

# ***2023 USRowing Southwest Youth Championships***

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

***May 2 ,2023***  
***7:00 P.M. PT***



**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 Southwest Youth Championships on May 5-7 in Gold River, 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:** Sarah McAuliffe, Jules Zane, Paul Wilkins

**LOC:** DeDe Birch, Cindi Dulgar, Brian Dulgar, Heather Wilhelmi

**Chief and Deputy Referees:** Taylor Gooch, Melissa Chun



# REVIEW OF REGISTRATION & VENUE SCHEDULE

- **Trailer Arrival Window**
  - Thursday May 4, 8 a.m. - 12:00 p.m.(the park will be locked at dusk, trailers may not enter after dusk)
- **USRowing Registration**
  - Thursday, May 4, 1:00 p.m. - 5:00 p.m. (at the Aquatic Center)
- **USRowing Registration at the finish line tent**
  - Friday, May 5, 6:30 a.m. - end of racing
  - Saturday, May 6, 6:30 a.m. - end of racing
  - Sunday, May 7, 6:30 a.m. - end of racing
- **Practice**
  - Thursday, May 4 2 p.m. - 6 p.m.
- **Heat Sheets**
  - available on [HereNow.com](https://www.herenow.com)



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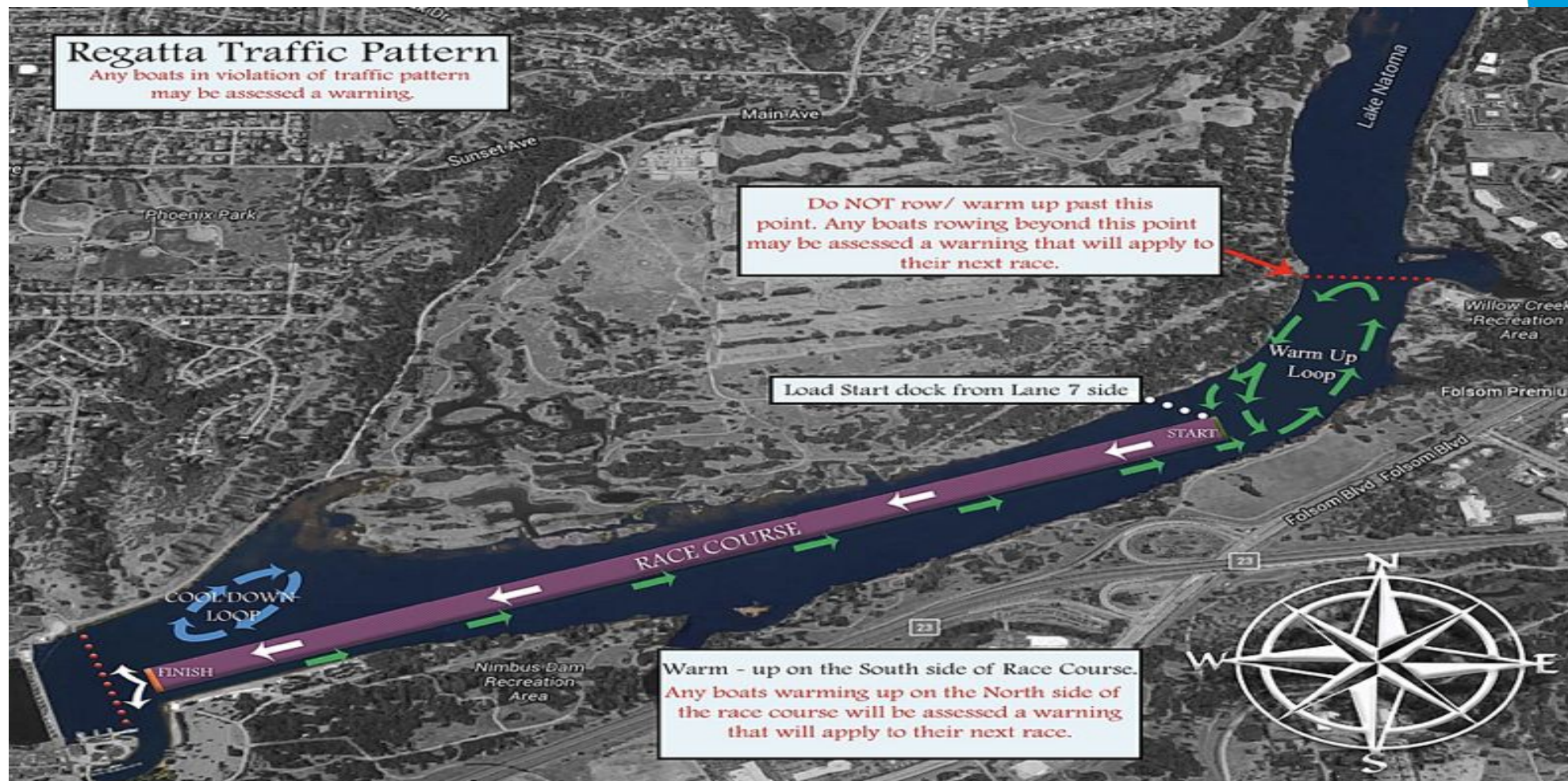
# Pre Arrival Checklist

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

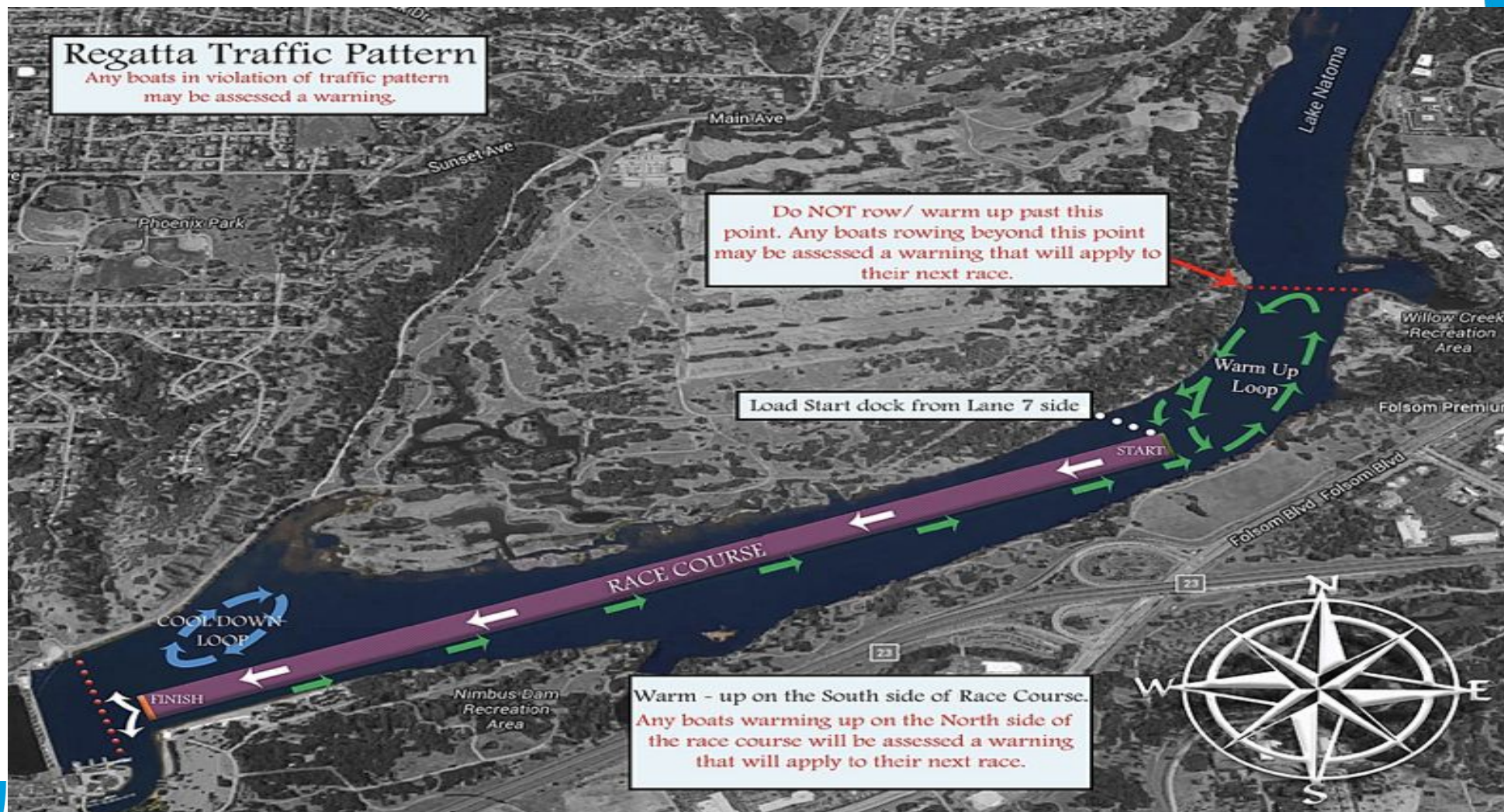
# TIME TRIAL TRAFFIC PATTERN



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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
  - You will not launch without a bow number.
- Broken Equipment - 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
- Lake Natoma 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 fin and rudder.
- Return bow numbers when recovering
- Coaches - check with Control for hot seating requests and arrangements - we will not hold races





# Hot Seating

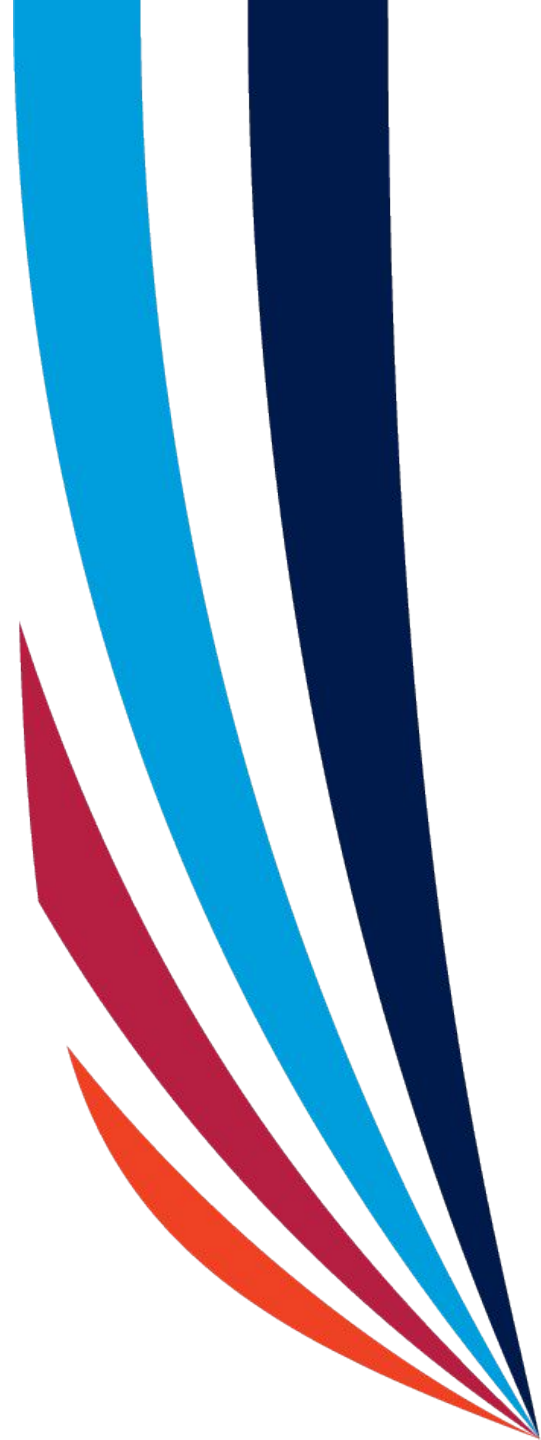
- Beach launches and landings complicate matters!
- Here's the plan!





# ON WATER - 1

- 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 7 min before your event time.*
  - *There will be a series of referees helping you get into bow number order above the start. 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.*



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# ON WATER - 2

- **Sprint Starts**

- If directed by the starter, you may enter the course after the start of the prior race and warm up in your lane. Enter from the lane 7 side.
- If you have to turn in your lane to attach to starting platform, do it close to the platform - *know how to scull your point once attached to the stake platform.*
- 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.
- 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 and must reference the relevant rule. Please see rules 2-604 thru 2-606, USRowing Rules of Racing 2022 for more details.



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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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## **REGATTA EMERGENCY ACTION PLAN COMMUNICATIONS:**

1. Officials including start and finish line have assigned and checked out Two Way handheld Radios.
2. Aquatic Center Core Regatta Staff communicate via Nextel direct connect 2- way radio or cellular service among each other and the Aquatic Center.
3. FinishLine, an Aquatic Center Representative is stationed at the starting platform as well as the finish line tent.
4. Parking Staff, the parking staff communicates via Nextel direct connect 2-way radio among themselves, the Aquatic Center and Core Aquatic Center Regatta Staff.

**COMMAND CENTRAL:** The 60' Finish Line Tent is Command Central.

All Emergency situations are relayed to a designee at the Finish Line Tent – or Command Central.

Dede Birch- Aquatic Center- Rowing Liaison-Finish Line-916-496-2168

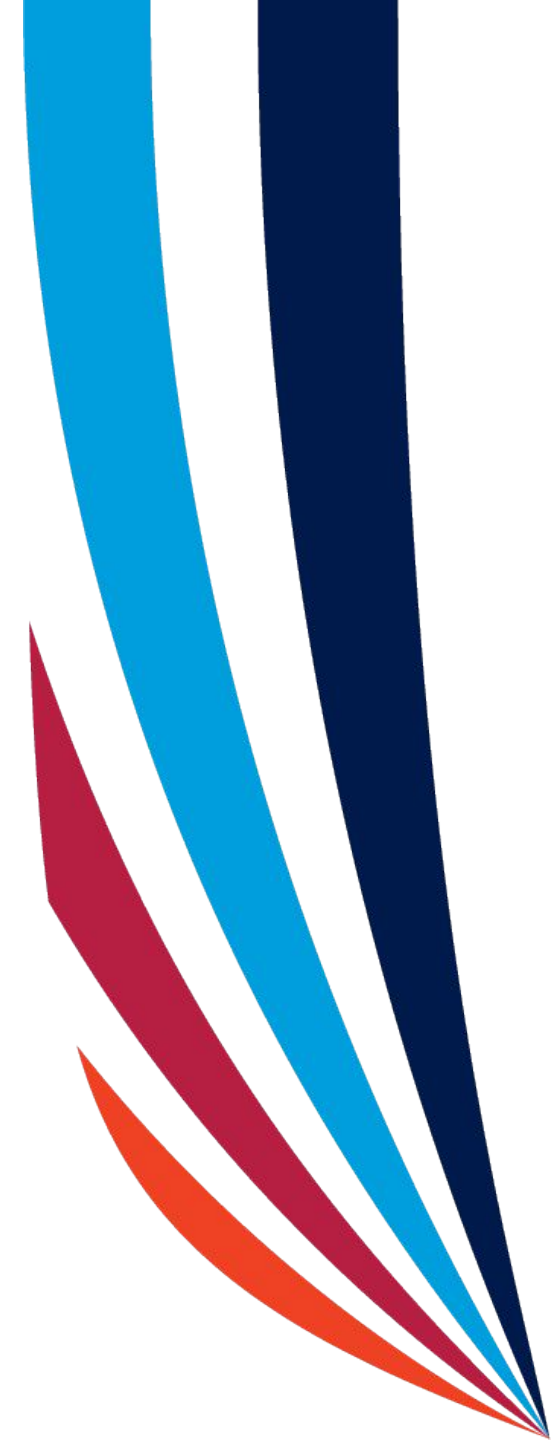
Brian Dulgar- Aquatic Center- Director- 916-496-0082

**SACRAMENTO STATE AQUATIC CENTER: WILL MAKE ALL 911 CALLS 916-278-2842 or 916-278-4052**

In the case of an emergency whether is be on water or on land, the details of the emergency are communicated to the finish line tent where an EMT is on standby with backboard, oxygen, and communication.

In the event that an emergency situation warrants a 911 call to FIRE/PARAMEDICS, a phone call will immediately be made to the Aquatic Center. The Aquatic Center's front office personnel will call 911 from the Aquatic Center. Local EMS have been briefed to enter the 1)Nimbus Flat State Park, Willow Creek (SRA), Black Miner's Bar (SRA) and will be met and escorted by designated Aquatic Center Parking Staff Person to the point of the emergency.

In the case that a PARAMEDIC needs to have water access, a launch will be waiting at the boat launching ramp and taken to the scene.



# VENUE MAP

The venue and trailer maps may be found on the Southwest Youth Championship overview page on RegattaCentral.



# VENUE NOTES

- Parking is \$10 a day- Cash preferred.
- For parking directions and admissions info, please see:  
<https://www.sacstateaquaticcenter.com/special-event/southwest-youth-rowing-championships>
- Spectator admission is \$10
- No private shade tents in the park.
- Keep your boat storage areas compact so that there is plenty of room for all teams

# TRAILER PARKING -THURSDAY SCHEDULE

- Trailers may arrive as early as 8AM Thursday.
- Athletes may arrive after Noon on Thursday.
- Rigging 12-2 (or later).
- Practice 2-6, last launch at 5:30
- Please leave the park by 7 p.m. on Thursday



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# GET READY TO RACE!

**For Additional Questions, Please contact :**

**Paul Wilkins**

Competition Associate

[Paul.Wilkins@usrowing.org](mailto:Paul.Wilkins@usrowing.org)



Photo credit: USRowing

