

2023 USRowing Masters National Championships Coaches & Coxswains Meeting

*July 17, 2023
7:00 p.m. EST*



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. USRowing Rules of Rowing
- c. On Land and On the Water
- d. Unsportsmanlike Conduct

3. USRowing, LOC, Chief Referee

- a. Venue Information



Welcome - Introductions

USRowing and the Indianapolis Rowing Center are excited to welcome everyone to the
2023 USRowing Masters National Championships
July 20th-23rd

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: Regie Robinson, Sarah McAuliffe, Jake Robinson

LOC: Angelia Thorpe, Whitney Meyer

Chief and Deputy Referees: Cindy Whitehead, Rebecca Thompson



Review of Registration and Venue Schedule

- **Trailer Arrival Window**
 - 8:00 a.m. - 8:00 p.m.
- **USRowing Registration Tent**
 - Wednesday, July 19, 8:00 - 5:00 p.m.
 - July 20-23, 6:00 a.m. - end of racing
- **Practice**
 - Wednesday, July 19, 8:00 – 11:00 a.m. ET, last launch at 10:30 a.m.
 - Wednesday, July 19, 2:00 – 5:00 p.m., last launch at 4:30 p.m.
 - Practice will not be available from Thursday – Sunday.
- **Weigh In Windows**
 - Coxswains & Lightweight Rowers only need to weigh in once for the duration of the regatta.
 - 6:00 - 10:00 a.m. ET Thurs - Sun
 - Coxswains bring your weights with you
 - Get a wristband



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**
 - **26 Referees**
 - **100+ years of officiating experience**
- **The Referees are here for safety of the athletes and fairness of racing**



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.**



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.
 - COUNTER CLOCKWISE warm up pattern on race day.
 - Do not row beyond the warm-up buoys - the start marshals will NOT come looking for you at race time.
 - Stay in the top 500m of the race course
- **Marshals**
 - Crossing marshal between launch and warm up area
 - Two marshals to stage races to send to start
 - It is YOUR responsibility to be on time to the start
 - Loading crews from lane 6 side in bow 1 to 6 order



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 m. It is marked with red buoys
- 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**
 - Officials will alert crews of false starts and breakage via RED flag indicating all crews should STOP
 - 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.
 - The course is fully buoyed and there is only one official following each race primarily for safety.
- **Finish**
 - Hear a horn
 - Row through the large orange buoys at the finish line.
 - **Pay attention** to the short distance between the finish line and shore
 - 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.



On Water - 4

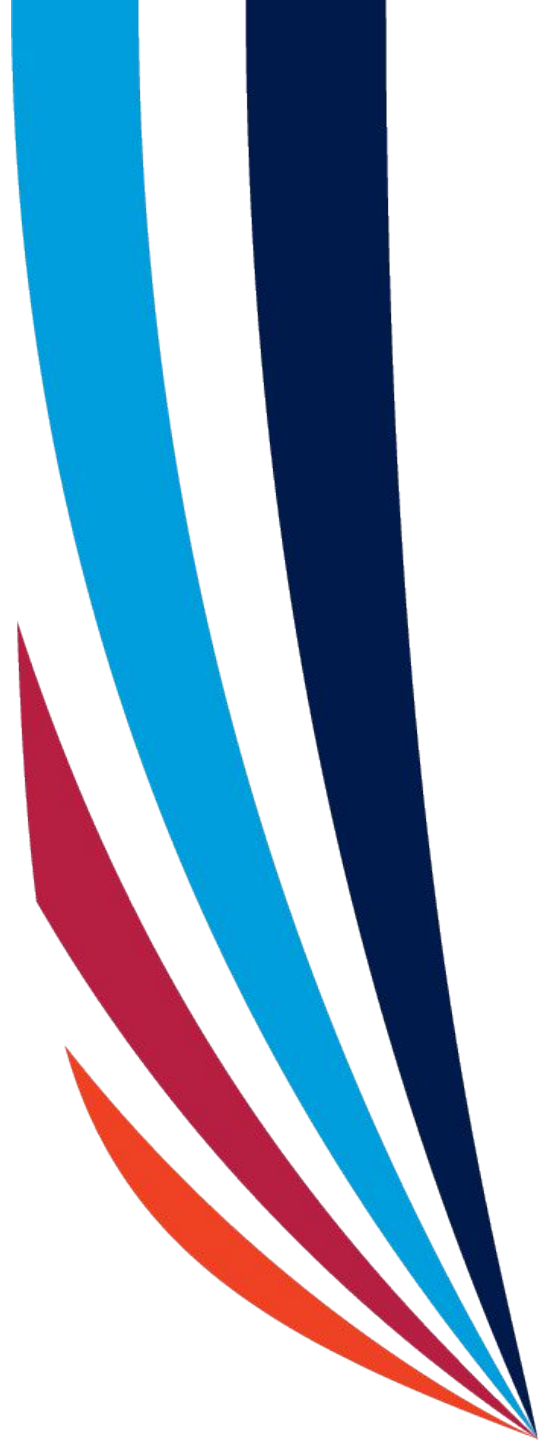
- **Finish**

- 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

- **Other notes**

- If there is thunder, launching will be suspended for 30 min. Listen to announcements for further instructions.
- Stay hydrated and cool – many of you will race multiple times each day
- Wear sunscreen!

Good luck and have fun!



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).

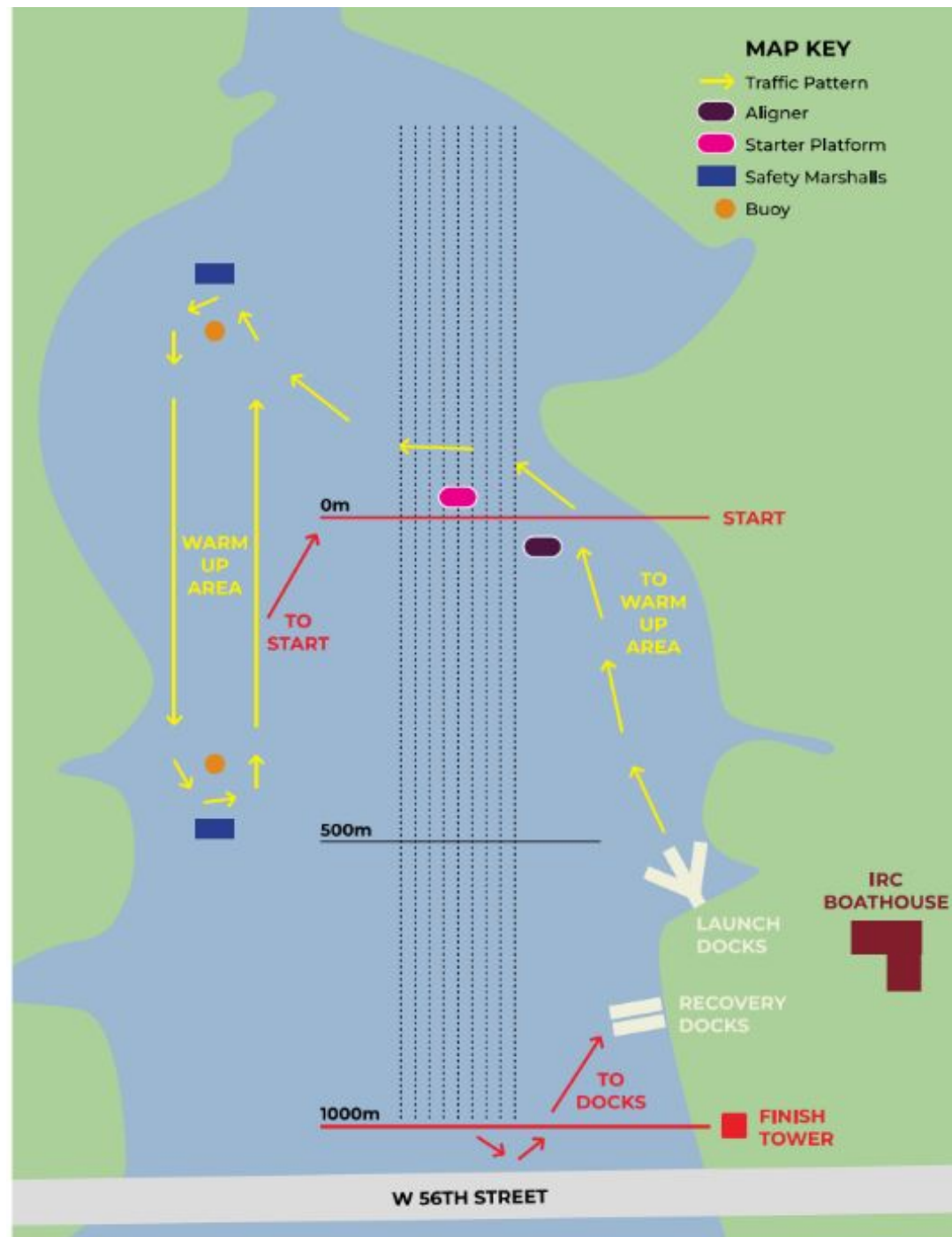
This rule applies on LAND and ON THE WATER



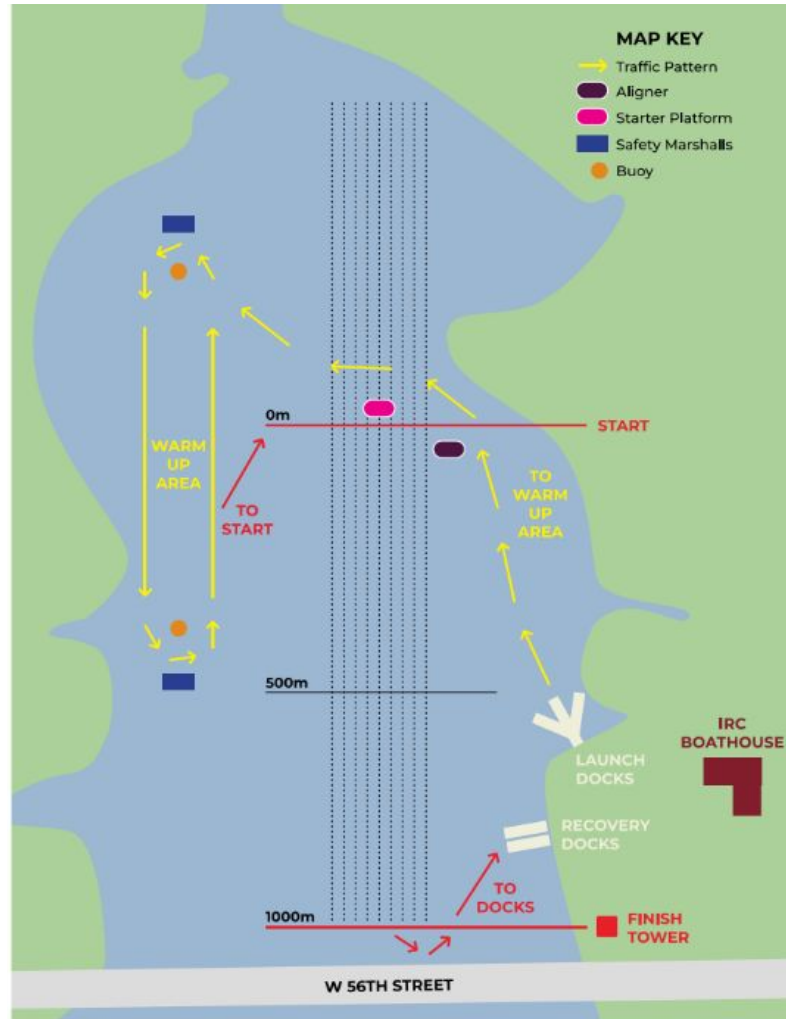
USRowing



Race Day Traffic Pattern



SAFETY ON VENUE - EVACUATION PLAN



Parking #1



Parking #2



1x and 2x Car-Top Drop-off



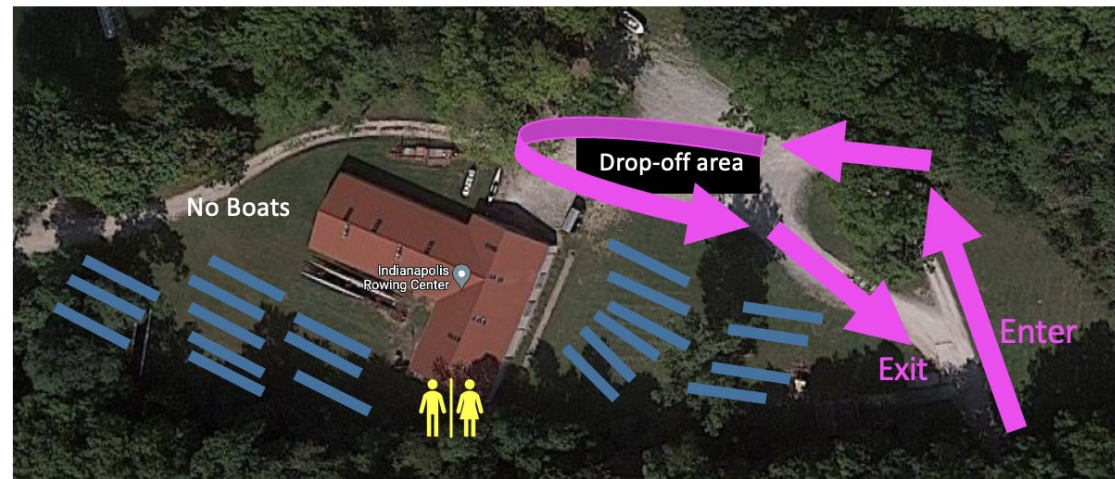
1x and 2x boats may be dropped off and set on slings (not provided) for the duration of their use.

Once the boats have been dropped off, the car must park in the participant parking area and may not return until the boat is picked up.

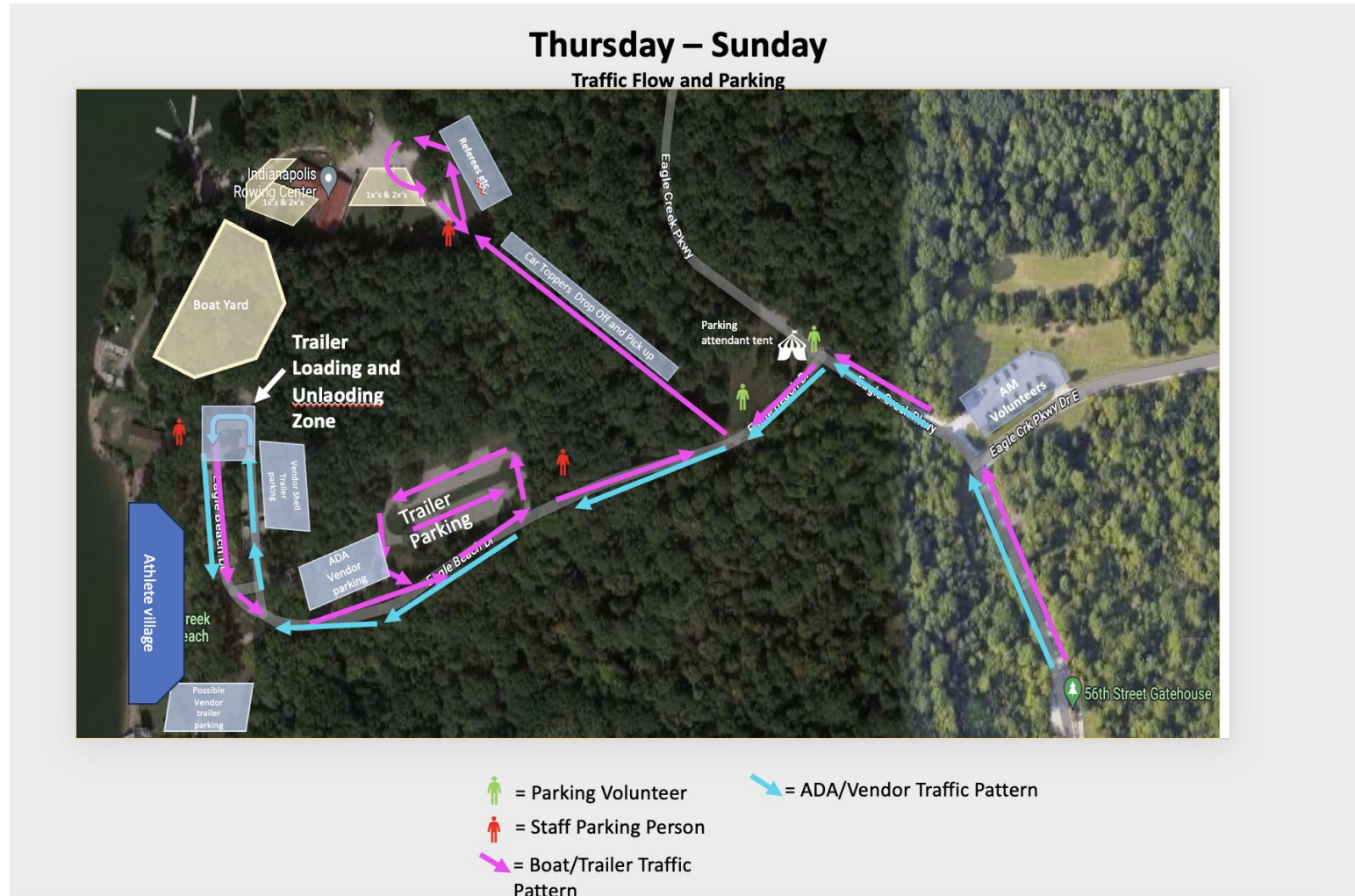
Park entrance for boat drop off will require the emailed pass.

There will not be designated spots for boats. It is first come first serve, but please allow space for boat movement to and from the water.

There are bathrooms on the south side of the boathouse.



Parking #3



Parking #4



Trailer Parking



Trailers may unload in the lower parking lot near the boat yard but must park in the upper beach parking lot shown here.

If upon arrival, there are not enough members of your team to unload your trailer, you may park your trailer in the upper lot until sufficient help arrives. IRC will have limited help on hand from 4-6:30 M-W to help unload trailers

Trailers will be parked at an angle to allow for easy departure.

Towing vehicles must be parked in the **spectator parking lot** unless dropping off or picking up the trailer.



Parking #5



Participant/Spectator Parking



Mary and John Geisse Soccer Complex
7225 W 56th St, Indianapolis, IN 46254

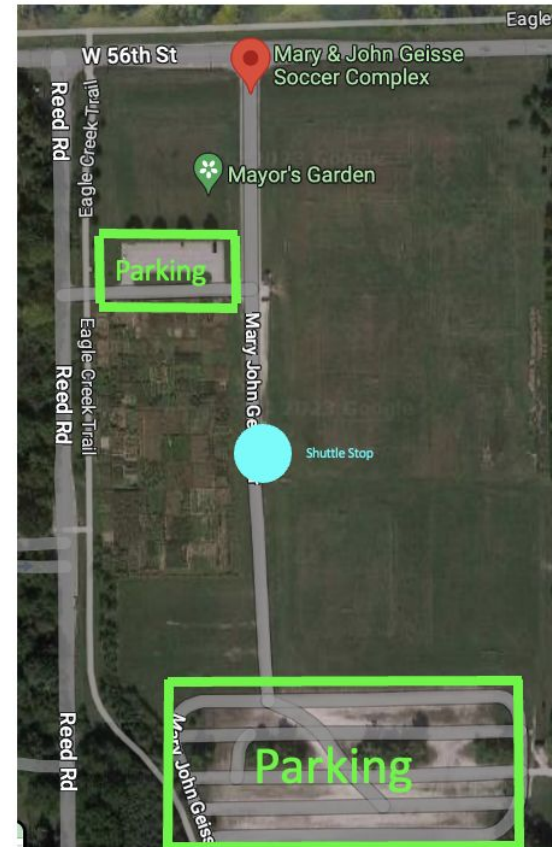
Enter the parking lot from 56th St.

Parking fee (includes park entrance) is **\$10.00/day**. Cash only. You will receive a pass to place on your dashboard and get a stamp on your hand. You will be able to come and go from the venue as needed for the day.

If you would like to walk to the park, the stamp will indicate to the gate attendants that you have already paid for park entrance.

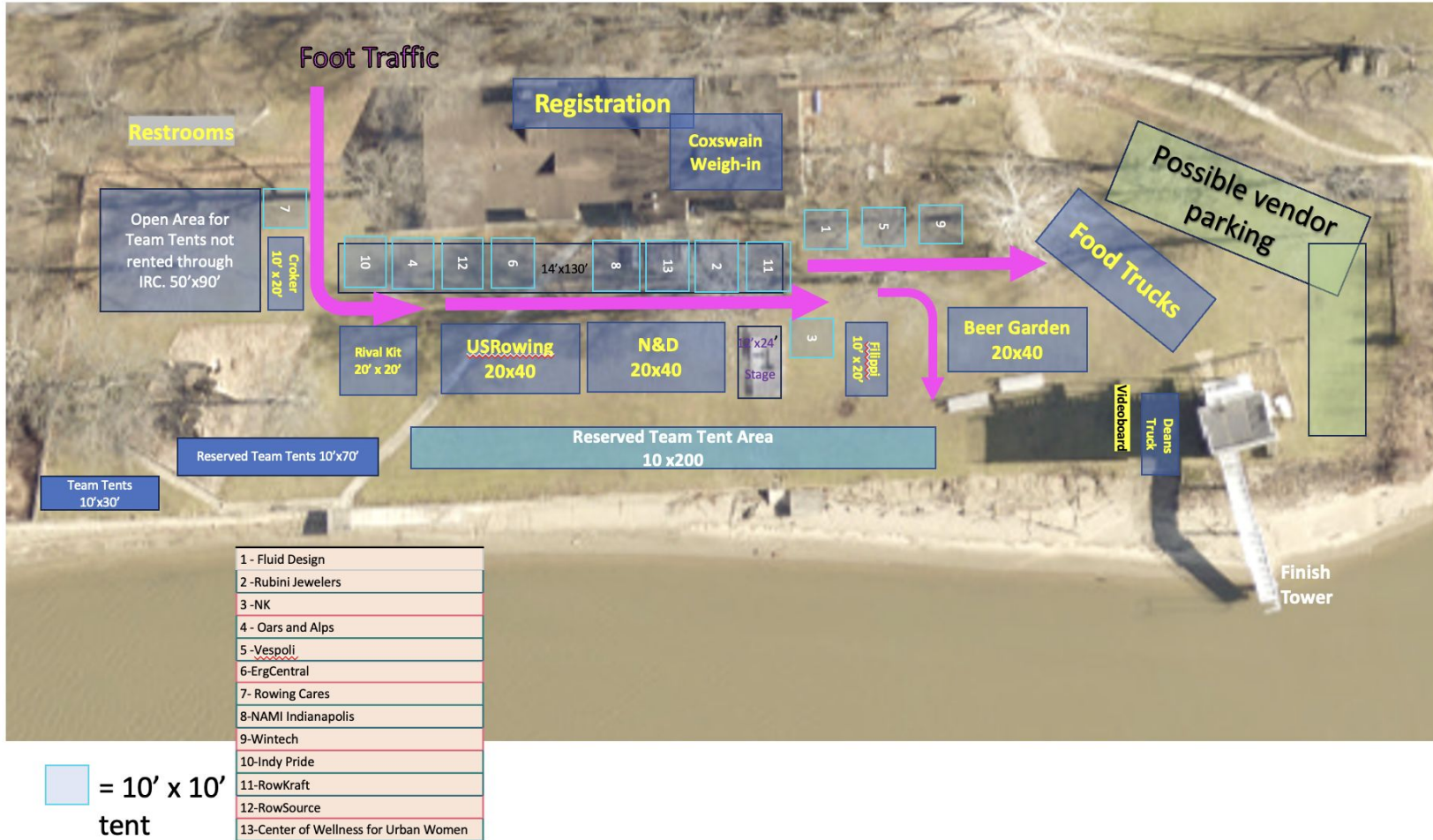
Shuttle to and from the venue will run from Wednesday-Sunday 6:30 a.m. to 5:00 p.m.

The shuttle pickup and drop-off spots are located by the lot near 56th St. and further down Mary John Geisse Dr.



Venue Map

Athlete Village



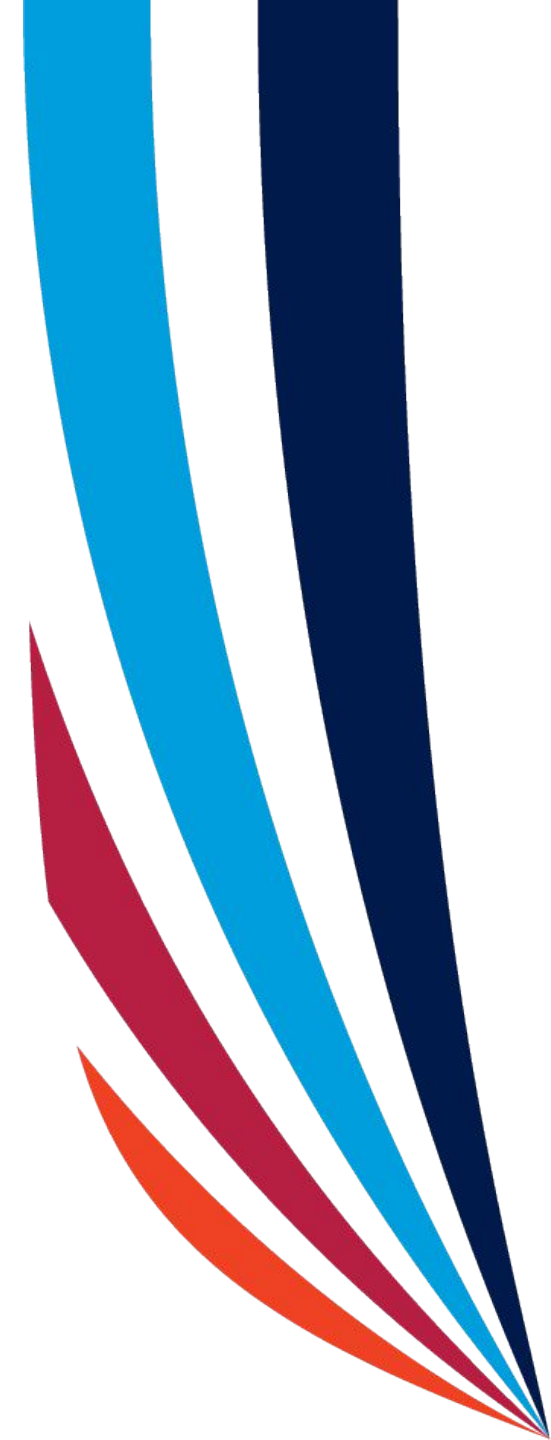
Other Venue Notes

- **Beer Gardan**
 - 11:30 .m.
 - Non-alcoholic options
- **Misting Tent**
 - Located by the athlete village. Take some time to cool off!
- **Massage Therapists**
 - 11:00 a.m. - 2:00 p.m.
 - 10 minute massages are available

- **Vendors**

Fluidesign
Athletic brewing
Rubini Jewelers
NK
Oars and Alps
Vespoli
Croker
Rowing Cares
N&D
Marketplace
RivalKit

NAMI
Wintech
Indy Pride
Erg Central
RowKraft
RowSource/Steady State Podcast
Fillipi
Center of Wellness for Urban
Women



GET READY TO RACE!

For Additional Questions, Please contact:

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Competition Coordinator

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Photo courtesy of USRowing

