Fountain Point Coastal Beach Sprints – October 10, 2021 Lake Leelanau, Michigan

Lake Leelanau Rowing Club is proud to present the 2021 Fountain Point Beach Sprints. This regatta is an opportunity for all open water and coastal rowers from across the country to come together and compete in the Midwest. It will bridge the gap between open water rowing and traditional flatwater rowing and show that people can be members of one rowing community. Coastal rowing is the mountain biking of rowing -- some people call it the adventurous version of rowing. Navigating the currents, wind, and waves make it particularly challenging and exciting. It is designated to become an Olympic sport in 2028 at Los Angeles.

The packet below contains regatta information, as well as some information about the venue. Be sure to read it in its entirety, as all competitors are responsible for any information detailed in this packet.

We look forward to hosting you this year.

Venue Address

Fountain Pont Resort 990 South Lake Leelanau Drive Lake Leelanau, MI 49653

1

COVID-19 Policy

We have two key priorities for this year's Regatta: (1) The safety and health of athletes, coaches, volunteers and spectators; (2) high-quality completive racing.

In order to focus on these objects, we have set the following COVID-19 Policies in place.

Vaccinations

 Vaccinations are STRONGLY RECOMMENDED for all regatta participants, coaches, volunteers and spectators.

Masks

Masking is mandatory while waiting for and riding on buses, regardless of vaccination status.

Masking is mandatory in indoor spaces, including the restrooms

- We highly recommend that masks be worn while outside.
- All teams should have an ample supply of masks, hand sanitizer and bring personal hygiene items to the venue.

Social Distancing

All participants are encouraged to maintain social distance from others throughout the regatta.

Day-of Illness

- If you are feeling unwell or have any of the symptoms associated with COVID-19, do not come to the regatta! Contact your coach immediately so that he or she can make alternative arrangements for your boat.
- Anyone experiencing any of the symptoms of COVID-19 must immediately report to the Regatta Director.

USRowing Membership

All rower participants must hold an active organizational membership with USRowing. Rower participants can join or renew at https://membership.usrowing.org or by contacting Member Services at members@usrowing.org. Individual competitors representing a U.S.-based organization must hold one of the following types of membership and have a current waiver on file to participate in this event:

- Basic + Regatta Package
- Legacy or Lifetime
- Championship

U.S.-based athletes competing as Unaffiliated must be individual championship members. Individual competitors can join USRowing at https://membership.usrowing.org/individual/join or by contacting the Member Services at (609) 751-0700.

Competitors can renew an expired membership and/or check their current membership status by logging in to their member profile at https://membership.usrowing.org/individual/login.

For more information about individual membership with USRowing, visit the Become an Individual Member page under the Members heading on our website at https://usrowing.org.

To avoid delays at registration, competitors should make sure that they meet these membership requirements prior to arriving at the event.

Entry Information

Exceptions to allow for Paper entries will be made on Race Day.

All entries should be made online at RegattaCentral. Initial registration will be available beginning August 28, 2021 and ending October 8, 2021. No refunds will be given once the initial registration period has ended.

Rules of Racing

The race will follow the World Rowing (FISA) guidelines for Coastal Beach Sprints. The Coastal Beach Sprints format will be used at the Olympic Games in 2028 at Los Angeles.

Age categories for rowers for Beach Sprints

- 1. Seniors (> 19)
- 2. Under 19

Boat class for Beach Sprints

- 1. Single or Solo (C1x)
- 2. Double Sculls (C2x)
- 3. Coxed Quadruple Sculls (C4x+)

Boats for the Beach Sprints will be provided for a fee by the organizing committee since they meet the regulation and are identical in make and model.

Beach Sprints for the following events:

- 1. Men (M) C1x
- 2. Women (W) C1x
- 3. Mixed (Mix) C2x
- 4. Mixed (Mix) C4x+ Not available for this race
- 5. Under 19 Men (U19-M) C1x
- 6. Under 19 Women (U19-W) C1x
- 7. Under 19 Mixed (U19-Mix) C2x
- 8. Under 19 Mixed (U19-Mix) C4x+ Not available for this race

Beach Sprints

In principle, the course will include a run on the beach of 25 m to start and to finish the race with an on-water distance of 250 m from the beach to the farthest turning buoy. The race will then comprise a 25 m run from the start line to the water, a 250 m (buoys at approximately 85 m + 85 m + 80 m) row out, a similar 250 m row back and a 25 m beach run to the finish.

During Beach Sprint Rowing competition, boats are not required to carry a life jacket for each competitor in the boat. However, the organizing committee shall make life jackets available for use if requested by rowers.

A Beach Sprint Rowing regatta is a regatta in which all rowers use regulation Coastal Rowing boats and where the competition course includes a transition between beach and open water.



Length of the Course:

• Beach Sprints: 550 m (in total) – 25 m run to start; 250 m out slalom between three buoys, 250 m straight return course; 25 m run to finish.

Number of Lanes

There shall be two lanes. In all cases, the beach running distance should be equal for all crews.

Buoys

Boats must row following the racing course pattern. Rowing on the race course from START on the beach to FINISH on the beach must be done in the race course buoyed section.

Course - Characteristics

The racecourse for Beach Sprints shall provide, as far as possible, fair and equal racing conditions for all crews. This shall require sufficient width of the start area to allow all the crews in each race to start

without interference from other crews. The race area should be located on an evenly shelving sandy beach free of rocks or other obstructions, which might damage boats in the beach start and beach, finish.

The first section of the course shall be a straight line from a point on the beach (the start/finish line) to the water edge. The distance is 25 meters.

The second section of the course shall comprise, for each lane, a series of three lane buoys in each racing lane, the first buoy positioned approximately 85 meters from the water edge, the second buoy a further 85 meters out and the third buoy a further 80 meters out, all in a straight line. The number of lanes shall be two lanes.

The third section of the course shall be 25 meters distance on land from the water edge back to the start/finish line.

The distances stated here shall be a general guide but will depend on local conditions. In particular, the first buoy should be positioned slightly beyond, and clear of, any wave break. Substantial change from these dimensions is permitted with the prior approval of USRowing.

Course Markers

A plan of the course(s) showing the location of all course markers shall be included in the Notice of Regatta and also in the instructions issued to all crews upon arrival at the regatta.

The organizing committee shall take all necessary precautions in setting out the course markers and the course to avoid any risks of boats grounding in shallow waters;

The organizing committee shall ensure that the distances between buoys in each lane are equal and in particular that the distance of the farthest buoy from the beach in each lane is equal;

If the course is located in waters that are affected by significant tidal movements, the organizing committee shall arrange for regular repositioning of the course as necessary. This may include additional gates and markers to assure safety and fairness to the crews.

For safety purposes, the layout of the course shall not allow boats to be travelling in opposite directions in the same water.

Start and Finish Lines

All races will be with a Beach start and Beach finish.

The beach start line will be wide enough to allow all competitors in the race to align and start at the same time. The finish line will be on the beach. Crews/solos will have finished the race when one member of the crew has crossed the finish line as required.

The start line shall be visually marked on the beach in a clear, fixed manner that will keep its position under all race situations. The width of the start line shall be a minimum of 2 meters. The distance from the start line to each boat shall be equal for all rowers.

The width of the Finish Line shall be a minimum of 2 meters. Where only two racing lanes are in use, the Finish Line may be a narrow "funnel" design to bring the runners of each crew together at the finish. The designated finishing point of each boat at the water's edge shall be marked by a flag in line with the lane buoys and runners shall be required to pass on the outside of this flag in their run to the Finish Line after leaving the boat, to ensure equal distance to the finish line.

The method of marking the Finish Line and therefore the finish of the race, will be the following

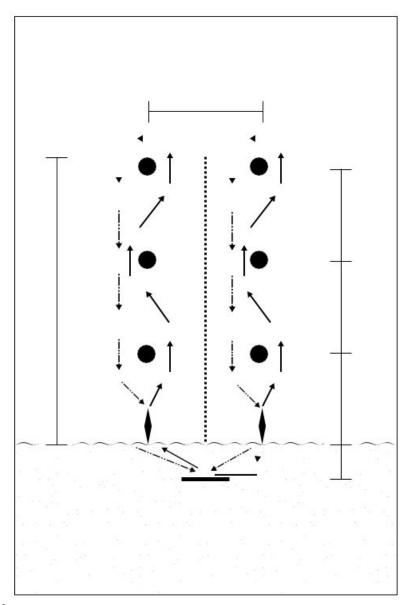
- A clear line on the beach which the runner from each crew must cross;
- One flag for each crew, standing upright in the sand, and which must be picked up by the runner from each crew:

"Slalom out / Straight back"

When all crews are in their boats they shall race from the beach in a slalom fashion around each of the three buoys in turn in their respective racing lanes, turning around the last buoy. After rounding the last buoy they shall then race directly in a straight line back to the designated point on the beach.

** Note **

Crews not taking a straight-line course back to the beach or arriving at the beach at other than the designated point shall not be penalized as long as they do not interfere with another crew. Crews must ensure that they go around each of the three buoys in turn in the correct direction on the outward sector.



Sportsmanship

Good sportsmanship must prevail at all times. Instances of unsportsmanlike conduct by scullers, crews, and/or coaches will be reported to the Jury, and penalties may be assigned.

Right of Way

Boats racing have the right of way over all other boats. Boats not racing must not enter the racecourse in anyway. Practicing on the racecourse between races is not permitted.

Uniforms

We recommend rowers to wear their club uniform but it is not mandatory.

Boat and Crew registration numbers

For identification of the crews, identification numbers will be assigned to every boat. In addition, each crew will be assigned a crew number and each member of that crew shall wear their crew number. The

crew number must be worn on the competitors' outer clothing and visible throughout the start, the duration of the race and the finish.

Race Director

The organizing committee will appoint a Race Director. The Race Director will work and cooperate closely with the Chief Referee and USRowing. He will participate in any decisions in case of adverse weather conditions.

In any case where the Race Director and the Chief Referee are not in agreement on an issue regarding safety, the decision of the Chief Referee shall prevail.

Meeting before the regatta begins - Regatta meeting

Crew Captains' and Coaches Meeting in the morning at 8:00 am before each race day will be convened by USRowing and the organizing committee at which all team managers, coaches and crew captains must participate.

At this meeting, USRowing and the Race Director will explain and provide to all participants all information reasonably required for the safe running of the event (including local maritime rules, tidal movements, currents, specific topography, known dangers and safety rules). If deemed necessary, the crew captains, may be invited to view the course from a motor launch of the organizing committee. The Chief Referee will cover the regatta rules, start and finish procedures, penalties etc.

General obligations

All rowers must:

- 1. Be familiar with and respect local maritime rules in addition to these Rules of Racing;
- 2. Wear appropriate life jackets when necessary or have an individual life jacket on board within easy and convenient reach for their personal use when on the water.
- 3. Know what to do in the event of boat swamping or capsizing.

Crew Captain's obligations

According to international maritime law, all sea-going vessels must have one person responsible for safety and navigation. In Coastal Rowing, this will be one member of the crew who will be designated as the "Crew Captain" by the crew. The designated Crew Captain for every boat shall be notified to the organizing committee in writing at the time of the crew's Registration. Such notification is the responsibility of the crew. Any crew for which a Crew Captain has not been notified/appointed, the regatta registration team will appoint one member of that crew as a Crew Captain.

The Crew Captain shall be responsible to:

Before every outing:

- Take responsibility for assessing the risks and the ability of the crew to cope with the prevailing
- and forecast conditions:
- Familiarize himself with the current and expected weather conditions;
- Register the outing with the Control Commission, showing the date and time of the outing, the
- estimated length of the outing and the route to be taken;
- Check the condition of the boat and the safety equipment on board.

During the outing:

- Ensure that the crew respects all navigational and safety rules;
- Require that all members of the crew wear their life jackets as necessary;
- Make necessary decisions for the safety of the crew if the weather deteriorates;
- Monitor any changes in the weather or water conditions, which might affect the safety of the crew.

After the outing:

- Inform the Control Commission of the return of the crew;
- Complete the register indicating the crew's return.

Avoiding collisions

When two rowing boats are on a potential collision course, both boats should move to starboard to give way to the other boat. For clarification, "starboard" means the left hand side of the rowers as they are seated in the boat (bow side).

Adverse Weather Conditions

The Chief Referee, in consultation with the Race Director and the organizing committee, shall take all decisions on any delay, postponement or cancellation of races, or of changes to the course, resulting from adverse weather conditions or other matters relating to the safety of rowers and equipment and officials on the water or the fairness of the course.

The Start

During the start procedure, the boats shall be lined up in the water in the allotted start position and shall be held by crew members (except solo (C1x)) and up to two boat handlers per boat.

Boat Handlers

There shall be up to two boat handlers per boat. The boat handlers shall, in principle, be provided by the teams and are recognized as official support crew members. The role of the boat handler is to support the departure and arrival of the crew from and to the beach. The boat handlers for each crew should wear matched uniforms that conform to the rules, and in a color which is different from the crew (alternatively the boat handlers may wear a colored bib). In rougher conditions and at the discretion of the Chief Referee the number of boat handlers may be increased.

Boat handlers may not board the boat at any time but may assist the crew in any other way, including rudder fixing, etc. When the boat returns to the beach the boat handlers may "catch" the boat to slow its progress when it reaches the beach and a crew member disembarks to run to the finish line

a. The boat handlers shall at all times remain in shallow water not above their shoulder height. The boat handlers shall comply with any instructions of the race officials and shall at all times be subject to the rules of racing. Where a crew does not supply its own boat handlers, the organizing committee shall provide them. The boats should be held reasonably in line and shall be positioned so that the centers of boats are in a line with the buoys in their lane. All rowers (except the runner of each crew) must be standing in the water next to their boat and shall not start boarding their boat until the start signal is given. The Judge at the Start, with the advice of the Aligner, shall determine whether the boats are reasonably in line and shall take such action as necessary to ensure this.

- b. One nominated crew member from each crew shall be a runner. (The runner at the start may be different from the runner at the finish but in both cases must be a member of the crew.) The runners shall stand behind the start line which shall be clearly marked on the beach. The remaining crew members (except for solo (C1x)) shall be standing in the water holding their boats. No crew members shall start to board their boats before the start signal has been given. When the start signal is given the runners shall run to their boats to join the other crew members. The other crew members may start to board their boats as soon as the start signal is given.
- c. The boat handlers will support the crews in holding the best pointing for the boat for the crew members to board and depart.

The Start Procedure

The Starter may be assisted by other Referees under the authority of the Starter. The position of the Starter shall be elevated and such that he has a clear view of the start line and all boats. The starting signals should be clearly audible and visible to all rowers.

The Starter shall inform the crews when there is three minutes remaining before the start time. There shall be a Judge at the Start who shall be positioned in such location as to be able to properly carry out his responsibilities. Where he considers it necessary, the Chief Referee may instruct another Referee to assist the Judge at the Start in his duties.

The Judge at the Start shall be responsible to decide if any crew has caused a false start.

The starting procedure for beach sprints shall be as follows:

-3:00 minutes

All crew members should be in the start zone and under the control of the starter. The Starter may penalize a crew which is late to the start and may start the race without reference to absentees.

-2:45 to 1:45 minutes

Crews are introduced to the spectators, once the introductions are complete the crews return to their start positions.

-1:00 minute

When there is one minute to the start, the Starter shall say "One minute!" at this time all crews and boats should be "read" on the water, the runner positioned behind the start line.

Where there are 30 seconds to the start, the Starter shall alert the crews by saying "Get ready!", after which alert the Starter may start the race at anytime, having taken into account the wave conditions and any other factors.

-0.10 minute or when the red flag is raised

The start music stops.

To give the start signal, the Starter shall say "Attention!" and shall then raise a red flag to the vertical position above his head. After a clear pause, the Starter shall then give the signal to start by dropping in one fast downward motion the red flag, simultaneously sounding a hooter in one long blast or yelling out "GO"!

The official start signal will be the moment the red flag starts to move downwards.

False Start

A crew commits a false start if the crew's nominated runner crosses the start line before the start signal is given or if any crew member starts to board their boat before the start signal is given.

The Judge at the Start shall be the sole judge of a false start.

Consequences of a False Start

Where a false start is committed, whether by a runner or other crew member, the Judge at the Start shall immediately raise a red flag and the Starter shall stop the race by waving a red flag and sounding repeated blasts on the hooter until all crews have stopped. The Judge at the Start shall inform the Starter which crew has caused a false start and the Starter shall award the crew a Warning.

A crew causing two false starts or receiving two warnings applying to the same race shall be awarded be excluded from the event by the Starter.

Responsibility of the Rowers

When turning around the buoys, crews are permitted to touch the turning buoys with their boat or oars, but the keel of the boat must pass around the designated side of the buoy.

In order to finish the race a crew must correctly round all designated turning markers and must complete the full course as designated by the organizing committee.

A crew not correctly rounding any buoy on the course shall be awarded a time penalty as follows:

- Not correctly rounding the first or second buoy from the beach 30 seconds each instance;
- Not correctly rounding the third buoy from the beach 60 seconds

For coxed boats, the coxswain is required to be in the boat for the whole time the crew is rowing; otherwise the crew shall not be ranked in the race and shall be shown on the results as DNF.

Upon their boat reaching the beach, one crew member shall disembark and run in the designated route to the finish point of the race.

Crews shall at all times be aware of the weather and water conditions and the safety of themselves and others. Crews rowing in a dangerous manner or in a way which is considered out of control may be excluded or otherwise penalized by the Referee.

Interference

A crew causes interference to its opponents if its oars, sculls or boat encroach into the opponent's water and cause a disadvantage to its opponents by contact or by causing the other crew to change course to avoid such contact. The Referee alone shall decide if a crew is interfering with another crew and causing them a disadvantage. If a crew has caused interference to another crew and has, in the Referee's opinion, affected the result of that crew, then the Referee may exclude the crew or alternatively may award a time penalty of 5 seconds or such other time as he deems appropriate against the crew causing the interference or take other appropriate measures under the rules.

It is each crew's responsibility to remain in their proper course and their water and to not cause interference to other crews.

Finish of the Race

The method of marking the Finish Line and the finish of the race may be any one of the following, or a similar arrangement:

A clear, straight line on the beach which the runner from each crew must cross;

 One flag or similar device for each crew, standing in the sand, and which must be picked up (or "caught") by the runner from each crew to mark the finish (in the case of flags, a different color flag shall be used for each crew, ideally to match the color of the buoys in their respective lanes);

The organizing committee shall decide which type of finish shall be used and this shall be notified in the Notice of Regatta and shall be included in all information to teams and displayed at the venue.

The finish point for all crews shall be an approximately equal distance from the water where the boats would reach the shore in their designated course. There shall be a flag or similar marker placed at the water's edge for each lane in line with the lane buoys and an equal distance from the finish line. Each runner shall pass on the outside of the flag when running from their boat to the finish line. A runner not passing on the correct side of the flag shall receive a penalty of 5 seconds.

The finish of the race for each crew shall be the moment their crew member (the runner) reaches the finish point and completes the action as required to mark the finish of the race.

In the case of USRowing Beach Sprints, the organizing committee shall obtain the approval of USRowing for the method of marking the finish.

Timing – Finish times shall be recorded to 1/10th of a second.

Dead Heats

If there is a dead-heat in any round other than a final, the crews which have dead-heated shall be required to race again over the same course not later than 10 minutes after the finish of the race which was a dead-heat. If they again dead-heat they shall be required to race again within a further 15 minute period and so on until a decision is reached.

If a dead-heat occurs in a final the crews concerned shall be given equal ranking and the next ranking shall be left vacant.

The Draw and Determining the Lanes

Where a system of preliminary heats is required, a draw for the first round shall take place at the Crew Captains' meeting on the day before the first heat takes place, or earlier if appropriate. The draw shall determine which crews take part in which heats and which lanes each crew shall use.

If there is seeding of crews at the USRowing Beach Sprints, the highest seeded crews shall be placed at opposite sides of the draw and then descending seedings should follow the same principle. When the final eight crews remaining in the event are determined, the top four seeded crews in descending order (or less if there are less than four seeded crews) remaining in the final eight crews shall be drawn alternatively on opposite sides of the draw for the last eight. The remaining places shall be allocated by random draw for the remaining crews. (i.e., seeds 1 and 3 shall be on one side of the Draw and 2 and 4 on the other side.)

Where the first round is in the form of time trials, the results of the time trials shall be adopted to determine the following round heat and lane allocations rather than any seeding.

Lanes for "The Final Eight"

The lanes for each race in the quarterfinals, semifinals and finals (the final eight remaining crews) only, shall be determined as follows:

 The crew with the faster time in its previous round shall choose which of the two lanes it shall use for the race.

The other crew shall use the other lane.

Such determination shall be made not later than 10 minutes before the scheduled start time of the race and shall be confirmed by the Crew Captain to the Chief Referee who shall also notify the Crew Captain of the other crew in that race.

Composition of the Jury

The Jury will be made up of a minimum of 6 members of whom at least 3 shall hold a USRowing Referee's License.

- Chief Referee*
- Starter / Race Referee *
- Judge at the Start / Judge at the Finish *
- Lane Referees (1 per lane)
- Turning Mark Referee (1)
- Members of Control Commission, one per lane

*The Chief Referee, the Starter / Race Referee and the Judge at the Start / Judge at the Finish shall each hold a USRowing Referee's license.

Several members of the Jury may have dual roles. The organizing committee may also appoint an Assistant Starter and assistants to other Referees.

There shall be at least one Turning Mark Referee. Additional Turning Mark Referees may be required if racing is conducted on more than two lanes.

For USRowing Beach Sprints regattas - The Jury shall be appointed by the organizing committee.

Penalties

The Jury shall impose appropriate penalties in any case of breach of the rules. The penalties available to the Jury are:

- Reprimand;
- Time penalty
- Warning (applying to the next round in which the crew competes) a crew receiving 2 Warnings applying to the same race shall be awarded an Exclusion and excluded from the event;
- Relegation where specifically provided in these Rules;
- Exclusion (from all the rounds of the event in question);
- Disqualification (from all events in the regatta).

Control Commission

In addition to its other duties, the Control Commission at Beach Rowing Sprints regattas shall check the correct display of the boat registration numbers and that the rower names and club acronyms required to be displayed on the uniform of each rower are correctly displayed.

The Starter and the Judge at the Start

The Starter and the Judge at the Start shall ensure that the correct starting procedure is followed. Both shall be in an elevated position (on a podium or stand) from where they have a clear view of the start/finish line and the racing course, and can be clearly seen by all crews.

The Judge at the Start shall determine if any crew causes a false start and if so shall follow the procedure outlined in the USRowing Rules of Rowing.

The Referee

The Chief Referee, in consultation with the Race Director, shall decide the number of Referees to supervise each race. Where there is more than one Referee, the Referees shall have equal status in their areas of responsibility.

For Beach Rowing Sprints regattas, the Starter shall act also as the Race Referee, will be positioned on land, elevated as necessary, so as to have a clear view of all crews during the race. The Race Referee shall have precedence over the Lane Referees and the Turning Mark Referee. He shall in general not communicate with crews during the race but will make decisions based on his observations and on the advice of the Lane Referees and the Turning Mark Referee. The Lane Referees shall be positioned on the beach in an elevated position to give them a clear view of their lane, each in line with their lane.

The Race Referee shall ensure the proper conduct of the race and the safety of the rowers. In particular, he shall observe whether any crew gains any advantage or suffers any disadvantage from its opponents or from external factors and shall impose appropriate penalties on crews at fault. The Race Referee shall not give any steering indications to crews.

If necessary, the Race Referee may stop the race, impose any necessary penalties and order the race to be restarted from the start immediately. If for any reason, such as equipment damage, the restart must be delayed, he shall decide on a new starting time in consultation with the Chief Referee and he shall inform the crews concerned.

Where a crew suffers interference or other impediment and the Race Referee considers the impediment did not affect the result of the race, or considers the effect of the impediment was not significant, he may decline to take any action or he may take such action as he sees fit in the circumstances.

The Lane Referees shall ensure the boats are held in line with their lane while waiting for the start signal and shall notify the Judge at the Start if they consider the boats are not correctly in line when the start signal is given (a faulty start) or if any crew member starts to board the boat before the start signal is given (a false start). They shall give such notification by raising a red flag, upon which the Judge at the Start shall follow the procedure outlined in the USRowing Rules of Rowing.

The Turning Mark Referee shall be stationed in a boat at the farthest point of the course and shall observe the race and shall determine whether all crews go around all buoys correctly as required. He shall indicate to the Race Referee by raising a flag after the crew in their lane has rounded the farthest buoy from the beach; and after the crew in their lane has reached the beach on the return sector. The flag shall be raised as follows:

- A white flag if the crew has rounded all buoys correctly;
- A red flag if the crew has not rounded the buoys correctly

The Turning Mark Referee shall also show a red flag if he considers there has been any other infringement of the Rules, including interference. He shall as soon as possible after the finish of the race inform the Race Referee of the detailed reasons for showing the red flag.

When all crews have finished the race the Race Referee shall indicate if the race was in order by raising a white flag. If the race was not in order the Race Referee shall raise a red flag.

The Judge at the Finish shall not release any results of the race until the Race Referee makes a determination on the infringement indicated by the red flag.

Judge at the Finish

The Judge at the Finish shall determine the order in which the runners of each crew finish the race. He shall ascertain that the race was in order. He shall be responsible for validating the results.