

2023 USRowing Northeast Youth Championships Coaches & Coxswains Meeting

***Wednesday, May 17 , 2023
7:00 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 Northeast Youth Championships on May 20-21 in Worcester, MA.

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:

Regie Robinson, Megan Varcoe, Jake Robinson

LOC:

**Patrick Diggins, Joe May, Thad Gumula, Casey
Duva**

**Chief and Deputy Referees:
Lyssa Bayne and Kate Suyo**



REVIEW OF REGISTRATION & VENUE SCHEDULE

- **Trailer Arrival Window**
 - Friday May 19, 8:00 a.m. – 7:00 p.m.
 - Saturday May 20, 5:00 a.m. – 6:30 a.m.
- **USRowing Registration (meeting room at Regatta Point)**
 - Friday, May 19, 12:00 p.m. - 6:00 p.m.
 - Saturday, May 20, 6:30 a.m. - end of racing
 - Sunday, May 21, 6:30 a.m. - end of racing
- **Practice**
 - Friday, May 19, 1:00 p.m. - 6:00 p.m., last launch at 5:30 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**?



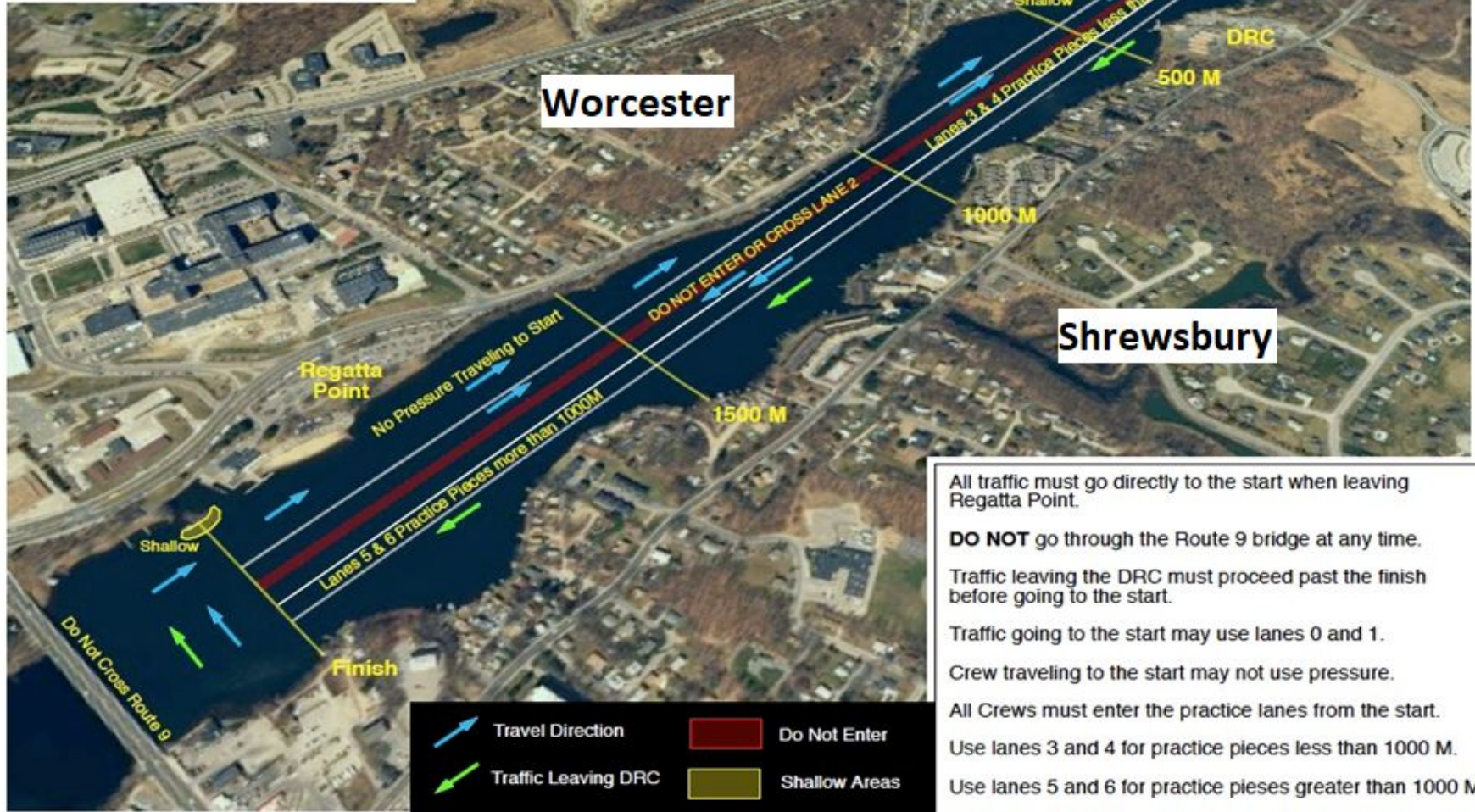
REFEREE WELCOME

- **Referee Jury Introductions**
 - **25 Referees**
 - **Northeast Region**
 - **250+ years of officiating experience**
- **The Referees are here for everyone's safety and fairness**



PRACTICE TRAFFIC PATTERN

Lake Quinsigamond
 Worcester, MA
 2000 Meter Course
 Practice Traffic



All traffic must go directly to the start when leaving Regatta Point.

DO NOT go through the Route 9 bridge at any time.

Traffic leaving the DRC must proceed past the finish before going to the start.

Traffic going to the start may use lanes 0 and 1.

Crew traveling to the start may not use pressure.

All Crews must enter the practice lanes from the start.

Use lanes 3 and 4 for practice pieces less than 1000 M.

Use lanes 5 and 6 for practice pieces greater than 1000 M.

DO NOT USE OR CROSS LANE 2 AT ANY TIME.

	Travel Direction		Do Not Enter
	Traffic Leaving DRC		Shallow Areas

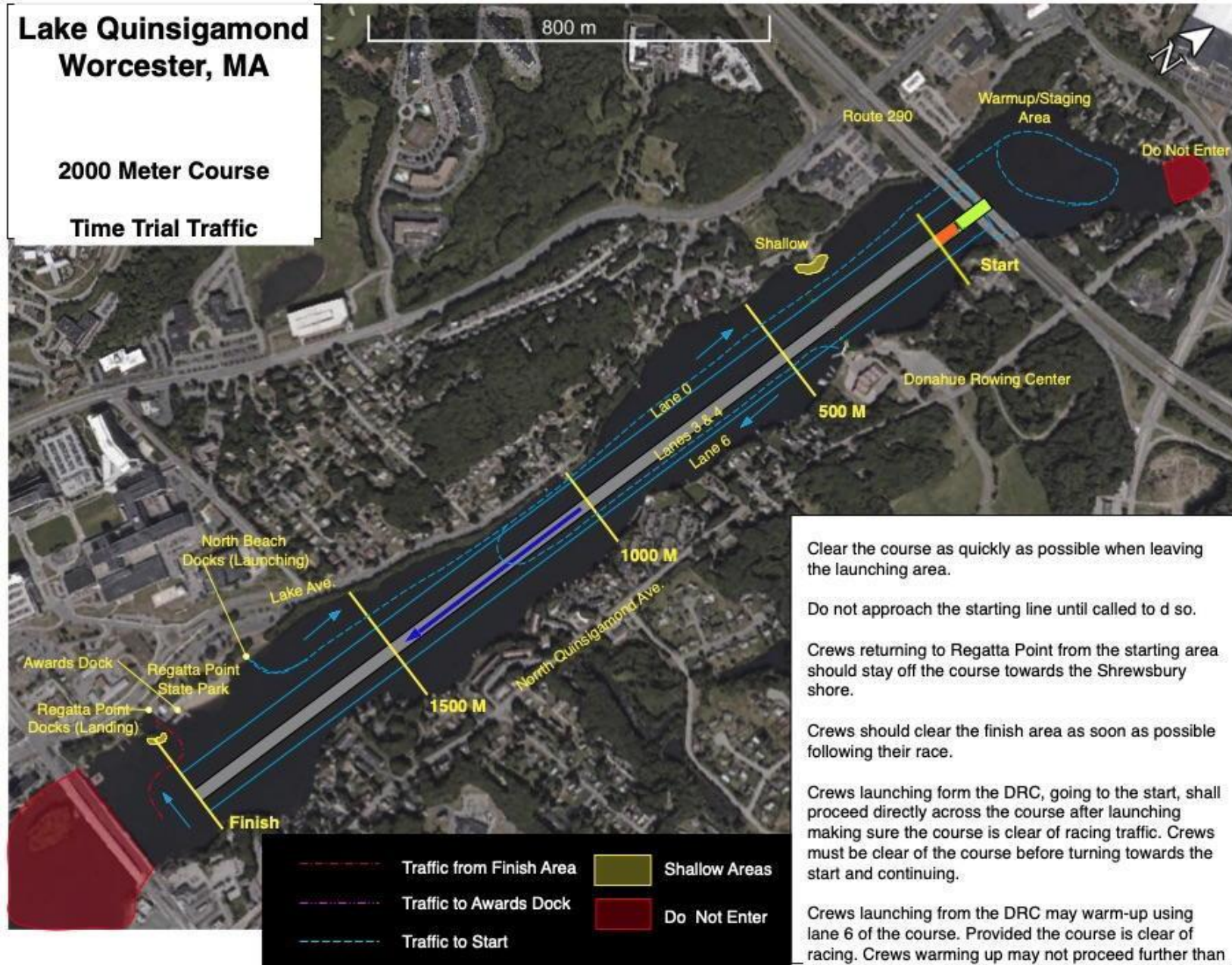


TIME TRIAL TRAFFIC PATTERN

Lake Quinsigamond
Worcester, MA

2000 Meter Course

Time Trial Traffic



Clear the course as quickly as possible when leaving the launching area.

Do not approach the starting line until called to do so.

Crews returning to Regatta Point from the starting area should stay off the course towards the Shrewsbury shore.

Crews should clear the finish area as soon as possible following their race.

Crews launching from the DRC, going to the start, shall proceed directly across the course after launching making sure the course is clear of racing traffic. Crews must be clear of the course before turning towards the start and continuing.

Crews launching from the DRC may warm-up using lane 6 of the course. Provided the course is clear of racing. Crews warming up may not proceed further than the 1200M mark. They must then proceed to the



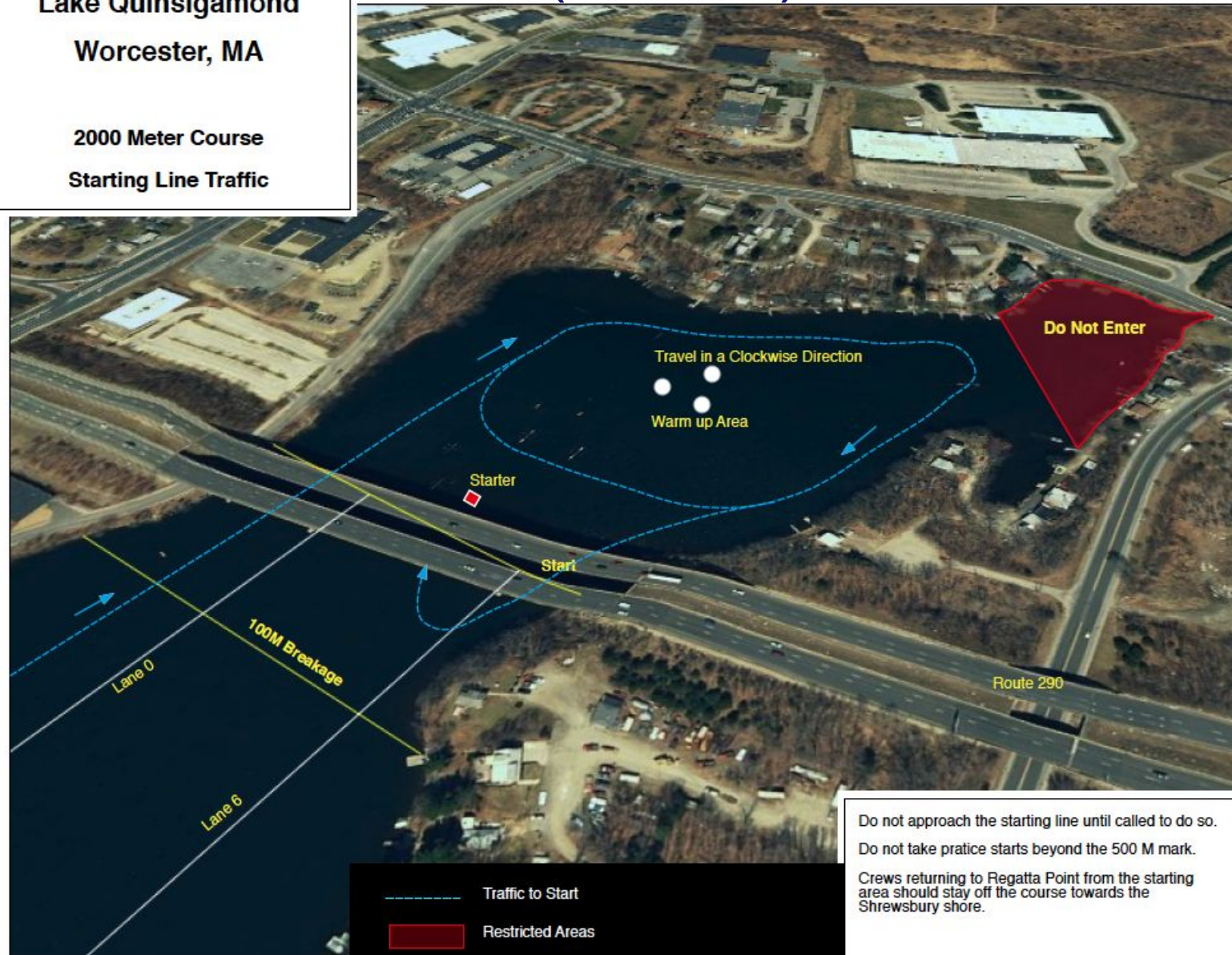
SPRINT RACING TRAFFIC PATTERN (START)

Lake Quinsigamond

Worcester, MA

2000 Meter Course

Starting Line Traffic



--- Traffic to Start
■ Restricted Areas

Do not approach the starting line until called to do so.

Do not take practice starts beyond the 500 M mark.

Crews returning to Regatta Point from the starting area should stay off the course towards the Shrewsbury shore.



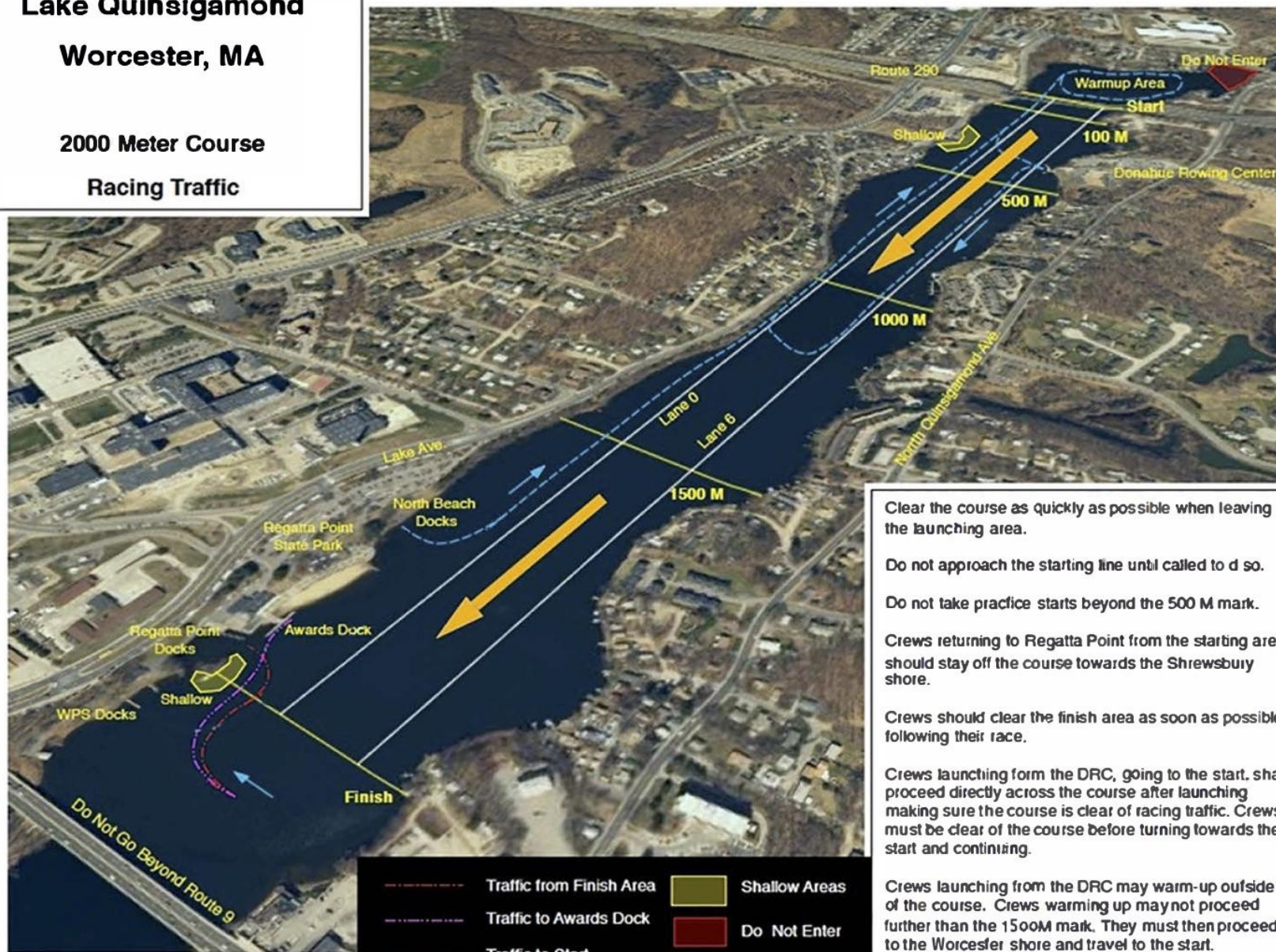
SPRINT RACING TRAFFIC PATTERN

Lake Quinsigamond

Worcester, MA

2000 Meter Course

Racing Traffic



Clear the course as quickly as possible when leaving the launching area.

Do not approach the starting line until called to do so.

Do not take practice starts beyond the 500 M mark.

Crews returning to Regatta Point from the starting area should stay off the course towards the Shrewsbury shore.

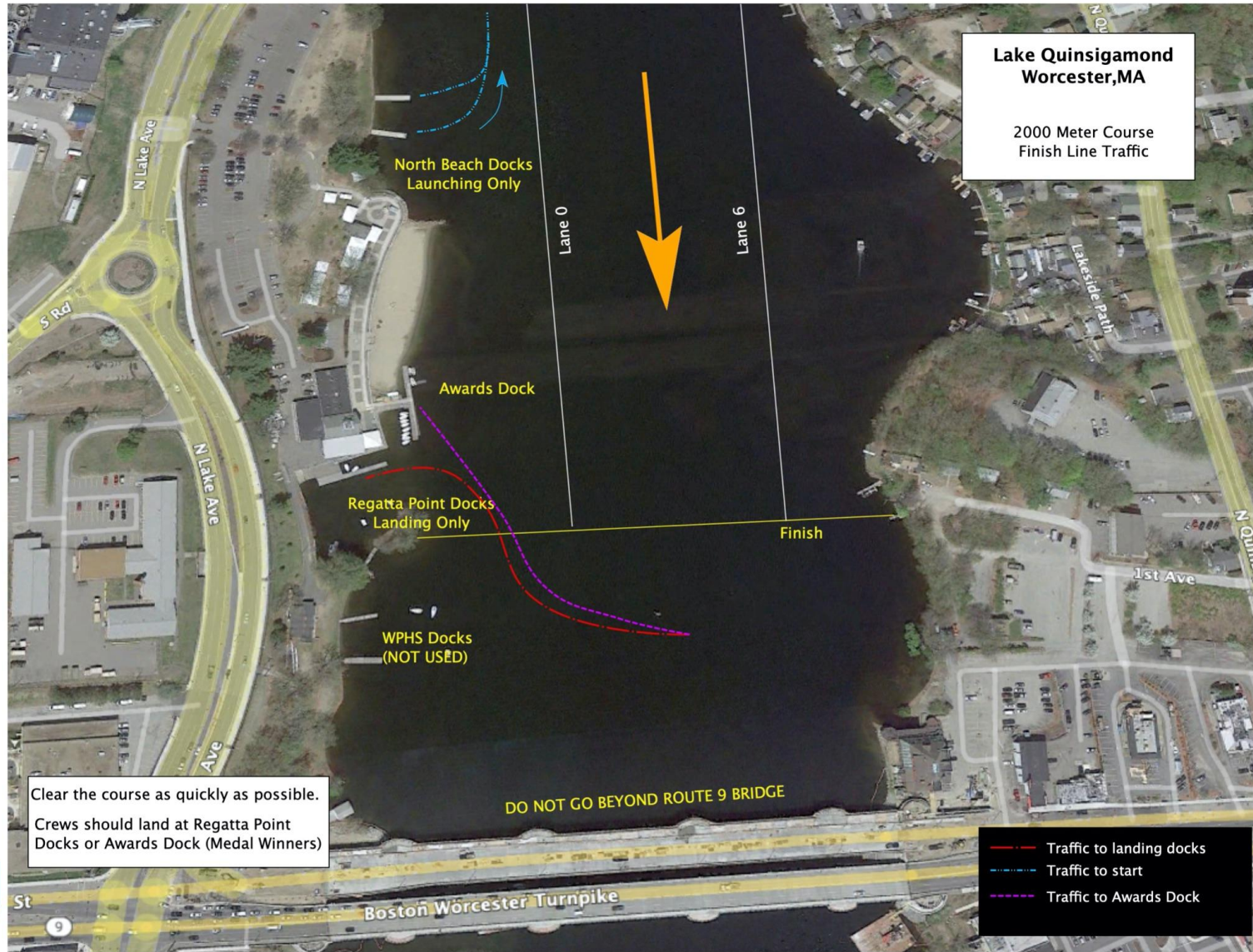
Crews should clear the finish area as soon as possible following their race.

Crews launching from the DRC, going to the start, shall proceed directly across the course after launching making sure the course is clear of racing traffic. Crews must be clear of the course before turning towards the start and continuing.

Crews launching from the DRC may warm-up outside of the course. Crews warming up may not proceed further than the 1500M mark. They must then proceed to the Worcester shore and travel to the start.



SPRINT RACING TRAFFIC PATTERN (FINISH)



USROWING RULES OF ROWING

- **It is your responsibility to know and understand the Rules of Rowing**
- **Equipment**
 - **Teams are expected to check and certify that their equipment meets the rules - heel ties 3” (or less) and bowball is firmly affixed.**
 - **Visual & hands-on check will happen at launch**
- **Credentials are required for launching**
- **Broken Equipment - alert the nearest referee immediately and we will attempt to help you.**



ON LAND

- Bow numbers will be issued and retrieved at Control Commission (docks)
- Know your event # and race time
- Unless cleared in advance, boats will launch from the Beach docks and land at Regatta Point docks
 - 60" max on the docks
 - 2 helpers/carriers MAX, no pets
- Coaches - check with Control **in advance of the first event launching** for hot seating requests and arrangements - races will not be held



On Water, Course Courtesy

- **In general, acknowledge instructions from referees**
- **In proximity of the course**
 - If a race is in progress, stop rowing until the race passes
 - Do not stop on the start line, under the bridge, or where you will drift into the way of the aligner, or the following referees.
 - Do not sit on the finish line after your race as you will block the camera for the next finish.
 - No power strokes/sequences in the last 250m of the warm-up lane, paddle under the bridge
- **Warm Up**
 - Follow the Traffic Pattern - know what it is each day.
 - Do not row into the cove - the start marshal will NOT come looking for you at race time.
 - Be alert to time and ready to queue



Time Trial Starts

- Be in the start area, ready to queue 5 minutes before your event time
- There will be a series of referees helping you to get in bow number order and pacing start times (~20" gap)
- Even bow #s will start in Lane 4, Odd bow #s will start in Lane 3
- You will have ~100m to build speed; cross the start line at pressure
- Referees will be staggered along the course, monitoring for safety and fairness
- If you are being overtaken, you must yield out one lane when the passing crew is within one length
 - Lane 4 yields to Lane 5; Lane 3 yields to Lane 2
- Lanes 0, 1, and 6 are not to be used
- If you have an objection, alert the referee when docking and see the Chief Referee.
 - One hour time frame
- **NO BREAKAGE ZONE IN TIME TRIAL. PLEASE CHECK YOUR EQUIPMENT.**



Sprint Starts

- Starter or start marshal will alert you when you can enter the course
- We will load lanes in bow number order, when possible. We will not hold crews.
- You must go around the abutment. Do NOT try to row into your lane from under the bridge.
- **Scull your point once attached to the stakeboat**
- You must be locked on 2 minutes prior to your race; failure to do so may result in a warning
- **Crews not locked on at race time may be excluded from their event.**
- Hands will not be recognized during the Start
 - Continue to work on your point through “attention”
- When you leave the start area, you accept the start and can no longer object to it.
- Breakage zone is 100M
 - Breakage is broken equipment, not crabs
- 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.



Sprint Racing

- **Sprint - Racing**
 - White flag may be used to direct crews during racing. coxswains, make a plan with your stroke/bow.
- **Finish**
 - Hear a horn, see a flag
 - Row through the orange buoys at the finish line.
 - Stay upright unless you are having a medical emergency
 - Any objections must be initiated on the water, before the referee displays the white flag
 - If there is a concern of fairness or another issue, please have one person (coxswain, bow) raise their hand at the finish to signal to the following 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 Referee (Registration at Regatta Point). Rule 2-604 thru 2-606, USRowing Rules of Racing 2023

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!

← Start

VENUE MAP

Finish →



SAFETY ON VENUE - MEDICAL AID

- **Fire Department Paramedics/Divers are on the water each race day.**
- **Paramedics can be found at the front dock all day each race day**
- **UMass Medical Center Emergency Department is directly across the street from Regatta Point**
- **Always look for a USRowing Official or LOC Official for assistance and direction**
- **Weather emergency - Clear the course- First 1000M land at DRC, 2nd 1000M land at Regatta Point. Safety Officials will activate lights & sirens. Follow their directions.**



VENUE NOTES

- **DRIVING DIRECTIONS:** From I-290 east take exit 21. At end of ramp turn right onto Plantation St. Drive approximately ¾ of a mile and turn left on North Rd. At the end of North Rd. wait to be directed across Lake Avenue into the Park. From 290 West take exit 22. Bear right at end of Ramp onto Main St. Proceed to second set of lights and turn left onto Plantation St. Drive approximately 1 mile and turn left on North Rd. at the end of North Rd. wait to be directed across Lake Avenue into the Park.
- **Trailers and buses should not attempt to approach Regatta Point on North Lake Avenue either from I290/Plantation Street or Rte. 9.**
- **RACE DAY PARKING:** Vehicle entry will not be allowed inside Regatta Point with the exception of tow vehicles. There is no on-street parking south of Regatta Point. “No Parking” signs will be posted and failure to adhere to parking regulations will result in towing, ticketing, and possible action by the Regatta. Dropoff will be allowed north of the main gate.
- **IMPORTANT RACE DAY INFORMATION FOR SPECTATORS - PLEASE SHARE WITH YOUR**
ATHLETES, PARENTS, AND FANS: Donations to help cover all of the race related costs are requested in lieu of an entrance fee to the park. The recommended donation at the door in cash is \$15.00 per person. **However, we strongly recommend that donations be made online in advance with an emailed receipt to be used at the gate. There is a discounted rate of \$13.00 per person up until the day of the race.** You can still make donations online on the day of the race at the \$15.00 per person or pay in cash at the gate. Below is the link to make donations in advance. Please share this with anyone who may plan on coming to the park to watch the racing

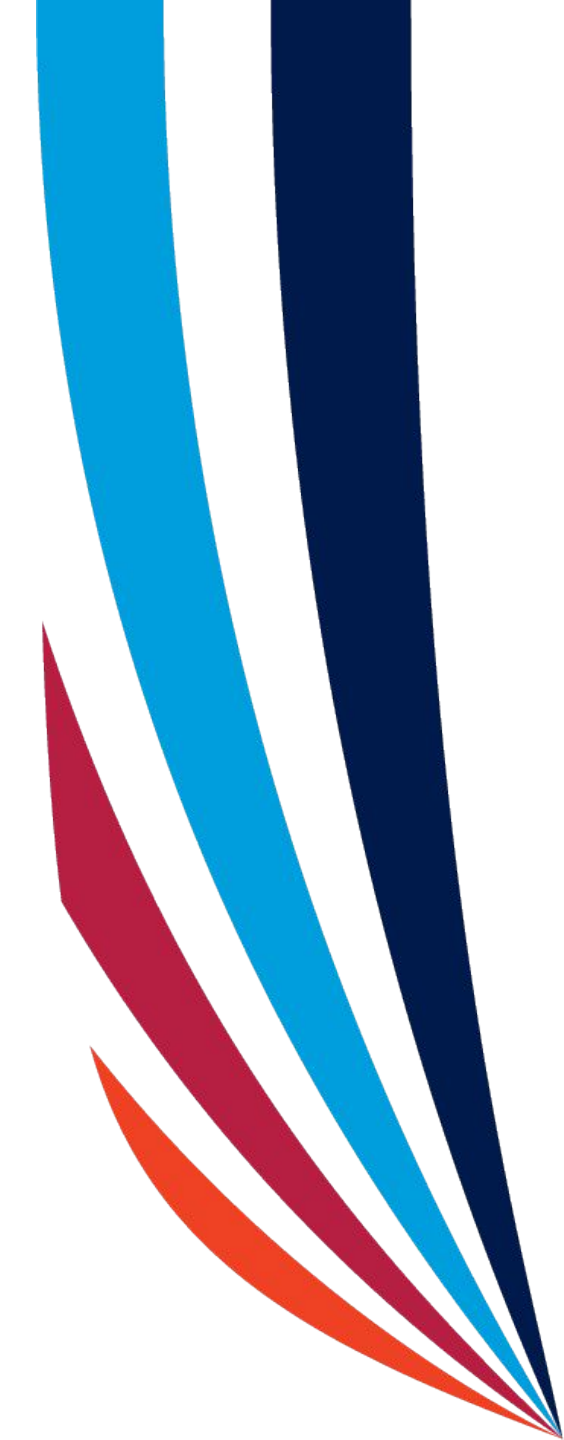
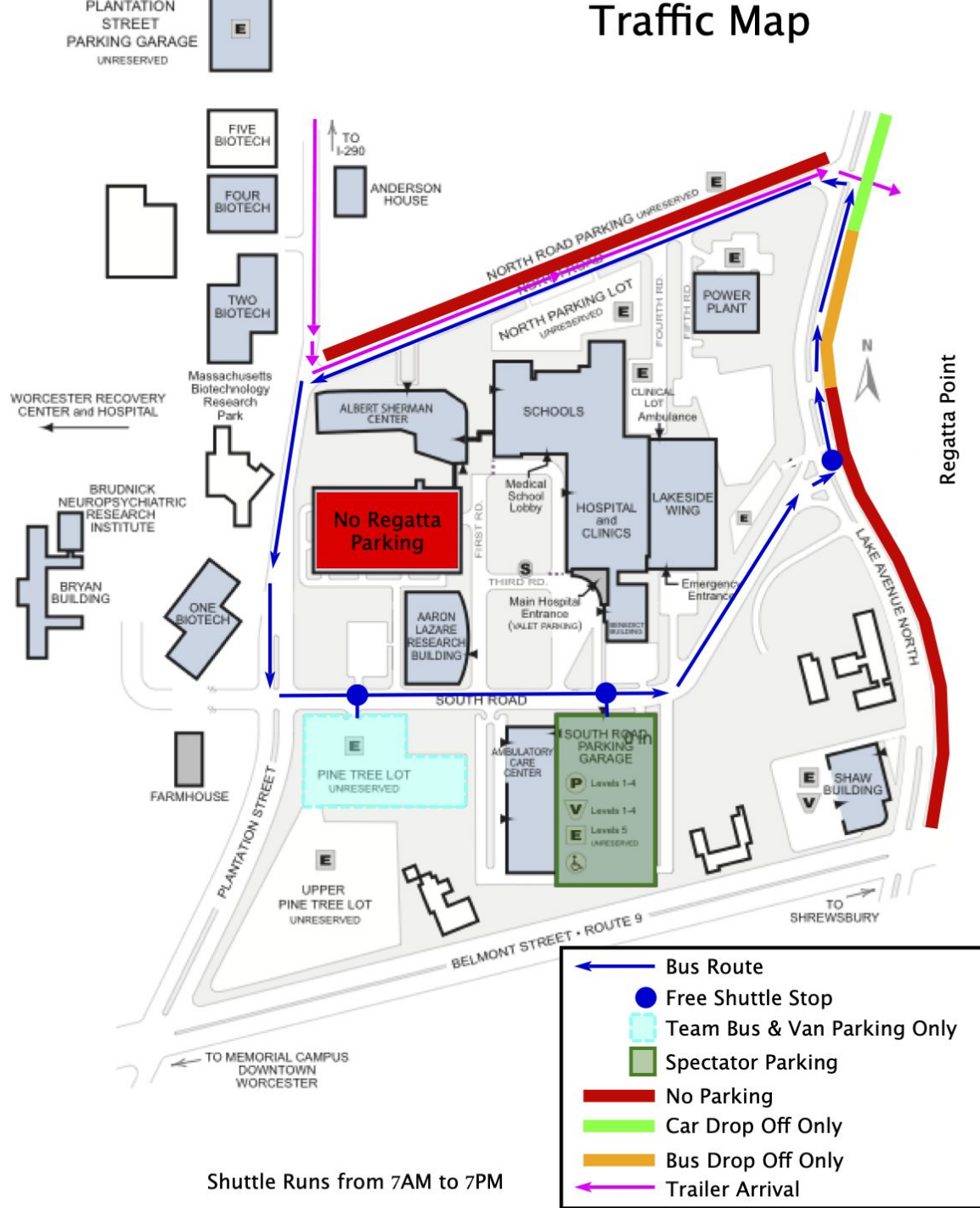


TRAILER PARKING

- **ALL CREWS WILL STAGE OUT OF REGATTA POINT PARK ONLY.**
- Trailers may arrive at Regatta Point State Park (10 N. Lake Ave., Worcester, MA) on Friday 19-May at 8:00 AM. ***You must signup through Regatta Central for the available trailer parking spaces.***
- Access the trailer entrance via NORTH ROAD, which runs east along the north edge of the UMASS Medical Complex. North Road is accessed via Plantation Street. See driving directions below. A Police Officer will be stationed at the east end of North Road to direct you into the park. Once in the park, staff will direct you accordingly.
- Trailers **MUST NOT** park outside of Regatta Point, anywhere on Lake Avenue, or anywhere on UMass Medical campus prior to opening. If you detach your trailer from your truck, it is imperative that you utilize a block of wood under your trailer crank. The pavement at Regatta Point may experience damage if you do not place a wooden block beneath your trailer crank.
- Trailers that do not reserve a parking space will still have the ability to unload their boats in the trailer area, but will then be directed to the additional trailer parking location near the Start line.



RACE DAY PARKING & VENUE MAP



Admission Donation

To help cover the costs for all of the safety personnel, equipment, costs, referees, course and everything else used to make our racing as safe and fair as possible. We request an admissions donation for each day of the regatta. Advance purchase is \$13.00/day and day of event purchase is \$15.00. We strongly recommend that you make your donation online in advance.

Day 1



Day 2



Day 1 and Day 2 links can be found on the Northeast Youth RegattaCentral webpage.



GET READY TO RACE!

For Additional Questions, please contact :

Regie Robinson

Competition Coordinator

Regie.Robinson@usrowing.org



Photo: www.usrowing.org

