

2024 USRowing Central Youth Championships Athlete & Coaches Pre-Regatta Meeting

***April 30, 2024
8pm ET / 7pm CT***



Agenda

1. **USRowing**
 - a. Key Takeaways / Introductions
 - b. New for 2024!
 - c. Review of Registration & Venue Schedule
 - d. 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



Key Takeaways

USRowing is excited to welcome everyone to the 2024 USRowing Central Youth Championships on May 3-5 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 Athlete and Coaches Pre-Regatta Meeting, the regatta entry packet, and any information posted on the event website.
3. Have fun and race hard!



USRowing

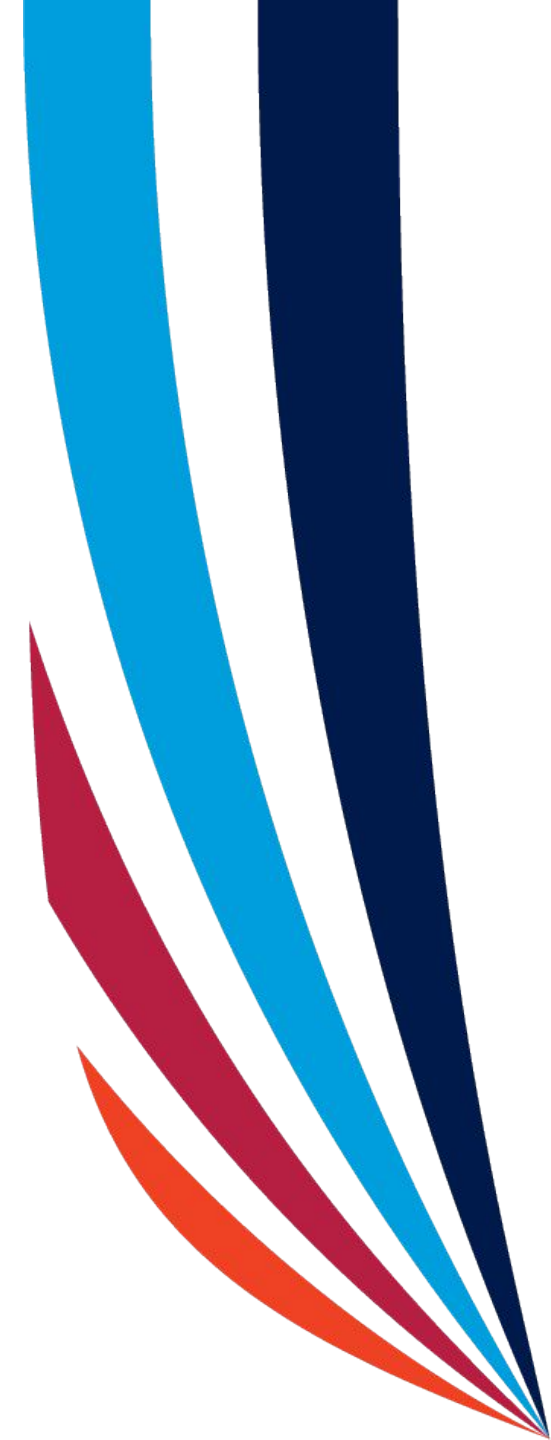


Introductions

USRowing: Jake Robinson & Meg Varcoe

OKC Riversport (LOC): Gena Terrill

Chief Referee: Rebecca Thompson



New for 2024!

If weather looks to be of concern on race weekend, the following contingency plan will be used on Friday, May 3.

1st NOTICE: Tuesday, April 30, 2024, USRowing and the Central Youth Coaches Council will review and send an estimation of the racing schedule for the weekend, noting whether or not we may need to lean on the contingency plan. The event order will not be altered at any time.

2nd NOTICE: 8:00 a.m. CDT, May 2, 2024, USRowing and the Central Youth Coaches Council will send the final racing schedule based on the weather forecast. This should allow for the most accurate evaluation of weather before making any Saturday & Sunday scheduling changes. If the decision has been made to use Friday as a racing day, Time Trials will begin at 4:00pm CDT, on Friday, May 3.



Review of Registration and Schedule

- **Trailer Arrival Window**
 - Thursday, May 2, 3:00 p.m. CT.
 - If a trailer needs to arrive before this time, please reach out to gterrill@riversportokc.org.
- **USRowing Registration (Finish Line Tower)***
 - Friday, May 3, 12:00 p.m. - 6:00 p.m.
- **Practice***
 - Crews may launch for practice beginning at 1:00 p.m. and ending at 5:30 p.m.
 - All crews must be off the water by 6:00 p.m.



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 RegattaCentral Roster?
- ➔ All clubs must **pay their entry fees before racing!**

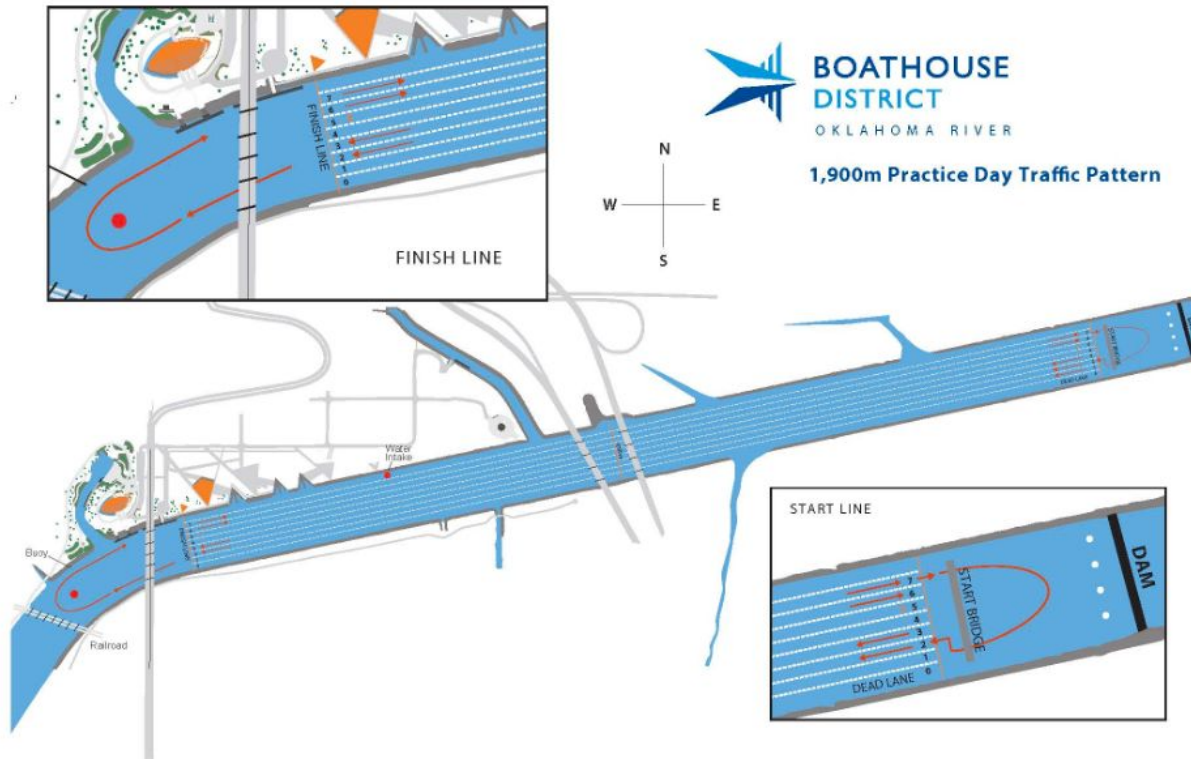


Referee Welcome

- **Referee Jury Introductions**
 - 18 Referees
 - Midwest/Mid-Atlantic/Southeast Regions
- **The Referees are here for everyone's safety and fairness**

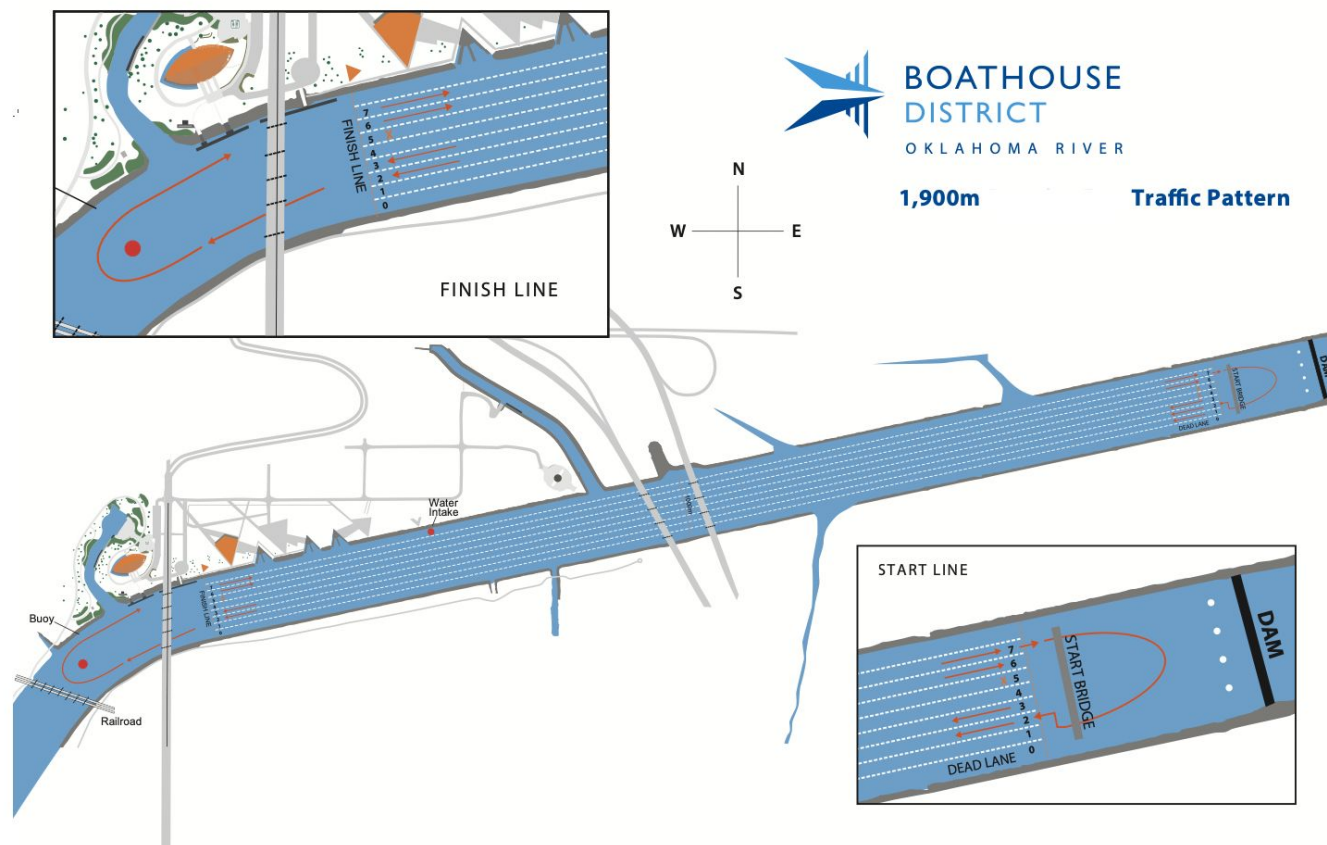


Traffic Pattern - Practice



- Crews will travel up lanes 6 & 7.
- Lanes 4 & 5 are closed lanes.
- 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

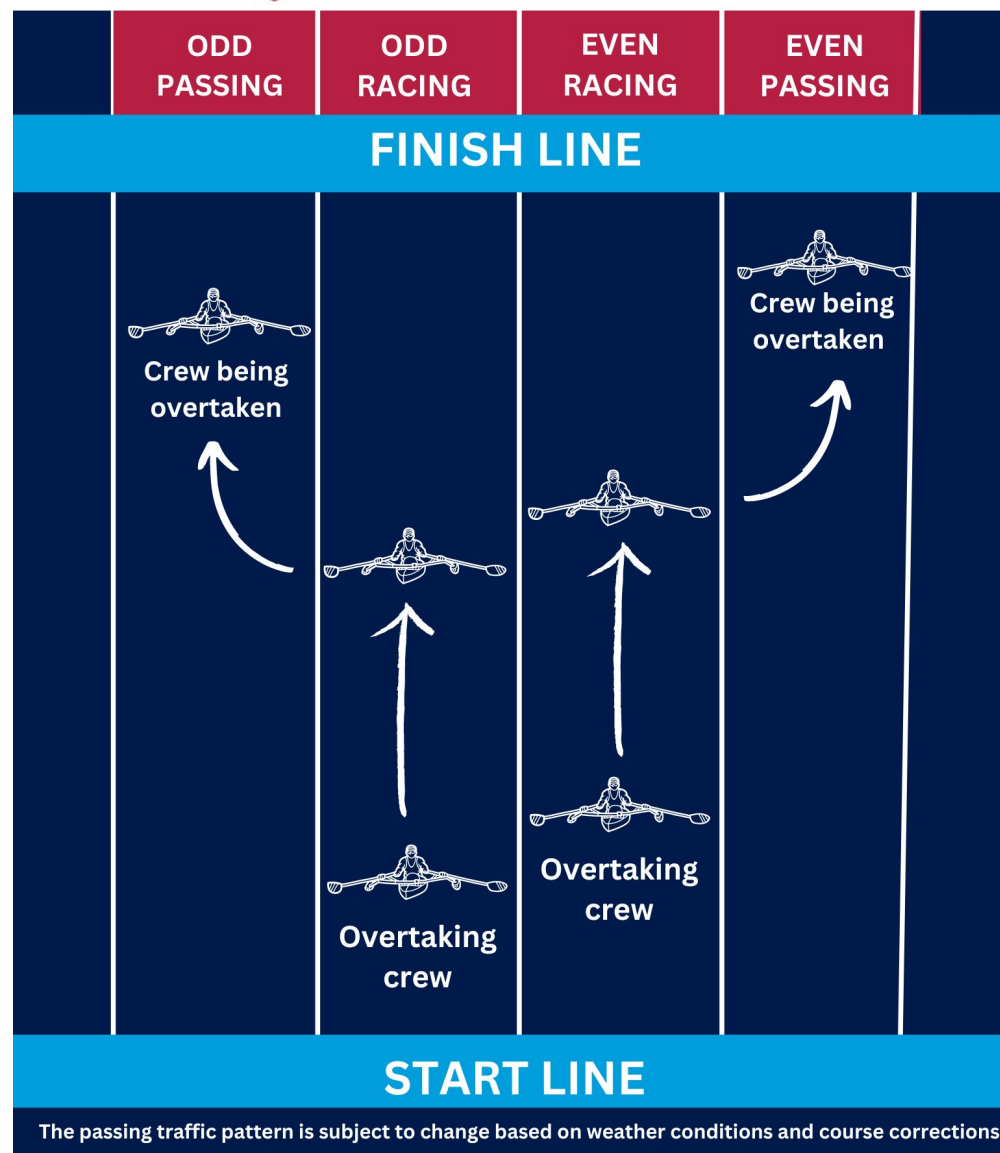


- Crews will travel up lanes 6 & 7. Lane 5 is a closed lane.
- Crews will move around the start bridge in Bow # order.
- Crews will row to the start via the south end of the start dock.
- Crews will turn into lanes 2 & 3 and row down the course.
- Lane 2 will yield into lane 1 if overtaken by a faster crew. Lane 3 crews will yield into lane 4 if overtaken by a faster crew.
- After crossing the finish, 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.**

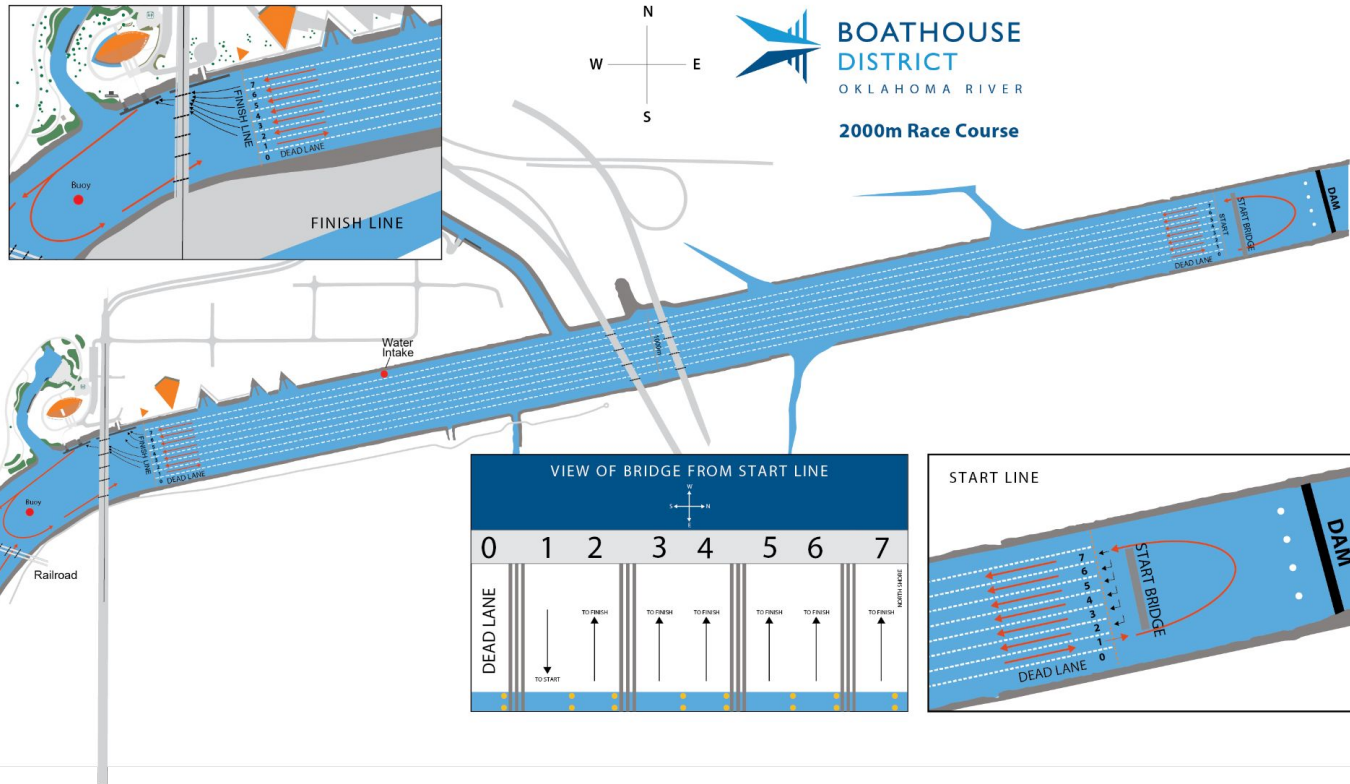
Time Trial Passing Procedure



USRowing



Traffic Pattern - Sprint Racing



- 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**
 - **All equipment must meet the rules - heel ties 3” and bowball is firmly affixed.**
 - **Equipment checks will be conducted at control.**
 - **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.**



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.
 - Referees will be along the course to assist.



On Water - 2

- **Sprint Starts**

- **As directed by the Starter**, you may enter your lane after the start of the prior race. If time allows, the Starter may allow you to warm up in your assigned lane.
- If you have to turn in your lane to attach to a start dock finger, do it close to the finger.
- Starter will count down to 2 minutes.
- You must be 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.
- Once polling has begun, hands will not be recognized by the Starter.
 - 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 or the end of the red buoys.
- Quick start – will be announced by the Starter, No polling of the crews.



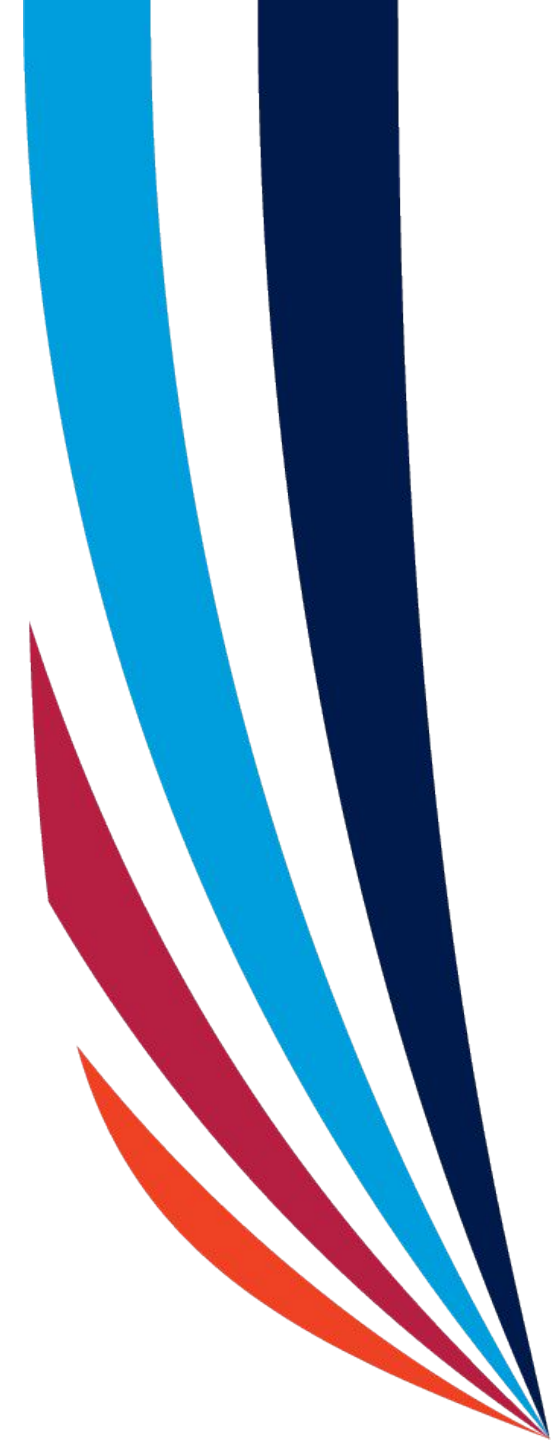
On Water - 3

- **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)
 - An 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.
 - Where on the course the incident occurred.
 - What impact it had on you.
 - What resolution you are seeking.
 - After your conversation, let the Referee know if you plan to submit a protest. We have a form we can provide at control or registration. The objection is due within 1 hour along with the completed form and \$50. Submit all objections to a Referee at Control Commission. Your objection will be given to the Chief Referee for investigation and resolution.

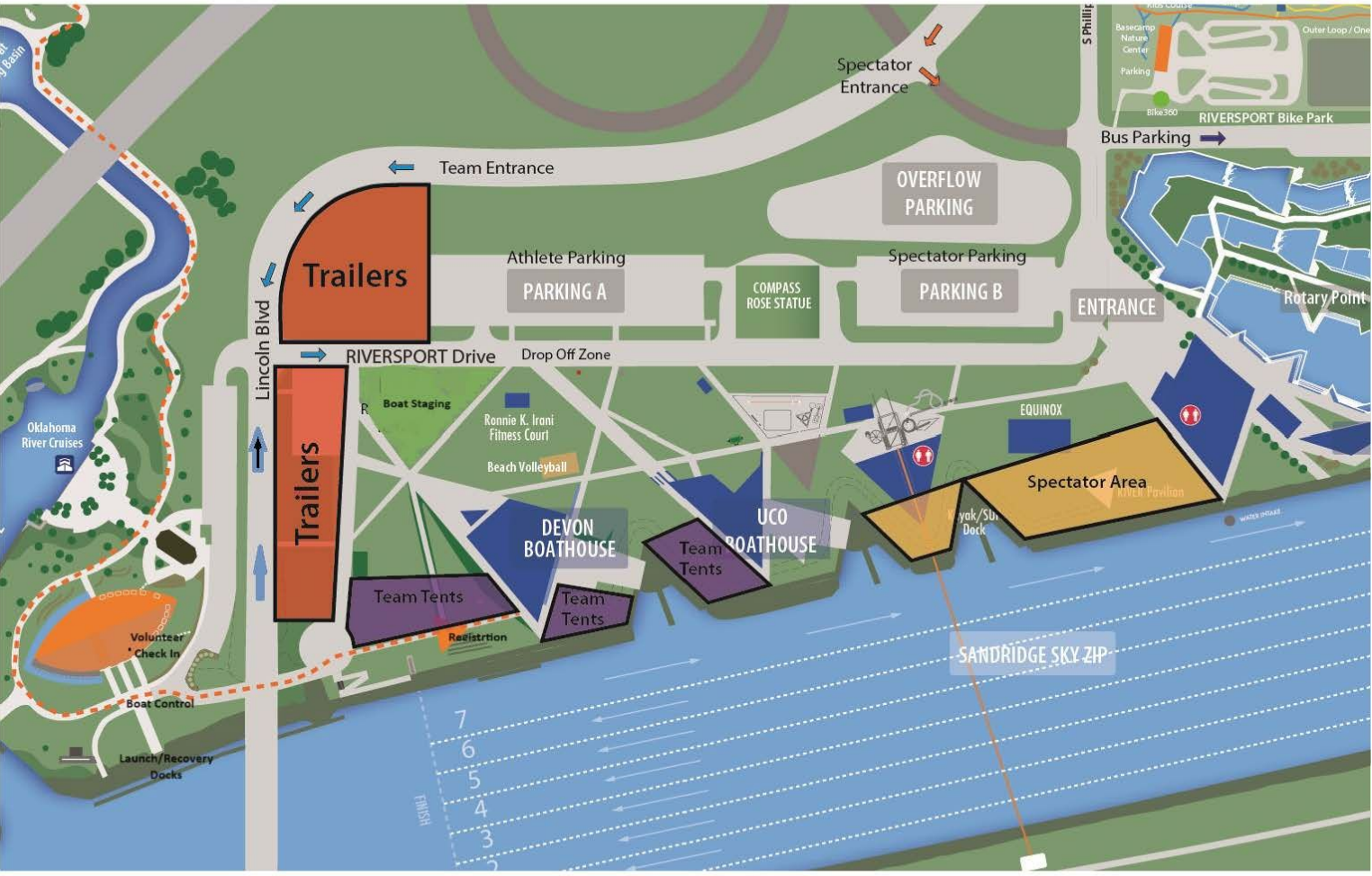
Unsportsmanlike Conduct

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 disqualification!

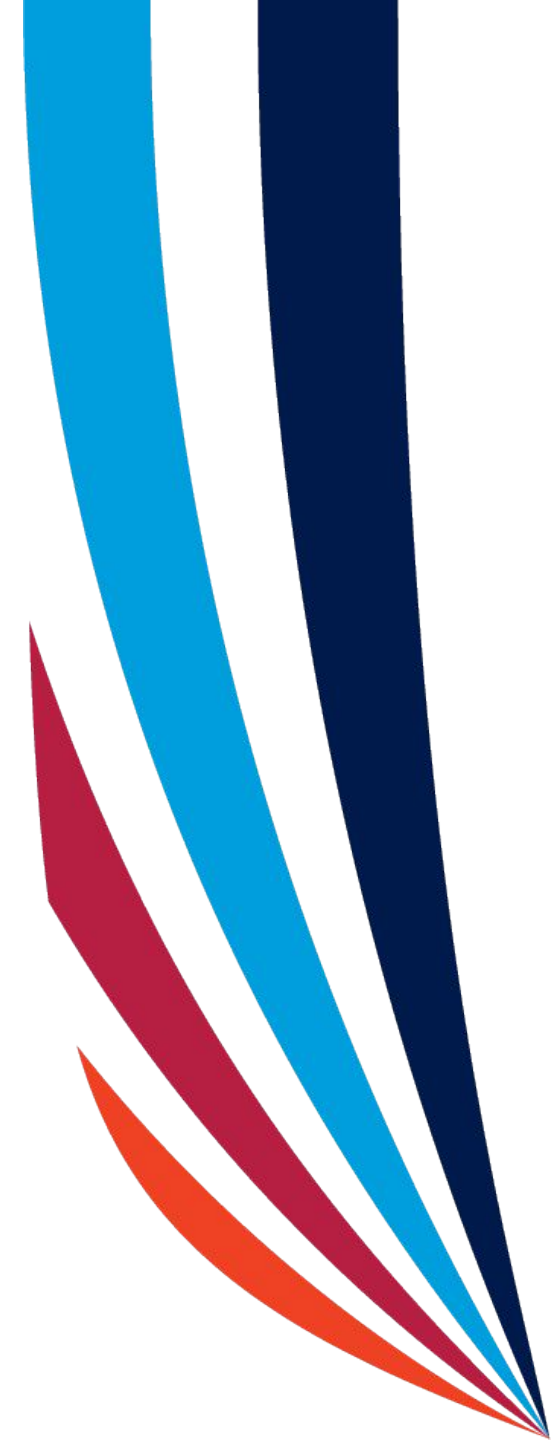
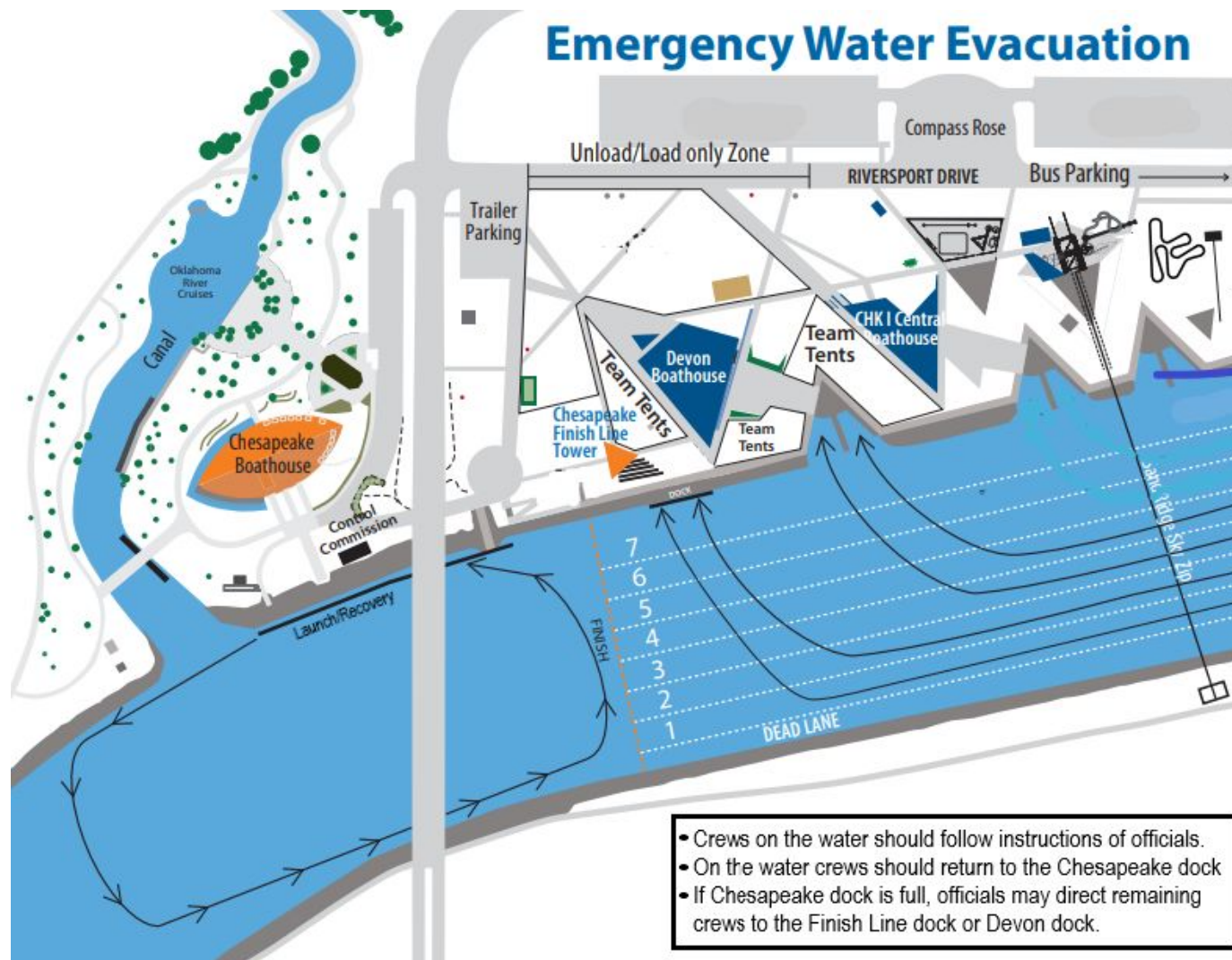
These rules apply both on and off the water.



Venue Map



Safety on the Water - Evacuation Plan



Safety on the Venue - Medical Plan

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



For real-time regatta updates, scan the QR Code below and **text #CEN24 to +1 (609) 354-7711.**

After texting, remember to click the link to add your contact information to our community list.



GET READY TO RACE!

For Additional Questions, Please contact :

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