

Kent Invitational
Saturday, May 10, 2025
Lake Waramaug State Park
30 Lake Waramaug Rd, New Preston, CT 06777

Bus Information

Arrive at High School at 10:15am

Bus Departs at 10:30am

What to Bring

- Complete change of clothes
- Unisuit, rain jacket and extra socks
- **You must bring a long sleeve shirt, or else the state troopers will not let you race!!**
- Extra shoes or boots (real shoes, not flip flops or sandals, it is EXTREMELY muddy!)
- A lunch and two snacks for the bus
- Extra water

Common Table Information

- There will be NO COMMON TABLE at the Kent Invitational. We will set up water and Gatorade by the trailer. At this regatta everything happens very quickly and where the tents get set up is quite a way from the trailer.
- **EACH ATHLETE SHOULD BRING HIS/HER OWN LUNCH AND WATER BOTTLE** and a snack for the ride home. We will not be stopping on the way home - plan on them for dinner.
- Parents - you should also bring food with you for the day. Water as well. There are three wonderful sandwich shops. All places are lovely to visit.
 - o Nine Main Bakery and Deli, 9 Main St. New Preston, CT 06777
 - o J.P. Gifford, 12 N. Main St., Kent, CT 06757
 - o Wilson's, 10 N. Main St., Kent, CT 06757

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!! Parents Too!! I cannot stress this enough!! DO NOT WEAR NICE SHOES or PANTS!! I have had moms lose dress shoes or sandals as they sink into a foot of mud!!!**

Please read the following from the Kent Coach regarding parking and areas that are open or closed to guests.

Parking Instructions

- *Parents are reminded that they are to park in the State Park parking area.*
- *They are not to park on the road near the finish line unless they are directed to do so.*
- *Please be advised that traffic will be one-way and there will be quite a few police in the area.*
- *DRONES and Hammocks are not permitted*
- *Cell service: There is very limited (if any) cell service at the regatta site.*

- *Also, there will be State Police and DEEP Police - please follow all their directions and be kind and courteous. Do not go near the Park Ranger Office.*
- *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.*
- *Please only use the port-o-lets. Do not use any of the bathrooms at the park. You may want to bring your own roll of toilet paper*
- ***The campground is off limits.***

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



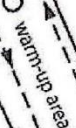
Finish line tent (regatta staff ONLY) results are posted on board behind the tent

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