.org/championships/travel/championships-travel-information>.

Travel Party

Division I: The squad size for teams is 25 (23 competitors and two substitutes) plus six non-athletes for a total official travel party of 31.

Division II: The squad size for teams is 16 (14 competitors and two substitutes) plus five non-athletes for a total official travel party of 21.

Division III: The squad size for teams is 21 (18 competitors and three spares, one of which must be a coxswain) plus five non-athletes for a total official travel party of 26.

Section 17 - Tickets

Complimentary Tickets

Participating institutions are not entitled to complimentary ticket.



Ticket Purchases

For group sales, please contact Leigh Ketchum with the Sarasota Box Office at 941-224-7244.

Ticket Prices

Tickets can be purchased online prior to the championship (all-session) at <https://championshiprowing.com/sh-events/2021-ncaa-rowing-championships-all-sessions/> or (single-session) at <https://championshiprowing.com/>.

Ticket prices are as follows:

Individual Day Session

\$15 adult individual day ticket

\$10 student/senior/child individual day ticket

All-Session

\$40 for a three-day adult all-session package

\$25 for a three-day student/senior/child all-session package

Child/Student = Age 3 - College (with valid college ID)

Senior = Age 50+ (with valid ID)

Children age 2 and under are free

All fans must possess a ticket; the only exception is any child under the age of two. All fans possessing a ticket will be asked to scan their ticket each time they leave & re-enter the spectator area.

VIP ticket buyers will also be given a wristband in addition to their ticket, which must be worn to gain access to the VIP area (Floor 2 of finish tower). If lost, fans must purchase a VIP ticket as wristbands are not replaceable.

Prohibited items include: Noise makers, animals, firearms, knives, chains, lasers, or any other item that may be considered harmful will not be allowed. Any bags/items brought into the spectator area are subject to inspection. See spectator information in Appendix E.

Section 18 - Trophies and Awards

Additional Award Ordering

To purchase additional awards please use the following link:

<http://www.mtmrecognition.com/ncaa/>

Awards

Division I: Official NCAA awards will be presented to the top three crews in each event. Each crew member in that particular boat will receive one mini trophy.



Team trophies will be presented to the top four teams. Additionally, the first place teams will receive 25 watches and 31 mini-trophies. The additional 6 watches will be ordered after the championship to accommodate the number of men's and women's watches needed. The second, third and fourth place teams will receive 31 mini-trophies each.

Division II: Official NCAA awards will be presented to the top two crews in each event. Each crew member in those particular boats will receive one mini trophy.

Team trophies will be presented to the top two teams. Additionally, the first place team will receive 16 watches and 21 mini-trophies. The additional 5 watches will be ordered after the championship to accommodate the number of men's and women's watches needed. The second place teams will receive 21 mini-trophies each.

Division III: Official NCAA awards will be presented to the top three crews in each event. Each crew member in that particular boat will receive one mini trophy.

Team trophies will be presented to the top four teams. Additionally, the first place teams will receive 21 watches and 26 mini-trophies. The additional 5 watches will be ordered after the championship to accommodate the number of men's and women's watches needed. The second, third and fourth place teams will receive 23 mini-trophies each.

The awards ceremony will be conducted on a stage next to the finish line with Division III awards Saturday, May 29 at approximately 12:30 p.m. following the Grand Finals; Division II awards Sunday, May 30 at approximately 11:30 a.m. following the I Eights Grand Finals; and Division I awards Sunday, May 30 at approximately noon, immediately following the Division II awards.

Elite 90

The Elite 90 award is presented to the student-athlete with the highest cumulative grade-point average competing at the final site for each of the 90 NCAA championships. Each institution that has at least one student-athlete qualify for the final round/site is eligible to nominate a student-athlete for the award. All ties are broken by number of credits completed.

For more information regarding this program, please contact Mark Bedics (317-917-6222; elite90@ncaa.org). All documents, including deadlines and nomination forms, can be obtained at [Elite 90 forms](#).

The submission deadline for nomination for NCAA Division I, II and III Women's Rowing is 5 p.m. Eastern time on Thursday, May 17.

Section 19 - Uniforms

Uniform Policy

Please see uniform policy for each division as specified in the 2021 Pre-Championships Manuals.



Logo Policy

[Reference: Bylaw 12.5.4 in the NCAA Division I and II Manuals, and Bylaw 12.5.3 in the NCAA Division III Manual.]

The provisions of Bylaw 12.5.4 (Divisions I and II) or Bylaw 12.5.3 (Division III) indicate that an institution's official uniform and all other items of apparel (e.g., socks, headbands, T-shirts, wristbands, visors or hats, and towels) that are worn by student-athletes in competition may bear a single manufacturer's or distributor's normal trademark, not to exceed 2 1/4-square inches, including any additional material (e.g., patch) surrounding the normal trademark or logo. The logo or trademark must be contained within a four-sided geometrical figure (i.e., rectangle, square, and parallelogram).

In addition, an institution's official uniform cannot bear a design element similar to the manufacturer's that is in addition to another logo or that is contrary to the size restrictions.

A student-athlete representing an institution in intercollegiate competition is limited to wearing apparel items that include only the logo (not to exceed 2 1/4-square inches) of an apparel manufacturer or distributor. The student-athlete may not wear any apparel that identifies any other entity, other than the student-athlete's institution.

These restrictions apply to all apparel worn by student-athletes, and any and all credentialed personnel in the bench area during the conduct of competition, which includes any practices and pregame or postgame activities.

This bylaw will be strictly enforced at all NCAA championships and the names of individuals and institutions that are not in compliance with this bylaw shall be forwarded to the NCAA enforcement staff. Non-compliance with this legislation could result in loss of eligibility, forfeiture of points earned by those ineligible student-athletes and adjustment of team standings.

Division I Additional Requirements:

The logo restriction on student-athletes' apparel set forth in 12.5.4 shall apply during the NCAA championships to all personnel (e.g., coaches, trainers, managers) who are on the team bench for practices and games or who participate in news conferences. Please note that those contracts between institutions and apparel manufacturers or distributors that include logo specifications may be honored, provided such contracts were in effect before August 11, 1998. Also, the logo restriction on student-athletes' apparel as set forth in 12.5.4 shall apply to commercial logos on uniforms worn by band members, cheerleaders, dance team members and the institution's mascot during NCAA championship events



Appendix A: Student-Athlete Participation Awards



NCAA-Awards.com

HOW TO GET YOUR Student-Athlete Participation Awards

For 2020-2021, an online gift-suite will serve as the participation awards provided to members of the official travel party of institutions that advance to the championship final sites.

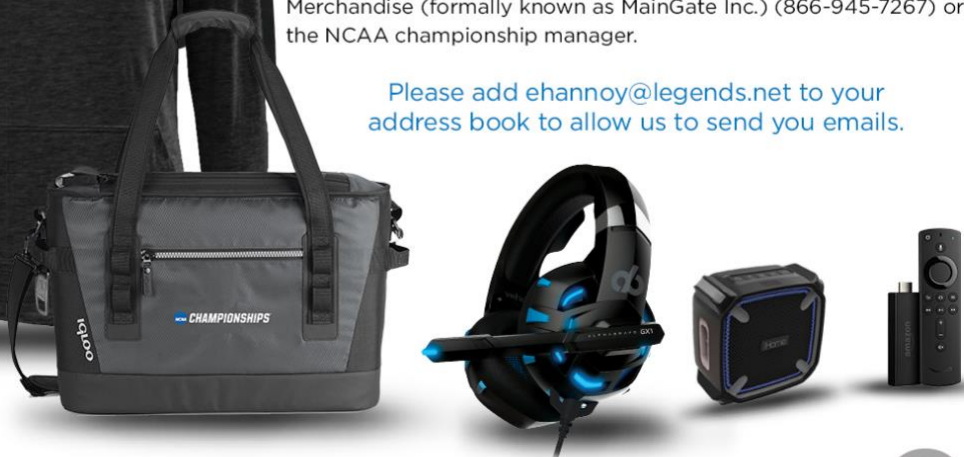


After the championship, MainGate will send the head coach an email providing ordering process details, along with a unique Certificate Code (valid for one participation award per member of your official travel party) that can be redeemed only at www.NCAA-Awards.com. In order to ensure that each participant receives an award, a member of your administration must place your team's order, including size information, at NCAA-Awards.com using your Certificate Code.

Your institution may select different items per participant; men's and women's sizes are available for apparel items. If you would like to purchase additional awards, you will have the opportunity to do so online via personal credit card at the end of the checkout process.

Participation award items will be sent to your institution for distribution to your student-athletes within four to six weeks after your order is placed. If you do not receive information for ordering awards within two weeks of the conclusion of the championship please contact Erin Hannoy ehannoy@legends.net, Legends Global Merchandise (formally known as MainGate Inc.) (866-945-7267) or the NCAA championship manager.

Please add ehannoy@legends.net to your address book to allow us to send you emails.



Place your order at NCAA-Awards.com



Appendix B: Inclement Weather Plan

Bob Whitford and Sarah Kupiec (or their designee) and staff from UCF will be responsible for monitoring the weather during practice and competition. Local weather forecasts, weather radar and lightning detection devices (which includes the SkyGuard monitoring system and the NCAA weathersentry online system), combined with local weather knowledge, will be used to monitor the weather during all practices and competition. They will work with NCAA committee chairs, NCAA liaisons, and the head official 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 Regatta Emergency Action Plan, with additions/modifications as discussed below.

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 NCAA Committee Member and NCAA Staff personnel on site.
- b. The Head Official and/or her designee.
- c. Onsite EMTs and security officers.

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 and all personnel are to evacuate to a safe structure/location.

****Being on the water when lightening is within a 10 mile radius is not allowed.****

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

- Marshaling boats, officials boats, and the on-water medical teams will push each team toward the launching and recovery docks (primary Recovery Point) and/or secondary Recovery Points (Boat ramp at southeast corner of Benderson Lake; shore to west of start bridge; awards dock; beaches along Regatta Island spectator area), as directed by the head official or her designee.
- All boats will stop launching and both launching and recovery 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.

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 and golf carts 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 lightening is in the area, but if outside with no safe shelter, the following actions may reduce risk:

- a. 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.**
- b. 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.
- c. 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.
- d. 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:

- a. 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.



- b. 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.
- c. The first priority of personnel is to move the lightning strike victim to a safe location.
- d. 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.
- e. 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 NCAA committee chairs, NCAA liaisons, and Bob Whitford 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 the designated Communications Manager (Meghan Herboth). Decisions on adjustments to the schedule will be made by the NCAA Committee in conjunction with the NCAA liaisons and head official, following the Committee Schedule Contingency Plan.

Standard guidelines for return to championships 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.



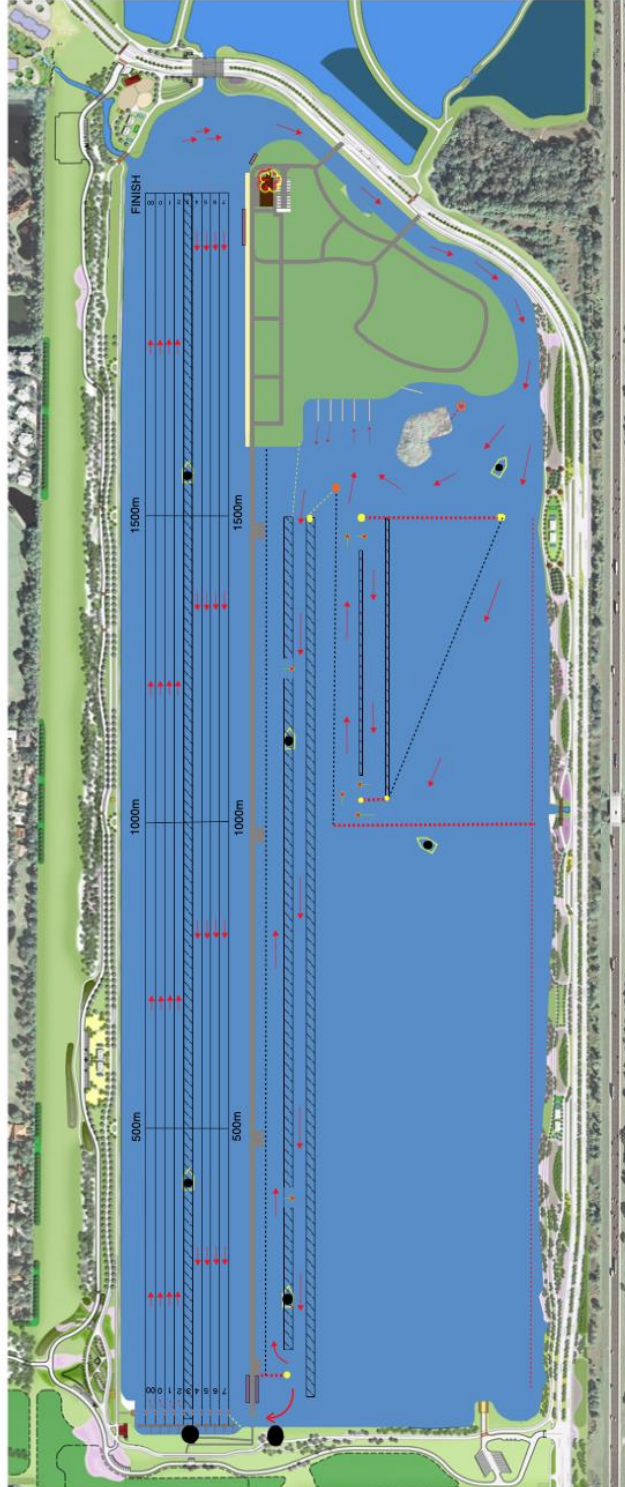
Appendix C: Course Traffic Patterns

Practice Traffic Pattern



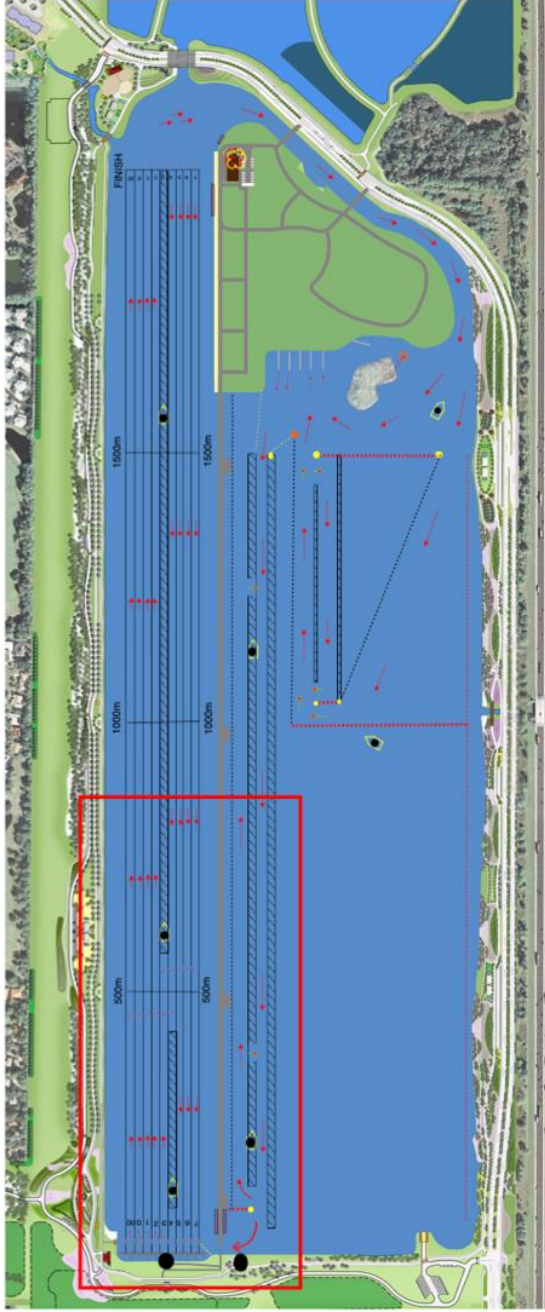
Nathan Benderson Park

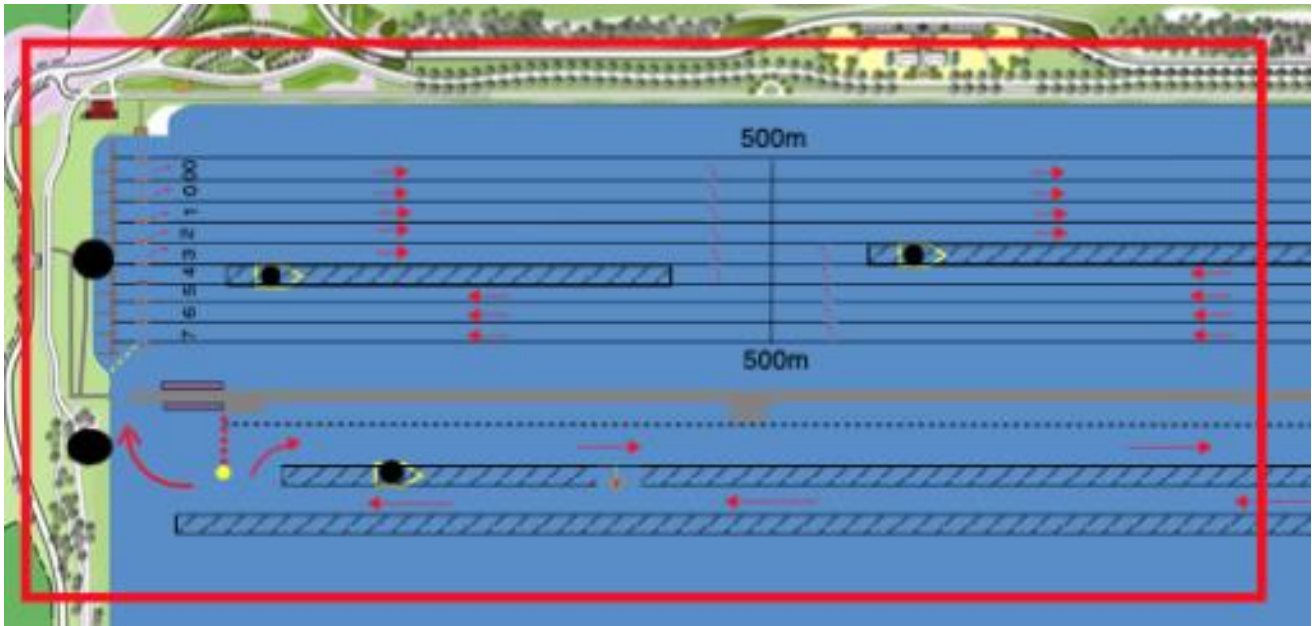
PRACTICE TRAFFIC PATTERN



Nathan Benderson Park

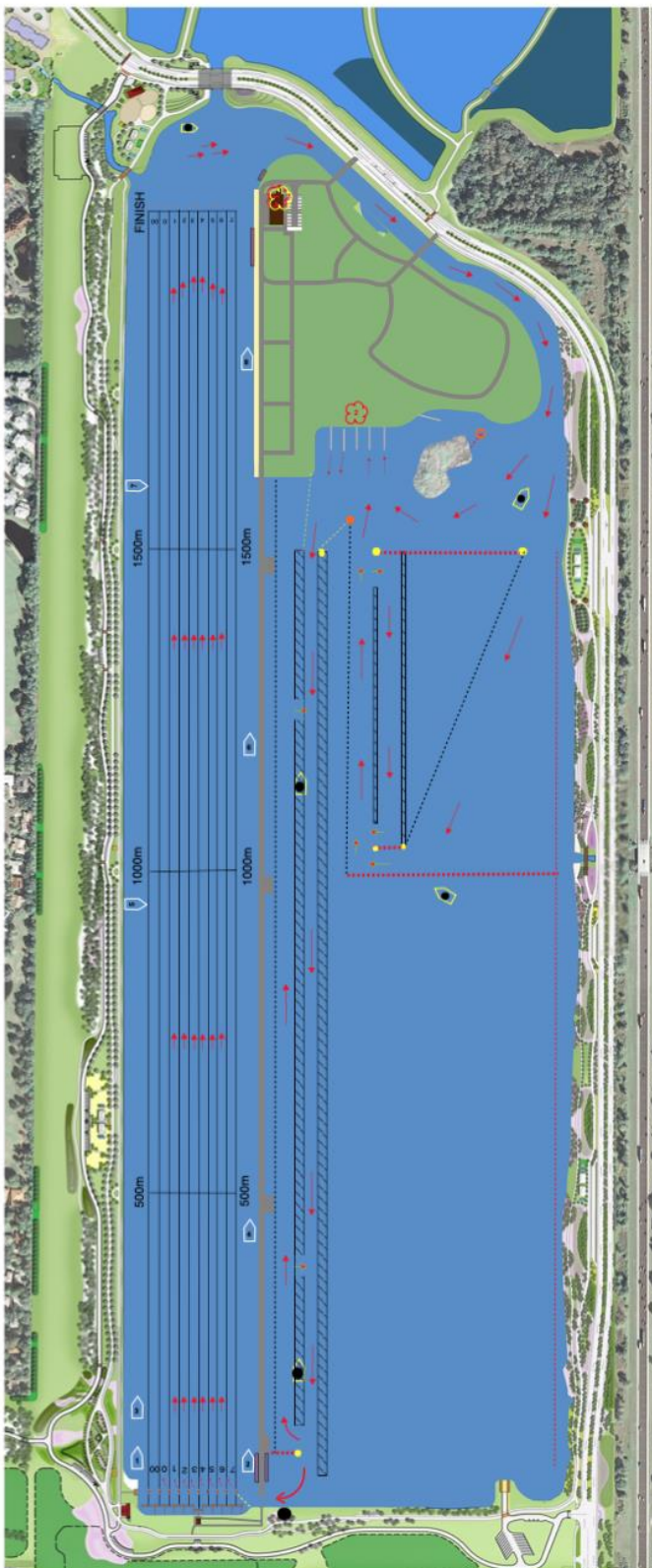
TRAFFIC PATTERN - PRACTICE STARTS





Nathan Benderson Park

RACE DAY TRAFFIC PATTERN





The logo for Nathan Benderson Park (NBP) is located in the top left corner. It features a stylized green leaf-like shape on the left and a blue leaf-like shape on the right, both curving upwards. In the center, the letters "NBP" are written in a bold, blue, sans-serif font. The text "NATHAN BENDERSON PARK" is written in a smaller, blue, sans-serif font, curving along the top left edge of the green shape. The text "SARASOTA FLORIDA" is written in a smaller, blue, sans-serif font, curving along the top right edge of the blue shape.



Appendix E: Spectator Guidelines

When attending the NCAA Women's National Championships please abide by the following rules:

Parking (299 University Town Center Dr., Sarasota FL 34243)

1. Parking permits will be distributed for various parking lots and will be strictly enforced by Nathan Benderson Park staff. Please refer to the parking site map for parking designations and athlete drop-off areas.
2. Athlete wristbands will only be accepted on uniformed athletes. If an athlete wristband is found on someone other than a uniformed athlete, the wristband will be cut off and the athlete will not be permitted to get another wristband.
3. Coach's/Riggers/Trainer wristbands will only be accepted on official team support staff. If a coach's wristband is found on someone other than a uniformed coach or staff, the wristband will be cut off and the coach will not be permitted to get another wristband.
4. General Public/parents/boosters/alumni/family must pay admission (\$10/car each day) to be admitted to the spectator parking lot.

Courtesy Golf Carts

1. Please note that golf carts are not for competitors.
2. Golf carts may be used by spectators only.

Team Tents

1. Fans/alumni tents will not be permitted at this years Championships.
2. Vendors will be onsite for food & beverage purchase.

Fan Code of Conduct

The following rules must be followed at all times by fans and spectators while in attendance at an NCAA Championships® event.

- **Face Coverings:** A face covering must be worn at all times.
- **Physical Distancing:** Practice physical distancing and remain 6 feet apart.
- **Seating Areas:** Remain in your seating pod area to ensure physical distancing from other groups. Note: For bleacher seating, stickers have been attached where spectators may sit.
- **No Interaction:** Interactions with student-athletes, coaches, team personnel and officials are strictly prohibited.
- **Arrive Prepared:** Review venue health and safety guidelines prior to arrival.

Failure to comply with these rules may result in ejection from the event and venue.



Appendix E: Change in Lineup Approval Form

CHANGE IN LINEUP APPROVAL FORM

EVENT: _____ DATE: _____ TIME OF EVENT: _____ RACE NO.: _____

TEAM: _____ LANE: _____

PRELIMINARIES _____ REPS _____ SEMI _____ FINALS _____

COACH: _____

ORIGINAL LINEUP

NEW LINEUP

LAST NAME FIRST NAME

LAST NAME FIRST NAME

BOW _____

BOW _____

2 _____

2 _____

3 _____

3 _____

4 _____

4 _____

5 _____

5 _____

6 _____

6 _____

7 _____

7 _____

8 _____

8 _____

COXSWAIN _____

COXSWAIN _____

REASON FOR CHANGE: _____

HOST PHYSICIAN SIGNATURE

DATE

By signing, I, _____ verify that the above named student-athlete
(Physician Print Name)
has an injury or illness that will prevent them from competing.

COACH SIGNATURE

DATE

ADMINISTRATOR SIGNATURE

CELL PHONE

NCAA SIGNATURE

DATE

ONLY THOSE STUDENT ATHLETES NAMED ON THE ENTRY FORM ARE ALLOWED TO REPLACE THE
INJURED/ILL DESIGNATED COMPETITOR.



Appendix F: Protest Form

NCAA DIVISIONS I, II AND III WOMEN'S ROWING Protest Form

DATE: _____ TIME: _____

RACE NO.: _____ HEAT: _____ REPECHAGE: _____ SEMIFINALS: _____ FINALS: _____

RACE:

LANE 1	LANE 2	LANE 3	LANE 4	LANE 5	LANE 6	LANE 7

TEAM PROTESTING: _____

RESULTS:

1 ST	2 ND	3 RD	4 TH	5 TH	6 TH	7 TH

WHAT RELIEF ARE YOU SEEKING: _____

DESCRIPTION OF SITUATION:

Protesting Competitor's Signature

Date

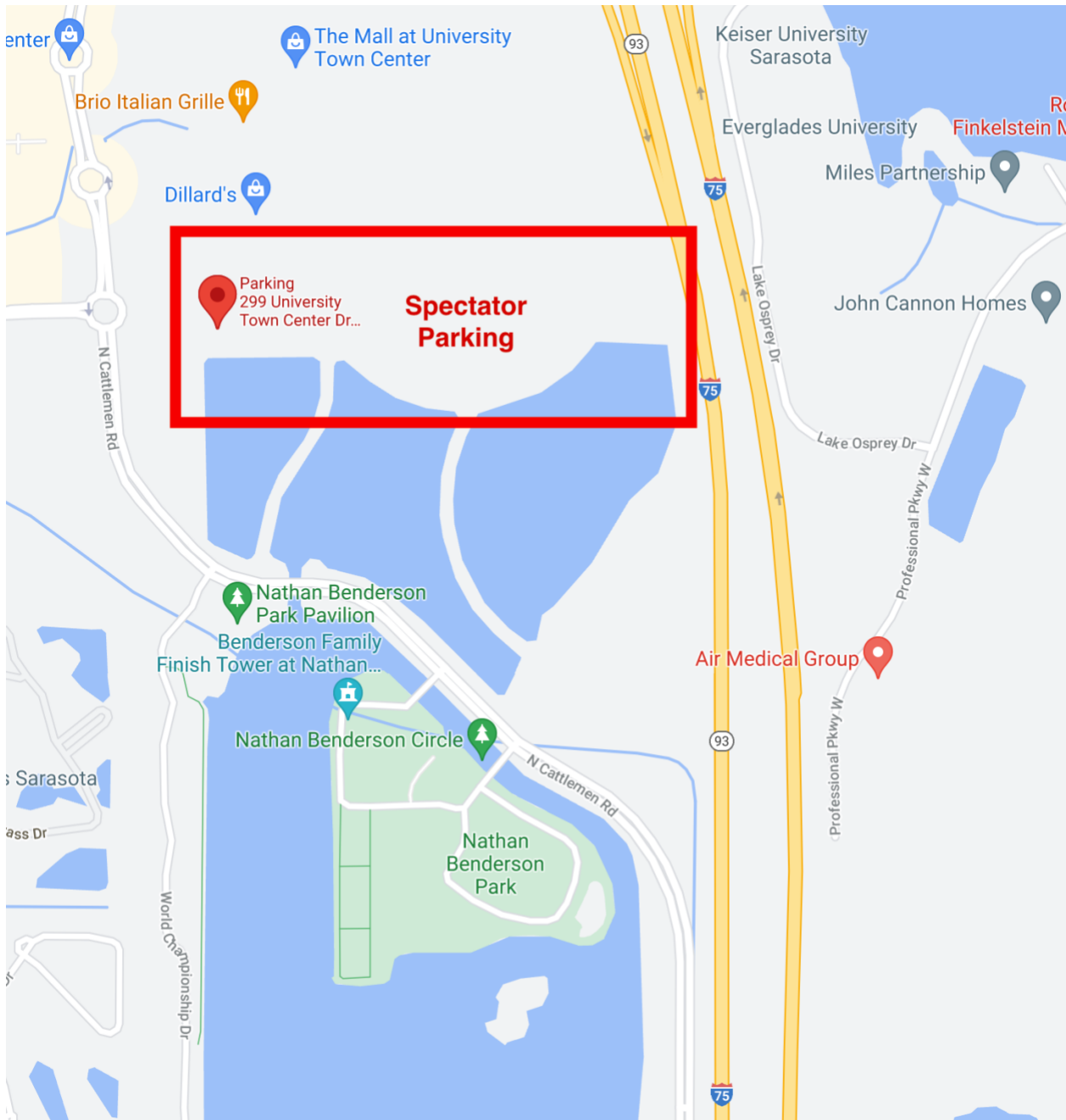
RESOLUTION:

Chief Referee's Signature

Date

All Jury decisions are final. Rule 2-608 as well as the USRowing Grievance procedure will not be honored.





Appendix H: Emergency Action Plan

COMMUNICATIONS:

1. Officials (including start and finish line), SANCA Representatives, Marine Personnel and Emergency Services EMT(s) have assigned and checked out radios operating on the same channel
2. Emergency Services Dive Team will be stationed with access to the full race course, warm up and cool down areas and will have radio communication.

EMS can be activated via Regatta radios on channel 1 OR 2 by announcing “MEDICAL, MEDICAL, MEDICAL”. EMS will respond to the incident on land or water and assume command.

If, at any time a life threatening situation occurs outside of the venue, DIAL 911.

The Closest Fire Department:

Sarasota County Emergency Services (Station 17) 5431 Desoto Road, Sarasota, FL 34235 941-861-2117(Less than 1 mile from Nathan Benderson Park)

NATHAN BENDERSON PARK - EMERGENCY ACTION PLAN

PART A

Sports Medicine

- The Sports Medicine area will be located in the Medical Tent at the launch and recovery area and will be staffed by UCF athletic training staff during all practice times and throughout the completion of competition.
- During the competition, county EMS will be on-site stationed near the finish line.

List of supplies/treatments available:

Launch and Recovery (Medical Tent)

Ice

Foam Roll

Basic Taping/Bandaging Supplies

Local medical facilities:

--Walk-in medical clinics:

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

FL 34201

7am – 10pm

Walgreens Pharmacy (941) 907-2686

9114 Town Center Pkwy University Park,

Lakewood Ranch, FL 34202

7am – 10pm

--Important Phone Numbers:

- | | |
|-------------------|--------------|
| a. EMS | 911 |
| b. Poison Control | 800-222-1222 |

Emergency Action Plan

- 1) Definition of Emergency requiring activation of EMS (on-site for championship):
 - 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) A Certified Athletic Trainer from UCF will evaluate the student-athlete, administer basic life support (BLS), and stabilize the student-athlete until EMS arrives (**please note...onsite for championship).
 - If the injury is a suspected cervical spine injury, in-line head and shoulder stabilization will be maintained by the NSU-ATC and/or the on-site physician as per standard protocols.
 - If the injury is a suspected cardio-respiratory emergency, the UCF-ATC will retrieve, 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 UCF-ATC at the finish line or launch and recovery area, depending on which is quicker.
- 3) The UCF-ATC will notify facility management personnel (and physician) of the emergency situation.
- 4) The UCF-ATC shall lead/direct the care until EMS assumes care.
- Additional first responders (coaches, staff, officials, campus safety officers) shall provide assistance at the direction of the UCF-ATC to include crowd control, escorting EMS, maintaining communication and completing incident report.
- 5) Regatta management personnel or UCF Athletic Training personnel will immediately use the closest available device to notify UCF-ATC to radio 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's emergency medical information.

Inclement Weather Plan

1. The SkyGuard monitoring system will be used for the monitoring of lightning.
2. Alerts will be sent to the Head Official, NCAA Committee Member personnel, and NCAA Staff personnel on site when a lightning strike is detected within a 15 mile radius of the championship site.
3. The weather plan listed in the Championship handbook will then be followed.
4. If there are no buildings on the rowing center campus that can suffice as safe shelter for lightning, then the following should be utilized as the next best option for protection from lightning.

NATHAN BENDERSON PARK - EMERGENCY ACTION PLAN

PART B - Weather Plan

Responsibilities

Chief Referee (and/or her designee)

- Final decision maker
- Weather related decisions are made in consultation with the NCAA Committee Member(s) and NCAA Staff on site, and Nathan Benderson Park staff
- Initiates "suspend" and "cancel"

Nathan Benderson Park Staff

- Consults with the Chief Referee and NCAA Committee Member(s) and NCAA Staff on site
- Coordinates and communicates with the LOC

NCAA Committee Member(s) and NCAA Staff On Site

- Consults with the Chief Referee and Nathan Benderson Park Staff
- Coordinates and communicates with the coaches

LOC - Coordinates and communicates with:

- Volunteer Coordinator
- Park Rangers
- EMT
- Fire Department
- Spectators

Coaches

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

Volunteer Coordinator

- Manages and accounts for volunteers
- Controls and secures launches

Park Ranger - Coordinates evacuation of the park

EMT - Treats weather related injuries

Fire Department - Coordinates emergency services

Management Actions

Chief Referee

- Start Deputy coordinates the evacuation of starting line referees (starter, assistant starter, aligner, judge at start, start dock assistant).
- On-water referees are designated to coordinate with the marshals, direct the evacuation of crews expeditiously
- Control commission referees proceed to the dock area to coordinate getting boats into the dock expeditiously
- Control Commission Deputy directs in recovering boats and crews expeditiously and safely

LOC

- Identify alternate landing/launching sites
- Inform the spectators of the decision of the Chief Referee
- Coordinate with the:
 - Volunteer Coordinator
 - Park Ranger
 - EMT
 - Fire Department

Coach

- Account for all athletes
 - Account for athletes coming off the water
 - Secure boats and equipment whether at the dock, alternate landing sites or trailers
 - Arrange for shelter i.e. buses, cars. Tents should not be the designated spot
 - Coordinate transportation
-

Course Evacuation Plans

As Soon As Possible

- Stop launching
- Crews are turned around and return to the dock, if not on the race course or at the startingline
- Finish any races on the course
- Move crews at the starting line and on the race course to Alternate Landing Site #2
- If crews cannot be evacuated to Alternate Landing Site #2, move crews to Alternate Landing Sites #1, 3, or 4

Immediately

- *Start Referees* are responsible for stake boat holders, starter and aligner
 - Account for stake boat holders and any other volunteers
 - Move everyone to shelter
 - Referees move to alternate landing sites, if necessary, to assist crews
- *On-water referees* are responsible for marshals and crews on the water
 - Use alternate landing sites
 - Account for athletes and marshals
 - Move everyone to shelter
 - Referees move to alternate landing sites if necessary, to assist crews

- *Land-based referees* are responsible for directing crews on the water at or near the docks

Referees on water may change responsibilities based on their positions on the water. It is imperative to inform the Chief Referee if responsibilities are changed.

- LOC
 - Arrange transportation to pick up volunteers, athletes and referees from start and alternate landing sites
 - Spectators and athletes on land
 - Move to shelter other than tents using metal poles
- Coaches
 - Account for all athletes
 - Secure boats in alternate landing area
 - Arranges for team shelter
- Volunteer Coordinator
 - Accounts for all volunteers
 - Maintains a contact roster to arrange for volunteers to be back on the water when racing resumes
 - Secures launches
- Park Ranger - Coordinates evacuation of the park
- EMT - Moves to the finish line to prepare for any weather related injuries
- Fire Department - Coordinates emergency services

Alternate Landing Sites

- # 1 – Boat ramp at southeast corner of Benderson Lake and shore to the west of start bridge
- # 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 Deputies (Start, On-water, Control Commission, and Finish line) and Marshals, Referees, Starter, Control Commission, Chief Judge, Judge at Start of the decision

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

LOC - Informs:

- (1) Volunteer coordinator
- (2) Park Ranger
- (3) EMT
- (4) Fire Department
- (5) Spectators

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

Appendix I: Local Restaurants

<https://www.visitsarasota.com/things-to-do/restaurants>