

Regatta Point Park, Lake Quinsigamond- Worcester, MA

For GPS- UMass Medical South Road Parking Garage

Closest Airports- Boston (45 Miles), Providence, RI (55 Miles), Hartford, CT (75 Miles)

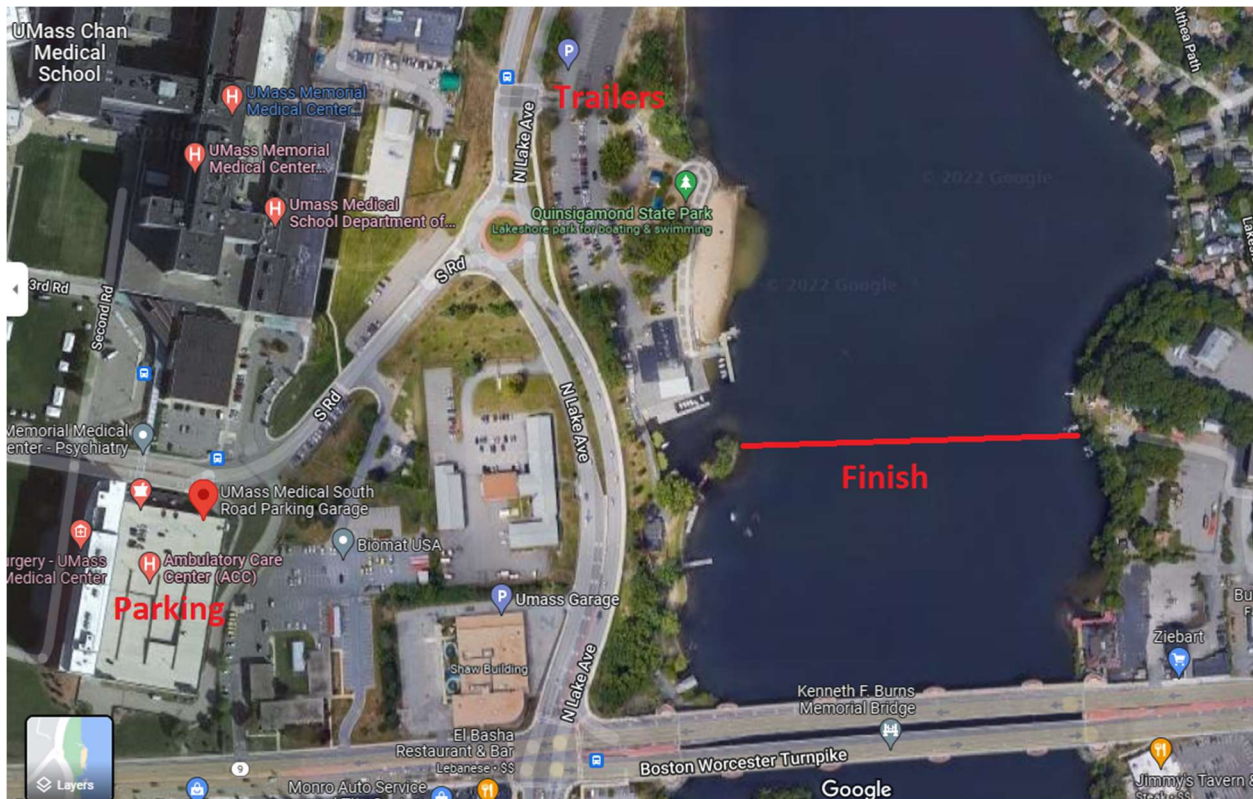
There is an express bus from BOS to South Station and a train from South Station to Worcester, but it's an 80-minute train ride and then you would have to Uber from there. It's much easier to drive.

Hotels- Worcester is a small city with a selection of chain hotels, but many of them fill up with teams for the regatta. There are a lot of hotels about 20 minutes to the east around the intersections of I-90, I-290 and I-495 in Marlborough, Westborough, and Framingham. It's not a bad drive from Boston, so you could even stay in Boston and just drive out to Worcester on Sunday morning.

Parking- There is a huge parking garage on South Road at UMass Memorial Medical Center. For big regattas, there is usually a shuttle bus between the garage and the park, but it's only a ¼ mile (300 meter) walk. There is usually a charge to park in the garage.

This racecourse is legendary. Worcester has been hosting rowing races here since 1857, including IRAs and Eastern Sprints, and is considered one of the best racecourses in the world. Men's Eastern Sprints started in 1938 and the women's regatta was added in 1974.

The best place to watch is from the "boardwalk" above the beach. There is usually a big screen at the park where they show the first 1500 meters of the races, with commentary.



Lake Quinsigamond Worcester, MA

2000 Meter Course Racing Traffic



Clear the course as quickly as possible when leaving the launching area.

Do not approach the starting line until called to do so.

Do not take practice starts beyond the 500 M mark.

Crews returning to Regatta Point from the starting area should stay off the course towards the Shrewsbury shore.

Crews should clear the finish area as soon as possible following their race.

Crews launching from the DRC, going to the start, shall proceed directly across the course after launching making sure the course is clear of racing traffic. Crews must be clear of the course before turning towards the start and continuing.

Crews launching from the DRC may warm-up using lane 6 of the course. Provided the course is clear of racing. Crews warming up may not proceed further than the 1200M mark. They must then proceed to the Shrewsbury shore and travel to the start.