

2011 USRowing National Championships

June 29-July 1, 2011

Mercer Lake, West Windsor, NJ

USRowing is proud to host the 5th edition of the USRowing National Championships in its current format. This regatta is designed to showcase the skills and abilities of the sport's elite athletes.

Racing for this event will occur after the conclusion of the Junior and U23 Trials, permitting crews to compete in both events.

This packet contains information including eligibility rules, racing rules, and general schedule information. Please read this packet completely. Entry in the regatta constitutes an acknowledgement of the rules as described in this packet.

Venue:

Venue- Mercer Lake, West Windsor, NJ

Location:

Richard Coffee Mercer County Park Marina Venue

334 S. Post Rd.

West Windsor, NJ

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

Course: The course is a 2,000 meter, 7-lane, fully buoyed course with a starting platform. In keeping with the current FISA standards, time trials will be run over 1,900 meters.

All regatta activities for this event will take place on the Marina side of the park. No crews will be allowed to launch from the Finn Caspersan Rowing Center side of the park.

Events Offered:

	1x	2x	2-	2+	4-	4+	4x	8+
Elite Men								
Open	x	x	x	x	x		x	x
Lightweight	x	x	x		x		x	x
Elite Women								
Open	x	x	x		x		x	x
Lightweight	x	x					x	
Adaptive								
Men	x							
Women	x							
TA Mixed		x						
LTA Mixed						x		

USRowing Membership:

The USRowing National 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.

Eligibility:

There are no age or experience restrictions at this event.

Please keep in mind that this event is designed for elite level athletes before making your entries.

Credentials:

Credentials will be issued to all athletes at this event.

Credentials will serve as identification for athletes to allow them to weigh-in and to pass through Control Commission.

Credentials must be worn in order to launch, but may be removed during racing.

Please be advised that replacement credentials will be issued at a cost of \$10 per credential.

Athletes will receive credentials once all fees are paid and membership requirements are met.

Entry Information:

All entries for this event must be submitted through [RegattaCentral](#).

Registration will be available beginning March 1, 2011.

The initial registration period will close Sunday, June 19, 2011.

Once the initial registration period closes, entries will be accepted in events where additional entries will not change the progression of the event.

Late Entries:

Late entries must be submitted by joining the Waitlist on RegattaCentral.

As space becomes available, waitlist requests will be accepted in the order listed in the queue.

Accepted crews will be notified via e-mail only. No phone calls will be made to notify crews of their acceptance. USRowing and RegattaCentral are not responsible for missed e-mail messages.

Accepted entries must be submitted through RegattaCentral no later than 48 hours after notification, or 24 hours before the start of the accepted event, whichever occurs first.

After the deadline, a crew's acceptance will expire and the space will be offered to the next team on the waitlist.

All waitlist requests will expire 24 hours before the first race of an event.

Entry Fees:

Entry fees must be paid through your RegattaCentral account. RegattaCentral accepts Visa, Mastercard, American Express, and Discover.

Entry fees will become non-refundable after Sunday, June 19, 2011.

Boat Class	Entry Fee	Late Entry Fee (Effective June 19, 2011)
8+	\$130	\$185
4+	\$90	\$125
4x/4-	\$80	\$115
2-/2x/2+	\$55	\$75
1x	\$35	\$45

Rules:

USRowing's Rules of Rowing will govern this event.

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

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

Equipment:

All equipment used in competition must meet the USRowing Rules of Rowing requirements for equipment.

Each organization is responsible for ensuring that their equipment meets these standards.

Crews must provide their own bow balls.

Bow numbers will be provided to crews when launching to race by Control Commission.

Weigh-Ins:

Lightweights

The weight of lightweight rowers shall be determined once each day no less than one (1) hour and no more than two (2) 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 footgear.

Athletes must have their credentials in order to be allowed to weigh-in.

Lightweight Men:

Max 160 lbs. (no average)

Lightweight Women:

Max 130 lbs. (no average)

Coxswains

The weight of coxswains shall be determined once each day no less than one (1) hour and no more than two (2) hours before the scheduled time of the first race in which the weight is relevant. Coxswains shall be weighed in racing uniform, without shoes or other footgear.

Coxswains must have their credentials in order to be allowed to weigh-in.

Coxswains failing to meet the minimum weight standards listed below must carry deadweight to make up the difference in accordance with the 2011 USRowing Rules of Rowing.

Weighted vests cannot be worn as deadweight.

Coxswain for Men's Event

Minimum 120 lbs

Coxswain for Women's Event

Minimum 110 lbs.

Boat Weigh-Ins:

All boats shall comply with the following minimum weights:

Category	Weight (kgs)
1x	14
2x/2-	27
2+	32
4-	50
4+	51
4x	52
8+	96

Test Weighing: Scales will be available at least 24 hours before the first race of the regatta where boats will be weighed for test weighing of boats. Test weighing will not be allowed during racing sessions.

If a boat is underweight during test weighing, the added weight is required to be affixed to the boat but may be placed in the shell at the discretion of the crew. Any additional weight added is considered dead weight and may not serve any other purpose in the boat.

Responsibility for the weight of a boat – It is the sole responsibility of the crew that their boat has the required minimum weight.

The selection of official boat weighing session, and specific boats to be weighed, is left to the discretion of the Chief Referee.

Containers used to hold deadweight must be such that the weight inside the container cannot be removed.

Line-Ups:

All entries should include the line-up of athletes to compete as part of that entry. All entries must have names no later than Sunday, June 24.

After the June 24, 2011 deadline, no more than 50% of an entry's line-up may be changed.

Line-up changes will be accepted on site beginning Tuesday, June 28, 2011. Changes should be submitted at the USRowing tent located at the racing venue. Changes must be submitted a minimum of one hour before the first race of the event in which the crew is entered.

Scratches:

Entries may be scratched without penalty until Sunday, June 19, 2011.

Entry fees will not be refunded for scratches made after Sunday, June 19, 2011.

A scratch fee of \$50 will be assessed to scratches beginning Wednesday, June 29, 2011.

Crews failing to notify USRowing of their intention to scratch prior to one hour before the race in which the crew is entered will be subject to a no-show fee of \$100 due before the organization will be allowed to compete in subsequent races.

Composite Crews:

Crews made up of representatives from different clubs must be entered as composite crews.

The affiliation of each member of the crew must be submitted when the crew is registered.

Competitors are allowed to represent one organization at this regatta.

Multiple Entries:

Organizations are allowed to enter multiple crews in each event.

Progression:

USRowing Alternate Progression "A" Modified to Include Time Trials							
Entries	Time Trial	Advance	Heats	Advance	Reps	Advance	Final
1-6			0	-	-	-	Final Only
7-8			2	1	1	4	Grand Final
9-12			2	1	2	2	Grand Final
13+	1	Top 12	2	1	2	2	Grand Final

Order of Events:

Grand Finals are scheduled to be run in the following order:

1	Womens 1x
2	Mens 1x
3	Womens Ltwt 1x
4	Mens Ltwt 1x
5	Womens 2-
6	Mens 2-
7	Mens Ltwt 2-
8	Mens 2+
9	Womens 2x
10	Mens 2x
11	Womens Ltwt 2x
12	Mens Ltwt 2x
13	Womens 4-

14	Mens 4-
15	Mens Ltwt 4-
16	Womens 4x
17	Mens 4x
18	Womens Ltwt 4x
19	Mens Ltwt 4x
20	Mens Ltwt 8+
21	Womens 8+
22	Mens 8+
23	Mens Adaptive 1x
24	Womens Adaptive 1x
25	TA Mixed 2x
26	LTA Mixed 4+

Coaches and Coxswains Meeting:

The Coaches and Coxswains Meeting will be held Wednesday, June 29, 2011 at 4:00 PM at the USRowing registration tent located on the Marina side of the park.

Medals:

Entries	Medals Awarded		
	Gold	Silver	Bronze
0-2	Event Scratched from Schedule		
3	X		
4	X	X	
5+	X	X	X

Foreign Crews:

Foreign crews, including single scullers, must be current members of their nation’s recognized governing body for the sport of rowing to be eligible to compete.

Foreign crews will be allowed to progress through an event based on their finish.

If a crew entered by a foreign club or rowing federation, or a foreign unaffiliated single sculler, place first, second, or third in a national championship event, it shall receive special gold, silver, or bronze medals memorializing the accomplishment, but the national championship medals and the designations and entitlements of National Champion, shall be given only to domestic crews according to order of placement.

Inclement Weather Information:

The Chief Referee, USRowing, and the LOC will work together to monitor the weather continuously during the event.

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

Communication Plan

- a. Weather-related schedule changes will be announced utilizing the following mediums.
 - i. Posted on the results board at the regatta site.
 - ii. Announced over the on-site sound system.
 - iii. Posted online via Twitter, Facebook, RegattaCentral, and the USRowing National Championships event web site.

- iv. Via text message. Coaches, athletes, and parents can register to receive weather related text messages by texting "USRowing" to 313131. This service will only be used for weather related messages.

Teams are responsible for staying updated on announced schedule changes.

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

Schedule Changes will be made with the following priorities

- Delay racing either later the same day or to the next day, if time is available.
- 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.
- Utilize a time-trial system for a round of the event.
- 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 will be awarded based on the results of the last completed round of the event.
- Cancel regatta.

Under no circumstances will races be run after July 1, 2011.

Contact Information:

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