

2025 ATHLETE GUIDE

Carson Beach, MA



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Friday:

USRowing Beach Sprints Clinic - 8:30 AM - 4 PM

Saturday: Sunday:

Weekend Schedule

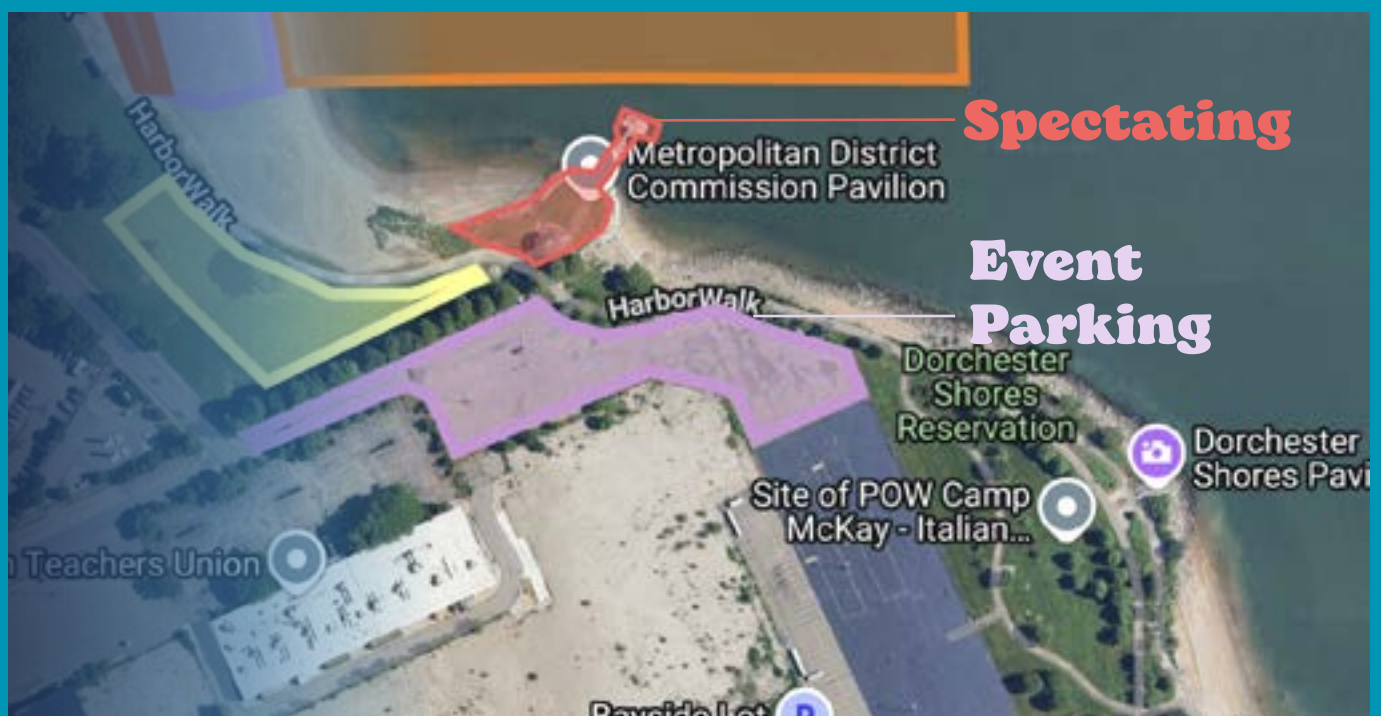
7-9 AM	Athlete and Volunteer Check In	7-9 AM	Athlete and Volunteer Check In
8:00 AM	Practice	8:00 AM	Practice
9:00 AM	Athlete Brief	9:00 AM	Athlete Brief
10:00 AM	Time Trials	10:00 AM	CM1x/CW1x Knock-outs (All)
	CM1x	11:20 AM	Time Trials
	CMM1x		CMMix 2x
	CW1x		CJMix2x
	CMW1x		PR3 Mix 2x
	CJW1x	11:45 AM	Lunch Break
	CJM1x		H2H Racing
	CMix2x	12:45 PM	CM1x - Final 8
12:30 PM	Lunch Break	1:30 PM	CW1x - Final 8
	H2H Racing	2:15 PM	CJMix2x - Top 3
1:30 PM	CMM1x - TT Top 6	2:45 PM	CMMix2x - Top 3
2:05 PM	CWM1x - TT Top 4	3:05 PM	PR3 Mix2x - Top 3
2:30 PM	CMix2x - TT Top 10	3:30 PM	Day 2 Awards
3:45 PM	CJW1x - TT Top 4		
4:10 PM	CJM1x - TT Top 4		
4:30 PM	Day 1 Awards		

Site Map

[Link to Map- Here](#)



Parking



Vendor Area



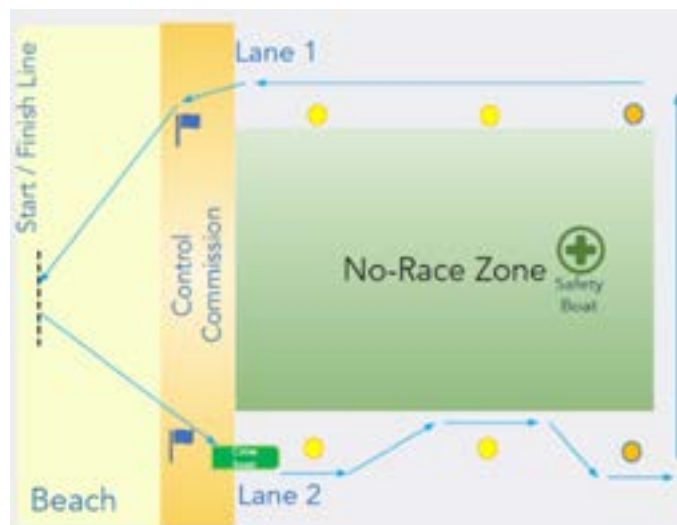
Race Site



Race Info

Time Trials:

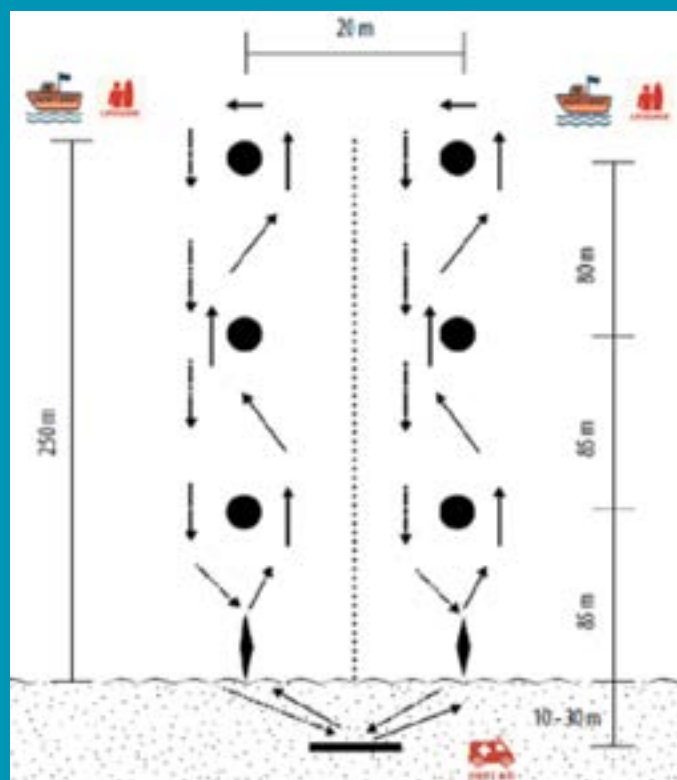
- Each event will start with a Time Trial Format - the top group from each event will proceed to head to head racing in the afternoon
- The Time Trial format will use the traffic pattern outlined in the map below
- Athletes will be assigned a start order after the Athlete Briefing
- Bib Numbers - Athletes are asked to wear adhesive bib numbers on the back of their uniforms to help officials and timers keep track of participants
- For Singles - 4 boats will be in circulation, the athletes "on deck" will be able to adjust footstretchers while their boat is in the queue
- For Doubles events - 4 boats will be in circulation with athletes able to adjust footstretchers prior to start



Time Trial Course Map

Head to Head Racing:

- Every competitor must select a preferred racing lane 30-10 minutes before they begin their round of eight racing.
- The faster competitor from the previous round will be granted their lane choice. If that person is not there, it goes to the next fastest. That choice is not changeable.
- You **MUST** hit the button to submit your time - an athlete is not considered finished until they have correctly hit the button! If the button breaks, we will manually take your time as you cross the line. If we switch to that mode, we will notify you prior to making the switch.



H2H Course Map

How to: Beach Sprints

BOAT CLASSES: C1x, C2x

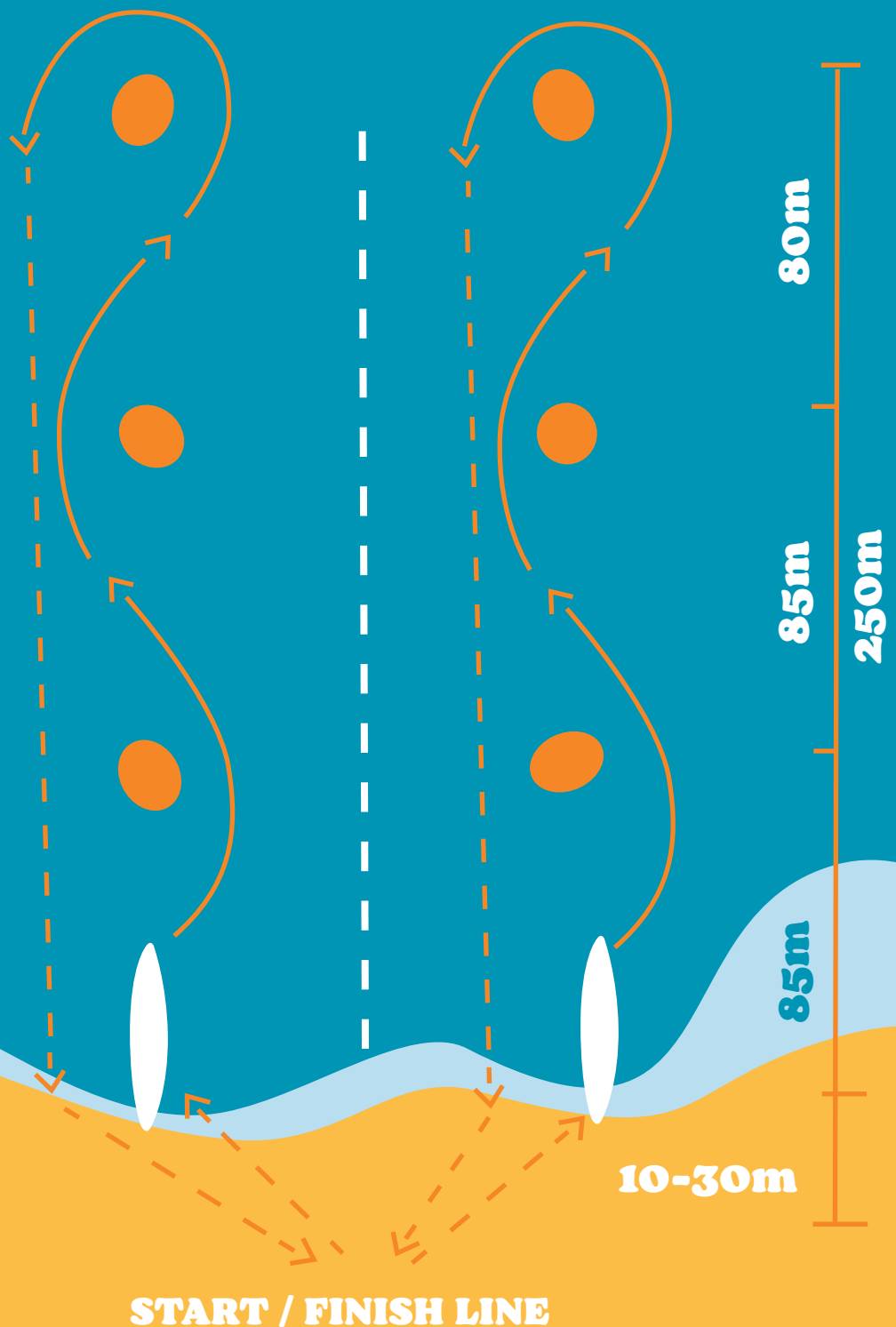
The "runner" in each crew is at the start

GO!

Everyone gets in their boats

Race around the BUOYS & back

The runner gets out & runs through the FINISH LINE



Rules of Racing

Penalties:

Buoy Penalties:

A crew not correctly rounding any buoy on the course shall be awarded a sanction of a time penalty as follows: (i.) Not correctly rounding the first or second buoy from the beach – 30 seconds each instance; (ii.) Not correctly rounding the third buoy from the beach – 120 seconds.

Run Course Penalties:

All athletes returning to the finish line must run correctly around course markers to finish line. Failure to do so will result in a 30 second penalty

Boat Handlers:

Boat Handling Volunteers will be available for all competitors. If a team/competitor has their own boat handlers, they may choose to use them in lieu of the Volunteers.

Equipment

Boats:

All participants will use provided Filippi Coastal Shells for competition. All boats are equipped with adjustable size Active-Tools shoes. Rigging is standard for all competitors, but competitors are permitted to adjust footstretchers and use seat pads

Oars:

Concept2 oars are available for use for all competitors. Competitors are permitted to bring/use their own oars for competition

Awards:

1st, 2nd, and 3rd place medals will be awarded to competitors in each event. Award ceremonies will occur at the conclusion of racing each day

Results

Timing and Results will be provided by HereNow. Results Available [HERE](#)

Safety:

- **Foot protection:**

Athletes are encouraged to consider used of Surf Socks or Watershoes for competition to protect from rocks, shells, and objects in the sand. Foot protection is also helpful with the jumping in and out of the boats. Organizers will rake the competition area to the best of our ability each morning of racing

Sun protection:

Athletes are advised to bring sunglasses and sun protection for each day of the competition. We will have sunscreen available for all competitors on site

- **Water/Hydration:**

Water will be available on site but competitors are encouraged to bring their own as well

- **On-site Safety:**

First Aid and Professional EMT services will be available on-site in the Athlete/Vendor area. On the water safety will include safety launches in each racing lane staffed by a certified lifeguard.

Parking

Event parking is available the the [UMass Boston Bayside Parking Lot](#) - enter from William J. Day Blvd

All competitors will receive 1 parking pass per day at Check-In.

Non-Competitors will need to pay \$9/day through the [PassPort Parking app](#) - **Zone 21251**

Sponsors & Supporters

