

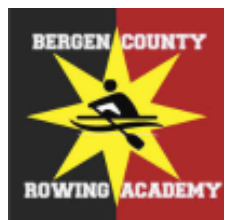


Coaches & Athletes Meeting

Thursday, July 24, 2025 – 6:30 PM

July 26-27, 2025

Overpeck Lake, Ridgefield Park / Leonia, NJ



Presented by Bergen County  
Rowing Academy (BCRA)



# Overpeck Summer Sprints Regatta Leadership Team

- Regatta Director and LOC President: Clemens Reinke
- Associate Regatta Director and Volunteer Coordinator: Myrna Gotrell
- USRowing Regatta Chief: Mike Keeley



# Agenda

- High-Level Schedule
- Traffic Patterns
- Time Trials
- Select Rules of Rowing reminders
- Launching from Athlete Village
- Trailers, Parking, Chuck Wagons, Athlete Village, Spectator Area
- Odds and Ends
- Questions?



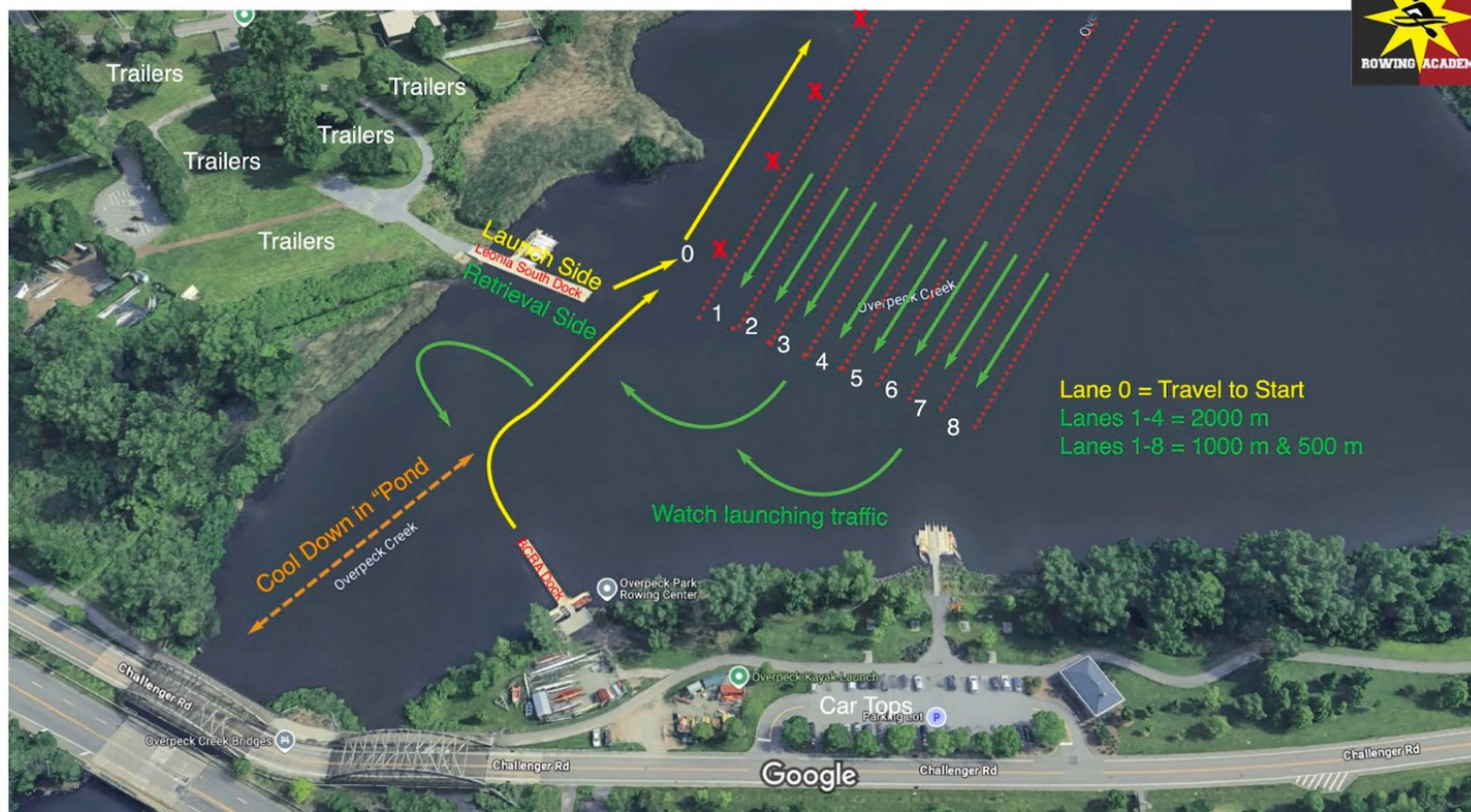
# High-Level Schedule

- *Preliminary* schedule posted on [herenow.com](http://herenow.com)
- Saturday:
  - Middle School, Novice, Juniors, Open races
  - Time Trials, 2000m races, 1000m races, 500m dashes
  - First race: 8:00 AM (First crews launch: 7:30 AM)
  - Last race: 6:50 PM
  - Last race before Mid-day break: 11:38 AM; First race after break: 12:20 PM
- Sunday:
  - Masters races
  - 1000m races
  - First race: 9:00 AM (First crews launch: 8:30 AM)
  - Last race: 12:04 PM





## Traffic Pattern - Race Day Launching & Retrieval



Imagery ©2025 Google, Imagery ©2025 Airbus, Maxar Technologies, Map data ©2025 100 ft

When **launching and traveling to the Start**: Stay in Lane 0. Do not cross over into the Race Course

When **returning from a Race**:

Clear the Finish Line area! The next race might come down before you get to dock.  
Watch for launching traffic from the BCRA Dock.



WARNING: Pinch Point

All crews MUST STOP before the pinch point and WAIT for clearance from the Course Marshall.

You will have to enter Lane 1 to get around the pinch point when heading to the 2000m Start.

Keep green buoys off your port blades as you go around pinch point.



When **travelling South toward the Start**:

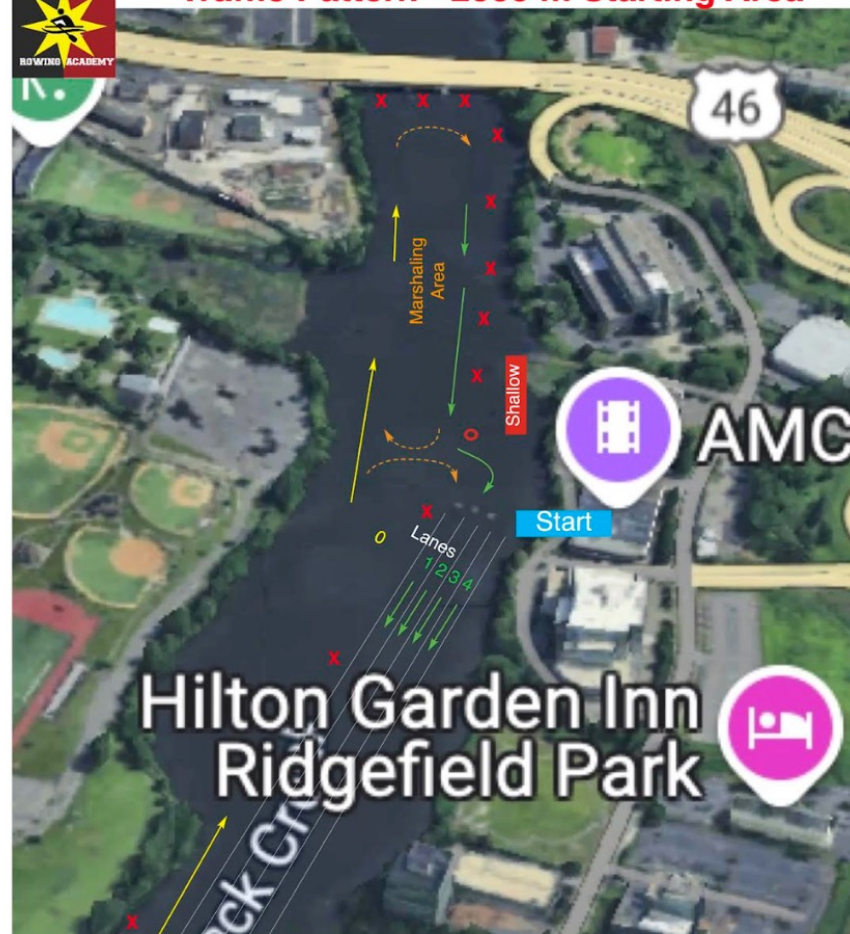
Stay to the shore on your PORT side.  
Use Lane 0 to travel to the Start (South)  
**Make sure not to cross into the Race Course.**

When **racing North toward the Finish Line**:

Stay in your assigned Lane  
Lanes 1 - 4 are 2000 m in length  
Lanes 5 - 8 are 1000 m in length



## Traffic Pattern - 2000 m Starting Area



When <b>travelling South</b> :	Always stay to the shore on your <b>PORT</b> side. <b>DO NOT</b> pass under the <b>Route 46 Bridge</b> . Warm up clock-wise in the <b>Marshaling Area</b> . Listen to the officials to call you to the start.
When <b>Racing</b> :	Make sure to stay in your assigned lane.
During <b>Time Trials</b> :	Even bow numbers race in Lane 2; when being passed move into Lane 1. Odd bow numbers in Lane 3; when being passed move unto Lane 4.





## Traffic Pattern - The 1000 m Race Course



In Marshaling/Warm-Up Area above the 1000m Start:

- Use Lanes 0 and 1 for travel South (toward the 2000m Start)
- Use Lanes 3 and 4 for travel North (toward the 1000m Start)
- Keep Lane 2 EMPTY as a buffer between traffic going in opposite directions

When travelling South toward the Start:

Stay to the shore on your PORT side.  
Use Lane 0 to travel to the Start (South)  
**Make sure not to cross into the Race Course.**

Warm up clock-wise in the Marshaling Area:

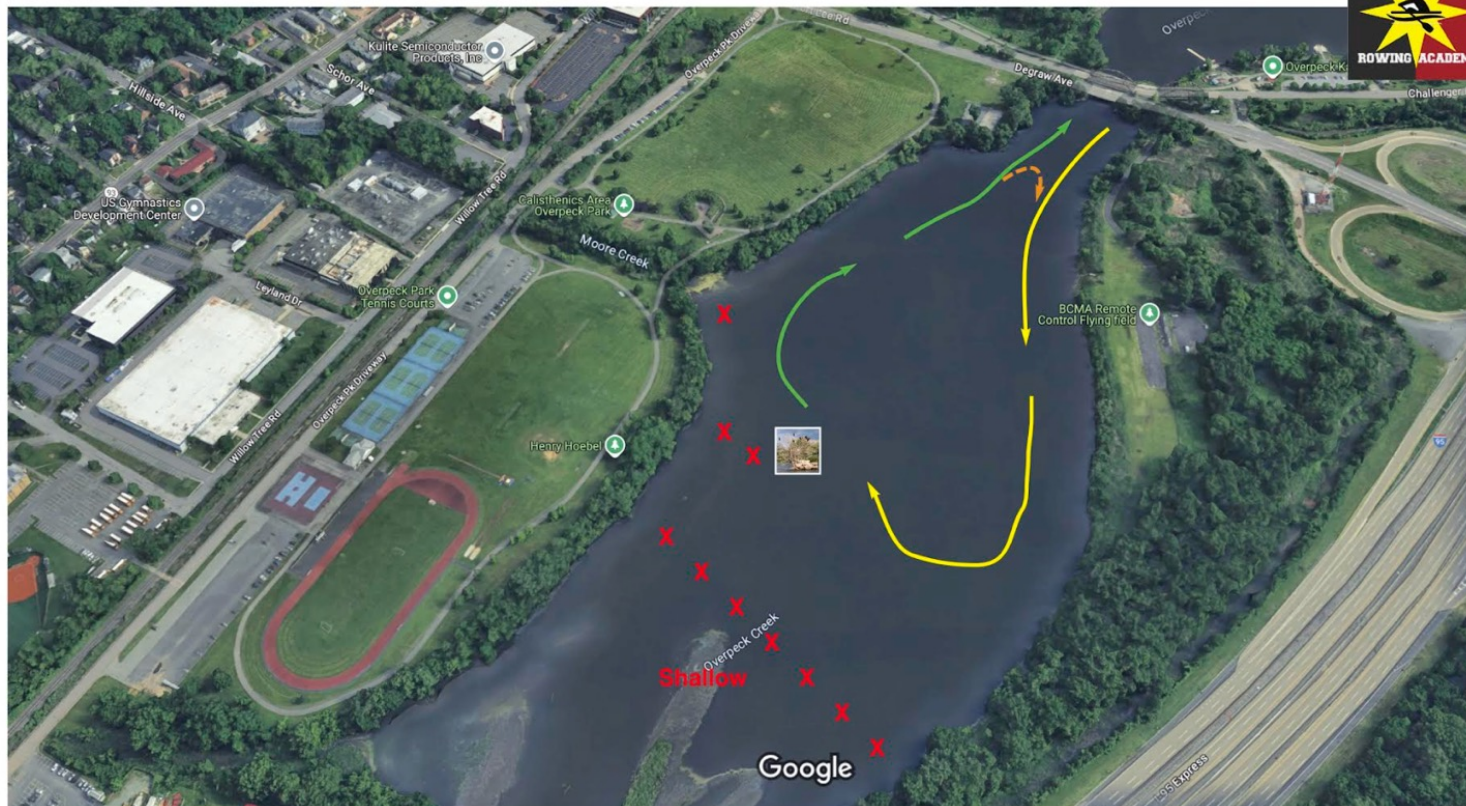
Listen to the officials to call you to the start.

When racing toward the Finish Line:

Stay in your assigned Lane



## Traffic Pattern - The Pond



Imagery ©2025 Google, Imagery ©2025 Airbus, Maxar Technologies, Map data ©2025 200 ft

When **entering the Pond**: Stay to the shore on your PORT side.  
Row no more than ten strokes past the island, further down it will get shallow.

When **Leaving the Pond**: Do not cross behind the island. There are old bridge polls right under the surface between the island and the Leonia shore.

# Time Trials



- Time Trials are 1900m
  - Time Trial Start is 100m after the 2000m Start
  - The Loading Marshall will tell you when to enter the course at the 2000m Start and begin powering up
  - Time Trial Start is denoted by two yellow buoys on the outside of the course
- Starter will announce “Ready, Ready, Go” as you approach and cross the Time Trial Start
- Even Bow Numbers race in Lane 2; Odd Bow Numbers in Lane 3
- Each crew will start ~ 20 seconds after the prior crew (creating an ~ 40 second gap between two crews in the same lane)



# Time Trials



- A crew being overtaken (oncoming crew within one length) is required to yield to the outside lane
  - Lane 2 moves to Lane 1
  - Lane 3 moves to Lane 4
- Penalty for Failure to Yield or Interference is Exclusion
- Broken Equipment during Time Trial race
  - No provision for restart/re-race
  - Move to outside lane to allow clear passage for other crews





# USRowing Rules reminders

- For Sprint racing, if you have an issue at the start (e.g. broken equipment):
  - STOP Rowing
  - Put your hand in the air to get the attention of the Starter and Referee
  - Reminder: Once you leave the Starting Area (first 100m of course), you forfeit your right to object to an issue at the Start
- At the end of the race, if you feel the fairness of your race was impacted:
  - Promptly raise your hand
  - Be prepared to tell the Referee why you think your fair race was compromised, and what you are requesting to be done about it
  - Don't leave the Finish area without talking to a Referee



# Launching from Athlete Village

- Your launch window will open ~ 30 minutes before your race's published star time
- PLEASE wait until your event is called to the launch dock before attempting to launch
  - This is necessary to manage the available launching space and keep the regatta on time



# Trailers, Parking, Chuck Wagons, Athlete Village, Spectator Area

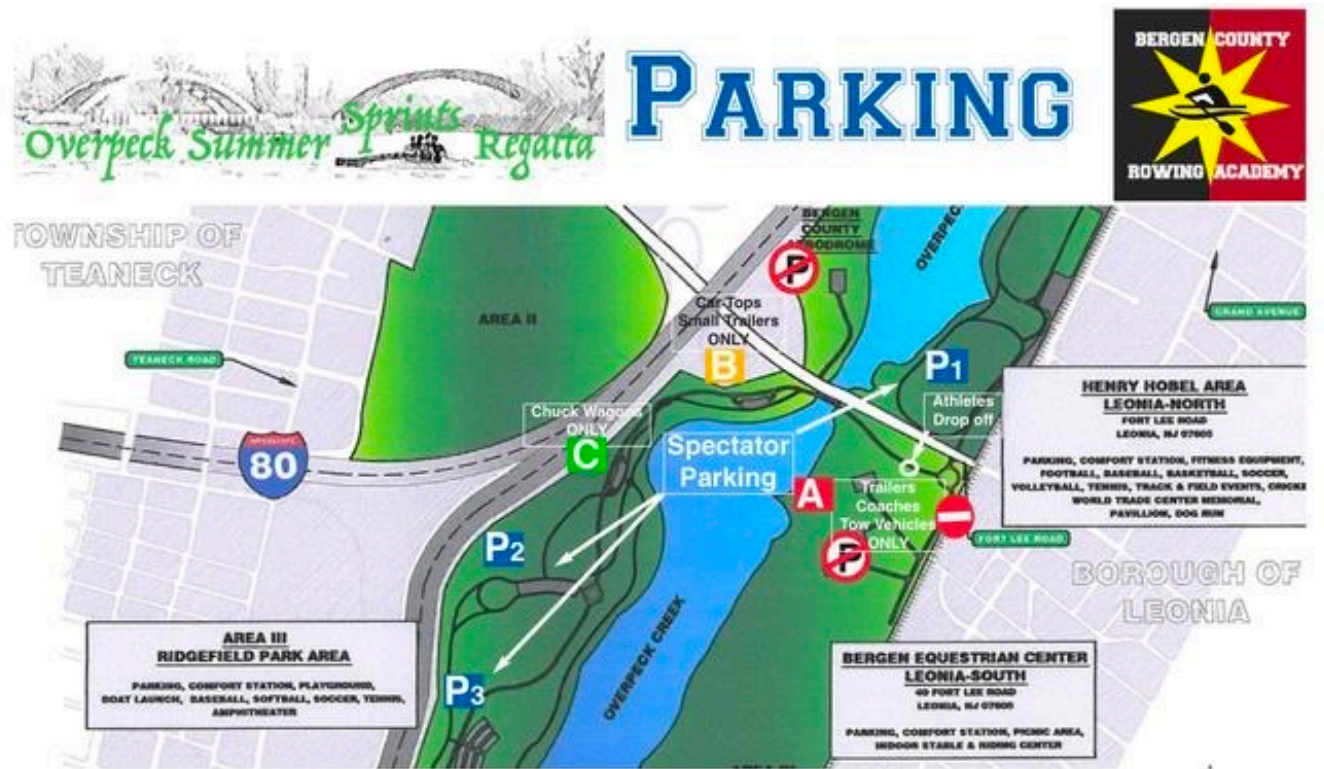
- Trailers may arrive Friday evening, or after 5 AM on Saturday/Sunday
- Unless otherwise directed, trailers park by the Athlete Village at “A” on the map
  - Near “Leonía South Dock”
- Car Tops may unload at “B” on the map
  - Near “BCRA Dock”





# Trailers, Parking, Chuck Wagons, Athlete Village, Spectator Area

- Chuck Wagons park in assigned spots at “C”
  - Spectator view of final 1250m of course
- Spectator Parking at “P1”, “P2” and “P3”
- Athlete Drop-off by Athlete Village near “A”



# Odds & Ends



- Saturday racing will be on 5-minute centers (8-minute centers on Sunday)
  - We cannot hold races beyond Published Start Time for late-arriving crews
  - Be On Time!
  - We expect you to be in the Marshalling Area and made yourself know to the Start Marshall no later than 5 minutes before Published Star Time
- All sprint races will be floating starts using Quick Start sequence
  - “Quick Start.... Attention.... Go”
- No breakage rule for 500m dashes
- Know your race time and bow number!
- No coxswain weigh-ins
- No lightweight weigh-ins
  - Honor system: If you wouldn't make weight, don't race in a lightweight event
- Buoy lines were removed this week... 🙌







- Buoys at 2000m Start  
(Lane 1 at bottom of photo)

- Buoys at 1000m Start  
(Lane 1 at bottom of photo)

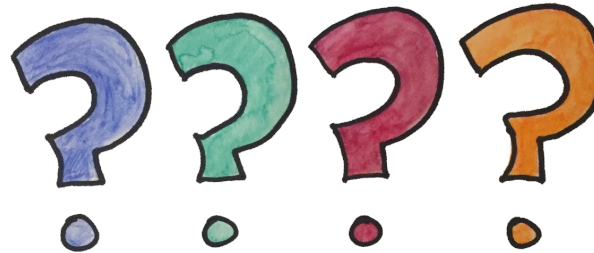




- **Buoys at Finish**  
(Lane 1 at bottom of photo)




# Questions?



- Stay Hydrated, Wear/Use Sun Protection, Have a Great Weekend!

**SAT**  
7/26


 **89°** / 71°

25%

Less humid with times of clouds and sun

RealFeel*	94°	Max UV Index	8 (Very High)
RealFeel Shade*	87°	Wind	E 7 mph

**SUN**  
7/27

 **83°** / 70°

80%

Mostly cloudy and not as warm but humid with a heavy thunderstorm; thunderstorms can bring flash flooding and localized damaging wind gusts

RealFeel*	86°	Max UV Index	3 (Moderate)
RealFeel Shade*	84°	Wind	S 8 mph

