

Flow rate restrictions							
	Boat Details			Rower Details			
Rate (cu ft/sec)	Small Boats	Fours	Eights	Novice	Jr Varsity	Varsity	Coxswains
<10,000	(None)	(None)	(None)	(None)	(None)	(None)	(None)
>10,000	Varsity only	(None)	(None)	Row between first wires and top of wall	Spin before flag pole	(None)	Nov coxswains must have a Var rower in nearest seat
>12,000	Experienced varsity only	(None)	(None)	No all novice boats	Spin between Mansion and Start Dock	Spin before Flag Pole	No Nov Coxswains
>14,000	<<<No rowing>>>						

Water Temperature Restrictions							
	Boat Details			Rower Details			
Temp.	Small Boats	Fours	Eights	Novice	Jr Varsity	Varsity	Coxswains
<10 °C (<50 °F)	Experienced varsity only; immediately near launch	Within sight of launch	Within sight of launch	No all novice boats	(None)	(None)	(None)
<4.5 °C (<40 °F)	<<<No Rowing>>>						

Whitecaps (Wind) Restrictions	
No rowing if whitecaps occur in section of river surrounding the launch dock.	If dock is clear but whitecaps occurring elsewhere on river, no small boats can row and no rowing on sections with whitecaps.

Terms			
Novice (Nov)	No prior experience; within first year of rowing	Wall	Retaining wall at Peabody Park
Jr Varsity (JV)	Completed one year of rowing and/or has prior rowing experience	Start Dock	Final dock on the north side of river before the 441 bridge (while rowing downriver)
Varsity (Var)	Rowers have completed two rowing seasons	Mansion	Very large property/mansion on the north side of the river between the sewage treatment plant and 441 bridge
Small Boats	Singles, doubles, pairs		
Wires	Sewage treatment plant power lines	Flag Pole	Point on north shore after 441 bridge (rowing downriver); island approx 50 yards offshore
Far Wires	Kimberly power lines after Sunset Park		