

2024 USRowing Mid-Atlantic Youth Championships Athlete & Coaches Pre-Regatta Meeting

***Tuesday, May 7, 2024
8:30 P.M. ET***



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



USRowing

Key Takeaways

USRowing is excited to welcome everyone to the 2024 USRowing Mid-Atlantic Youth Championships on May 11-12 in West Windsor, NJ.

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 row hard!



Introductions

USRowing: Jake Robinson, Regie Robinson and Alyssa Orth

LOC: Kris Grudt and Hilary Gehman

Chief and Deputy Referees: Bruce Doak and Larry Edwards



Review of Registration and Venue Schedule

- **Trailer Arrival Window**
 - Trailers can arrive starting on Friday, May 10, at 12:00 p.m.
- **USRowing Registration Tent**
 - Friday, May 10, 12:00 p.m. - 6:30 p.m
 - Saturday, May 11, 6:30 a.m. - end of racing
 - Sunday, May 12, 6:30 a.m. - end of racing
- **Practice**
 - Friday, May 10, 3:00 p.m. - 6:30 p.m.
 - Last launch at 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!**



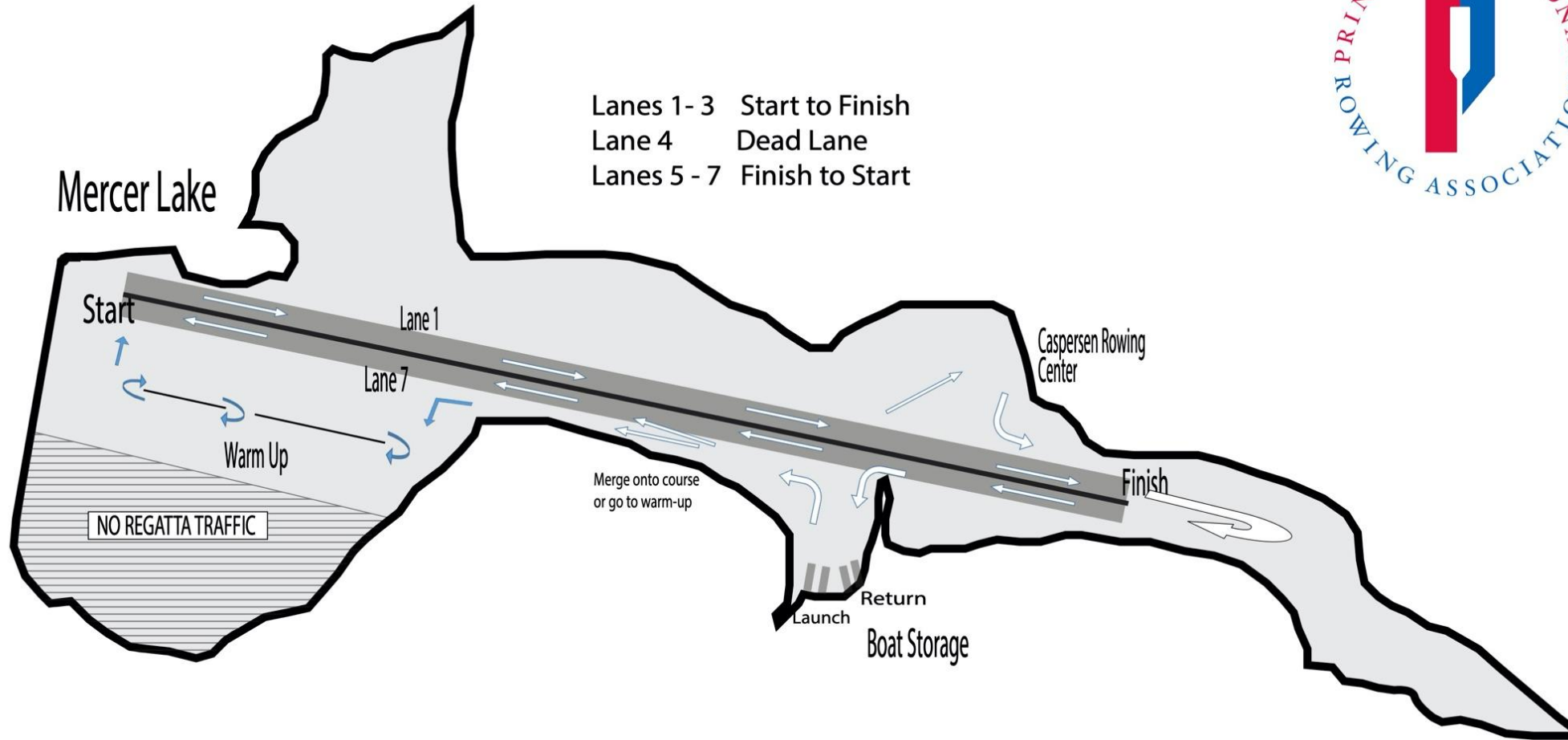
Referee Welcome

- **Referee Jury Introductions**
 - **24 Referees, each day**
 - **Mid-Atlantic Region**
 - **100+ years of officiating experience**
- **The Referees are here for everyone's safety and fairness**



USRowing

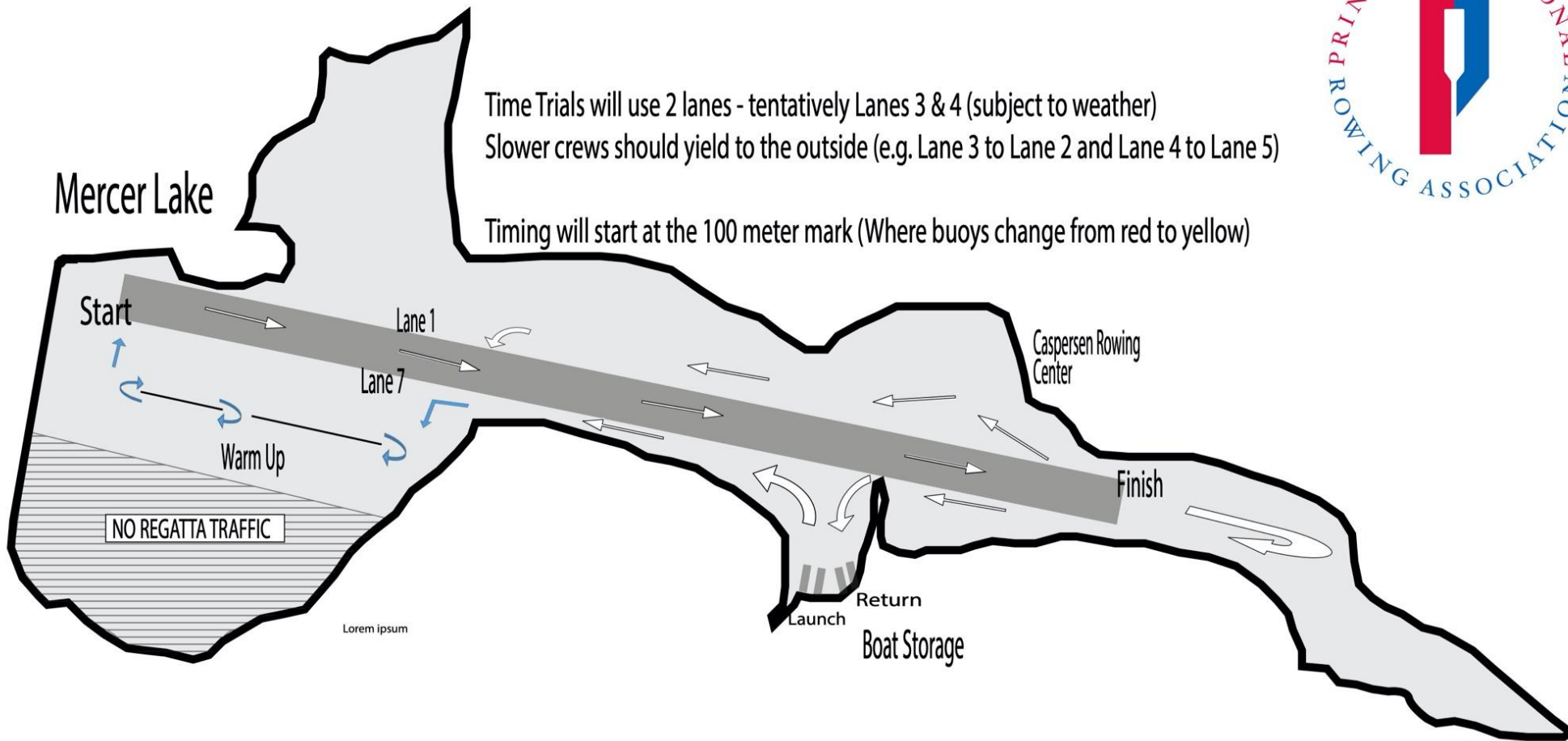
Regatta Practice Traffic Pattern



Regatta Time Trial Race Traffic Pattern



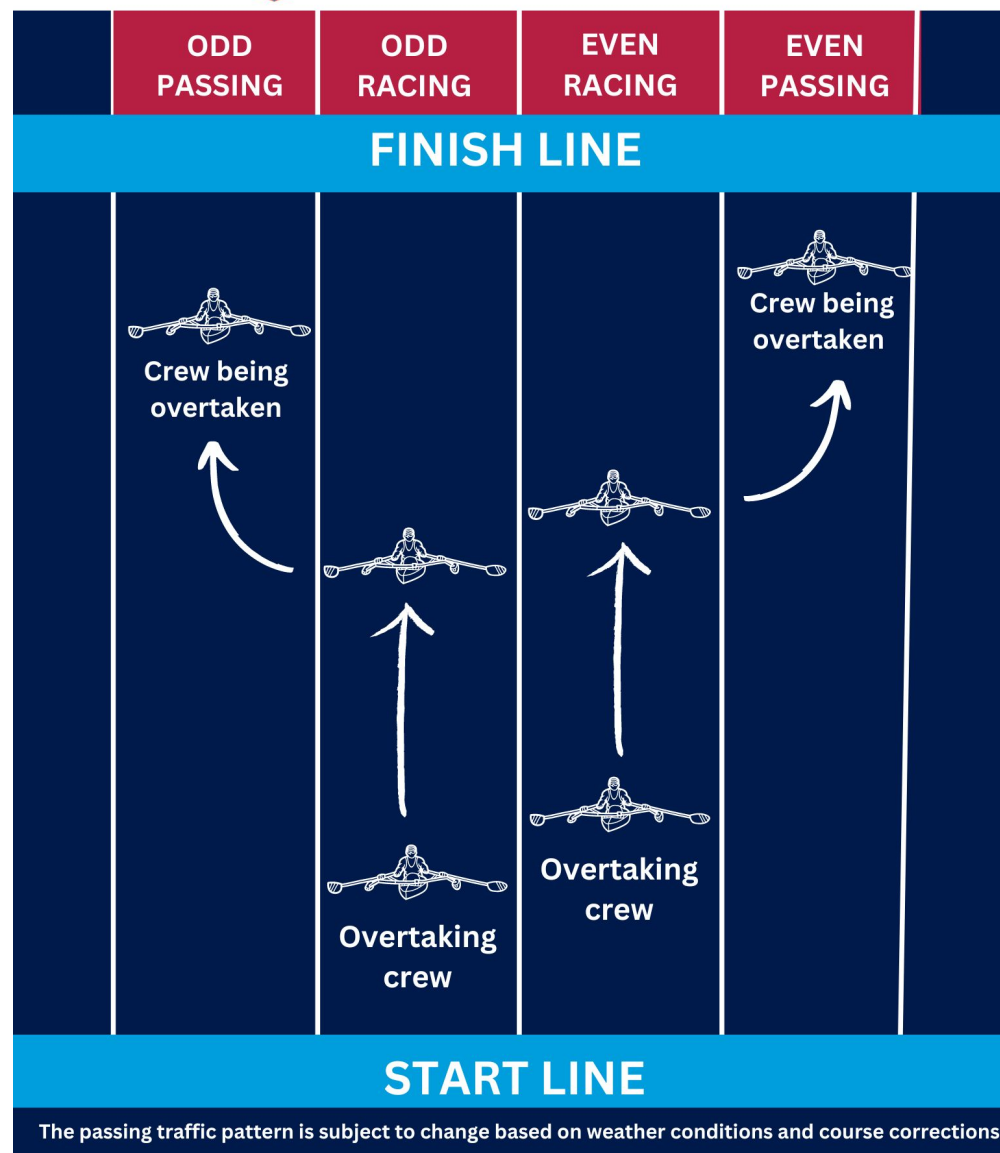
Time Trials will use 2 lanes - tentatively Lanes 3 & 4 (subject to weather)
Slower crews should yield to the outside (e.g. Lane 3 to Lane 2 and Lane 4 to Lane 5)
Timing will start at the 100 meter mark (Where buoys change from red to yellow)



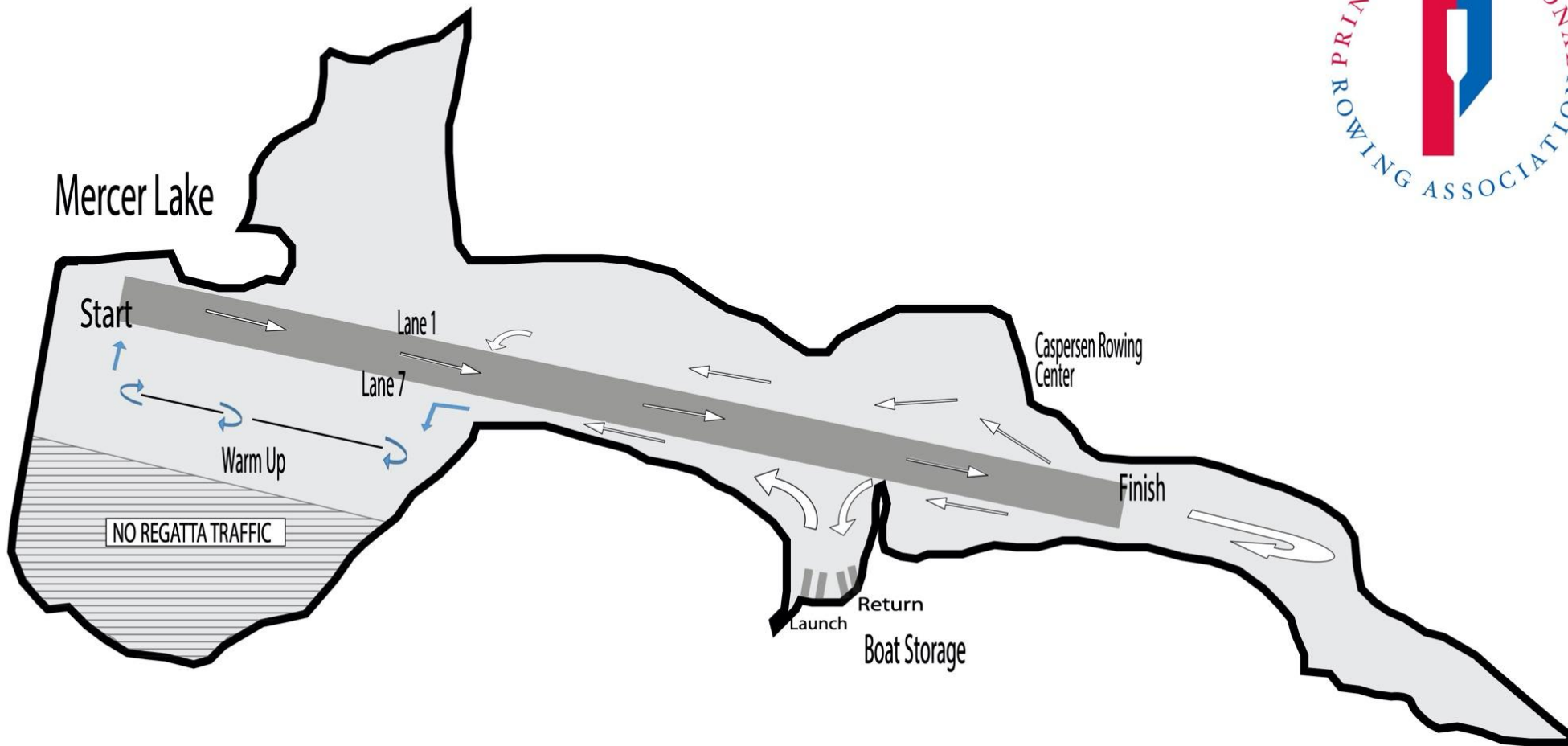
Time Trial Passing Procedure



USRowing

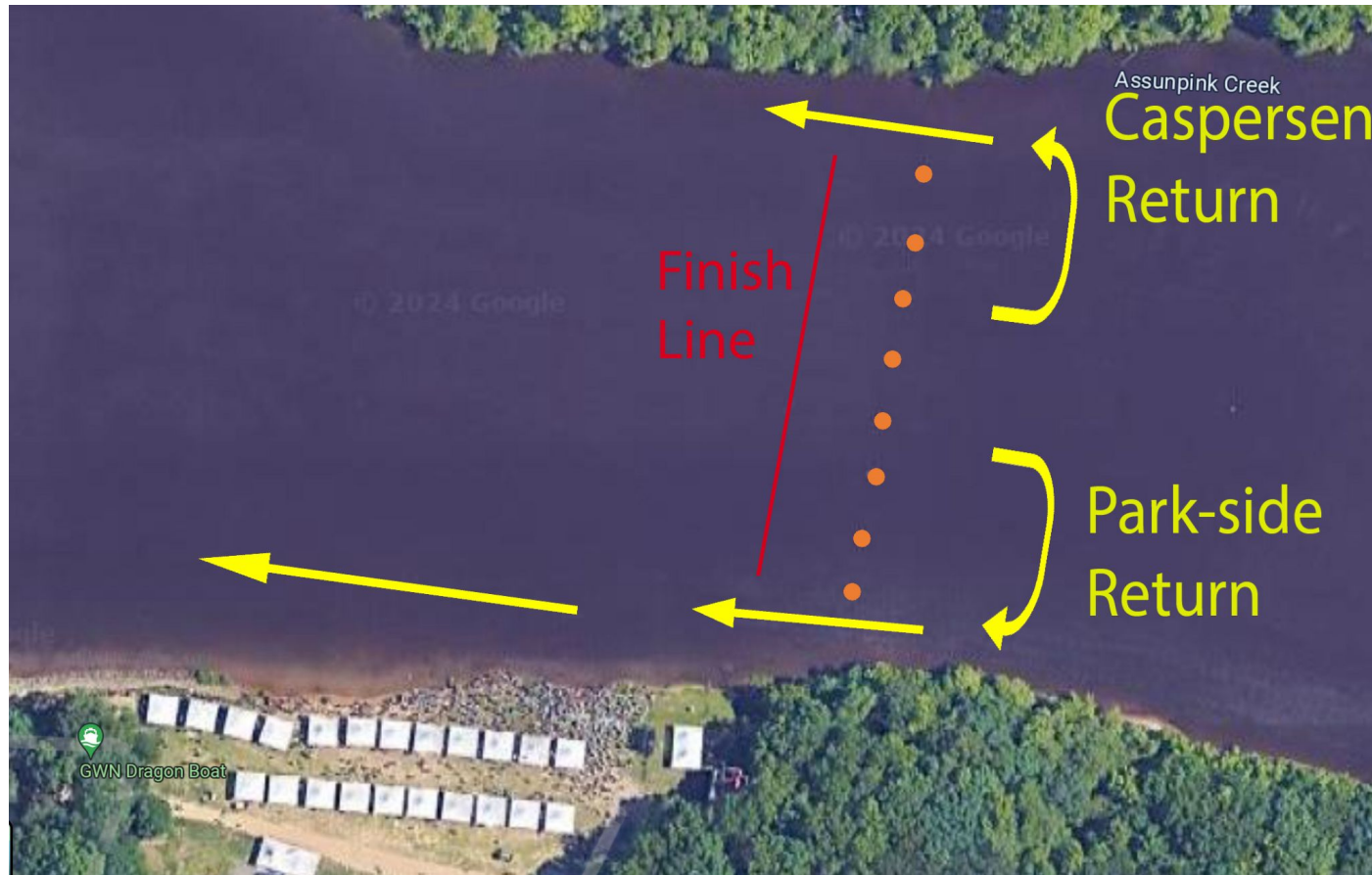


Regatta Race Traffic Pattern



Returning To the Docks

When returning to the docks, all crews must go *outside* of the line of orange buoys!



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.**



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.**
- **Caspersen Rowing Center crews will need to pick up bow numbers in the morning from Control Commission.**
- **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” the red light will come on, then red light goes off, green light comes on, and a simultaneous tone which indicates the start
 - 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..



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
 - The large orange buoys are 20 meters beyond the finish line. Row through them before making any turns.
 - 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 2024



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!

These rules apply both on and off the water.



Safety on the Venue - Evacuation Plan

In the event of an emergency situation requiring the evacuation of the rowing course:

The Control Commission

- Will stop all boats from launching and coordinate the recovery of crews using all available docks
 - In an extreme emergency all docks on both sides of the lake can be used to evacuate boats. However, where time allows crews should return to the side of the lake where they launched.
 - The Chief Referee or Regatta Director will make the decision if docks on both sides of the lake should be used.
 - The *Starter* shall be responsible to ensure that the starting platform and warm-up area are evacuated.
 - The *Referees* are responsible to ensure that the course and the cool down area are evacuated.

Venue Map



USRowing

Safety on the Venue - Medical Aid

- Medical will be located near the boat ramp by the marina.
- If medical is needed on the water, flag down the nearest official for assistance.



Spectator Parking and Team Tents

- Spectator parking is in big grass field for \$10 per day.
- All teams **must register** for a tent spot if you want one at the finish line area. You may reserve up to two 10x20 spots.
 - Tent spots and pre-paid parking passes are available on the PNRA website, link can be found on RegattaCentral or RowPNRA.org



For real-time regatta updates, scan the QR Code below and **text #MA24 to +1 (609) 354-7711.**

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



Volunteer Requirements

For every USRowing-owned regatta, every registered team will be required to provide at least one (1) volunteer to work one (1) 4-6 hour shift during the regatta.

Volunteer sign-up can be found on [RegattaCentral](#).



Bid Process

- After receiving a winning a bid to the 2024 USRowing Youth National Championships, the coach or team representative must put in an application on RegattaCentral for the event that the bid was received in. This application must be submitted by the coach or team representative within 3 days of the qualifying regatta (The Wednesday following the qualifying championship by 11:59 p.m.).
- Once the bid application period has closed for all winning bids, USRowing will alert the next place team that they have received the roll down bid via email. The roll down bid winners will then have 24 hours to put in an application on RegattaCentral.
- It is the coach or team representative's responsibility to put in an application process if they've received a bid or a roll down bid.



GET READY TO RACE!

For Additional Questions, Please contact :

Regie Robinson

Competition Coordinator

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