

USRowing Mid-Atlantic Junior District Championships

May 14-15, 2011

Mercer Lake, West Windsor, N.J.

USRowing and Princeton National Rowing Association are proud to present the 2nd Annual USRowing Mid-Atlantic Junior District Championships. This event offers the most opportunities for crews within the region to qualify for the USRowing Youth National Championships, as well as an opportunity for novice and junior varsity crews to compete in a full slate of racing including heats, semi-finals, and finals.

Please read this packet completely as it includes information regarding entries, rules, events, Youth National Championships qualification and eligibility, and other information about the policies governing this regatta. All crews competing in the USRowing Mid-Atlantic Junior District Championships are responsible for the information contained in this packet.

USRowing would like to thank Princeton National Rowing Association and the Mercer Junior Rowing Club for hosting this year's event.

Venue Information:

Venue- Mercer Lake, West Windsor, NJ

Location:

Richard Coffee Mercer County Park Marina Venue

334 S. Post Rd.

West Windsor, NJ 08550

Directions are available by visiting the PNRA website through this [link](#).

Course:

The course is a 2000 meter, 7-lane, fully buoyed course with a starting platform. Crews must be able to back into a stakeboat.

For more information about Princeton National Rowing Association and the regatta site, visit the PNRA website at www.rowpnra.org.

USRowing Membership:

The USRowing Mid-Atlantic Junior District Championships is a USRowing-owned event.

Each participant is required to be a current, full-privileged individual member of USRowing. Each participant must also have a signed waiver on file for 2011.

Each competing organization is required to be a current organizational member of USRowing.

Memberships can be activated or renewed by visiting <http://www.usrowing.org/join.aspx> or by calling the Membership Services Department at (800) 314-4769.

Memberships should be handled prior to arriving for the event. Any memberships completed on-site will include an additional \$5 administrative fee.

If you have questions regarding the status of your organizational or individual memberships, please contact our Membership Services department at (800) 314-4769 or members@usrowing.org.

We will be happy to provide a list of members and their member numbers, expiration dates and verified waivers.

Waivers:

USRowing waivers are available online. Please visit the [Join/Renew page of the USRowing website](#) or [RegattaCentral](#) to submit your online waiver.

Credentials:

Credentials will be issued to athletes once registration is complete, membership and waiver information is verified, and all fees are paid in full.

A coach or team representative may pick up the credentials for their team if all team members meet the above criteria and the organization's membership and regatta fees are paid in full. All team credentials must be picked up at the same time. Partial groups will not be distributed.

Athletes will be required to show credentials in order to pass through Control Commission and launch for racing sessions.

Lost credentials may be replaced at the USRowing registration desk, but are subject to a \$10 administrative fee.

Eligibility:

The USRowing Mid-Atlantic Junior District Championships are open to junior rowers from Delaware, District of Columbia, Maryland, New Jersey, Pennsylvania (Eastern), and Virginia that meet the membership requirements stated above.

Classifications:

Junior: A Junior is a competitor who in the current calendar year does not attain the age of 19, or who is and has been continuously enrolled in secondary school as a full-time student seeking a diploma. A competitor thus ceases to be a Junior after December 31 of the year of his or her 18th birthday, or of the year in which he or she completes the 12th grade of secondary school, having been a full-time student, whichever is later.

Post Graduates: Per Rule 4-104 (a), post graduate students who attain the age of 19 in the current calendar year are ineligible to compete.

"2nd" Boats- The 2nd boat classification is not open to any rower competing in the Youth National Championship qualifying events. In order to enter a 2nd boat, organizations must also enter a boat in the corresponding Youth National Championship qualifying event.

Novice- A Novice shall be a coxswain or rower whose initial competition within the same discipline has been in the previous 12 months of the regatta. Coxswains who wish to become rowers may race for one year as a novice rower regardless of their coxing experience.

Youth National Qualification Rules:

The USRowing Mid-Atlantic Junior District Championships offer 3 bids to the USRowing Youth National Championships events.

The bids will be distributed to the top 3 crews in each qualifying event that have declared the USRowing Mid-Atlantic Junior District Championships as their qualifying regatta.

Crews competing at the Philadelphia City Championships that wish to use the USRowing Mid-Atlantic Junior District Championships as their qualifying regatta must declare their intention no later than Wednesday, May 4, 2011.

Declarations can be made using the [new online form](#), or by e-mailing alvin@usrowing.org.

Failure to declare a different regatta will result in using the first qualification regatta entered as the crew's qualification regatta.

All crews from a given organization must qualify at the same qualification regatta.

Should a non-qualifying crew finish in the top 3 of a qualifying event; the corresponding bid will be offered to the next highest placing crew that is using the Mid-Atlantic Junior District Championship as their qualifying regatta. Bids will not be offered to crews finishing lower than 4th place in the event in question.

Only crews competing in Youth National Championship qualifying events are eligible to receive bids. Crews competing in 2nd or Novice events are ineligible to receive automatic bids. Crews competing in 2nd or Novice events are ineligible to petition to receive bids based on the results of non-qualifying races.

Full rules regarding qualification for the 2011 Youth National Championships are available in the event entry packet posted on the event website:

<http://www.usrowing.org/Events/YouthNationals.aspx>

Rules:

USRowing's Rules of Rowing will govern this event.

An online version of the rulebook is available at <http://www.usrowing.org/About/RulesofRowing.aspx>

USRowing licensed referees will officiate the event to ensure fairness and safety.

The following rules will be waived for this event:

- Rule 3-104 Minimum Weight of Boats

Equipment:

All equipment used in competition must meet the USRowing Rules of Rowing requirements for equipment, with the exception of the waived rule listed above. Each organization is responsible for ensuring that their equipment meets these standards.

Crews must provide their own bow balls and bow numbers. Bow balls must be firmly attached and mounted on the bow.

Any equipment not meeting these standards, or judged to be unsafe by a USRowing official, will not be allowed onto the water.

Weigh-Ins

Lightweights:

Lightweights shall weigh-in once **each day** no less than 1 hour and no more than 2 hours before the scheduled time for the first race in which the weight is relevant. Competitors shall be weighed in racing uniform, without shoes or other footgear.

Each junior rower shall have only 1 initial opportunity to weigh-in. A competitor within 1 pound or less of the weight standard is allowed 1 re-weigh within the official weigh-in time window. A competitor whose initial weight is greater than 1 pound above the weight standard will be ineligible to compete in the event.

Lightweight Men:

Max: 160 lbs. (no average)

Lightweight Women:

Max: 130 lbs. (no average)

Coxswains:

Coxswains shall weigh-in once **each day** no less than 1 hour and no more than 2 hours before the scheduled time for the first race in which the weight is relevant. Coxswains shall be weighed in racing uniform, without shoes or other footgear.

Coxswains who do not comply with the minimum weight standard must provide their own materials to create deadweight in accordance with the USRowing Rules of Rowing. This weight must be placed in the boat as close to the torso of the coxswain as possible, and is specifically forbidden to be distributed throughout the boat.

Crews must provide their own weight making materials.

Excess clothing, equipment, electronic systems, tools, and other utilitarian devices germane to competition shall not be considered part of the coxswain's weight and shall not be included as part of any deadweight.

Weighted vests cannot be worn in order to achieve the minimum weight.

Coxswain for Men's Event:

Minimum: 120 lbs.

Coxswain for Women's Event:

Minimum: 110 lbs.

Entry Information:

No paper entries will be accepted for this event. All entries must be made online at RegattaCentral. Initial registration will be available beginning March 1, 2011 and ending Saturday, May 7, 2011. No refunds will be given once the initial registration period has ended.

All entry fees must be paid in full by Saturday, May 7, 2011. After this date, unpaid entries will be considered late entries, and subject to the additional fees associated with such designation. Payment arrangements may be made by contacting alvin@usrowing.org prior to the May 7, 2011 deadline.

Youth National Championship qualifying events with entries from 2 or more different teams will be run as scheduled.

Non-Youth National Championships qualifying events with entries representing fewer than 2 teams at the close of registration will be scratched from the schedule.

Organizations with an outstanding balance will not be allowed to compete until the balance is paid in full.

Line-ups:

All entries should include the line-up of athletes to compete as part of that entry. All entry line-ups must be submitted by Saturday, May 7, 2011. Any entry without line-ups after this time will be treated as a late entry. Line-ups with placeholder names such as "A. Rower" will be considered incomplete and will also be considered late entries.

After Saturday, May 7, 2011, crews may substitute up to one half of its rowers, as well as its coxswain, excluding single sculls. After this deadline, no substitutions may be made for single scull entries except for illness or injury in accordance with the USRowing Rules of Rowing.

Line-up changes must be submitted no later than 2 hours before the first race of the event for which the crew is entered. Line-up changes will be accepted via e-mail until May 13, 2011.

Beginning May 14, 2011, all line-up changes must be made onsite at the USRowing registration desk.

Late Entries:

Beginning May 8, 2011, entries may be accepted in events where additional entries do not change the progression.

All late entries must be submitted as a Waitlist request on RegattaCentral. Waitlist requests will be reviewed daily, and accepted as space becomes available in an event.

Upon acceptance, an e-mail notifying the crew will be sent to the RegattaCentral account holder.

E-mail will be the only notification given to accepted crews. USRowing and RegattaCentral are not responsible for missed e-mail messages.

Crews will have up to 48 hours to submit the accepted entry via RegattaCentral. After 48 hours, the waitlist acceptance will expire, and the next crew in the queue will be accepted.

Accepted late entries must be submitted with visible line-ups.

All late entry requests will expire 24 hours before the first race of the event in question, or at 6:00 PM on Saturday, May 14, whichever occurs first.

Scratches:

Entries may be scratched or changed without penalty until May 7, 2011. Scratches received after May 7, 2011, are not subject to a refund.

Scratches made after 6:00 PM on Saturday, May 14 will be subject to a forfeiture of entry fees and an additional \$25 scratch fee.

Should races be scheduled prior to the 6:00 PM deadline, scratches made less than two hours before the first scheduled race of the afternoon will be subject to a \$25 scratch fee.

Scratches will be accepted via e-mail until May 13, 2011.

Beginning May 14, 2011, all scratches must be submitted to USRowing on-site using the forms provided at the USRowing tent.

Any crew failing to submit written notification of a scratch a minimum of one hour before the applicable race, either via e-mail or on-site, shall be subject to a higher scratch fee of \$50 to be charged to the RegattaCentral account holder.

Composite Entries:

Composite entries are not allowed at the USRowing Mid-Atlantic Junior District Championships.

Multiple Entries:

Organizations may submit a maximum of two entries in each Youth National Championships qualifying event.

Non-Youth National Championship qualifying events will be allowed a maximum of 21 total entries.

Waitlist:

The RegattaCentral waitlist procedures for late entries will also be utilized for events that reach the maximum number of entries prior to the close of registration.

See the "Late Entry" section for details.

Progression:

USRowing Progression System "C"

Entries	Heats	Advancing in each Heat	Semifinals	Advancing in each Semifinal	Finals
1-7	0	-	-	-	Final Only
8-14	2	3	0	-	Grand Final
15-21	3	4	2	3	Grand Final
22-28	4	3	2	3	Grand Final

Only Grand Finals will be run at the 2011 USRowing Mid-Atlantic Junior District Championships.

Non-Youth National qualifying events will run a complete progression, including heats and semifinals as required by the listed progression system.

Schedule Information

Heats and semifinals will be run as close to the order of finals as possible.

The majority of races will be scheduled for Sunday, May 15, 2011.

Events requiring semifinals will have their heats scheduled for the afternoon of Saturday, May 14, 2011 in order to allow athletes adequate rest between rounds.

In the event that racing cannot be contained to Sunday, May 15, 2011, a number of heats will then be scheduled for the afternoon of Saturday, May 14, 2011.

Coaches and Coxswains Meeting:

Coaching and Coxswains Meeting will be scheduled for Saturday, May 14 at 6:00 PM.

If races are scheduled for Saturday afternoon, an additional Coaches and Coxswains Meeting will be held 2 hours before the first scheduled race.

Order of Events:

Below is the order in which finals are scheduled to be run. Events marked with an asterisk (*) are designated as Youth National Championship qualifying events.

1	Womens Varsity 1x*	12	Mens 2nd 4x
2	Mens Varsity 1x*	13	Womens Varsity 4x*
3	Womens Varsity Ltwt 2x*	14	Mens Varsity 4x*
4	Womens Varsity 2x*	15	Womens Varsity Ltwt 8+*
5	Mens Varsity Ltwt 2x*	16	Womens 2nd 4+
6	Mens Varsity 2x*	17	Mens 2nd 4+
7	Womens Varsity 2-*	18	Womens Varsity 4+*
8	Mens Varsity 2-*	19	Mens Varsity Ltwt 4+*
9	Womens Novice 4+	20	Mens Varsity 4+*
10	Mens Novice 4+	21	Womens Varsity Ltwt 4+*
11	Womens 2nd 4x	22	Womens 2nd 8+

23	Mens 2nd 8+	27	Mens Novice 8+
24	Womens Novice 2nd 8+	28	Mens Varsity Ltwt 8+*
25	Mens Novice 2nd 8+	29	Womens Varsity 8+*
26	Womens Novice 8+	30	Mens Varsity 8+*

The schedule of races will be determined based on the number of entries at the close of registration.

Practice:

Practice times will be published in the confirmation packet sent to crews that have registered for the event.

Crews will not be allowed onto the course before the end of the National Selection Regatta scheduled to end May 14, 2011.

Trailer Parking:

The venue will be open for trailer parking beginning Saturday, May 14, 2011 at 12:00 PM.

Security will be provided Saturday night.

Trailers will not be allowed to remain in the park Sunday night.

Team Tents:

Team spaces can be reserved by submitting a completed reservation form to Princeton National Rowing Association. Forms are available on RegattaCentral, the USRowing event website, or the PNRA website.

Each team will be allowed (2) 10 foot by 20 foot space within the Team Tent Area.

Spaces will be assigned by PNRA in the order in which reservations and payment are received.

Teams will be allowed to unload vehicles in the unloading area near the team tent area between 12:00 PM and 5:00 PM on Saturday, May 14, 2011.

Food/Support Trailers:

Each team may store one food/support trailer in the Team Food Trailer area.

Trailers will be allowed to park in the Team Food Trailer parking area starting Saturday, May 14, 2011.

Medals:

Medals will be awarded to the first, second, and third-place finishers in each Grand Final.

A final, both for qualifying and non-qualifying events, must contain a minimum of 4 boats in order for a third-place medal to be awarded.

The awarding of medals is determined by place and is not dependent upon a team's Youth National Championship qualification status. Therefore, the awarding of medals does not necessarily reflect the awarding of Youth National Championship bids.

Inclement Weather Information:

The Chief Referee, USRowing, and Local Organizing Committee will work together to monitor the weather continuously during the regatta.

Should it be determined that schedule changes are necessary due to weather concerns, the following weather plan will be utilized:

Communication Plan

Weather-related schedule changes will be announced utilizing the following mediums.

- Posted on the results board located at the regatta site
- Online via Twitter, Facebook, RegattaCentral, and the USRowing web site
- Via text message. Coaches, athletes, and parents can register to receive weather related text messages by texting "USRowing" to 313131.

Crews are responsible for staying updated on any announced schedule changes.

Please direct any questions about schedule changes to USRowing at the registration area.

Schedule changes will be made using the following priority system:

1. Delay racing either later the same day or to the next day, if time is available.
2. Begin racing earlier than previously announced. Announcement will be made no later than 3 hours before racing or 9:00 PM the evening before in the case of morning racing.
3. Utilize a time-trial system for a round of the event.
4. Omit a round of the event. The composition of the next round will be determined on the basis of the results of those rounds that have been completed. If Grand Finals must be omitted, medals and Youth National Championship bids will be awarded based on the results of the last completed round of the event.
5. Cancel some or all non-Youth National Championship qualification events.
6. Cancel regatta.

Under no circumstances will races be rescheduled for a date later than May 15, 2011.

Lodging

Hyatt Regency Princeton

Use Group/Corporate # 95631 to book online via Princeton.hyatt.com to receive 15% off of the best available rate.

Hilton Hotels

Visit www.HHonors.com/teamusastays and then select "Rowing" to receive 10% off the "Best Available Rate" at participating Hilton hotels. A portion of all bookings through this site is donated back to support USRowing.

Contact Information:

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