

2023 USRowing Summer National Championships Coaches & Coxswains Meeting

***July 11, 2023
6:00 p.m. EST***



USRowing

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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. Unsportsmanlike Conduct

3. USRowing, LOC, Chief Referee

- a. Venue Information



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Welcome - Introductions

USRowing is excited to welcome everyone to the
2023 USRowing Summer National Championships
July 13th - 16th at Harsha Lake in Bethel, Ohio

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

Local Organizing Committee: Sarah Gleason, AJ
Dominique, Jeff Blom

Chief & Deputy Referee: Letcher Ross & June
Harper

Review of Registration & Venue Schedule

- **Trailer Arrival Window**

- Trailers are able to park on site at the venue starting on Wednesday, July 12 at 8:00 a.m. ET.

- **USRowing Registration Tent**

- Wednesday - 12:00 to 6:00 p.m.
- Thursday and Friday 6:00 a.m. - end of racing
- Saturday and Sunday 5:30 a.m. - end of racing

- **Practice**

- Wednesday, July 12 from 1:00 – 6:00 p.m., with last launch at 5:30 p.m.
- Practice will also be available from 5:45- 6:45 p.m. on July 14. Last launch is at 6:15 p.m.

- **Weigh In Windows**

- The weigh in window will be no more than two (2) hours before the athletes first race that they need to weigh in for, and no less the one (1) hour before their first race that they need to weigh in for.

Pre Arrival Checklist

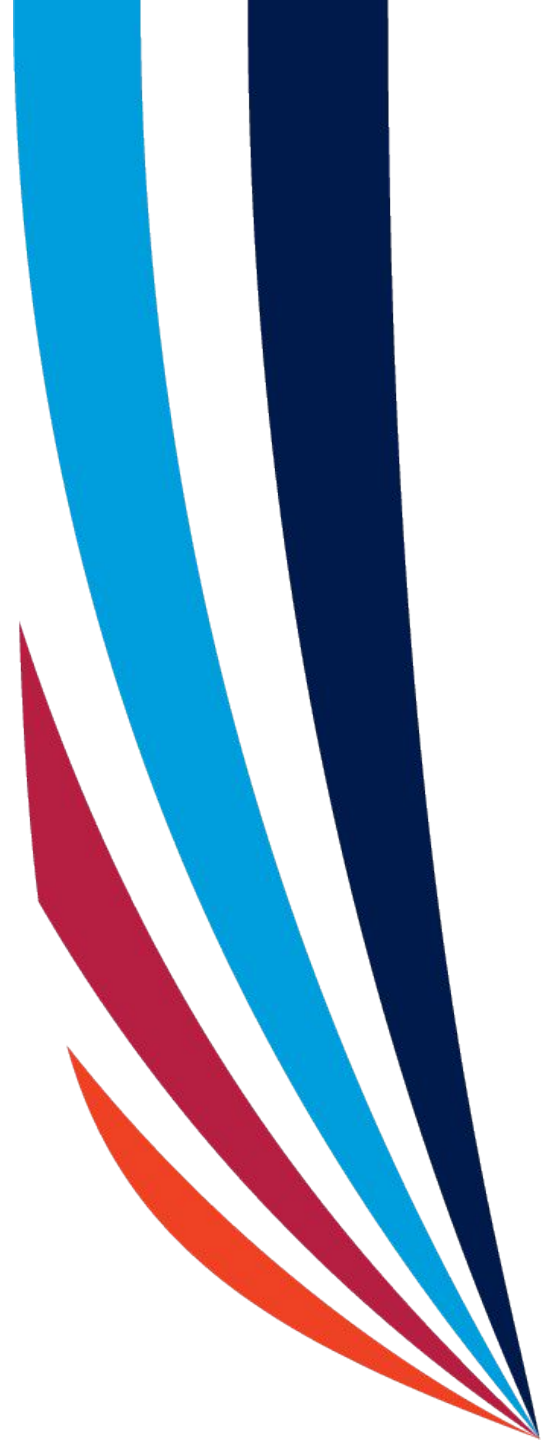
1. Have you reviewed the **USRowing Code of Conduct**?
2. Have you reviewed the **event entry packet**?
3. Are your athletes up to date on their **USRowing memberships**?
4. Are your athletes, coaches, and support staff **SafeSport compliant**? Are your coaches/support staff on the RegattaCentral roster?
5. Have you paid your team **entry fees**?

Referee Welcome

- **Referee Jury Introductions**
 - **28 Referees**
 - **100+ years of officiating experience**
- **The Referees are here for everyone's safety and fairness.**

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 info when launching to ensure an accurate time.**
- **Bow numbers are critical!**
- **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.**
- **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.



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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 stake boats, 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 100 meters.
- 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, [flag raised], Go”. Crews names will not be announced.



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**

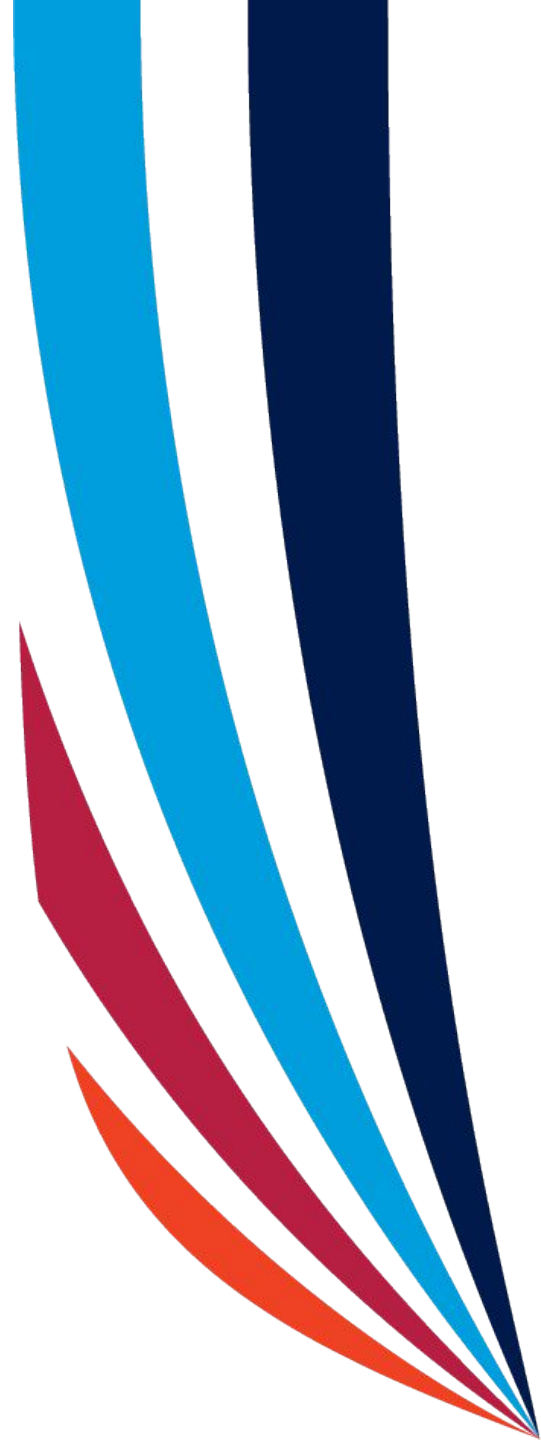
- Hear a horn
- Row through the large orange buoys at the finish line.
- Any / all objections must be raised on the water, before the referee displays the white flag to the finish tent.
- If there is a question of fairness or another issue, please have one person raise their hand at the finish and talk 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 with \$50. Protests should be submitted to the Chief Judge or Chief Referee. Rule 2-604 thru 2-606, USRowing Rules of Racing 2023



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UNSPORTSMANLIKE CONDUCT

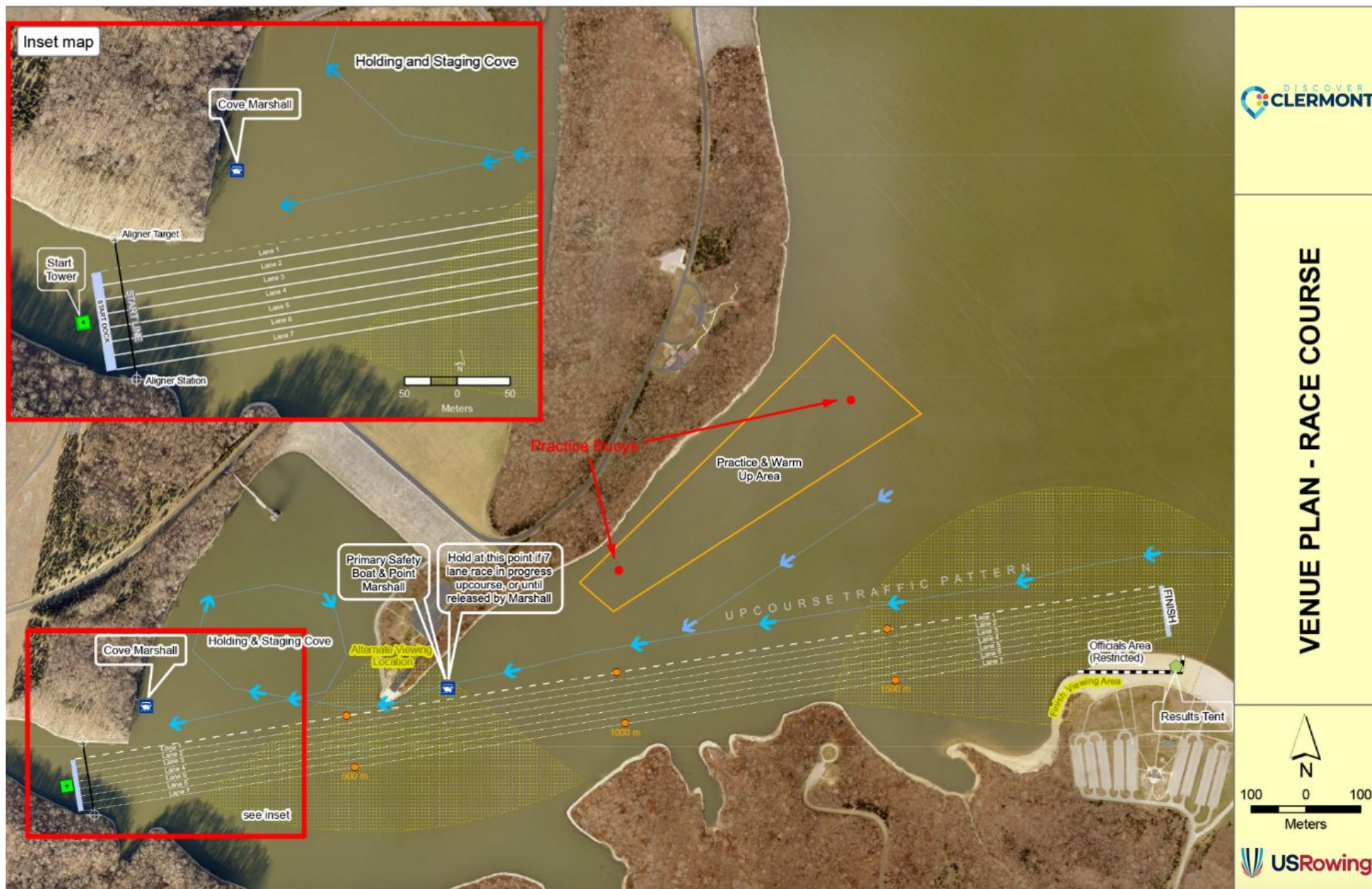
Among other things, profanities, in general, are not considered 'sportsmanlike' even when used to motivate; they must never be directed at another crew, referee, or LOC volunteer. A violation of this rule may result in exclusion or disqualification (2-410) .



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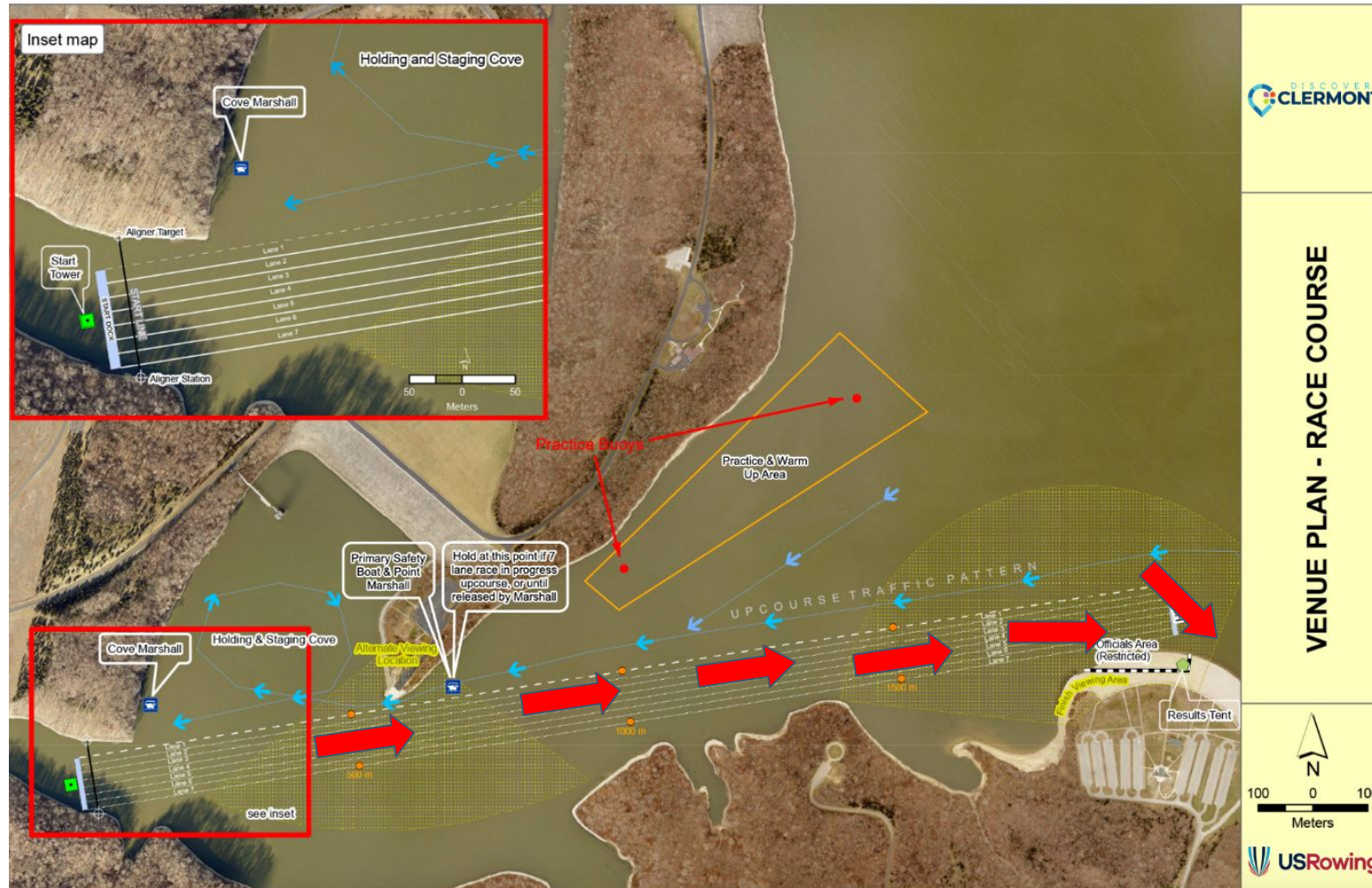




VENUE PLAN - RACE COURSE



Safety on the Venue - Evacuation Plan



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Venue Map



EAST FORK STATE PARK BEACH BETHEL OH

Venue Map



Parking

- **Parking will be available at the venue on a first come first serve basis. This parking is intended for team vehicles and additional spectator parking. If parking fills up at the venue, there will be overflow lots that will have a shuttle running to the venue on a regular basis. There will be directional signage to the overflow lots.**
- **Parking is complimentary to all vehicles.**
- **Team tow vehicles are allowed to park next to their trailer.**



Weekend Events

Thursday

2-3pm National Team Athlete Signings at the USRowing Clubhouse

3-7pm College Fair

3:30-4pm NCSA College Recruiting at the USRowing Clubhouse

Friday

11am-12pm National Team Athlete Signings at the USRowing Clubhouse

12pm Water Balloon Toss *Grand Prize \$250 Marketplace Gift Card

3-7pm College Fair

3:30-4pm NCSA College Recruiting at the USRowing Clubhouse

4:30 Awards



College Fair

College Fair

3-7pm



NCSA College Recruiting at the USRowing Clubhouse

3:30-4pm

GET READY TO RACE!

For Additional Questions, Please contact :

Sarah McAuliffe

Director of Competition

sarah.mcauliffe@usrowing.org



Photo credit: USRowing

