

2010 USRowing Youth National Championships

General Information Packet

USRowing and Cincinnati Junior Rowing Club are excited that you have chosen to attend the 2010 USRowing Youth National Championships. We are excited by the large number of participants at this year's event, and look forward to high-level racing action.

Venue Information

- The link below will provide directions to East Fork State Park.
<http://cjrc.net/pdfs/EastForkMapDirections.pdf>
- For those using GPS or online maps, the site address is:

East Fork State Park, 3294 Elk Lick Rd., Bethel, OH 45106

Parking

- Parking at the regatta beach venue is reserved for team vehicles including: boats, trucks, vans, buses and food trailers.
- Each Head Coach will be issued a parking pass at registration for a reserved parking spot for one team vehicle.
- Teams with more than 10 competing athletes are eligible to receive a second parking pass, based on availability. Details will be available at the registration tent.

Trailer Parking

- Please notify the Regatta Director at suburbanne@yahoo.com to indicate who is transporting your boats and the arrival date so that all team boats can be accommodated. The more information the LOC has regarding boat transportation, particularly trailers transporting for multiple teams, the better they will be accommodated.
- Trailers may begin arriving at the site Wednesday, June 9 between 5:00 PM and 11:00 PM.
- Security will be provided in the park each night starting at 8:00 PM and ending each morning at 5:30 AM from Wednesday through Sunday morning.
- The LOC will try to accommodate crews that would like to leave at the end of racing on Saturday. Information on early departure possibilities will be available at registration.
- Trailers must leave the venue on Sunday evening, June 13.

Registration

- Registration Times: Thursday, June 10, 11:00 AM-5:00 PM.
- The USRowing tent will be open during the entire event.
- Teams that have not paid all entry fees will not be allowed to pick up athlete credentials.
- Each athlete will receive a credential once the athlete's USRowing membership and waiver status have been verified.

- Credentials must be worn in order for crews to be allowed to launch through control commission.
- **There will be a \$10 replacement fee for each lost credential.**
- A team representative will be allowed to secure credentials for the entire team once each person's membership status and payment of all entry fees are confirmed.

Coaches/Coxswains Meeting

- A meeting will be held on Thursday, June 10 at 5:00 PM to review the regatta procedures and final schedule. All teams need to send representatives to this meeting.

Practice

- Official practice times are as follows:
 - o Thursday- 10:00 AM-4:30 PM. After Coaches & Coxswains Meeting until 7:00 PM
 - o Friday- 30 minutes after the completion of racing, last launch at 7:30 PM. All boats must be off of the water by 8:00 PM.
 - o Saturday- 30 minutes after the completion of racing, last launch at 7:30 PM. All boats must be off of the water by 8:00 PM.
- Safety marshals will be on the lake during official practice times only.
- Any crews that get on the water outside of official practice times do so at their own risk. **There will be no safety marshals outside of the official practice times.**

Team Tents

- Rentals of tents, tables, and chairs as well as coolers, cases of water and ice can be reserved by calling Rob Van Lear at either 513-241-5150, or 513-474-0681, or by e-mail at: rob@dovgraphics.com. A map of the venue may be obtained at www.cjrc.net.
- Team tents may be set-up in designated areas on the beach to the left of the Matt Maupin Pavilion as you look at the beach.
- Team tents are not permitted in the area reserved for team boats.

Concessions

- A variety of muffins, bagels, and healthy snacks, as well as drinks and grilled food items are available throughout the day at the Matt Maupin Pavilion.
- Event and regatta merchandise are also available in this area.
- Race results are posted on tables adjacent to the computer technology center, as well as on outside results boards.
- Please note that pets are not allowed in the tented pavilion, for health and safety reasons.

Rules

Progression

- USRowing Alternate Progression B, modified to include C finals.
- 7 or fewer entries: Final only
- 8-11 entries: 2 heats (top 2 to A final, rest to rep), 1 rep (top 2 to A final, rest to B final)
- 12-14 entries: 2 heats (top 1 to A final, rest to reps), 2 reps (top 2 to A final, rest to B final)
- 15-16 entries: 3 heats (top 3 to semis, rest to rep), 1 rep (top 3 to semis, rest to C final), 2 semifinals (top 3 to A finals, rest to B finals)
- 17-20 entries: 3 heats (top 2 to semifinals, rest to reps), 2 reps (top 3 to semifinals, rest to C final), 2 semifinals (top 3 to A final, rest to B final)
- 21-22 entries: 4 heats (top 2 to semifinals, rest to reps), 2 reps (top 2 to semifinals, next 3 to C final), 2 semifinals (top 3 to A final, rest to B final)
- 23-28 entries: 4 heats (top 1 to semifinals, rest to reps), 4 reps (top 2 to A/B semifinals, next 3 to C/D semifinals), A/B semifinals (top 3 to A final, rest to B final), C/D semifinals (top 3 to C final)

Seeding

- Lane assignments will be posted on the USRowing and Powerhouse Timing web sites 48 hours before the event.
- Random lots within the following seeding priorities will be used to determine the composition of heats, and the assignment of lanes in heats will be assigned from the center lane outward.
 - o First seeding priority: 1st place from qualification regatta
 - o Second seeding priority: 2nd place from qualification regatta
 - o Third seeding priority: 3rd place from qualification regatta
 - o Fourth seeding priority: Accepted petitioning crews

Line-up Changes

- Teams making changes to their lineups are required to submit a Change Form at the USRowing tent.
- Crews are allowed to substitute no more than one-half of a boat's qualified line up at least one hour before the start of the first race in an event.

Weigh-In Information

- **Lightweights**
- The weight of junior rowers in lightweight events shall be determined once each day no less than one hour and no more than two hours before the scheduled time of the first race in which

the weight is relevant. Competitors shall be weighed in racing uniform, without shoes or other footwear, and in race boat order.

- Lightweight Youth Men 155.0 lbs (max-no average)
- Lightweight Youth Women 130.0 lbs (max-no average)
- Weights will be strictly enforced.
- Each junior rower shall have only one (1) initial opportunity to weigh-in. A competitor within one (1) pound or less of the weight standard is allowed one re-weigh within the official weigh-in window. A competitor whose initial weight is greater than one (1) pound above the weight standard will be ineligible to compete in the lightweight event.
- A rower who appears severely dehydrated or to have used extreme measures to lose weight shall be required to be checked by on site medical personnel before being cleared to race.
- A rower who requires intravenous rehydration will not be allowed to race.
- **Coxswains**
- The weight of coxswains shall be determined once each day no less than one hour and no more than two hours before the scheduled time of the first race in which the weight is relevant.
 - Mens Youth Events 120.0 lbs minimum
 - Womens Youth Events 110.0 lbs minimum
- Coxswains who are more than 5 pounds beneath the minimum weight are required to bring their own weight to weigh-ins. Materials will be provided for coxswains to make their own sand bags on Thursday. Sand bags of small weight increments will be provided on site.
- "Coxswain-Keeper" strap systems will not be permitted.

Boat Weigh-ins

- Boat scales will be available for practice weigh-ins from 8:00 AM until 5:00 PM on Thursday, June 10.
- Boat weights will include all items permanently affixed to the hull, including wiring for the cox-box/speed coach, speakers, seats, foot stretchers, fin, skeg, rudder, and riggers. No allowances will be made for the weight of these items.

- All boats shall comply with the following minimum weights:

| Category | Weight (lbs.) | Weight (kgs.) |
|----------|---------------|---------------|
| 1x | 30.86 | 14 |
| 2x/2- | 59.53 | 27 |
| 4+ | 112.44 | 51 |
| 4x | 114.64 | 52 |
| 8+ | 211.64 | 96 |

- Procedure

- o Beginning Friday, boats will be randomly selected from races to be weighed. Selected crews will be notified as they leave the water, and will be escorted to the scales.
- o The normal wetted surface of the boat is accepted for weigh-ins. However, any standing water must be removed before the weighing, in particular any water between the shoulders and under the canvas. All other items must be taken out of the boat before the weighing.
- o If a boat is below the minimum weight, the initial weight will be noted. The official will test the scales with the gauged weights, observed by the crew representative, and make note of the test weight. The boat concerned shall then be weighed for the second time.
- o The penalty for an underweight boat shall be that the crew is placed last in that particular race. If the crew races again in an underweight boat in a later round of the same event, then the penalty shall be the exclusion of the crew.
- o The penalty for having raced in an underweight in a finals event is exclusion.

Uniforms, Oars, Bow Numbers

- Uniforms must match.
- Oars must match.
- Bow numbers will be provided.

Schedule

- A tentative schedule is available on the Youth Nationals event page at www.usrowing.org, as well as Regatta Central.
- Heat sheets will be available 48 hours before the event at www.powerhousetiming.com.