

2023 USRowing Southwest Masters Regional Championships Coaches & Coxswains Meeting

***Wednesday, June 21, 2023
7:00 P.M. PT***



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, Chief Referee**
 - a. Venue Information
 - b. Evacuation/Safety Plan



Key Takeaways

USRowing is excited to welcome everyone to the 2023 USRowing Southwest Masters Regional Championships on June 24-25 in Chula Vista, CA.

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!



INTRODUCTIONS

USRowing:

Regie Robinson (Competition)

Jules Zane (Membership)

Katie Woods (Membership)

Chief and Deputy Chief Referees:

Bill Eldon (Chief Referee)

Eric Weir (Deputy Chief Referee)



REVIEW OF REGISTRATION & VENUE SCHEDULE

- **Trailer Arrival Window**
 - Thursday, June 22, 8:00 a.m. - 6:00pm
 - Friday, June 23, 8:00 a.m. - 6:00pm
 - after hours by request only
- **Practice**
 - Friday, June 23, 2:00 p.m. - 5:00 p.m.
 - last launch at 4:30pm
- **USRowing Registration (middle office of boathouse)**
 - Friday, June 23, 1:00 p.m. - 5:00 p.m
 - Saturday, June 24, 6:30 a.m. - end of racing
 - Sunday, June 25, 6:30 a.m. - end of racing
- **Weigh-ins (athletes only need to weigh-in once for the entire weekend)**
 - At least 1 hour before the athletes first race of the weekend



Pre Arrival Checklist

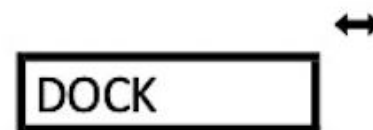
- ➔ Have you reviewed the **USRowing Code of Conduct**?
- ➔ Have you reviewed the **event entry packet**?
- ➔ Are your athletes up to date on their **USRowing memberships**?
- ➔ Are your athletes, coaches, and support staff **SafeSport** compliant? Are your coaches/support staff on the the RegattaCentral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



PRACTICE TRAFFIC PATTERN

	250	500	750	1000
Lane 0	<<<	<<<	<<<	<<<
Lane 1	<<<	<<<	<<<	<<<
Lane 2	<<<	<<<	<<<	<<<
Lane 3	DEAD LANE		DEAD LANE	
Lane 4	>>>	>>>	>>>	>>>
Lane 5	>>>	>>>	>>>	>>>
Lane 6	>>>	>>>	>>>	>>>

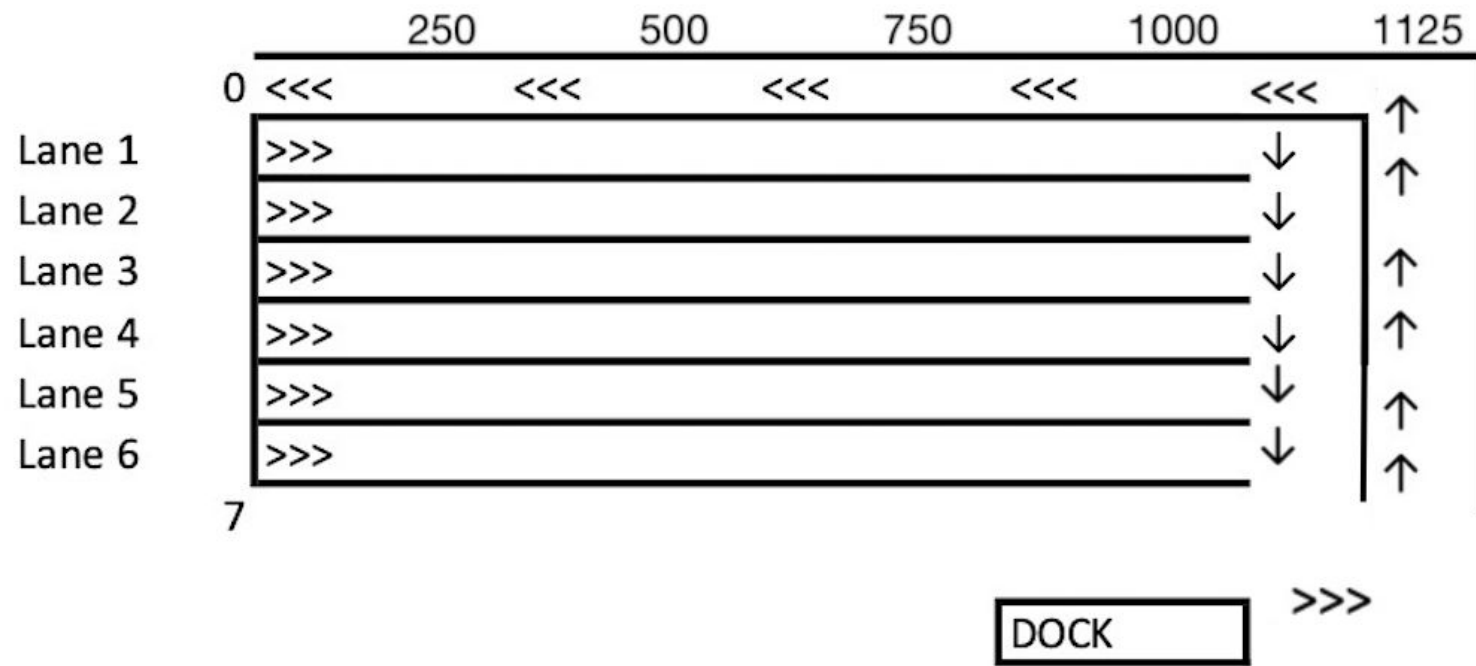
7



Right hand rule.
Stay on the 1K course.
Lane 0 can be used, but is outside the course.



RACING TRAFFIC PATTERN



Launch from the dock and row into the row to the start OUTSIDE the course.

After racing, row straight to the dock

When returning to the dock, be mindful of crews launching as they may be rowing towards you in that small area.



USRowing



REFEREE WELCOME

- **Referee Jury Introductions**
 - **18 Referees**
 - **Southwest Region**
 - **100+ years of officiating experience**
- **The Referees are here to ensure safety and fairness for all participants**



USROWING RULES OF ROWING

- **It is your responsibility to know and understand the Rules of Rowing**
- **Equipment**
 - **Ensure 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**
 - **You will not launch without a bow number**
 - **Broken Equipment on the water- alert the nearest referee immediately.**



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
- Chula Vista has minimal dock space; make sure you have someone carry oars with the boat to launch, dock traffic will be FAST.
- Return bow numbers when recovering
- Coaches - check with Control for hot seating requests and arrangements - we will not hold races



Hot Seating

- We will not have a separate dock for hot seating
 - Rowers hot seating into a boat already on the water should advise the Referee at Control Commission and have oars and bow numbers ready
 - Crews approaching the return dock should let the dock masters know they are hot seating



ON WATER - 1

- **Sprint Starts**

- As directed by the starter, you may enter the course after the start of the prior race and warm up in your lane. Enter from behind the starting line.
- Make sure you know how to scull your point once attached to the stake platform.
- You must be locked on 2 minutes prior to your race time; 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 if all boats are present
- 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.
- 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..



ON WATER - 2

- **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.
 - Have **one** person raise their hand at the finish and talk to the referee. Please have in mind:
 - what happened to you and where on the race course,
 - 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 and must reference the relevant rule. Please see rules 2-604 thru 2-606, USRowing Rules of Racing 2022 for more details.



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!



VENUE MAP



VENUE SPECIAL EVENTS

- Evening Social - Saturday Evening
 - At the beach
 - Cornhole, Teriyaki Chicken/Rice Bowls, Softdrinks, Water and MORE!
- Archery Experience - Sunday Following Racing
 - Learn all about this Olympic and try it yourself!
- Yoga - Offered Friday, Saturday, Sunday
 - With Sarah Adams Moore



CHULA VISTA ELITE ATHLETE TRAINING CENTER BOATHOUSE EMERGENCY ACTION PLAN (EAP) FOR SERIOUS INJURY or OTHER EMERGENCY

In the event of a life-threatening emergency, activate Emergency Medical Services (EMS) immediately by dialing: 9-1-1. The individual contacting EMS should be familiar with the location of the athlete/patient, location of the building or field in which the emergency occurred, and pertinent details of the incident (i.e. number and age of victim(s), status of patient (breathing, consciousness, bleeding, etc.) After EMS (911) has been contacted, promptly notify security at (619-482-6114). If you are undecided if you should or should not activate the emergency action plan, always activate the EAP.

Activating the Emergency Action Plan

- a. Call EMS: 9-1-1
- b. Provide information:
 - i. Your name and the phone number you're calling from at that moment
 - ii. The address of the emergency:

Chula Vista Elite Athlete Training Center (CVEATC)
Boathouse on Wueste Road
Chula Vista, CA 91915
- c. The location of injured athlete and specific directions:
 - i. Entry to BOATHOUSE is just south of the Athlete Entry Gate on Wueste Rd (say "Woostie")



- d. Do not hang up with the EMS dispatcher until instructed to do so...then call Security
 - i. Call Security: [\(619\) 482-6114](tel:6194826114)
 - ii. Relay the same information to Security, letting them know you've called EMS
 - iii. Security will escort the emergency vehicle to the proper venue and contact appropriate Center staff.
 - iv. WITHOUT CALLING SECURITY, THE EMERGENCY VEHICLE **MAY** BE DELAYED IN LOCATING THE EMERGENCY.

The red line on the map shows the path to be taken by EMS to access the venues directly. Security carries first aid supplies and an AED at all times. An additional AED is located in the area shown on the map to the right, see the ❤️ symbol.



TRAILER PARKING - MAP



CAR PARKING - MAP



GET READY TO RACE!

For additional questions, please contact :

Regie Robinson

Regie.Robinson@USRowing.org

Competition Coordinator



Photo courtesy of USRowing

