

2022 USRowing Youth Summer National Championships Coaches & Coxswains Meeting

***July 11, 2022
6:00 P.M. ET***



Photo courtesy of USRowing



USRowing

AGENDA

USRowing

- Welcome to the 2022 USRowing Youth Summer National Championships
- Review of Registration & Venue Schedule
- USRowing Code of Conduct
- SafeSport

Chief Referee

- Referee Welcome
- Traffic Pattern(s)
- USRowing Rules of Rowing
- On the water
- Racing
- Finish
- Unsportsmanlike Conduct

All - Safety on Venue (Water & Land)

- Evacuation Plans
- Venue Map
- Tent & Parking Information

WELCOME - INTRODUCTIONS

USRowing is excited to welcome everyone to the 2022 USRowing Youth Summer National Championships on July 15-17 in Oak Ridge, TN.

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

ORRA LOC : Matt Kaminski, Jim Rogers

Chief & Deputy Referee : Scott Woodworth & Cindy Whitehead



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REVIEW OF REGISTRATION & VENUE SCHEDULE

- **Teams should contact the LOC to best plan their trailer arrivals.**
- **USRowing Registration Tent is open:**
 - Thursday, July 14, 11:00 a.m.- 6:00 p.m.
 - Friday, July 15, 6:00 a.m.- end of racing
 - Saturday, July 16, 6:00 a.m.- end of racing
 - Sunday, July 17, 6:00 a.m.- end of racing
- **Practice**
 - Thursday, July 14, 12:00 p.m. - 6:00 p.m.
 - Last launch at 5:30 p.m.
- **College Fair**
 - July 15 & July 16
- **Schedule**
 - Tuesday, July 12

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...](#)

Contact Details

Name:

Address:

City:

State/Province:

Zip/Postal Code:

Country:

Mobile Phone:

Home Phone:

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 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	remove
Mary Smith	Coach	remove

Preview of Coaches & Support Staff roster for regattas



Key Takeaways - Practice Day:

Crews must traverse below the Finish Line, around the large BLUE BUOYS before heading to the Warm-up and Start Areas.

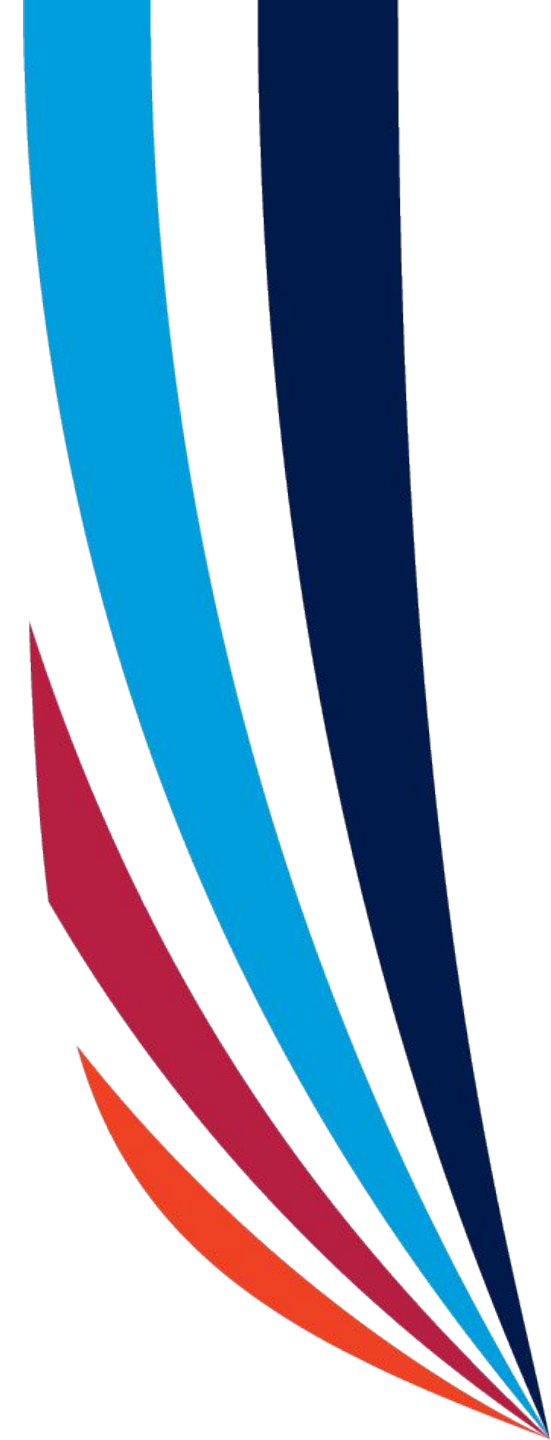
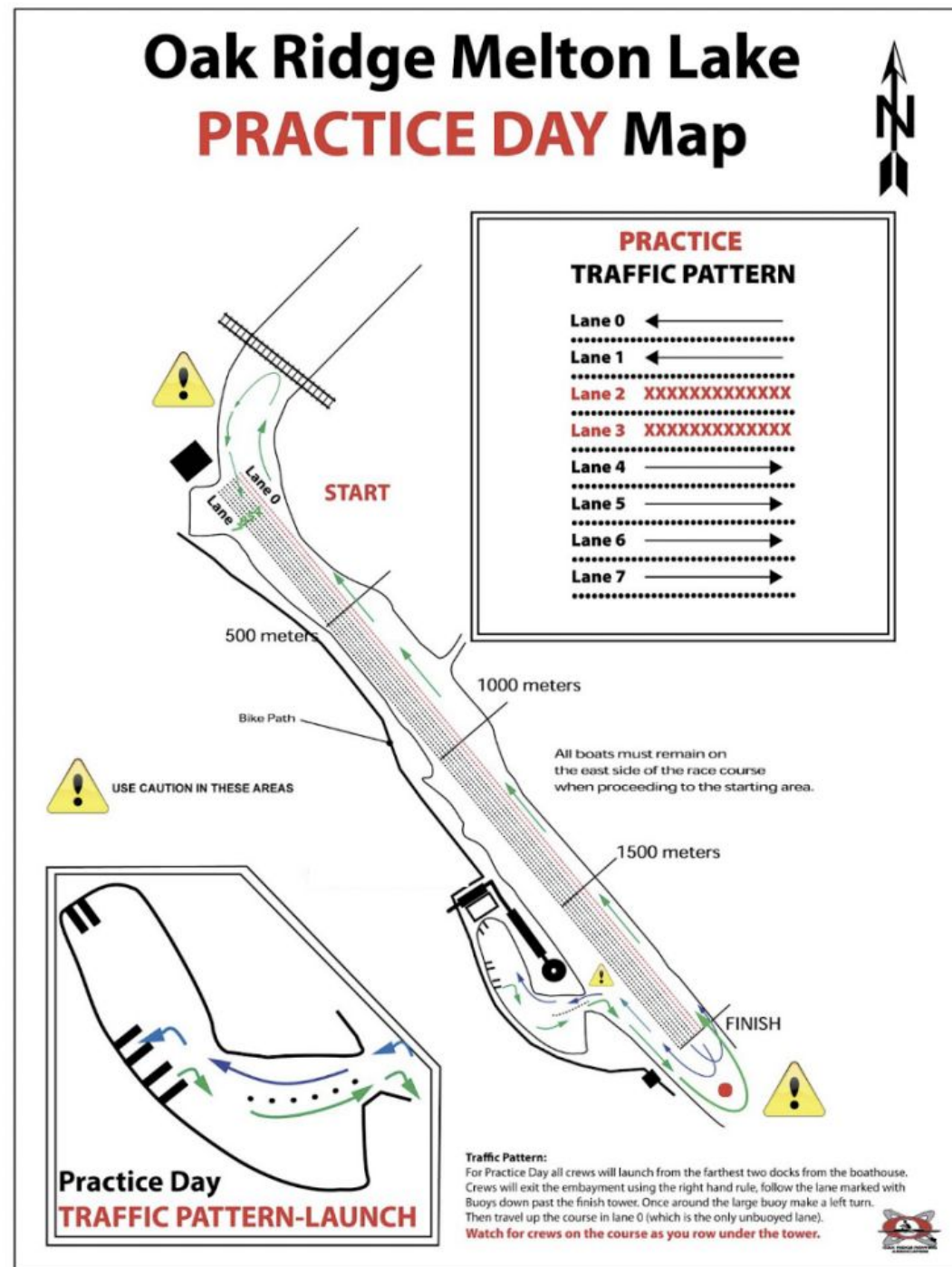
Lanes 0 (outside of the course) and Lane 1 are reserved for crews heading to the Warm-Up and Start Areas

Lanes 2 and 3 are DEAD on Practice Day

Lanes 4 - 7 are race-direction only.

Please be mindful of traffic behind you in the racing lanes. Do not stop in the racing lanes unless it is safe to do so.

Crews may return immediately to the embayment (for those not crossing the Finish Line) by moving outside of Lane 7 (above the embayment) when safe to do so.



Key Takeaways - Time Trials:

Crews must traverse below the Finish Line, around the large BLUE BUOYS before heading to the Warm-up and Start Areas.

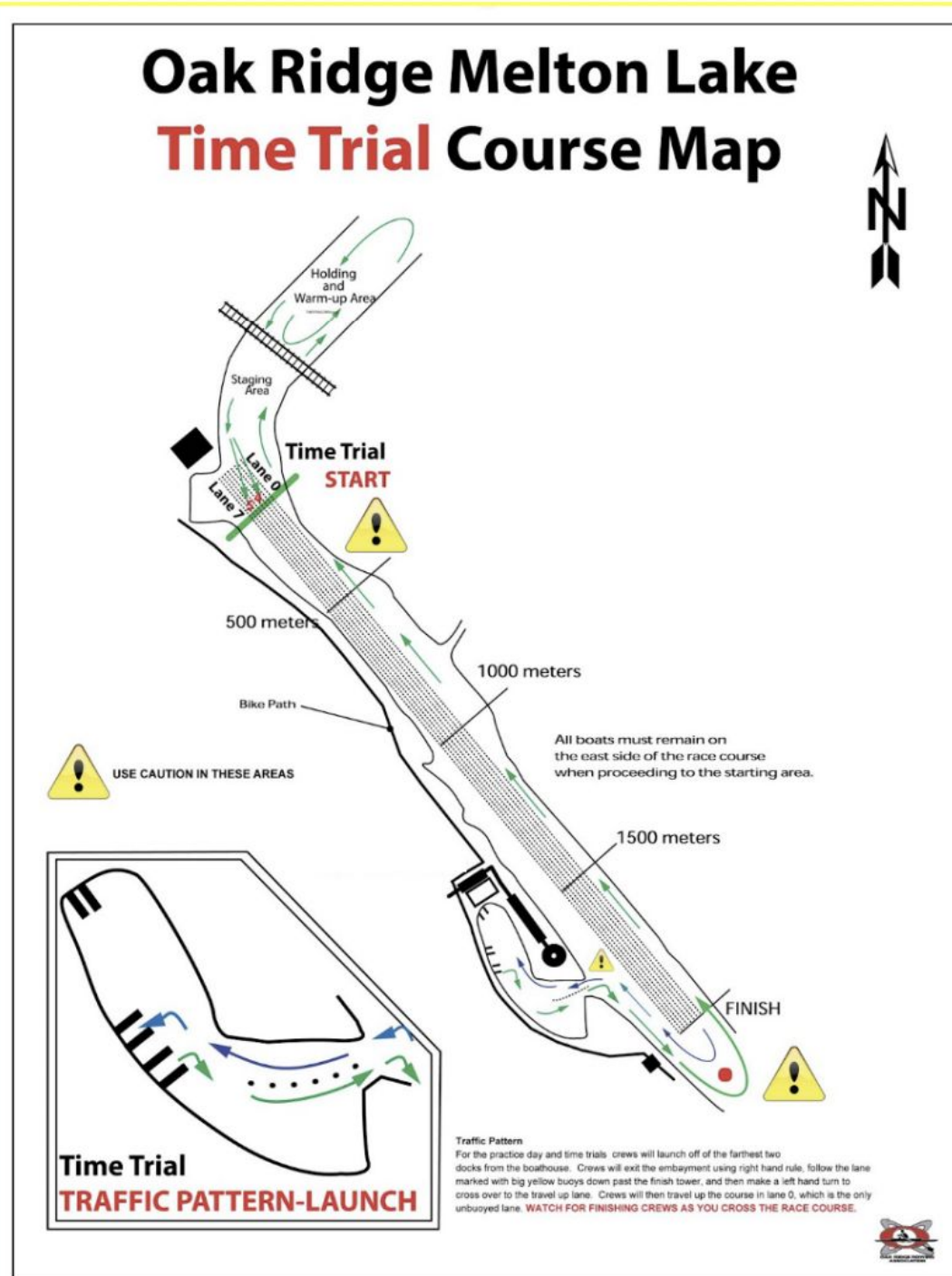
Lane 0 (outside of the course) is reserved for crews heading to the Warm-Up and Start Areas.

Lanes 1 and 7 are Emergency Use Only

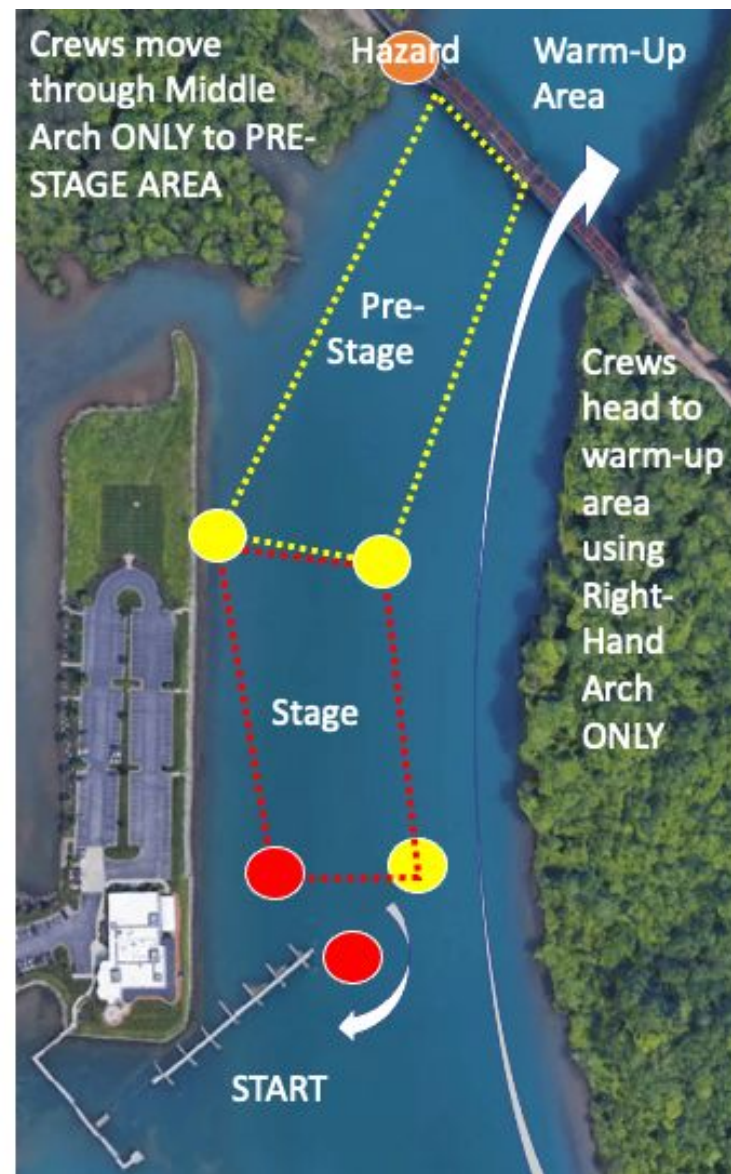
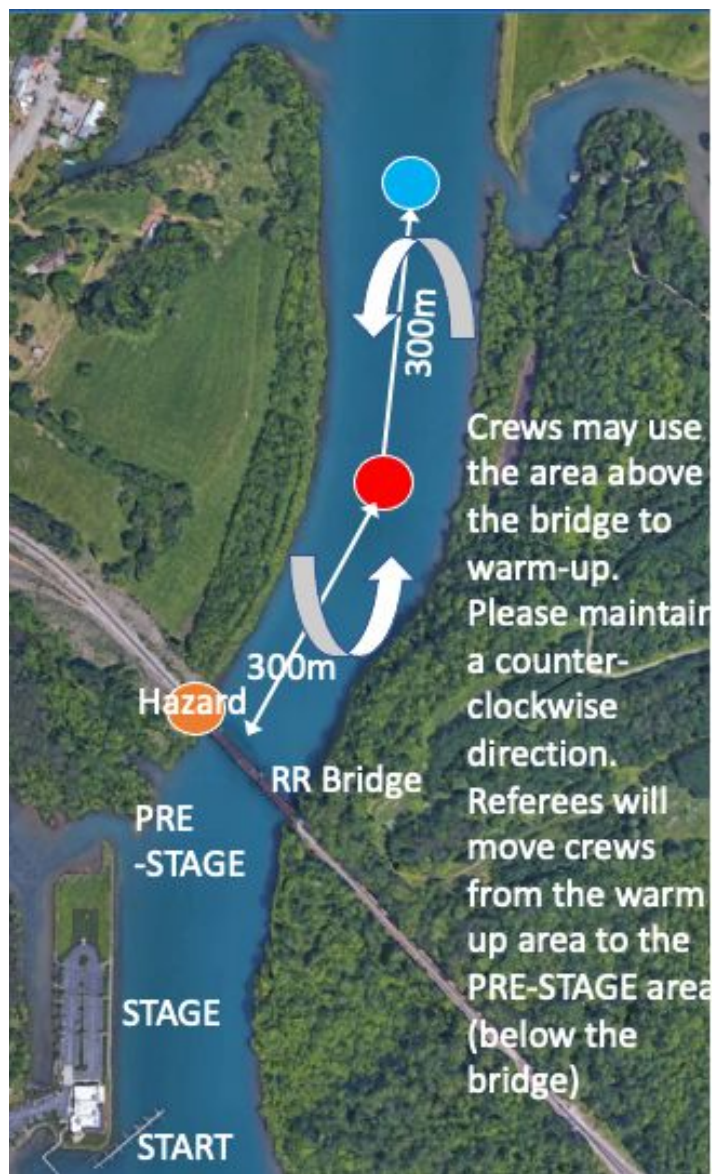
Lane 4 is DEAD during Time Trials, marked with additional large Red Buoys.

Lanes 3 and 5 are the primary TT race lanes. Lane 2 and 6 are TT lanes for crews that must yield to overtaking crews.

Detailed TT Maps follow-



TT/SPRINT WARM UP AND START



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Oak Ridge - Time Trial Pattern at Finish

The diagram illustrates the finish sequence for a time trial race on a river. Key features include:

- Lanes:** Lanes 1 through 7 are marked with red dotted lines. Lane 1 is for emergency use, while Lanes 2-7 are for yielding crews.
- 2000m Finish:** A white line marks the 2000m distance from the start.
- Finish Tower:** Located on the shore, it provides direction to crews/coxswains.
- past Finish Line:** A blue circle marks the point after the finish line.
- Keep Blue Buoys to Port:** A blue circle indicates the position of blue buoys relative to the port side.
- Hazard:** An orange circle marks a potential hazard area.
- County (Far Shore):** The far bank of the river is labeled as County (Far Shore).
- Embayment:** A small body of water on the left is labeled as Embayment.
- Returning crews only:** A yellow circle marks the point where returning crews can re-enter the race.
- Crews Exiting Embayment:** A yellow circle marks the point where crews exit the embayment.
- Stay to Starboard:** A yellow circle marks the point where crews should stay to the starboard side.
- Proceed to Starting Area in Lane 0:** A white arrow indicates the direction to the starting area in Lane 0.

Crews/coxswains- Heed direction from Referees on-water and in the Finish Tower



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SPRINT RACE COURSE MAP

Key Takeaways - Sprint Racing

Launch and Recovery Docks FLIP (Opposite) from Practice and Time Trial designations

Crews exit the embayment and proceed directly across the course when it is safe to do so, then turning to port and proceeding to the Warm Up Area

Marshal/Referee may assist you with the Traffic Pattern at the exit from the embayment.

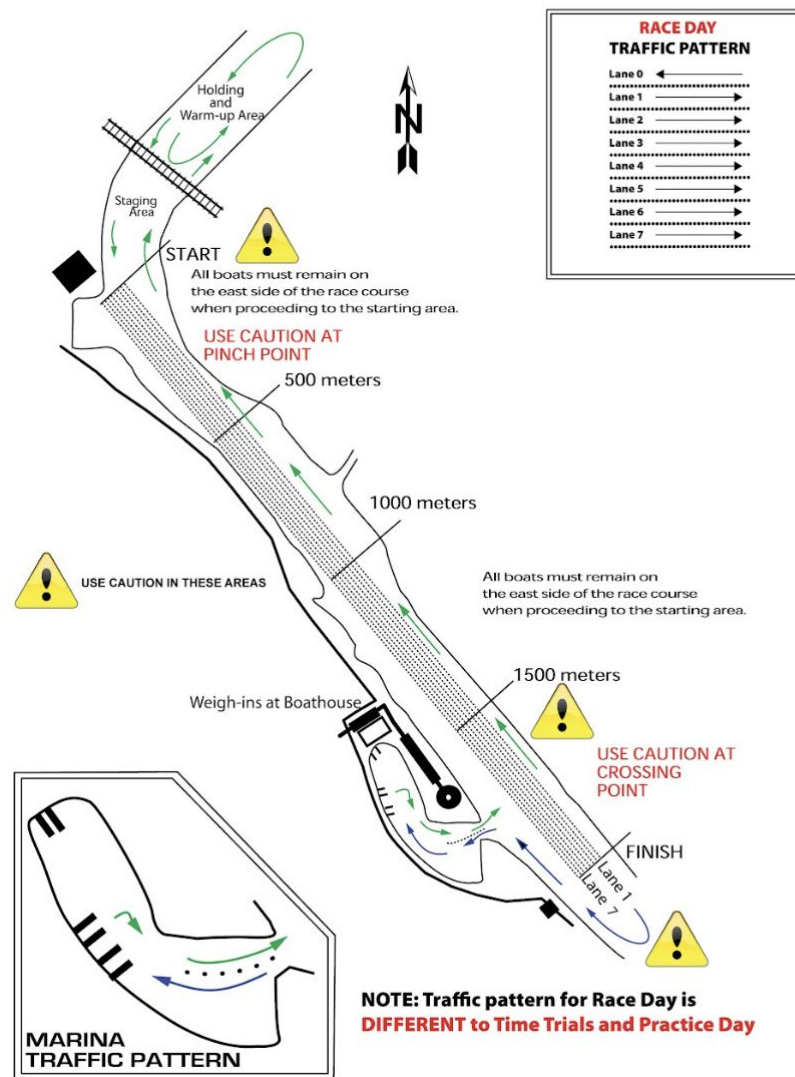
As with Time Trials, Lane 0 (outside of the course) is reserved for crews heading to the Warm-Up and Start Areas.

Notify any referee of equipment breakage ASAP to increase the chances that a repair can be effected in-time.

After your race, return to the embayment against the City shore.



Oak Ridge Melton Lake Race Course Map



REFEREE WELCOME

Jury Introduction

- 27 Referees
- Mid-Atlantic, Northwest, Southwest, Northeast, Southeast, Midwest & Central Regions. represented.
- 135+ years of local, regional, national & international referee experience.
- Referees are here for your safety and fairness.



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 USRowing's Control Commission tent (between Launch and Recovery docks)
- **Broken Equipment - alert the nearest referee immediately and we will attempt to accommodate you.**



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ON WATER - 1

- If a referee gives an instruction, please acknowledge by raising a hand so we know you heard us.
- In proximity of the course
 - If a sprint race is in progress, you may not cross the course unless instructed to by an official
 - As you move to the warm up area, do not stop on the start line or where you will drift into the way of the aligner, or the following referees.
 - Keep rowing beyond the Finish Line. Be mindful that you do not block the Finish camera sight-line as you cross the Finish Line on your way to the warm up area or returning to the embayment.
 - Stop rowing when a race approaches you. You may proceed after the race passes.
- Warm Up
 - Follow the Traffic Pattern - it is your responsibility to know what it is each day and situation.
 - Crews warming up should stay in the designated Warm Up Area and move toward the Pre-Stage Area as your race time nears - the start marshals will NOT come looking for you at race time.
- Time Trial Starts
 - *Please be in the starting area (Pre-Staging Area below the Railroad bridge) no less than 5 minutes before your event time.*
 - *There will be a series of referees helping you get into bow number order as you enter the Staging Area. Pay attention to each ref along the way.*
 - *As you enter your race lane, you have 100 meters to get up to speed and the start line.*
 - *Breakage zone is 100-meters 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.*



ON WATER - 2

- **Sprint Starts**

- When directed by the starter, you will be invited into the racecourse.
- If time and conditions permit, you will be able to warm-up in your lane.
- When on final approach to the stake boat/finger CHECK YOUR BOAT SPEED. Do not rely on the boat holder to stop your boat.
- Starter will announce time until start as in: 5 minutes-4 minutes-3 minutes-2 minutes. You must be locked on 2 minutes prior to your race start time; failure to be locked on may result in a warning for late to START.
- The race may start any time after the 2-minute notice.
- Hands will not be recognized during the START.

ON WATER - 3

- **Sprint - Starts**

- START SEQUENCE: Crews will be polled by calling their name and then the starter will announce "Attention". The starter will raise a red or red with a white "X" flag. The moment the flag starts to drop the race is started. The referee will also announce "GO".
- If the start is interrupted, crews will hear "As you were". The Start sequence will then be re-done..
 - What to do if you are not ready? On "GO", DO NOT ROW ! If you leave the start, you have accepted the start and can no longer object to the start sequence.
- Breakage zone is the first 100 meters. If you have breakage - stop rowing and hold up your hand.
- At the starter's discretion, they may use a Quick Start. If this occurs, the Referee will announce the race will begin using a quick start sequence as in "This will be a Quick Start" and then "Quick Start, Attention".
- The starter will raise a red or red with a white "X" flag.
- The moment the flag starts to drop the race is started. The referee will also announce "GO".
- Crews will not be polled for a quick start.



ON WATER - 4

- **Sprint - Racing**

- Following Referees will be positioned immediately downstream of the Start Line and will move on to the race course from both the City and County sides.
- Following Referees will follow each race and use the white flag as necessary to direct your shell. You and you alone are responsible for your steering.
- If appropriate, Following Referees will STOP the race using the red flag and an audible sounder.
- It is prohibited to give any instructions, advice or directions to Rowers that are racing with any electric, electronic or other technical devices. The presumed penalty for communication by electronic means is exclusion.

- **Finish**

- Any objections must be raised on the water, before leaving the finish area.
- 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 let the Referee know: (what happened to you, what impact it had on you & what resolution you are seeking.
- After your conversation, the referee will rule on the objection. If you are not satisfied with the ruling, you may protest, however you must let the referee know your intention before leaving the finish area. A statement with your protest information (who,what,desired resolution,etc.) is due within 1 hour, from the race finish time, along with \$50.00 (cash or check made out to the LOC) . If your protest is upheld, the \$50 is returned to you. Protests can be submitted to either the Chief Referee or the Deputy Chief Referee.

UNSPORTSMANLIKE CONDUCT

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



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VENUE MAP

Oak Ridge Rowing Association – Venue Map, 2022 USRowing Youth Summer National Championships



LEGEND

1. VIP Parking Access. Trailer Parking Access. Purchase VIP Parking at <https://tinyurl.com/22YSNC>
2. ORRA Boathouse, USRowing Event Registration
3. Pickup/Drop Off Area (2-minutes only)
4. Bus Load/Unload (10-minutes, no idling)
5. Public Restrooms
6. USRowing Vendor Market Place
7. Food Services
8. Team Tents. Purchase Tent Space at <https://tinyurl.com/22YSTENT>

Oak Ridge Rowing Association
697 Melton Lake Drive
Oak Ridge, TN 37830

MELTON LAKE ROWING VENUE
Oak Ridge, Tennessee
EMERGENCY ACTION PLAN
SEVERE WEATHER

Crews on-course will be instructed by Referees/race officials to return to the embayment. All docks may be used for recovery. Keep dock time to a minimum.

The map illustrates the rowing course for the 2012 Olympic Games, starting at the 'START' and ending at the 'FINISH'. The course is divided into three lanes: LANE D, LANE B, and LANE A. Key landmarks and distances include:

- START**: Located at the top of the map, near the 'To Oak Ridge Turnpike'.
- Distances**: Marked at 1500, 1000, and 500 meters from the start.
- Emergency Locations**: Indicated by 'E' in a box, located at the 1500m mark, near the 1000m mark, and near the 500m mark.
- Landmarks**: 'Hogatto Headquarters' is located near the 500m mark. 'Emory Valley Rd.' and 'To Edgemoor Rd.' are shown at the bottom.
- Direction of Current**: Indicated by an arrow pointing towards the start.
- Recovery Area**: A detailed inset at the bottom left shows the 'RECOVERY' area with 'LUNCH' and 'RECOVERY' zones.

During rowing events, sudden changes in weather (e.g., lightning, wind) may require all athletes from the water to a safe location.

Crews on-course should be aware of the location of the Referees/race officials and the location of the embayment. All athletes should be aware of the location of the recovery. Keep clear of the recovery area.

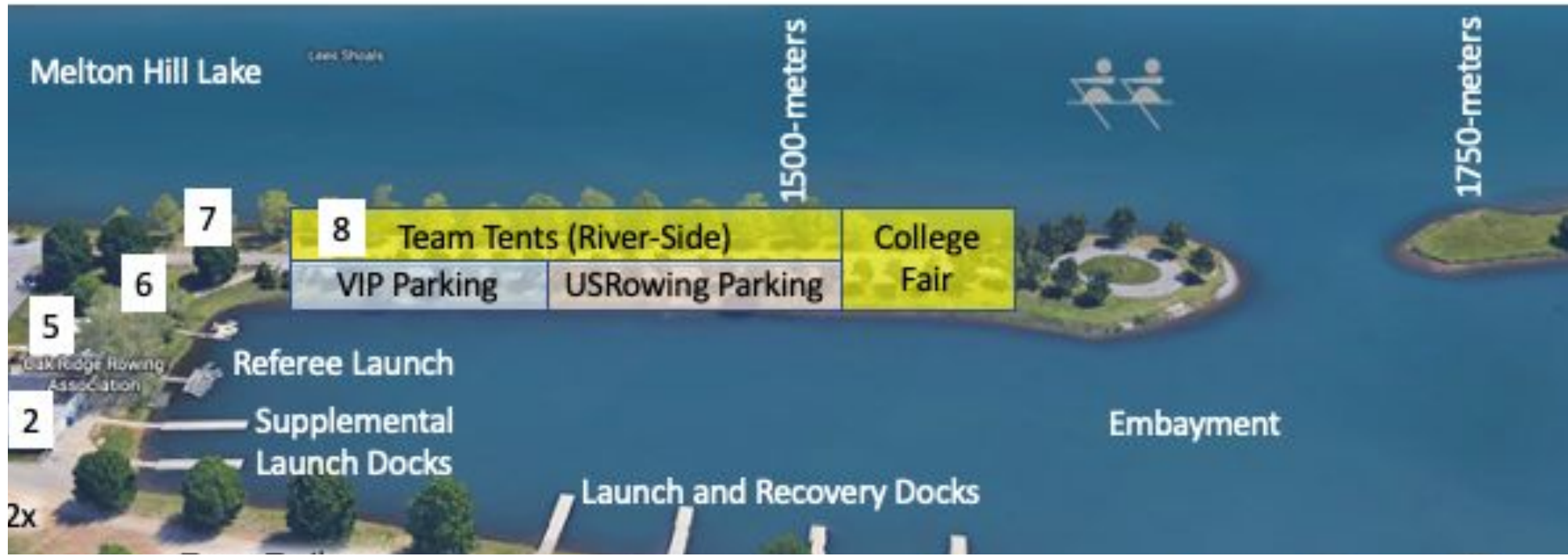
Designated Emergency Locations are marked with an 'E' in a box.

The diagram illustrates the traffic pattern within a marina. It shows a curved dock system with several launch ramps. Arrows indicate the direction of boat movement: one set of arrows points towards the 'LAUNCH' area, and another set points towards the 'RECOVERY' area. The text 'MARINA TRAFFIC PATTERN' is prominently displayed at the bottom of the diagram.





REGATTA TENT SPACES



- Team Tents along the Peninsula require the purchase of tent space. Tents that are installed without permission will be removed.
- Purchase team tent space at <https://tinyurl.com/22YSTENT> This provides you with space on the parking surface all the way to the river bank. Teams must provide their own tent(s). No staking (buried electrical utilities).
- Adjacent VIP Parking provides easy access for team resupply

Join our Texting Service!

Text “Youth Summers” 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:

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Director of Events

Sarah.McAuliffe@usrowing.org

Matt Kaminski

Oak Ridge Rowing Association

regattadirector@orra.org



Photo credit: USRowing