

# ***2022 USRowing Summer National Championships***

## ***Coaches & Coxswains Meeting***

***July 3 , 2022***  
***6:00 P.M. ET***



**USRowing**

# AGENDA

1. **USRowing**
  - a. Welcome to the 2022 USRowing Summer National Championships - Introductions
  - b. Review of Registration & Venue Schedule
  - c. USRowing Code of Conduct
  - d. SafeSport
2. **Chief Referee**
  - a. Referee Welcome
  - b. Traffic Pattern(s)
  - c. USRowing Rules of Rowing
  - d. On the water
  - e. Racing
  - f. Finish
  - g. Unsportsmanlike Conduct
3. **USRowing, LOC, Chief Referee**
  - a. Safety on Venue (Water & Land)
    - i. Evacuation Plans
    - ii. Medical Aid

NOTE: Please put all questions in the Q&A so we can best answer every question.



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# WELCOME - INTRODUCTIONS

USRowing is excited to welcome everyone to the 2022 USRowing Summer National Championships on July 6-9 in West Windsor, NJ.

Safety both on- and off-the-water continues to be the top priority at all USRowing events.

Tonight we have the following people on the call:

**USRowing** : Sarah McAuliffe, Regie Robinson, Paul Wilkins,  
Jules Zane

**PNRA LOC** : Hilary Gehman, Kris Grudt

**Chiefs**: Nikola Vajda and Rachel A. Le Mieux

**Deputy Referees**: Barb Grudt and Hal Johnson



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# REVIEW OF REGISTRATION & VENUE SCHEDULE

- **Teams should contact the LOC to best plan their trailer/team tent arrivals.**
  - **NO trailer arrivals before Tuesday, July 5th**
- **USRowing Registration Tent is open:**
  - Tuesday, July 5, 8:00 a.m. - 6:00 p.m.
  - Wednesday, July 6, 6:00 a.m. - end of racing
  - Thursday, July 7, 6:00 a.m. - end of racing
  - Friday, July 8, 6:00 a.m. - end of racing
- **Practice**
  - Tuesday, July 5, 9:00 a.m. - 12:00 p.m. and 6:00 p.m.-7:15 p.m.
    - Last launch at 6:45 p.m.
  - Wednesday, July 6, 1:30-3:00 p.m.
  - Thursday, July 7, 4:15-5:45 p.m.
    - Launch docks will close 30 minutes before each practice session ends. If races are delayed, practice session will begin 30 minutes after last race.
- **Heat Sheets**
  - Sunday, July 3rd



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# USROWING CODE OF CONDUCT

At USRowing, our mission is to champion participation and the passionate pursuit of excellence in rowing. To support this mission, we need to ensure rowing at all levels is fair, inclusive, competitive, and safe for all participants.

Whether an athlete, coach, parent, vendor, staff, volunteer, or spectator at a USRowing event, you are a member of the USRowing community. We invite you to enjoy this experience and expect you to abide by the following Code of Conduct.

**SAFETY & WELLBEING:** It's the top priority of USRowing to safeguard the physical and emotional well-being of all of community members. We will:

- Abide by USRowing's safety procedures and guidelines, the Rules of Rowing, and the direction of regatta officials.
- Refrain from discriminatory, disparaging, or threatening language or behavior of any manner.
- Prioritize athlete safety and wellbeing at all times.

**PROFESSIONALISM & INTEGRITY:** USRowing expects respectful and honest communications and behavior. We will:

- Display good sportsmanship at all times.
- Follow the policies and guidelines of the host venue.
- Ensure competition free of cheating, doping, and other forms of unfair advantage.

**THE BOATHOUSE IS OPEN TO EVERYONE:** As members of the USRowing community, it is critical that we model positive behavior and advance the inclusive and competitive culture we envision. We will:

- Honor the diversity among us and celebrate our common love of rowing.
- Compete hard and respect our competitors.
- Resolve conflicts in a professional manner.

**NON-COMPLIANCE IS NOT AN OPTION.** If a community member chooses not to follow the USRowing Code of Conduct, there will be consequences. These include disqualification, dismissal from the event, exclusion from future events, legal action, and revocation of USRowing membership. Please notify a USRowing official in the event of witnessing illegal, discriminatory, or inappropriate activity.



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# SAFESPORT

## What do I need to do?

18+ years old



### Athlete Only

Training for Adult Athletes

30 minutes



### Authority/Direct Contact

NGB1 Core Training

90 minutes

Annual Refresher Course

30 minutes



### No Direct Contact

MAAPP Awareness

Policy review



# SAFESPORT

## How do I comply?

### Registering & Auditing Attendees

Register athletes as you normally do for USRowing-hosted regattas

On Friday, 4/29 RegattaCentral will add a "Coaches & Support Staff" roster for populating your club's non-athlete Adult Participants for SafeSport compliance

Compliance emails will begin nine days ahead of the start of each regatta

**Registration Form**

Club/Team Affiliation  
Club: Anytown Boathouse Club-test [New Club...](#)

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**Contact Details**

Name:

Address:

City:

State/Province:

Zip/Postal Code:

Country:

Mobile Phone:

Home Phone:

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**Coaches & Support Staff**

Please list all coaches and support staff 18+ (including team volunteers) who will require access to any restricted areas of the venue. Before the regatta, each person listed here must be a current USRowing member, have a signed waiver on file, and have completed the relevant SafeSport course/refreshers course for their role. Free USRowing membership is available to non-coach support staff. Individuals who are not on this list or not compliant will not be able to access the restricted areas of the venue.

For more information, see our [FAQ here](#). If you are encountering technical issues with SafeSport training, email [members@usrowing.org](mailto:members@usrowing.org) with your issue and include your name, email on file with USRowing, and your USRowing member number.

Search:  Primary Role:  [Add](#)

Person	Role	
Jane Parent	Support Staff	<a href="#">remove</a>
Mary Smith	Coach	<a href="#">remove</a>

Preview of Coaches & Support Staff roster for regattas



# REFEREE WELCOME

- Referee Jury Introductions
  - 23 Referees
  - Mid-Atlantic, Northeast, Southeast & Central regions
  - 135+ years of officiating experience
- The Referees are here for everyone's safety and fairness

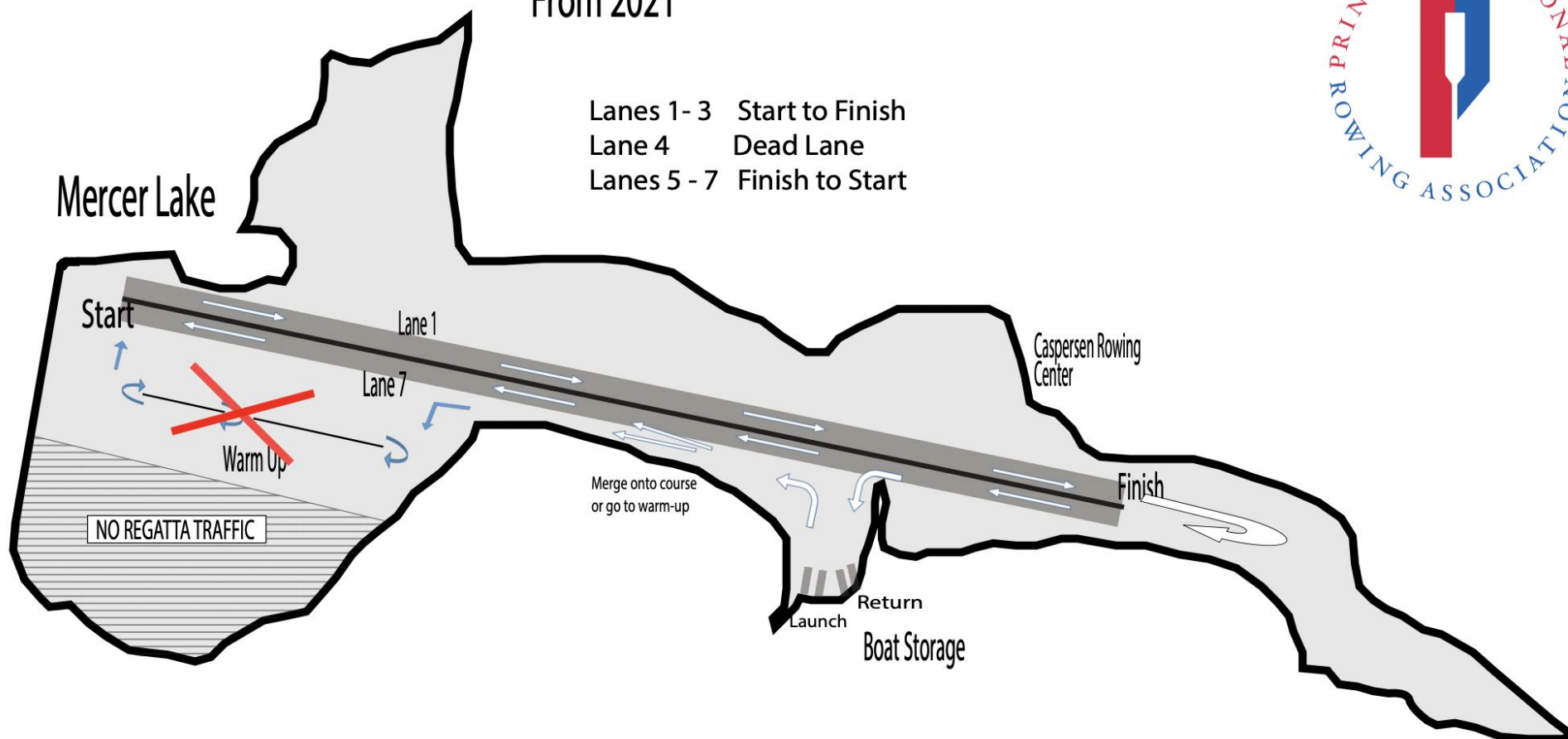




# Regatta Practice Traffic Pattern

From 2021

Lanes 1-3 Start to Finish  
Lane 4 Dead Lane  
Lanes 5-7 Finish to Start

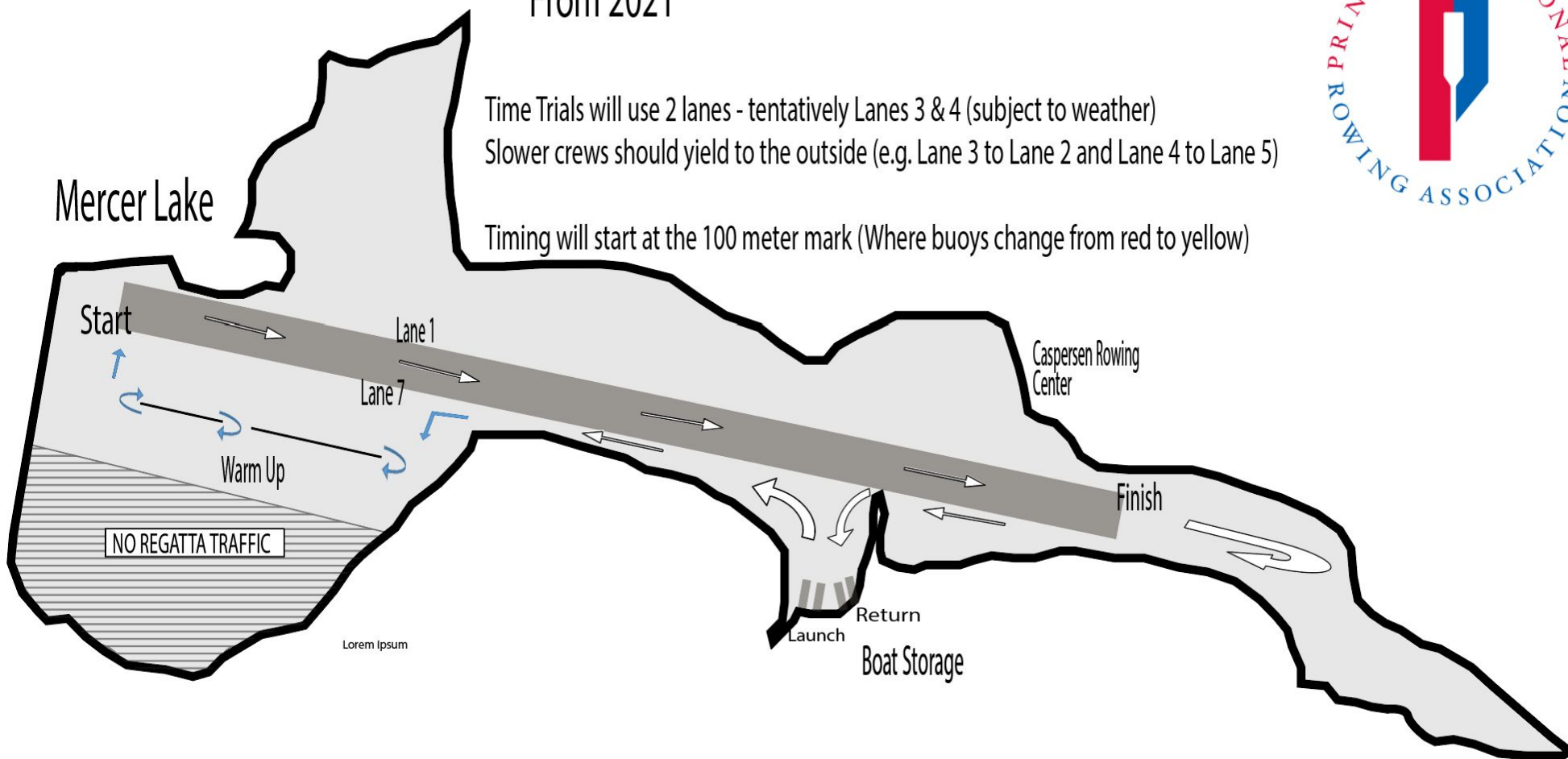


# Regatta Time Trial Race Traffic Pattern

From 2021

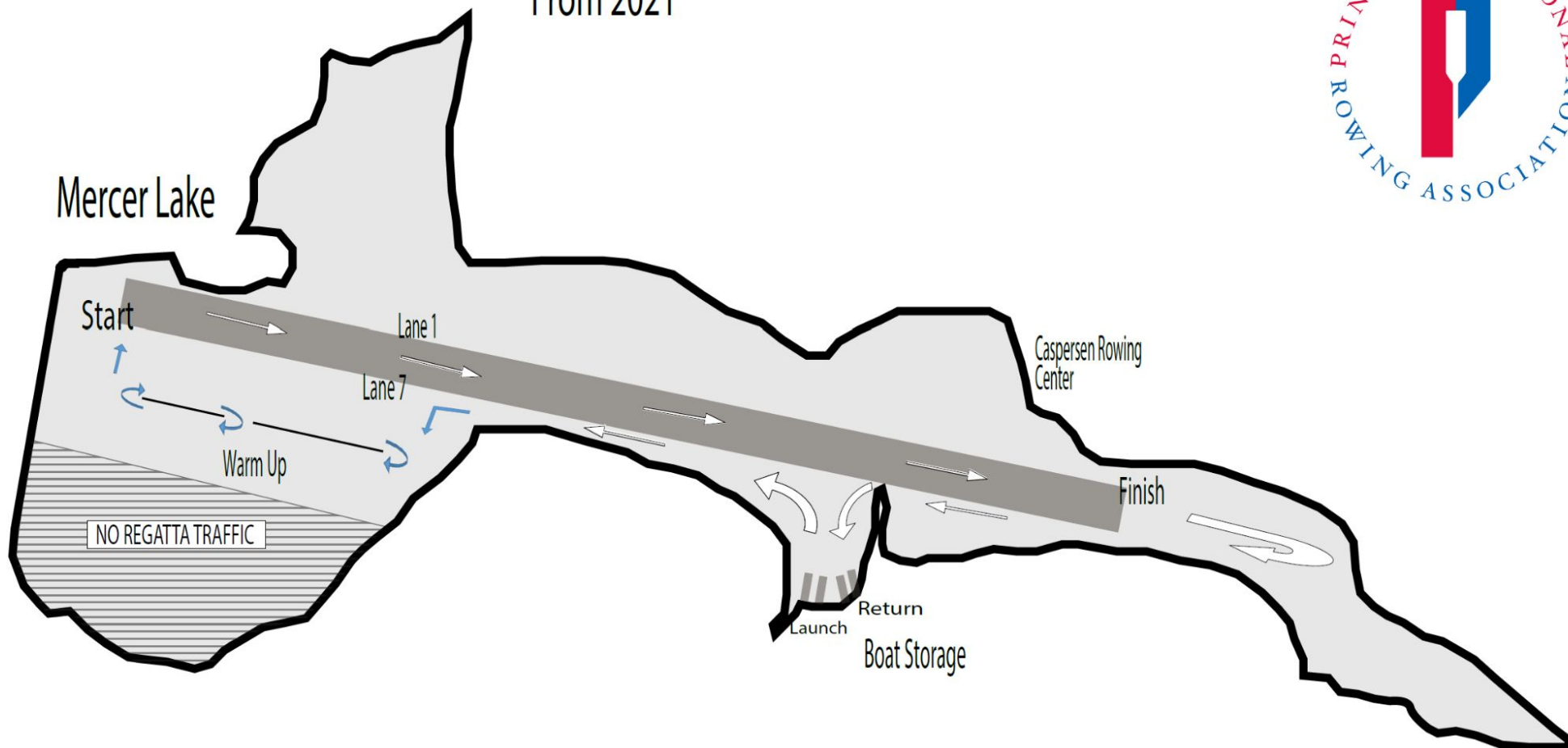
Time Trials will use 2 lanes - tentatively Lanes 3 & 4 (subject to weather)  
Slower crews should yield to the outside (e.g. Lane 3 to Lane 2 and Lane 4 to Lane 5)

Timing will start at the 100 meter mark (Where buoys change from red to yellow)



# Regatta Race Traffic Pattern

From 2021



# USROWING RULES OF ROWING

- **It is your responsibility to know and understand the Rules of Rowing**
- **Equipment**
  - You have certified that your equipment meets the rules - heel ties 3" and bowball is firmly affixed.
  - Visual check at docks
  - Please let the referee know your race when launching to ensure an accurate time
  - Bow numbers are critical, pick up point USR tent!
- **Broken Equipment - alert the nearest referee immediately and we will attempt to accommodate you.**



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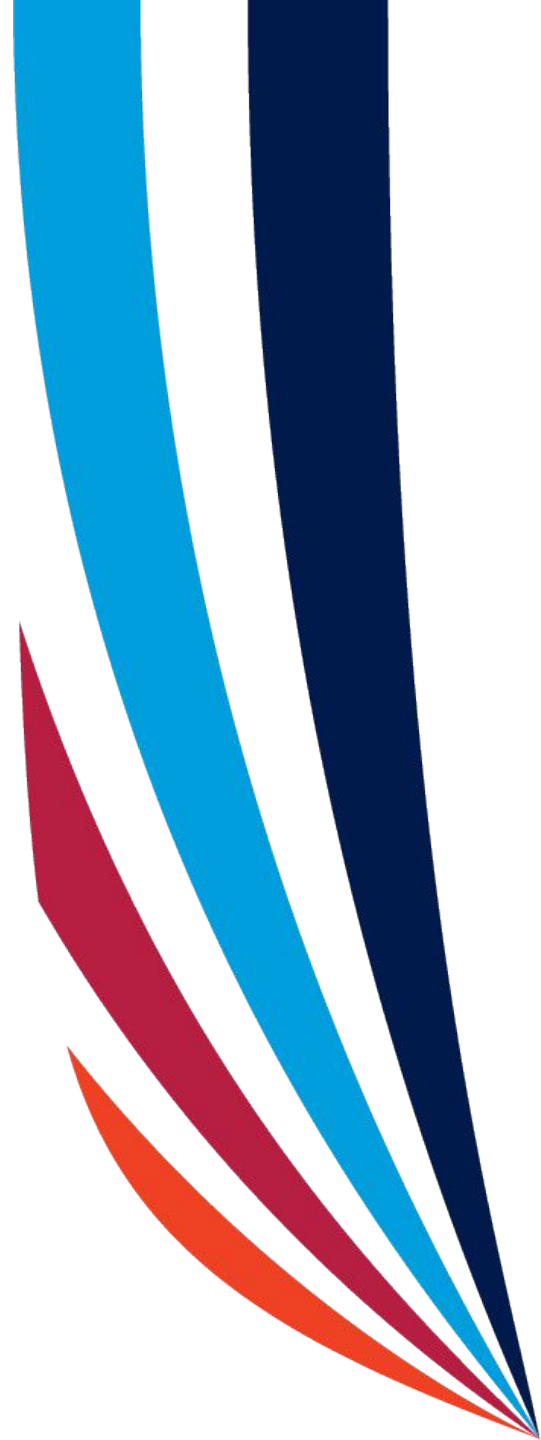
# Exception to US Rules of Rowing

## World Rowing Rules of Racing

- **Boat weighing** (please see Entry Packet)
  - weights and other relevant info in EP
  - it is solely your responsibility
- **Athlete weighing** (please see Entry Packet)
  - LM: The team boats must each average 70 kgs. No individual rower weighing more than 72.5 kgs.
  - LW: The team boats must each average 57 kgs. No individual rower weighing more than 59 kgs.
  - C: Coxswains shall be weighed in racing uniform. The min. weight is 55 kg. Coxswains may carry up to 15 kg of deadweight.

# ON WATER - 1

- In general, if a referee gives you an instruction, coxswains / bow seat must acknowledge with a hand so we know you heard us.
- In proximity of the course
  - If a race is in progress, you may not cross the course unless instructed to by an official
  - Do not stop on the start line or where you will drift into the way of the aligner, or the following referees. .
  - Do not sit at the finish line after your race as you will block the camera for the next finish.
  - Do not do power strokes/sequences along the race course as a race is approaching you.
- Warm Up
  - Follow the Traffic Pattern - know what it is each day.
  - Crews warming up should stay near the warm-up line - the start marshals will NOT come looking for you at race time.
- Time Trial Starts
  - *Please be in the starting area listening 5 min before your event time.*
  - *There will be a series of referees helping you get into bow number order next to the start dock. Pay attention to each ref along the way.*
  - *You will have 100 meters to get up to speed and the start line.*
  - *Breakage zone is 100M or 20 sec.*
  - *Referees will be staggered along the course on the side to assist.*
  - *If you have an objection at the end of the race, speak with the finish marshal.*

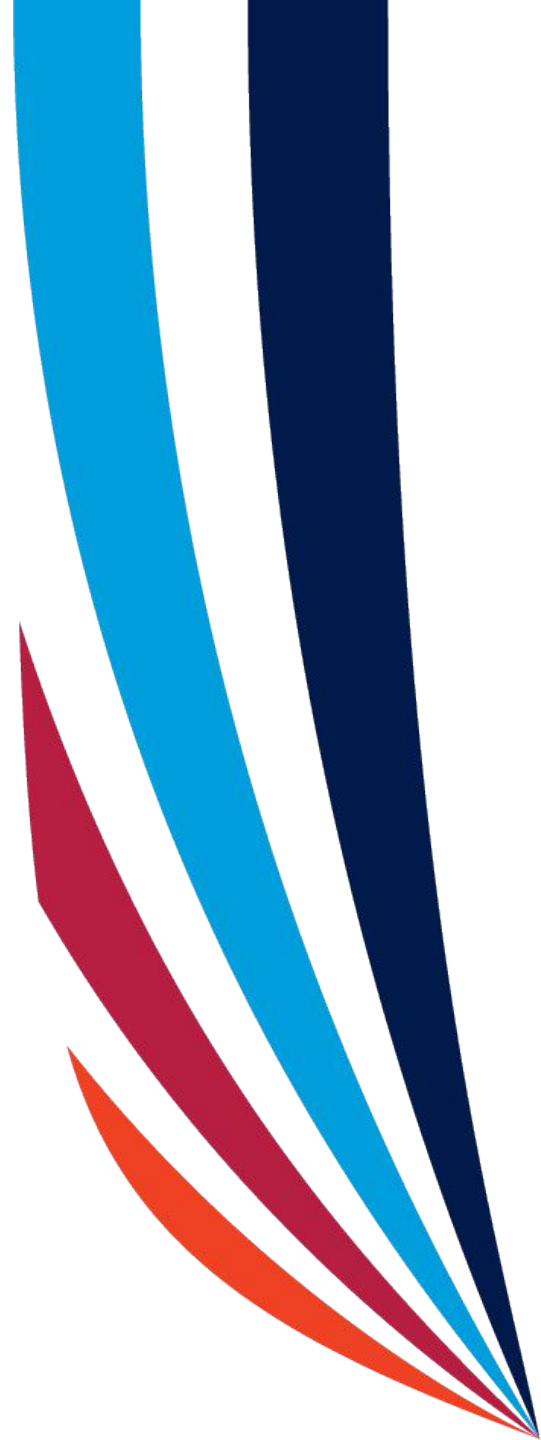


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# ON WATER - 2

- **Sprint Starts**

- If directed by the starter, you may enter your lane after the start of the prior race and warm up in your lane.
- If you have to turn in your lane to attach to stake boats, do it close to the stakeboat
- Starter will count down to 2 minutes
- You must be locked on 2 minutes prior to your race; failure to be locked on will result in a warning for late to start
- The race may Start at any time after the 2 minute notice
- Hands will not be recognized during the Start
  - Crews will be polled in a steady cadence, then “Attention” along with a Red light. A horn & Green light will signal the start of the race.
  - If the Starter is interrupted, crews will hear “As you were” and the lights will be reset..
- What to do if you aren’t ready – don’t row
- If you leave the start, you have accepted the start and can no longer object to it.
- Breakage zone is 100M or 20 sec.
- At the starter’s discretion we may move to a Quick start. Quick Start will be announced by the Starter and the starting sequence will be “Quick Start, Attention, Horn & Lights (Go)”. Crews will not be polled..



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# ON WATER - 3

- **Sprint - Racing**

- Chase Official will move behind the boats and use the white flag to direct your shell using the stroke to communicate to the coxswain.

- **Finish**

- Hear a horn
- See an orange flag drop on the beach.
- Any / all objections must be raised on the water, before the referee displays the white flag to the finish tower.
- If there is a question of fairness or another issue, please have one person raise their hand at the finish and talk to the referee. Please have in mind:
  - what happened to you,
  - what impact it had on you and
  - what resolution you are seeking.
- After your conversation, let the referee know if you plan to submit the protest. We have a form we can provide at the docks. The objection is due within 1 hour along with the form and \$50. Objections can be submitted to the referee at the docks for the Chief Referee since you cannot enter the Finish Tower.



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# UNSPORTSMANLIKE CONDUCT

Among other things, profanities, in general, are not considered 'sportsmanlike' even when used to motivate; they should never be directed at another crew. Unsportsmanlike conduct is grounds for exclusion!



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# SAFETY ON VENUE - EVACUATION PLAN

In the event of an emergency situation requiring the evacuation of the rowing course:

## **The *Control Commission* (we need emergency contacts for each team)**

- Will stop all boats from launching and
- Coordinate the recovery of crews using all available docks
  - In an extreme emergency all docks on both sides of the lake can be used to evacuate boats. However, where time allows crews should return to the side of the lake where they launched.
  - The Chief Referee or Regatta Director will make the decision if docks on both sides of the lake should be used.
  - The *Starter* shall be responsible to ensure that the starting platform and warm-up area are evacuated.
  - The *Referees* are responsible to ensure that the course and the cool down area are evacuated.

# SAFETY ON VENUE - MEDICAL AID

- Medical will be located on the edge of the parking lot near the USRowing registration tent.
- If medical is needed on the water, flag down the nearest official for assistance.
- In the event of a Thunderstorm, please go your vehicles or the marina building
  - The under tents and trees are NOT safe spots for lightning



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- #1 – Boat Weigh In Tent
- #2 – USRowing Registration Tent
- #3 – N&D Tent
- #4 – Referee Headquarters & Athlete Weigh in
- #5 – Athlete Wellness Tent ( includes tv screens, air conditioning, drinks and snack)
- #6 – Medical
- #7 – Awards Stage





# REGATTA PARKING & TEAM TENTS

- NO Parking in boat storage field.
- Spectator parking is in Marina Parking lot or the West Picnic Parking Lot.
  - No Parking will be allowed at the finish line or the Cricket Pitch parking areas
- Teams will be allowed to have tents near their trailers in the boat storage field.
  - No team tents will be allowed near the finish line



# REGATTA PARKING



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# National Team Trials

- Trials winners are reminded to go to the registration tent immediately following their racing to complete necessary paperwork.
- All pertinent racing information is contained within the Regatta Packet and the General Trials Rules.
- Information regarding the 2022 World Rowing Championships in Racice, Czech Republic will be distributed to Trials winners and their coaches following the event.



# National Team Trials

- Misadventure Time Trials
- Misadventure Sprint Racing
- Breakage
- Weigh Ins
  - Athletes
  - Boats
- Approved Electronic Devices





# National Team Trials Specific Contacts

- General questions—
  - Mike Zimmer - [michael.zimmer@usrowing.org](mailto:michael.zimmer@usrowing.org)
  - Will Daly - [will.daly@usrowing.org](mailto:will.daly@usrowing.org)
- Compliance questions—
  - Wendy Wilbur - [wendy.wilbur@usrowing.org](mailto:wendy.wilbur@usrowing.org)
- Athlete Reps
  - Brooke Mooney - [blmooney15@gmail.com](mailto:blmooney15@gmail.com)
  - Molly Bruggeman - [mbrugge2@gmail.com](mailto:mbrugge2@gmail.com)
  - Vicky Opitz - [opitz.vicky@gmail.com](mailto:opitz.vicky@gmail.com)



# Join our Texting Service!

Text “Summer Nationals” to (609)  
354-7711 to receive updates on the  
schedule, weather and other event  
related items.



# GET READY TO RACE!

## For Additional Questions, Please contact:

**Sarah McAuliffe**

Director of Events

[Sarah.McAuliffe@usrowing.org](mailto:Sarah.McAuliffe@usrowing.org)

**LOC Contact**

Hilary Gehman

[hgehman@rowpnra.org](mailto:hgehman@rowpnra.org)



Photo credit: USRowing