

2023 USRowing Central Youth Championships

Coaches & Coxswains Meeting

May 2, 2023
7:00 P.M. CT



USRowing

AGENDA

1. USRowing

- a. Key Takeaways / Introductions
- b. Review of Registration & Venue Schedule
- c. Pre-Arrival Checklist

2. Chief Referee

- a. Referee Welcome
- b. Traffic Pattern(s)
- c. USRowing Rules of Rowing
- d. On the water
- e. Unsportsmanlike Conduct

3. USRowing, LOC, Chief Referee

- a. Venue Information
- b. Evacuation/Safety Plan



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Key Takeaways

USRowing is excited to welcome everyone to the 2023 USRowing Central Youth Championships on May 6-7 in Oklahoma City, OK.

1. Safety both on- and off-the-water continues to be the top priority at all USRowing events.
2. All teams, coaches, athletes, spectators, and other team representatives are responsible for information in this Coaches & Coxswains Meeting, the regatta entry packet, and any information posted on the event website.
3. Have fun!



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INTRODUCTIONS

USRowing : Sarah McAuliffe, Alyssa Orth

OKC Riversport (LOC) : Gena Terrill

Chief Referee: Rebecca Thompson



REVIEW OF REGISTRATION & VENUE SCHEDULE

- **Trailer Arrival Window**
 - Thursday, May 4, by appointment only
 - Friday, May 5, 8:00 a.m.
- **USRowing Registration (Finish Line Tower)**
 - Friday, May 5, 12:00 p.m. - 6:00 p.m.
- **Practice**
 - Friday, May 5, 1:00 p.m. - 6:00 p.m., last launch at 5:30 p.m.
- **Heat Sheets**
 - Monday, May 1

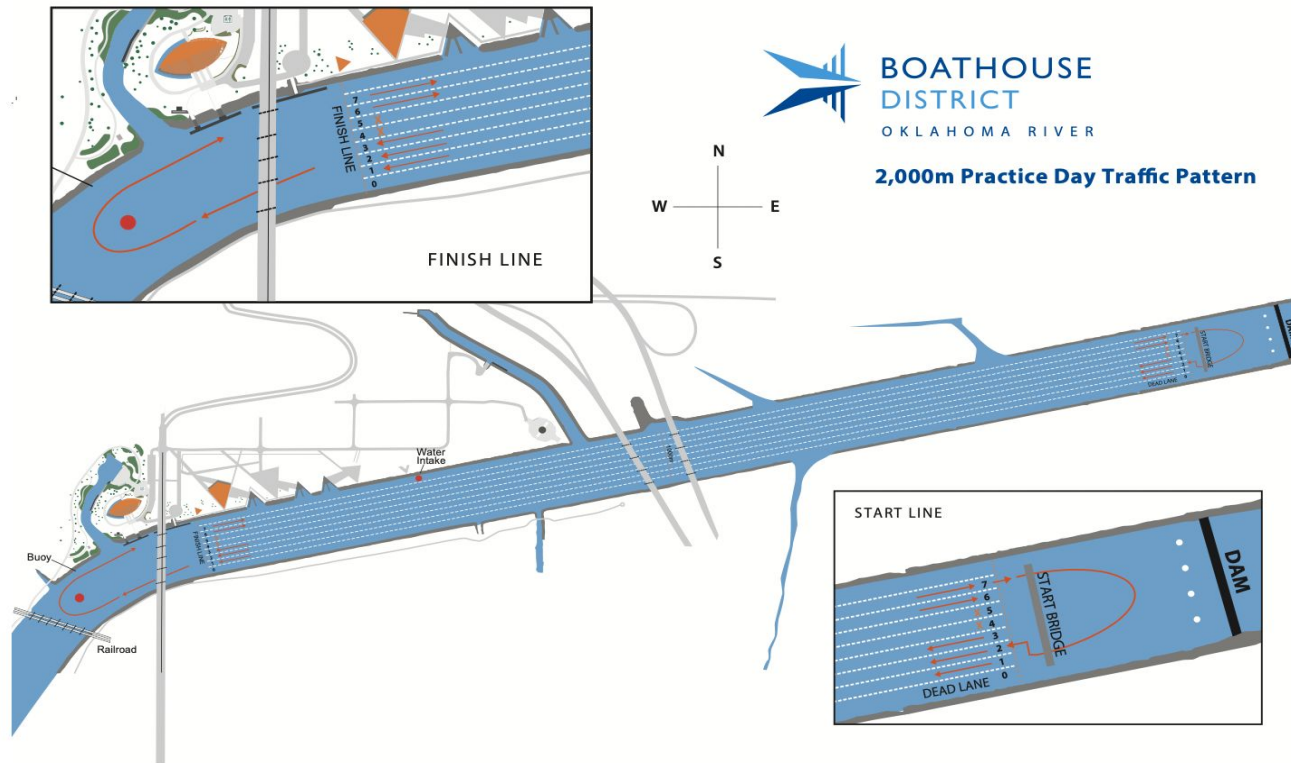
Pre Arrival Checklist

- ➡ Have you reviewed the **USRowing Code of Conduct**?
- ➡ Have you reviewed the **event entry packet**?
- ➡ Are your athletes up to date on their **USRowing memberships**?
- ➡ Are your athletes, coaches, and support staff **SafeSport** compliant? Are your coaches/support staff on the the RegattaCentral Roster?
- ➡ Have you paid your team **entry fees**?

REFEREE WELCOME

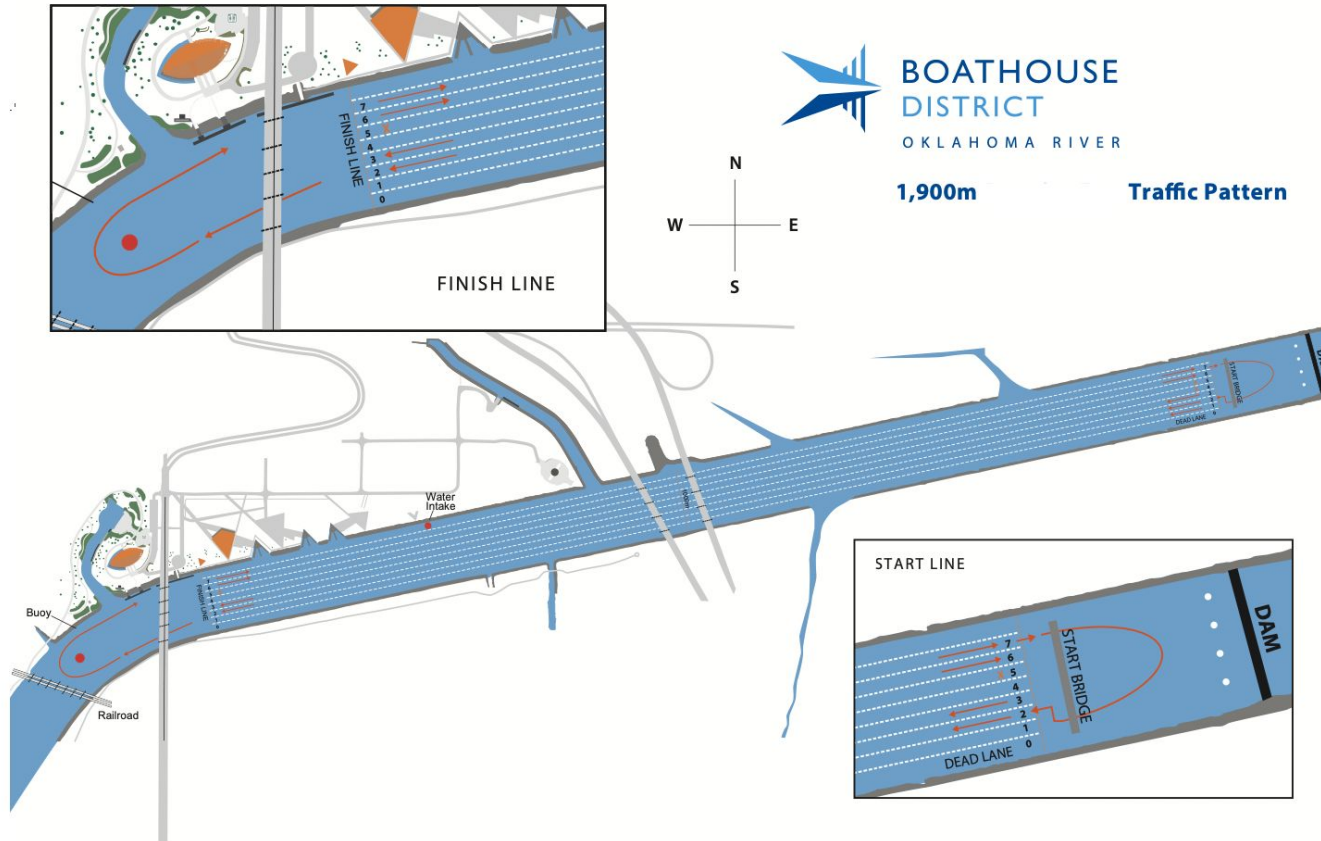
- **Referee Jury Introductions**
 - 17 Referees
 - Midwest region
- **The Referees are here for everyone's safety and fairness**

TRAFFIC PATTERN - PRACTICE



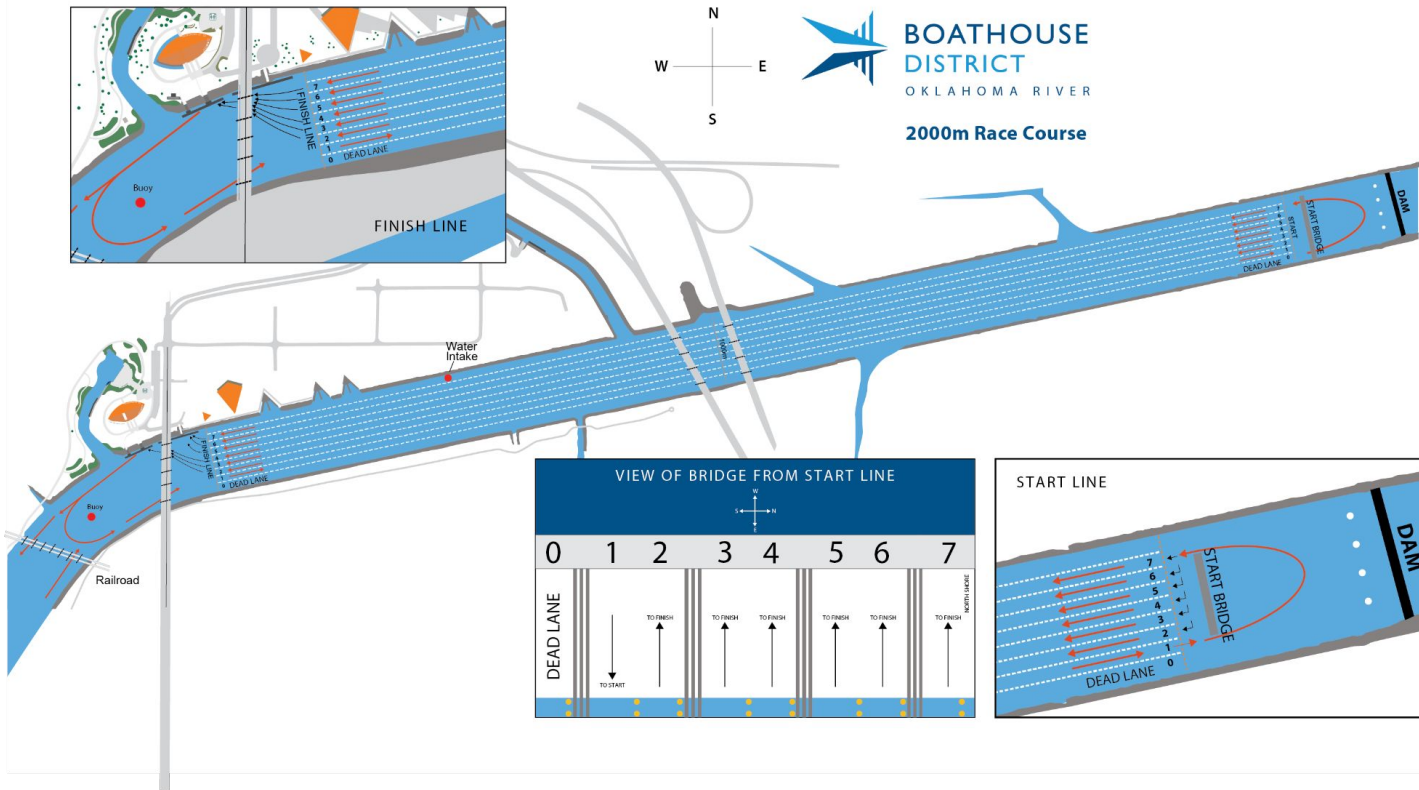
- Crews will leave the launch docks and row east.
- Crews will travel up lanes 6 & 7, and come behind the start bridge. There will be no circling above the start bridge.
- Lanes 4 & 5 are closed lanes.
- Crews will row to the start via the south end of the start dock.
- Crews will turn into lanes 1, 2 & 3 and row down the course.
- There is no turning on the course at any time.
- After completing the row down the course, crews will row to the railroad bridge and turn before returning to the dock. All crews must go **around the orange buoy**.

TRAFFIC PATTERN - TIME TRIAL



- Crews will leave the east end of the launch docks and row east.
- Crews will travel up lanes 6 & 7, and come behind the start bridge. There will be no circling above the start bridge.
- Lane 5 is a closed lane.
- Crews will move around the start bridge in Bow # order.
- Crews will row to the start via the south end of the start dock.
- Crews will turn into **lanes 2 & 3** and row down the course.
- Lane 2 will yield into lane 1 if overtaken by a faster crew. Lane 3 crews will yield into lane 4 if overtaken by a faster crew.
- There is no turning on the course at any time.
- After completing the row down the course, crews will row to the railroad bridge and turn before returning to the west end of the dock to recover. All crews must go **around the orange buoy**.

TRAFFIC PATTERN - SPRINT



- Crews will leave the west end of the launch dock row towards the train bridge and move **around the Orange buoy** before turning and heading west up lane 1 on the south side to the start.
- Crews will row to the start via the south side of the start bridge.
- Do not row through a start when approaching the start bridge in the warm up lane.
- Crews will move into bow # order starting with lane 1 behind the start dock.
- Crews will enter the starting area in bow # order starting with lane 1-6.
- There will be no circling, warm up loops, power strokes or starts behind the start dock.
- After crossing the finish line, crews will turn towards the north shore and move towards the first wide opening in the Lincoln bridge on the north side to the recovery dock.

USROWING RULES OF ROWING

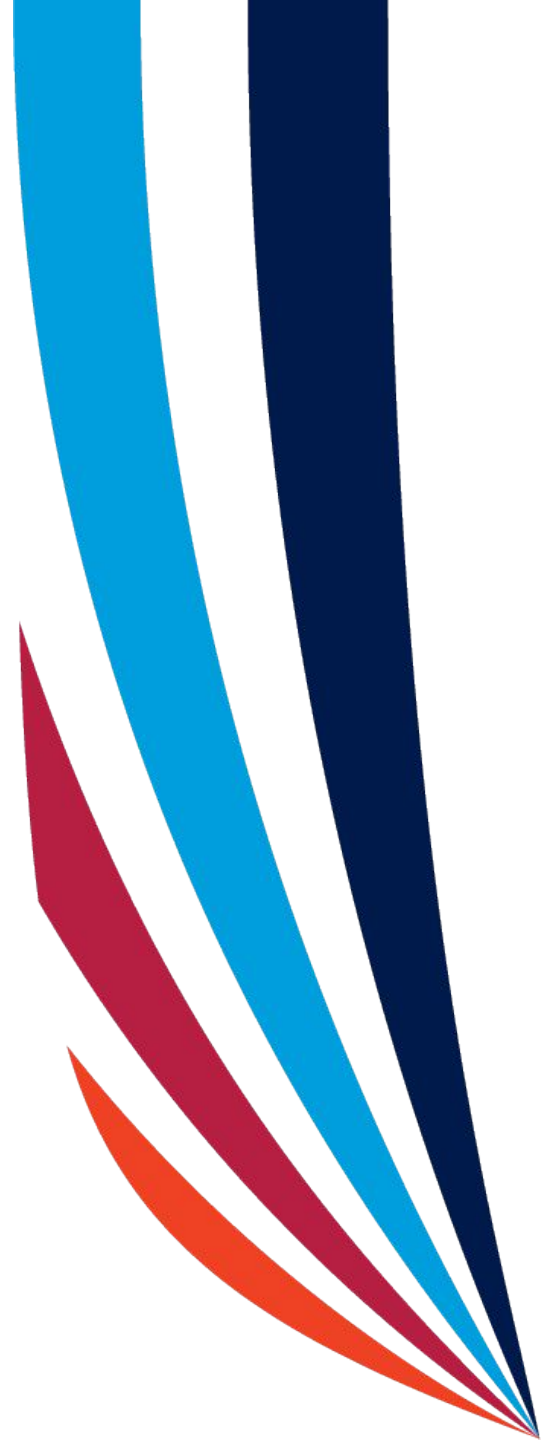
- **It is your responsibility to know and understand the Rules of Rowing**
- **Equipment**
 - You have certified that your equipment meets the rules - heel ties 3" and bowball is firmly affixed.
 - Equipment checks at docks
 - Please let the referee know your race when launching to ensure an accurate time
- **Broken Equipment - alert the nearest referee and if possible, we will work with you**



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ON WATER - 1

- **In general, if a referee gives you an instruction, coxswains please acknowledge with a hand so we know you heard us.**
- **In proximity of the course**
 - If a start is in progress, you need to wait to pass.
 - Do not stop on the start line or where you will drift into the way of the aligner.
 - Do not sit at the finish line as a race is finishing.
 - 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.
- **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 behind 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 along the course on the side to assist.*
 - *If you have an objection at the end of the race, speak with the finish marshal.*

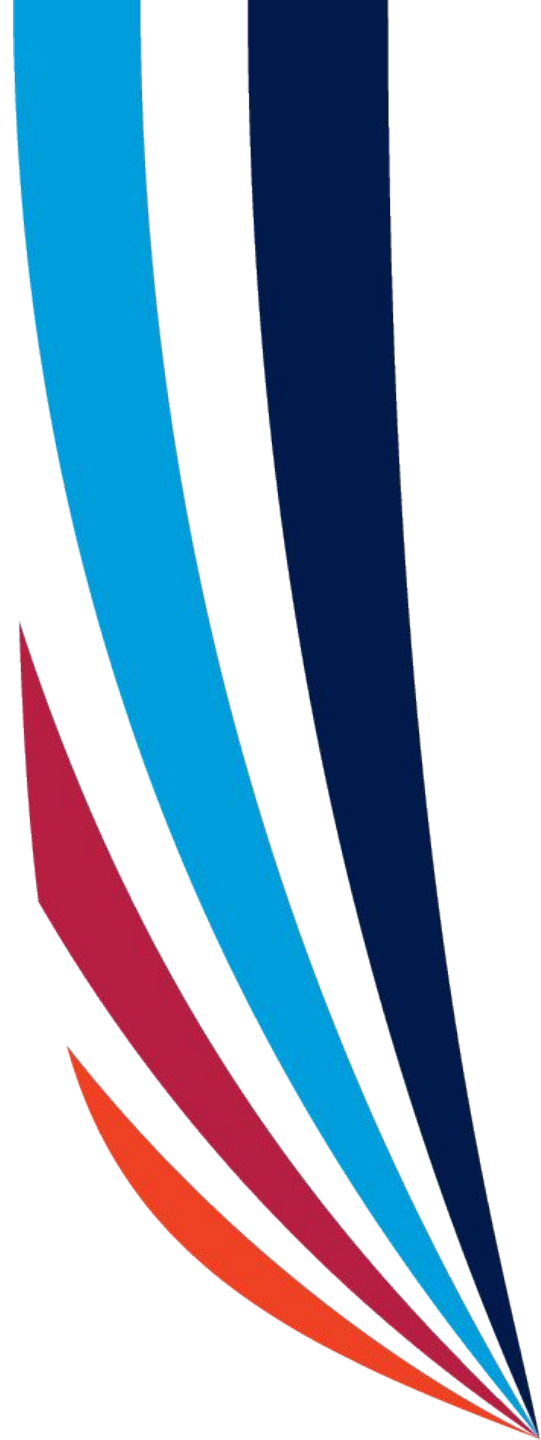


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ON WATER - 2

- **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 stakeboats, do it close to the stakeboat
- Starter will count down to 2 minutes
- Locked on 2 minutes prior to your race; failure to be locked on will result in a warning
- 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”, then Red flag raised, variable pause, “Go” along with dropping the Red flag.
 - If the Starter is interrupted, crews will hear “As you were” and the flag is slowly lowered.
- What to do if you aren’t ready – don’t row
- If you leave the start, you accept the start
- Breakage zone is 100M or 20 sec.
- Quick start – will be announced by the Starter, No polling of the crews.



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ON WATER - 3

- **Sprint - Racing**

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

- **Finish**

- Hear a horn
- See the flag drop (up in the tower)
- Objection must be initiated on the water.
- 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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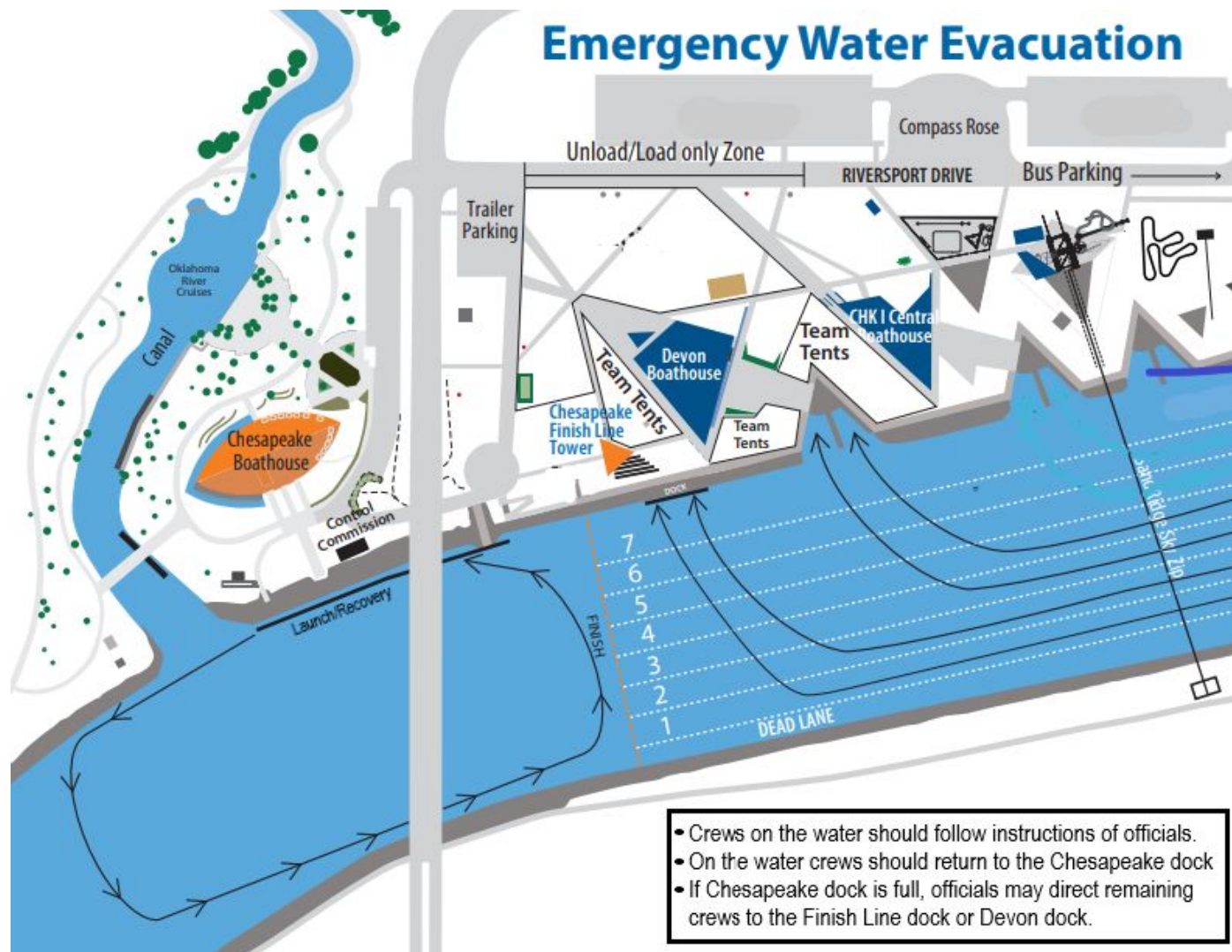
UNSPORTSMANLIKE CONDUCT

Among other things, profanities, in general, are not considered 'sportsmanlike' even when used to motivate; they should never be directed at another crew.



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SAFETY ON VENUE - EVACUATION PLAN



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SAFETY ON VENUE - MEDICAL AID

- **Medical will be located at the Finish Line Tower & Chesapeake Fitness Center.**
- **If medical is needed on the water, flag down the nearest official for assistance.**

GET READY TO RACE!

For Additional Questions, Please contact :

Sarah McAuliffe

Director of Competition

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Gena Terrill

Riversport Rowing Regatta Director

gterrill@riversportokc.org



Photo credit: USRowing