

2026 ATHLETE GUIDE

Carson Beach, MA



Contents

3 Weekend Schedule
Important Times

4 Site Map
Parking
Vendor Area
Race Site

6 Race Info
Beach Sprints
Basics

**8 Rules of
Racing**

9 Safety

Parking

10 Sponsors
Meet our
partners

Friday

8am -NOON	Athlete Clinic		
9AM-NOON	Practice Laps Available		
16:15	Friday PM Time Trials	TIME-TRIAL	Procession
16:15.0	CM1X		Top 16 Progress
17:10.0	CW1X		Top 16 Progress
18:00.0	CJM1x		Top 8 Progress
18:22.30	CJW1x		Top 8 Progress
18:45.0	CMix2x		Top 16 Progress

Saturday

	Saturday AM Racing		Procession
8:15	CMix2x	KNOCKOUT	7' Centers
9:15	CM1X	KNOCKOUT	5' Centers
10:00	CW1X	KNOCKOUT	5' Centers
10:45	CJM1x	FINALS	5' Centers Q, 7' Center S/F
11:40	CJW1x	FINALS	5' Centers Q, 7' Center S/F
	Saturday Time Trials	TIME-TRIAL	
12:35.0	CMM1X		4 Hulls
12:47.0	CMW1X		1:30 Centers
			Top 8 Progress
13:15	AWARD CEREMONY	JUNIOR 1X	
	BREAK		
	Saturday PM Racing	FINALS	
16:45.0	MMix2x	FINALS	H2H Time Trials, Progression by Time
17:20.0	CMix2x	FINALS	7' Centers
	Saturday Time Trials	TIME-TRIAL	
18:25.0	CJM2X	TIME-TRIAL	4 Hulls, 1:30 Centers, Top 6 Progress
18:37.0	CJW2X	TIME-TRIAL	4 Hulls, 1:30 Centers, TT to Finals
18:45.0	PR3Mix2x	TIME-TRIAL	4 Hulls, 2' Centers, Top 3 Progress
19:00	AWARD CEREMONY	CMix2x, MMix2x	

Sunday

	Sunday AM Racing		Procession
8:30	CMM1x	FINALS	5' Centers Q, 7' Center S/F
9:20	CMW1X	FINALS	5' Centers Q, 7' Center S/F
10:15	CJM2x	FINALS	7' Centers
10:50	CJW2X	FINALS	7' Centers
11:05	CM1x	FINALS	5' Centers Q, 7' Center S/F
12:00	CW1x	FINALS	5' Centers Q, 7' Center S/F
12:55	PR3 Mix2x	FINALS	7' Centers
13:15	AWARD CEREMONY		

Site Map

[Link to Map- Here](#)





**Use your phone camera to connect to
Regatta Master Online for schedules,
results and regatta information.**

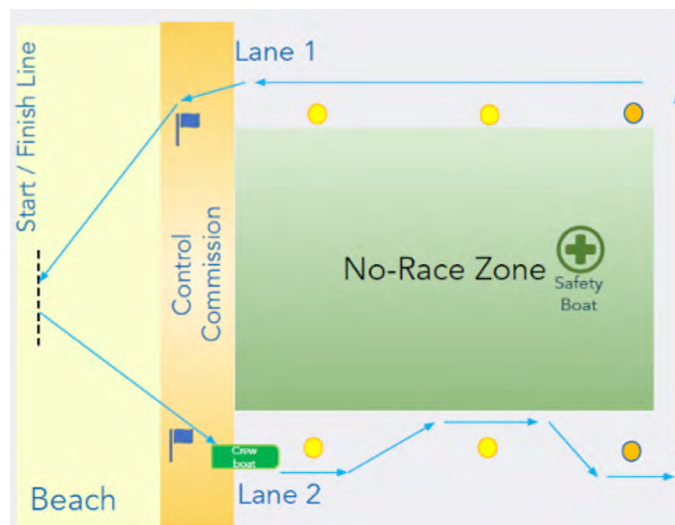


Regatta Master Mobile Tracker Link

Race Info

Time Trials:

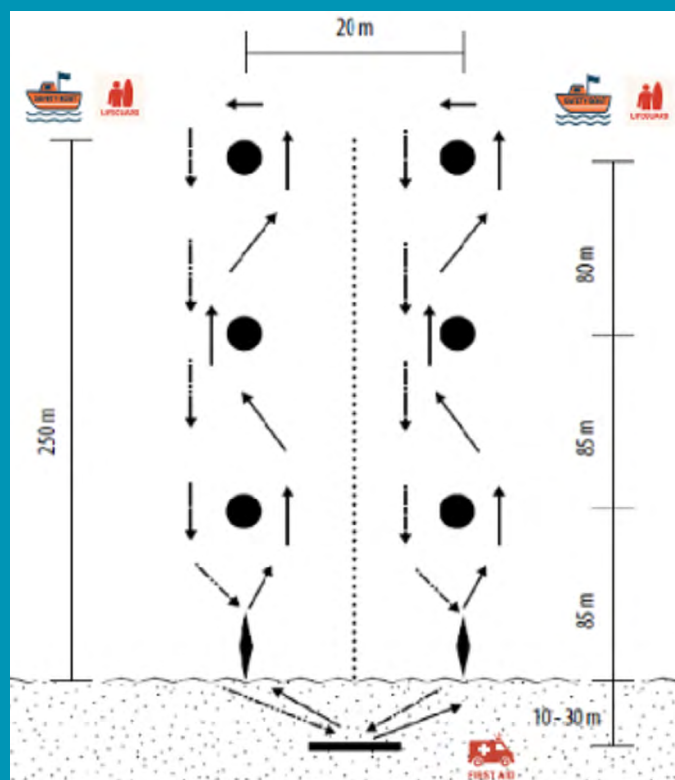
- Each event will start with a Time Trial Format - the top boats from each event will proceed to head to head racing
- The Time Trial format will use the traffic pattern outlined in the map below
- Athletes will be assigned a start order after the Athlete Briefing
- For Singles - 4 boats will be in circulation, 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

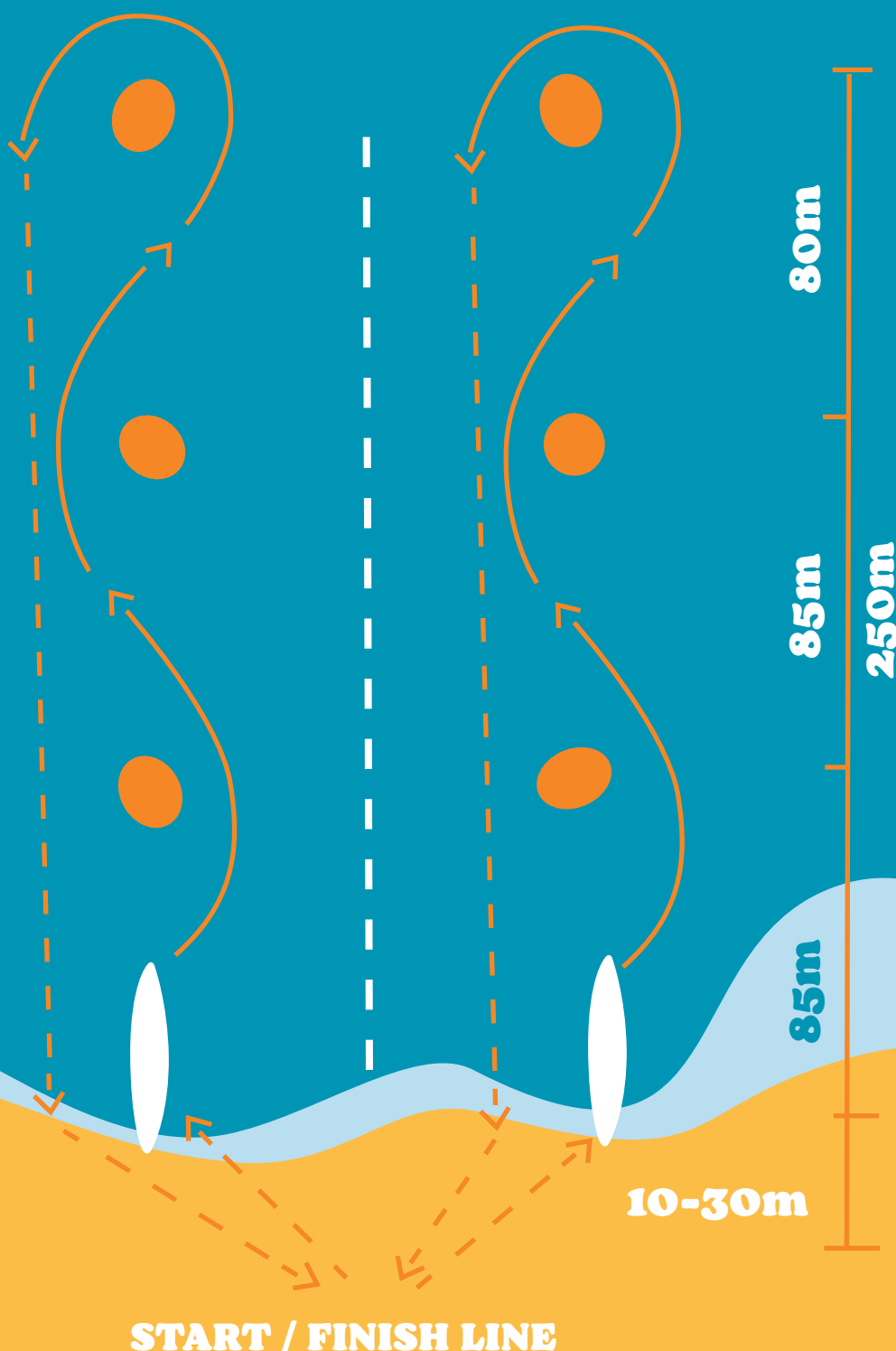
The "runner" in each crew is at the start

GO!

Everyone gets in their boats

Race around the BUOYS & back

The runner gets out & runs through the FINISH LINE



START / 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. Athletes are encouraged to help each other boat handling and bring boat handling support.

Equipment

Boats:

All participants will use provided LiteBoat RaceLite shells for competition. All boats are equipped with adjustable size foot boards. 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 encouraged 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

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.

- **Water/Hydration:**

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

- **On-site Safety:**

First Aid and 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 at the [UMass Boston Bayside Parking Lot](#) - enter from William J. Day Blvd

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

Sponsors & Supporters

