

# ***2023 USRowing Northwest Youth Championships***

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

***Tuesday, May 16 , 2023***  
***6:00 P.M. PT***



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# 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 Northwest Youth Championships on May 19-21 in Vancouver, WA.**

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, Jules Zane

**LOC:** Molly Evjen, Kyle Crebar, Sam Gray

**LOC Day of Coordinators:** David Setter, Bill Byrd,  
Sarah Copeland, Scott Smith

**Chief and Deputy Referees:** Letcher Ross, Marc  
Angelillo



# REVIEW OF REGISTRATION & VENUE SCHEDULE

- **Trailer Arrival Window**

- Wednesday May 17: By appointment request only
- Thursday May 18, 12:00 p.m. - 8:00 p.m. (the park will be locked at dusk, trailer may not enter after dusk)
- Friday May 19, 6:30 a.m. – 9:30 a.m.

- **USRowing Registration Tent**

- Thursday, May 18, 1:00 p.m. - 6:00 p.m.
- Friday, May 19, 6:30 a.m. - end of racing
- Saturday, May 20, 6:30 a.m. - end of racing
- Sunday, May 21, 6:30 a.m. - end of racing

- **Practice**

- No practice



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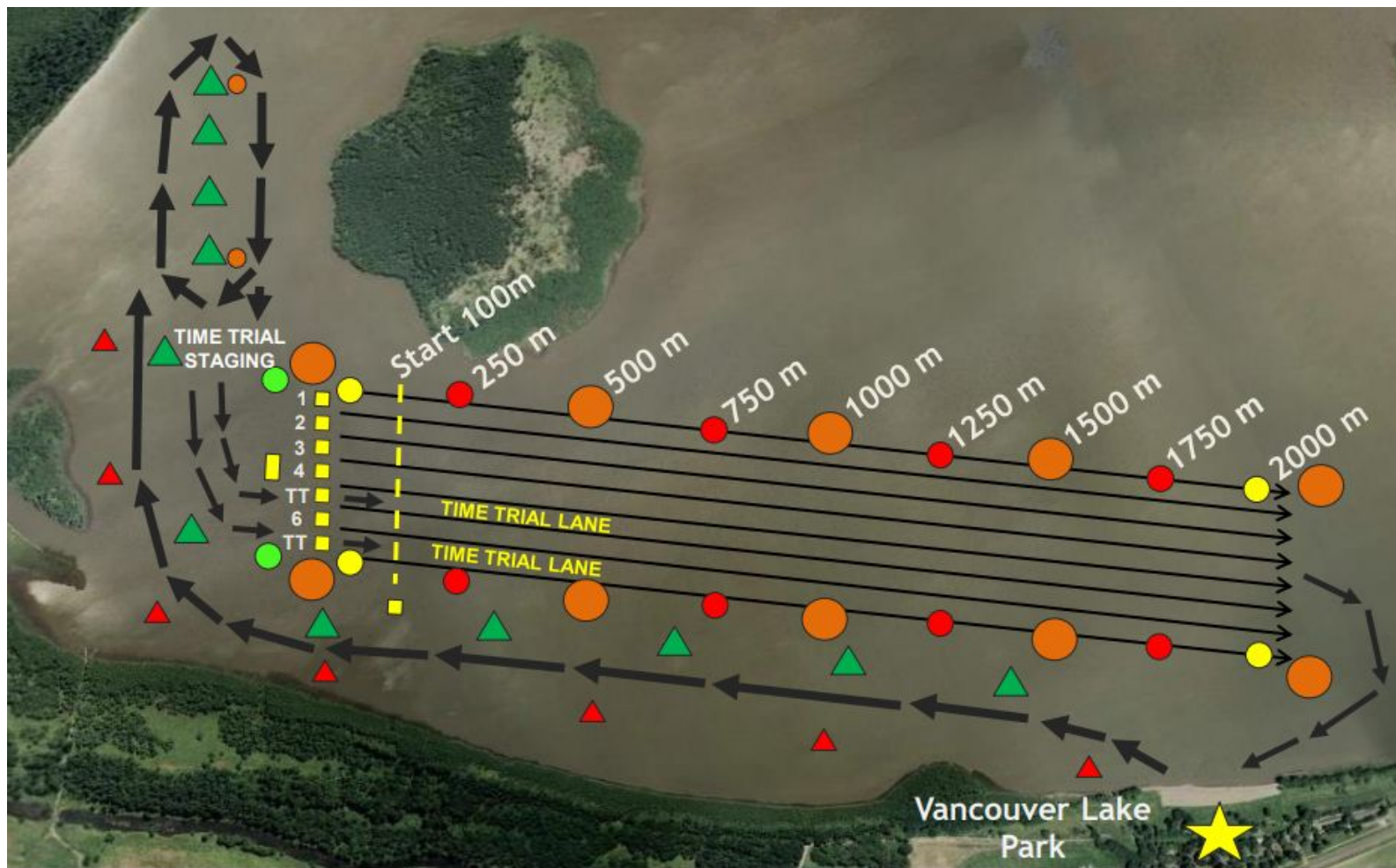
# Pre Arrival Checklist

- ➡ 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**
  - **16 Referees**
  - **Northwest Region**
  - **100+ years of officiating experience**
- **The Referees are here for everyone's safety and fairness**

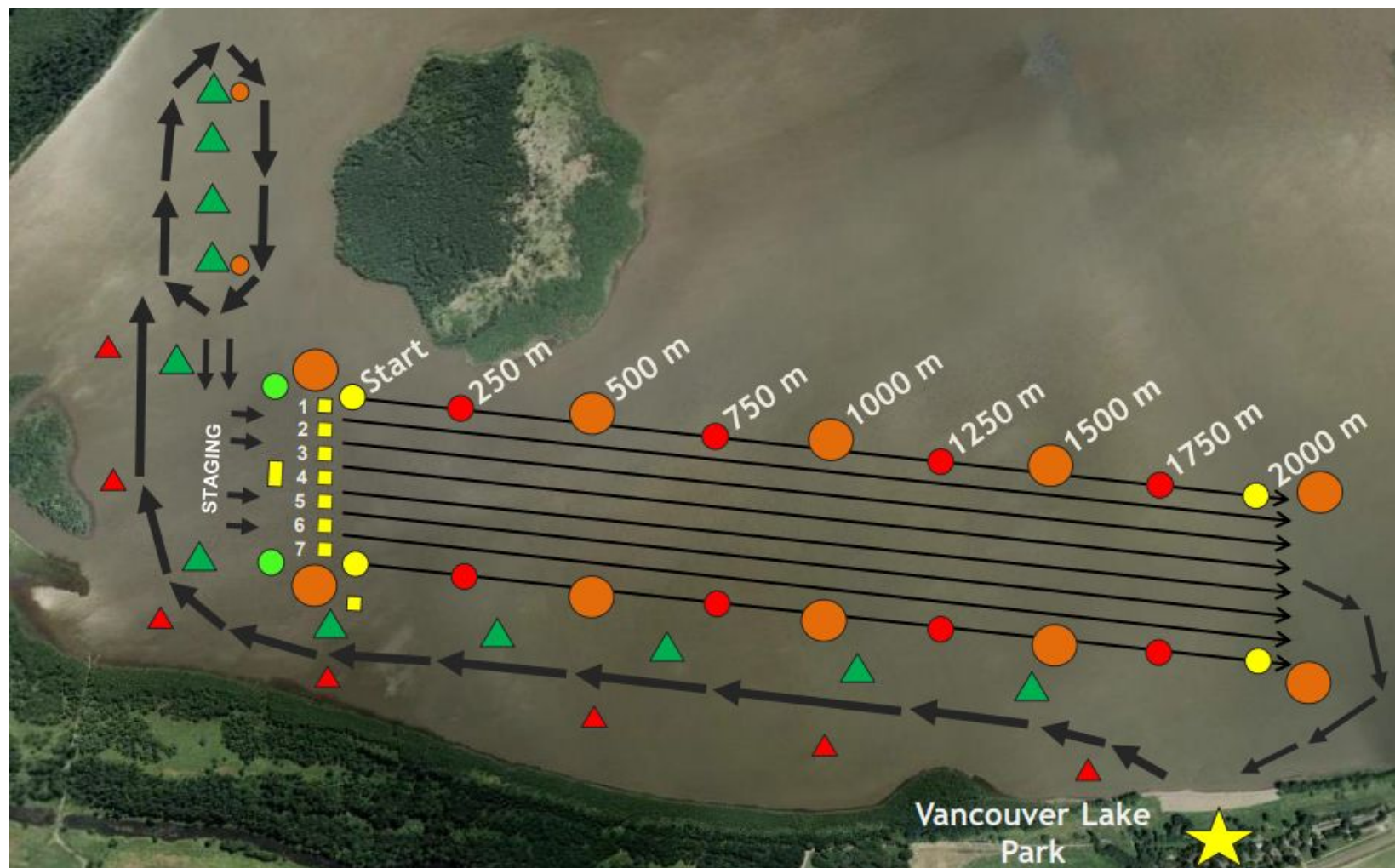
# TIME TRIAL TRAFFIC PATTERN



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# SPRINT RACING TRAFFIC PATTERN



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# 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 & hands-on check will happen at launch
  - Please let the referee know your race when launching to ensure an accurate time
  - Bow numbers are critical, especially on Saturday!
- **Broken Equipment - alert the nearest referee immediately and we will attempt to accommodate you.**



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# ON LAND

- When checking in with Control Commission, they will issue you a bow number for your race.
- Coxswains, you need to know the event # and time of your race
- Vancouver Lake is beach launching - no docks; make sure you walk your boat out into the lake to your knees or so, so when rowers get in you don't damage the skeg
- Return bow numbers when recovering
- Coaches - check with Control for hot seating requests and arrangements - we will not hold races



# 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 should stop rowing until the race passes
  - 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.
  - Do not row beyond the warm-up buoys - 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.*
  - *Referees will be staggered along the course on the side to assist.*
  - *Yield to the empty lane next to you if being overtaken; Referees may ask you to yield*
  - *If you have an objection at the end of the race, speak with the finish marshal.*





# 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 - *know how to scull your point once attached to the stakeboat*
- 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 announced in a steady cadence, then “Attention” along with a dropped starter flag (red with white cross) with the command: “Go” - go on movement of the flag!
  - If the Starter is interrupted, crews will hear “As you were” and the cadence will begin again
- 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, (Go)”. Crews will not be announced..



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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 while calling your crew name - using the stroke to communicate to the coxswain.

- **Finish**

- Hear a horn
- Row through the large orange buoys at the finish line.
- Any / all objections must be raised on the water, before the referee displays the white flag to the finish tent.
- 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 a protest. You will need to submit the protest in writing. The written protest is due within 1 hour along \$50. Protests should be submitted to the Chief Judge or Chief Referee. Rule 2-604 thru 2-606, USRowing Rules of Racing 2022



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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!

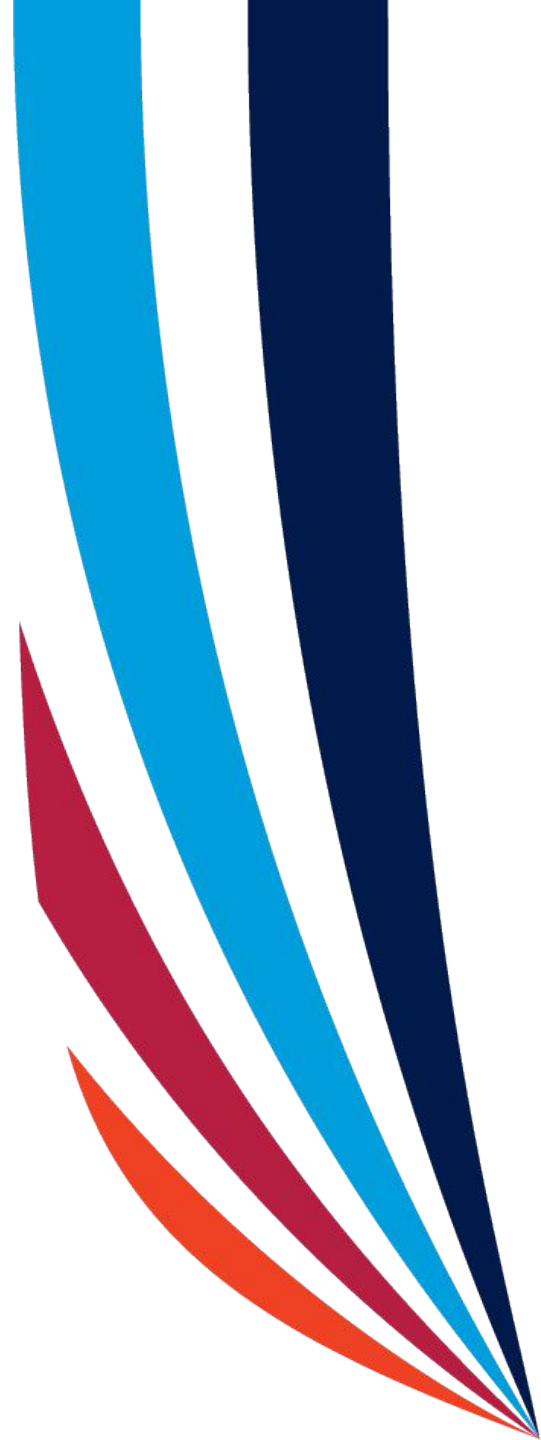


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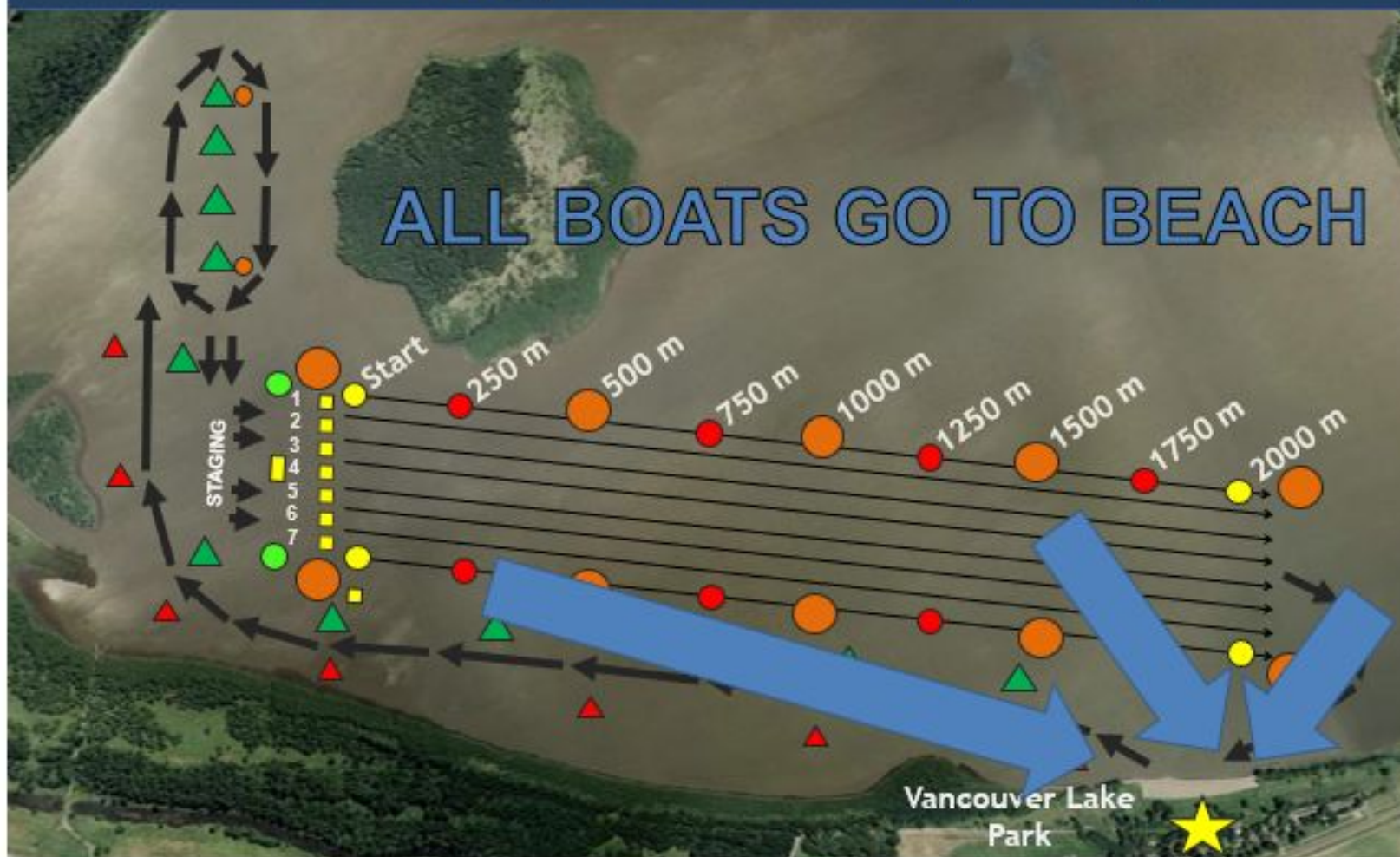
## Emergency Action Plan PVRA Race Course/Vancouver Lake Regional Park

### 1. Call 911

2. Instruct EMS personnel to “report to the beach at Vancouver Lake Regional Park.” **Location: 6801 NW Lower River Rd, Vancouver, WA (see map)**
3. Provide necessary information to EMS personnel
  - Name and telephone number of caller
  - Number of victims, condition of victim
  - First-aid treatment initiated
  - Other information as requested by dispatcher
4. Once EMS has been called inform PVRA Regatta Director and Chief Referee
5. Once EMS has been called, send someone to stand at the entrance to the park.
6. Provide appropriate emergency care until the arrival of EM personnel: on arrival of EMS personnel, provide pertinent information (method of injury, vital signs, treatment rendered, medical history) and assist as requested by EMS personnel.



# USRowing NW Youth Championship



## WATER EVACUATION PLAN



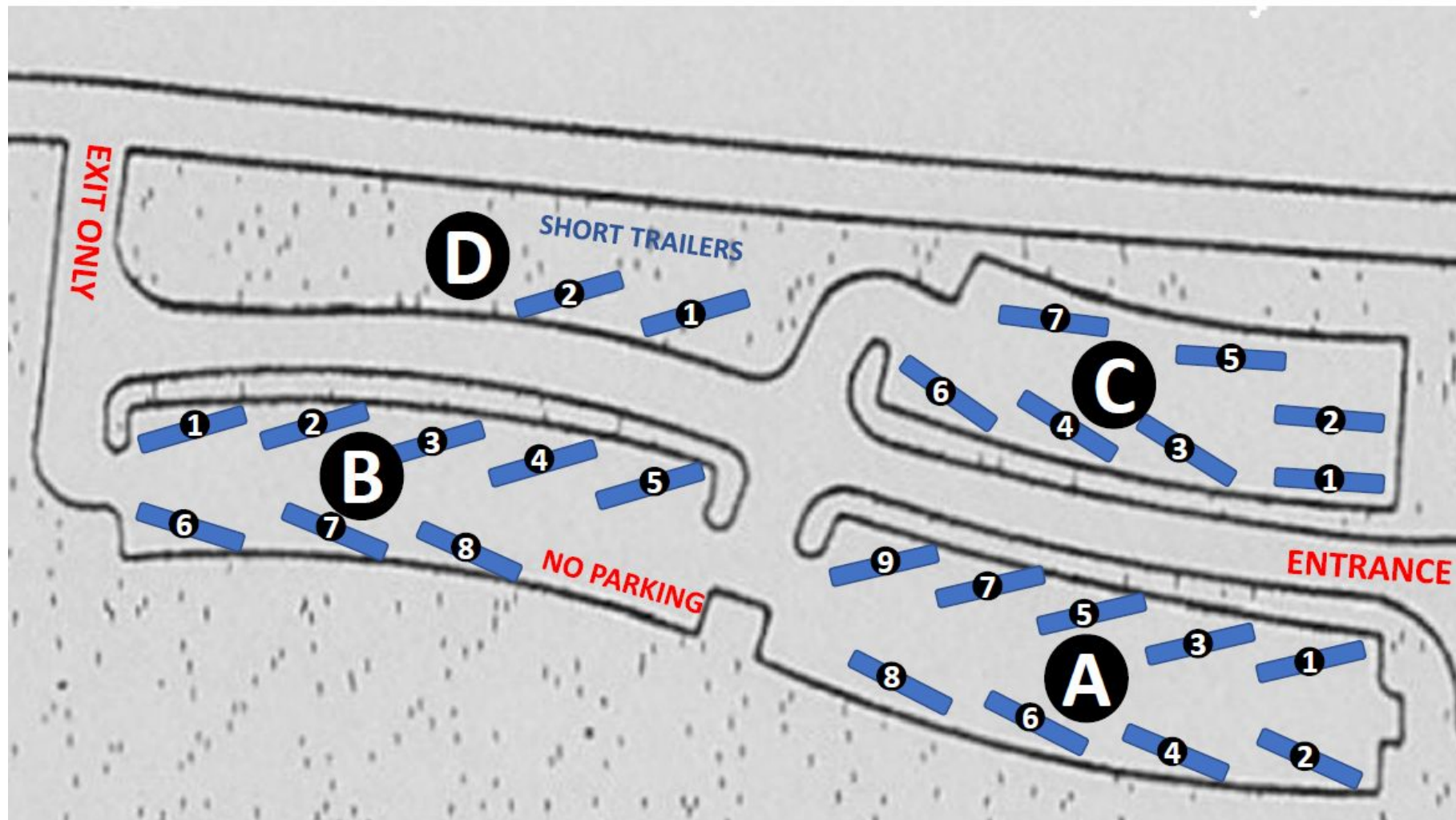
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## Vancouver Lake Park – South Overflow Parking Lot Shell Trailer Parking Map



# VENUE NOTES

- Parking is \$3 a day- Please bring cash to speed up the process. Trailer Lot Permits DO NOT cover the fee.
- Please be mindful and park tight together in the Trailer Parking Lot.
- Please ask your teams to leave your dogs at home.
- Spectator parking available in the Overflow Parking lot
- Team may set up a few 10X10s in their boat areas, but anything larger should be in the Team Tent area by the shelter
- Keep your boat storage areas compact so that there is plenty of room for all teams



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# GET READY TO RACE!

**For Additional Questions, Please contact :**

**Sarah McAuliffe**

Director of Competition

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



Photo credit: USRowing

