

2023 USRowing Southeast Youth Championships Coaches & Coxswains Meeting

May 9, 2023

8:15 P.M. ET



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



Key Takeaways

USRowing is excited to welcome everyone to the 2023 USRowing Southeast Youth Championships on May 13-14 in Gainesville, GA.

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, Meg Varcoe,
Jake Robinson

Lake Lanier (LOC) : Brent Slone

Chief & Deputy Referee: Peter San Juan,
Ann Marie Hynes



REVIEW OF REGISTRATION & VENUE SCHEDULE

- **Trailer Arrival Window**
 - Thursday, May 12, 8:00 a.m. - 6:00 p.m.
 - Friday, May 13, 8:00 a.m. - 6:00 p.m.
- **USRowing Registration (Finish Line Tower)**
 - Friday, May 13, 12:00 p.m. - 6:00 p.m.
- **Practice**
 - Friday, May 13, 1:00 p.m. - 5:00 p.m., last launch at 4:30 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 the RegattaCentral Roster?
- ➔ Have you paid your team **entry fees**?

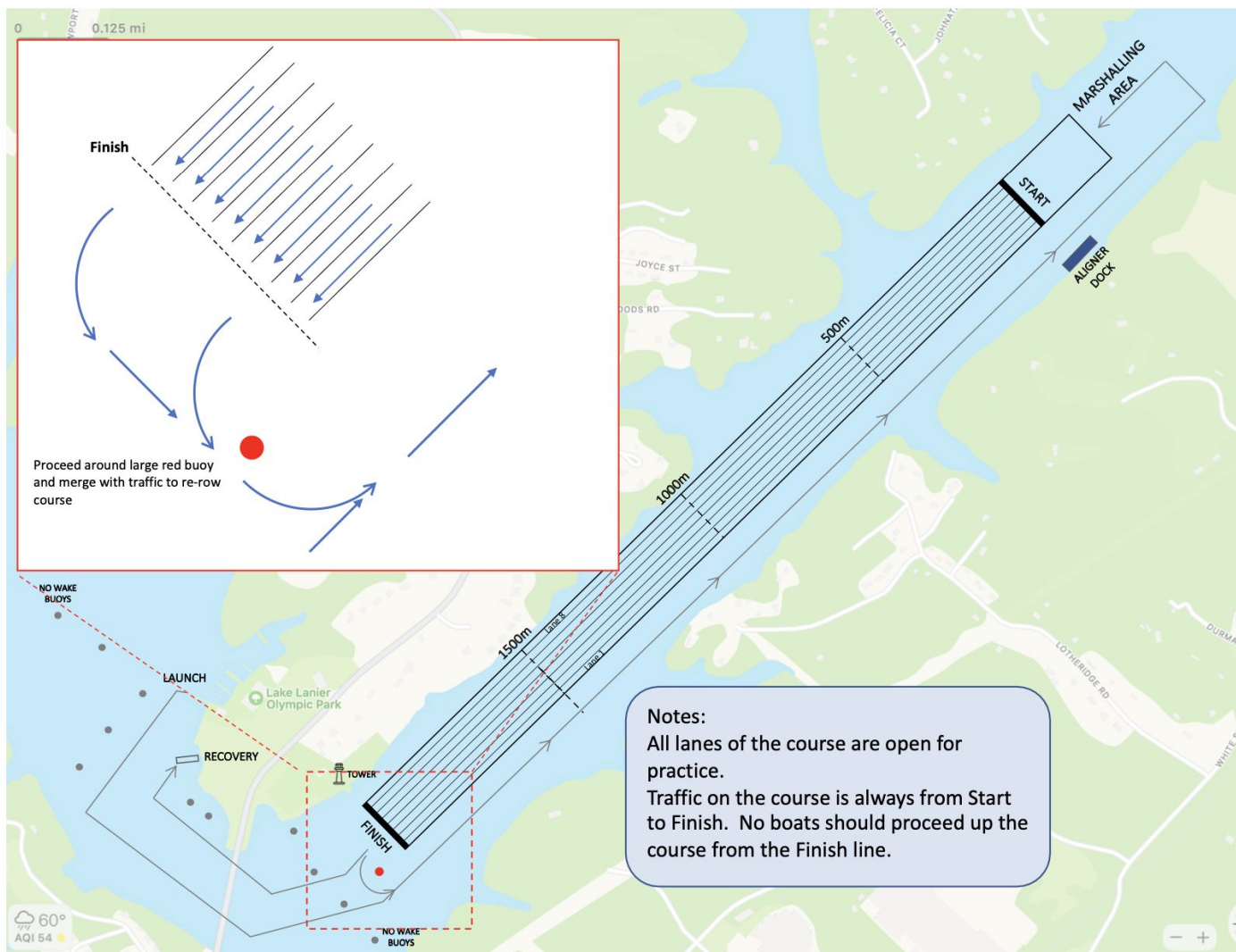


REFEREE WELCOME

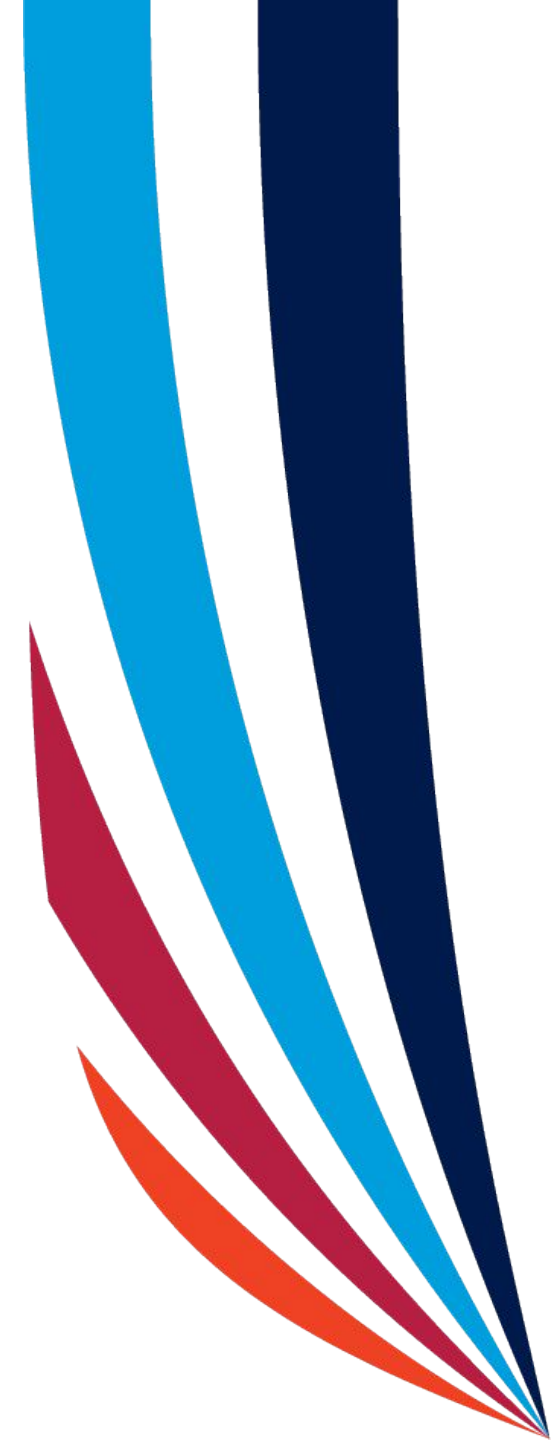
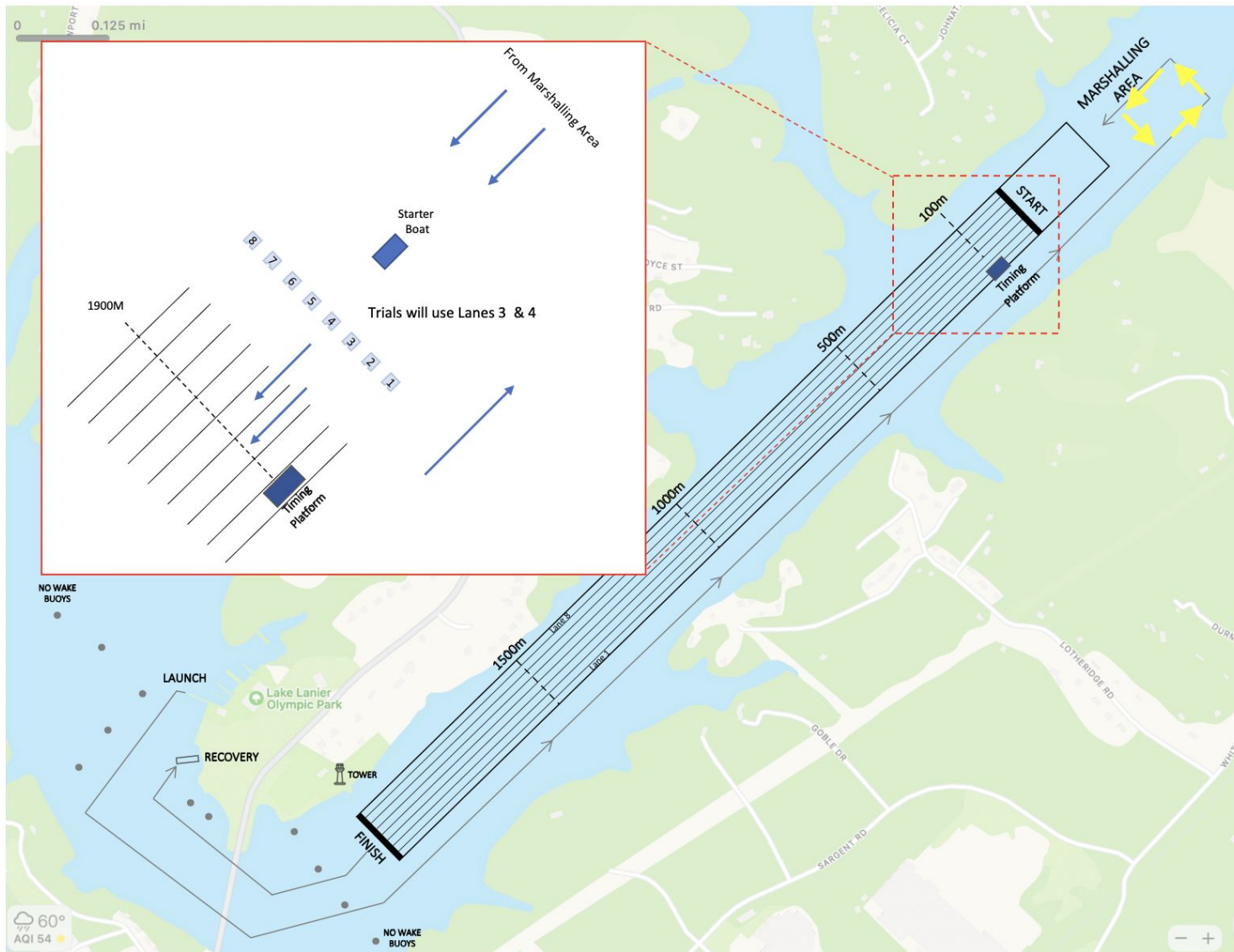
- **Referee Jury Introductions**
 - **26 Referees**
 - **Southeast & Southwest region**
- **The Referees are here for everyone's safety and fairness**



TRAFFIC PATTERN - PRACTICE

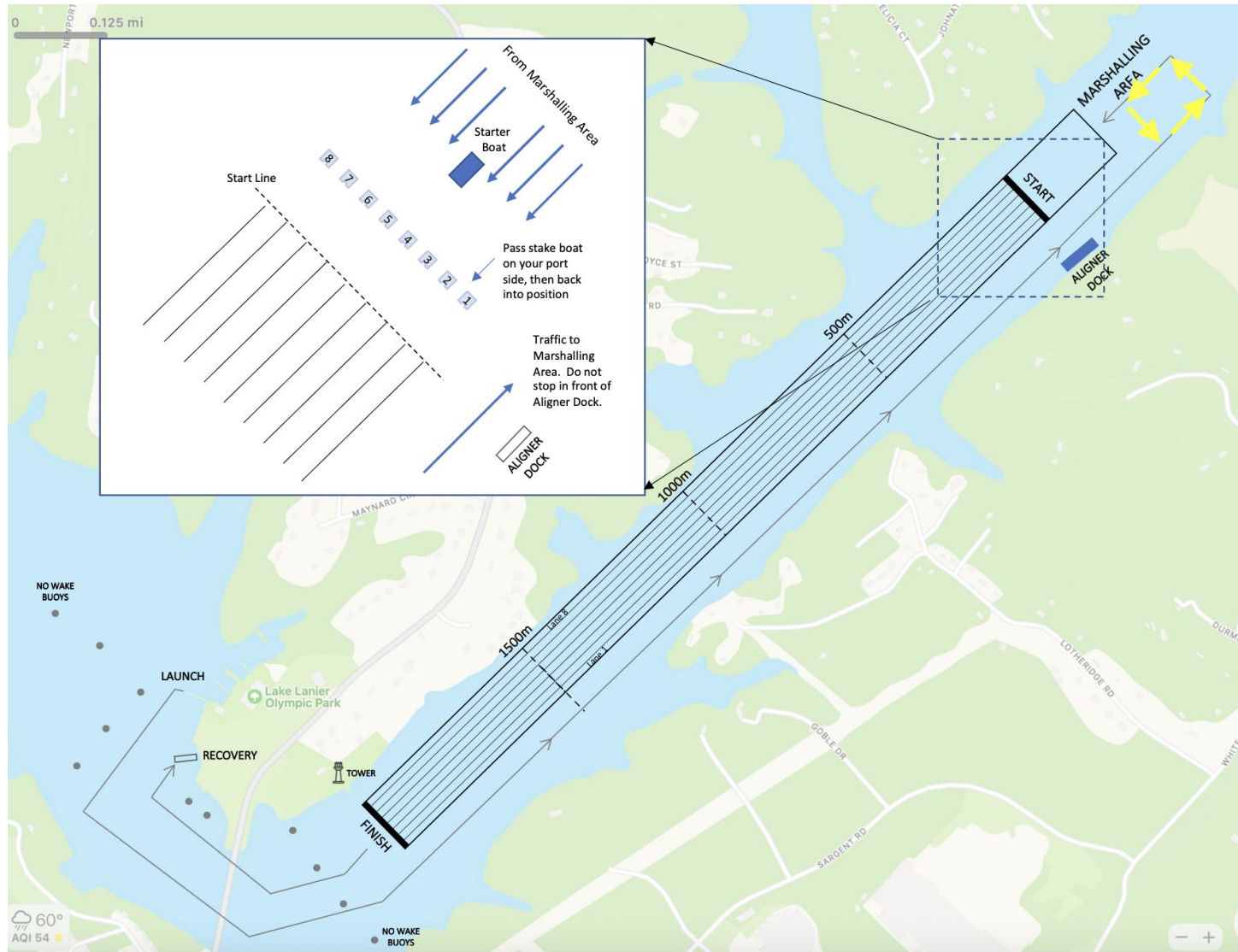


TRAFFIC PATTERN - TIME TRIAL



USRowing

TRAFFIC PATTERN - SPRINT



USRowing

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.**
 - **Equipment checks at docks**
 - **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.**



CONTROL COMMISSION

- **All athletes MUST have wristbands on at all times.**
- **Hot Seating Equipment**



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 10 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.*
 - *Breakage zone is 100M or 20 sec.*
 - *Referees will be along the course on the side to assist.*
 - *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
- Starter will count down to 2 minutes
- 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
- Hands will not be recognized during the Start
 - 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.
- 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)
 - 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,
 - what impact it had on you and
 - what resolution you are seeking.
 - After your conversation, let the referee know if you plan to submit the protest. We have a form we can provide at the docks. The objection is due within 1 hour along with the form and \$50. Objections can be submitted to the referee at the docks for the Chief Referee since you cannot enter the Finish Tower.



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.



SAFETY ON VENUE - EVACUATION PLAN

1) Evacuation of the Course- Process

- a) When the announcement is made to evacuate the course, the following will occur:
 - (1) Control Commission and the dock master will stop launching
 - (2) Crews will be ordered to turn around and return to the finish or launch docks, if not on the race course or at the starting line
 - (3) Crews on the course or at the starting line will be ordered to return to the finish or launch docks

- b) Officials on the water will proceed as follows:
 - i) Start Marshal Skiff #1 will pick up and evacuate stake boat holders 1 & 2, aligner and assistant aligner
 - ii) Start Marshal Skiff #2 will pick up and evacuate remaining stake boat holders
 - iii) Start Safety Marshal Skiff #3 will pick up and evacuate starters.
 - iv) Referees on the water will sweep course and follow shells to the finish or launch docks
 - v) Control Commission will direct the dock master in recovering boats and crews expeditiously and safely. Boats will be directed to both recovery and launch docks.
 - vi) Any boat, marshal or referee unable to return to the finish or launch docks because of a fast moving storm, should radio or call via cell phone, the Control Commission and let them know their position and what team boats and rowers are with them.

- c) Coaches should:
 - i) Account for all athletes, including those athletes coming off the water
 - ii) Secure boats and equipment whether at the dock, alternate landing sites or trailers

SAFETY ON VENUE - MEDICAL AID

- **Medical will be located at the Finish Line Tower.**
- **If medical is needed on the water, flag down the nearest official for assistance.**



VENUE LAYOUT

Tower Side



VENUE LAYOUT

Boathouse Side



GET READY TO RACE!

For Additional Questions, Please contact :

Sarah McAuliffe

Director of Competition

Sarah.McAuliffe@usrowing.org

Brent Slone

Lake Lanier Rowing Club

brentslone@live.com

