

CPSRA Championships

Sunday, May 18, 2025

Lake Waramaug State Park

30 Lake Waramaug Rd, New Preston, CT 06777

Bus Information:

Arrive at High School at 5:30am

Bus Departs at 5:45am

What to Bring

- Complete change of clothes
- Unisuit, plus a stretchy shirt or long sleeve shirt
- Rain jacket
- **Every athlete must have a long sleeve with them on the water per the state police!!**
- Extra socks and shoes or boots (real shoes, not flip flops or sandals as the ramp is very slippery)
- A filled water bottle
- Breakfast if they do not eat at home, or a snack for the bus ride
- Snack for the ride home.
- Money for Regatta Shirts

Common Table Information

- We may grill. If we do, there will still be the usual assortment of wonderful salads, desserts, bagels and of course my favorite chips!! It is a wonderful common table, and everyone gets to take part. Please make sure to bring your donation or send it with your child for the bus ride.
- **EACH ATHLETE SHOULD BRING HIS/HER OWN WATER BOTTLE** and a snack for the ride home. We will not be stopping on the way home - plan on them for dinner.
- **There is a \$10/spectator fee for this regatta.** It will be collected at our Common Table. If you wish to bring a check you may, please make it out to CPSRA. We are a 501c3 non profit if you wish to make a larger donation!!

Parent Guidelines

1. Please respect that your child is there to compete and has a job to do. Try not to distract them from their tasks. They will come and say "hello and thank you" when they can.
2. Only Coaches and Coxswains may go to the coxswains meeting.
3. Only Coaches and Athletes are allowed on the dock and only if you are docking a crew.
4. **BOOTS!! Lake Waramaug is very mucky!! We cannot stress this enough!! DO NOT WEAR NICE SHOES or PANTS!! We have had moms lose dress shoes or sandals as they sink into a foot of mud!!!**

Parking Instructions

- *There will be State Police, Washington Police and DEEP Conservation Police and Park Officials located throughout the State Park. If they ask you to do something, please comply.*
- *Traffic will be one-way around the lake. Washington Police will be directing traffic.*
- *There is to be no parking along the road unless the police deem it necessary, which is usually the case for this regatta. Please just follow their directions.*

- *There will be a shuttle bus again this year. There are 3 mini school buses. They will pick up and drop off spectators along the lake. It will go up around the park and golf course and back to the start. Please look for Shuttle Bus signs. Also, if you are walking on the road, please stay out of the way of traffic. ROWERS ARE NOT TO GET ON THE SHUTTLE BUS!!*
- *The Campgrounds are OFF LIMITS. NO ONE is to go into the campground for ANY reason!! Please help me out and follow this request by the park rangers.*
- *The finish line area is next to our tent. I will be there all day. Please do not come into the finish line area to talk. It is for officials only.*
- *There will be port-o-lets located throughout the park. I recommend bringing extra toilet paper. Do not use any of the bathrooms at the park*
- *Garbage needs to be placed in the dumpsters up where the buses park or the dumpsters near the finish line. If they are full, we need to take our garbage home with us.*
- *We will be selling shirts at the regatta. Shirts are \$25.00. Proceeds help to fund the regatta.*
- *Also, there will be State Police and DEEP Police - please follow all their directions and be kind and courteous*
- *Please make sure that you take all your garbage and place it in the dumpsters by the bus area. If the dumpster is full you need to take it home.*
- *No Drones, Hammocks, Horns or other noise makers are allowed – per the DEEP Permit*

Again, to the parents, thank you for coming out in the to cheer on your kids!!

FOUNDERS DAY RACE COURSE Lake Waramaug, CT

TRAILERS ON HILL

- Blue tents
- Launch and return area
- Coxswain/coaches meeting site
- Awards ceremony site

All crews must check in with Dock Master prior to launching



launch

return



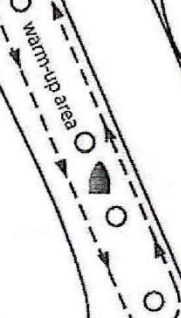
Finish line tent (regatta staff ONLY) results are posted on board behind the tent

Finish (red buoys)

1250 M (yellow buoys)

Crossing Marshall in launch - crews must wait for permission to cross course to warm-up area

1000 M



warm-up area

500 M

250 M (red buoys from start)

Warm-up Marshall in launch - crews must check in and get permission to row down to the starting line

Start

1 2 3 4 5 6