

2023 USRowing Northwest Masters Regional Championships - Coaches & Coxswains Meeting

***June 19, 2023
6:00 P.M. PT***



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. Unsportsmanlike Conduct

3. USRowing, LOC, Chief Referee

- a. Venue Information



WELCOME - INTRODUCTIONS

USRowing is excited to welcome everyone to the
2023 USRowing Northwest Masters Regional Championships
June 23-25 in Lowell, OR.

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 : Sarah McAuliffe, Meg Varcoe
Oregon Association of Rowers - OAR (LOC): Mike Peixoto
Chief and Deputy Referees: Dee McComb



REVIEW OF REGISTRATION & VENUE SCHEDULE

- **Trailer Arrival Window**
 - Thursday, June 22 – 9:00 a.m. – 8:00 pm
- **USRowing Registration Tent**
 - Thursday, June 22 – 3:00 p.m. – 6:00 p.m.
 - Friday, June 23 – 7:00 a.m. – end of racing
 - Saturday, June 24 - 6:30 a.m. - end of racing
 - Sunday, June 25 - 6:30 a.m. - end of racing
- **Practice**
 - Practice is not available at this regatta
- **Weigh In Windows**
 - Friday - 6:30 AM - 10AM
 - Saturday - 6:00 AM - 9AM
 - Sunday - 6:00 AM - 9AM

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**
 - **14+ Referees**
 - **Northwest Region and Canada (B.C.)**
 - **100+ years of officiating experience**
- **The Referees are here for everyone's safety and fairness**



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
- Dexter Lake is beach launching - no docks; make sure you walk your boat out into the lake to your knees or so, so when rowers get in you don't damage the skeg
- 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.



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” 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 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, [flag raised], Go”. Crews names 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
- Row through the large orange buoys at the finish line.
- 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 with \$50. Protests should be submitted to the Chief Judge or Chief Referee. Rule 2-604 thru 2-606, USRowing Rules of Racing 2023



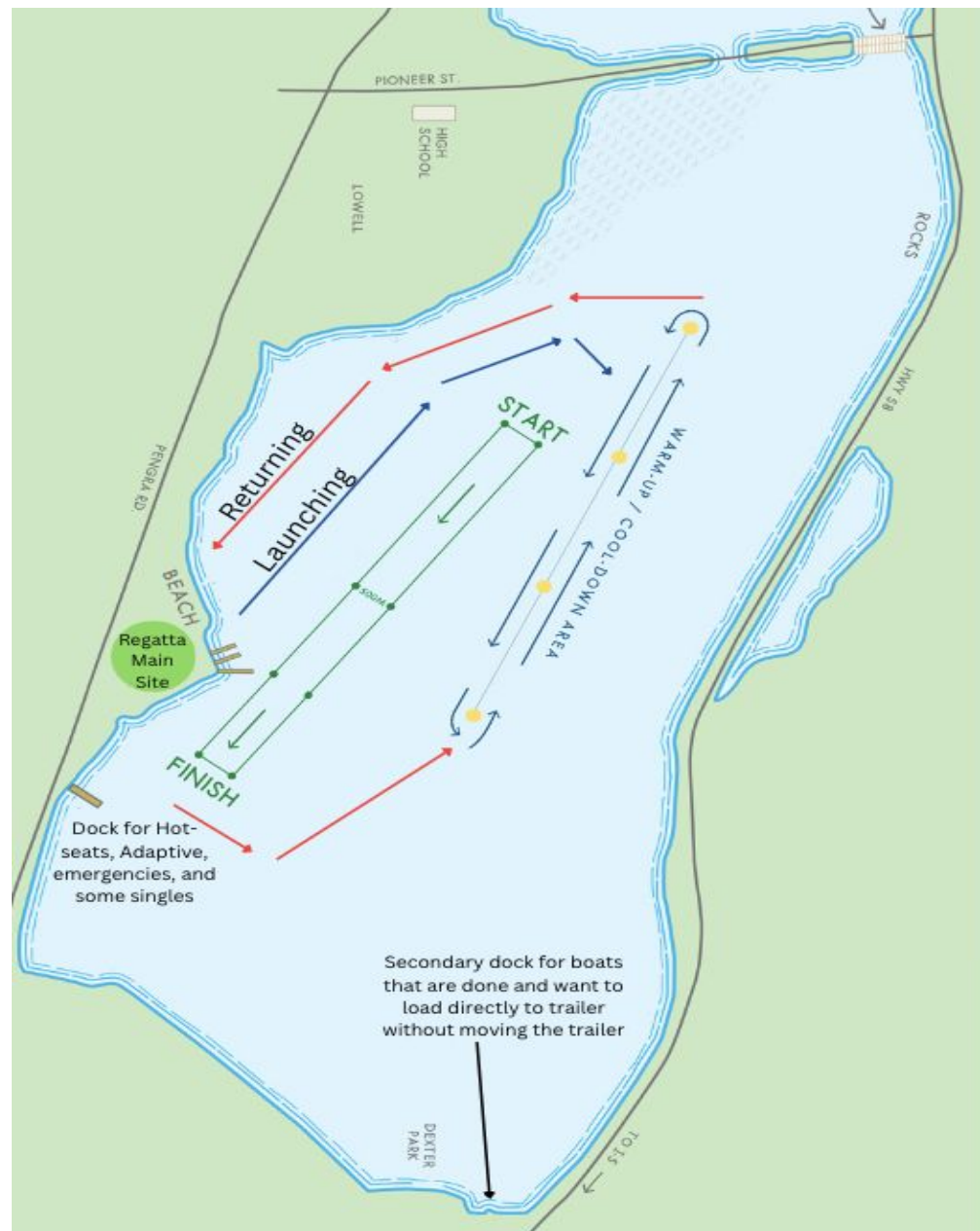
UNSPORTSMANLIKE CONDUCT

Among other things, profanities, in general, are not considered 'sportsmanlike' even when used to motivate; they must never be directed at another crew, referee, or LOC volunteer. A violation of this rule may result in exclusion or disqualification (2-410) .

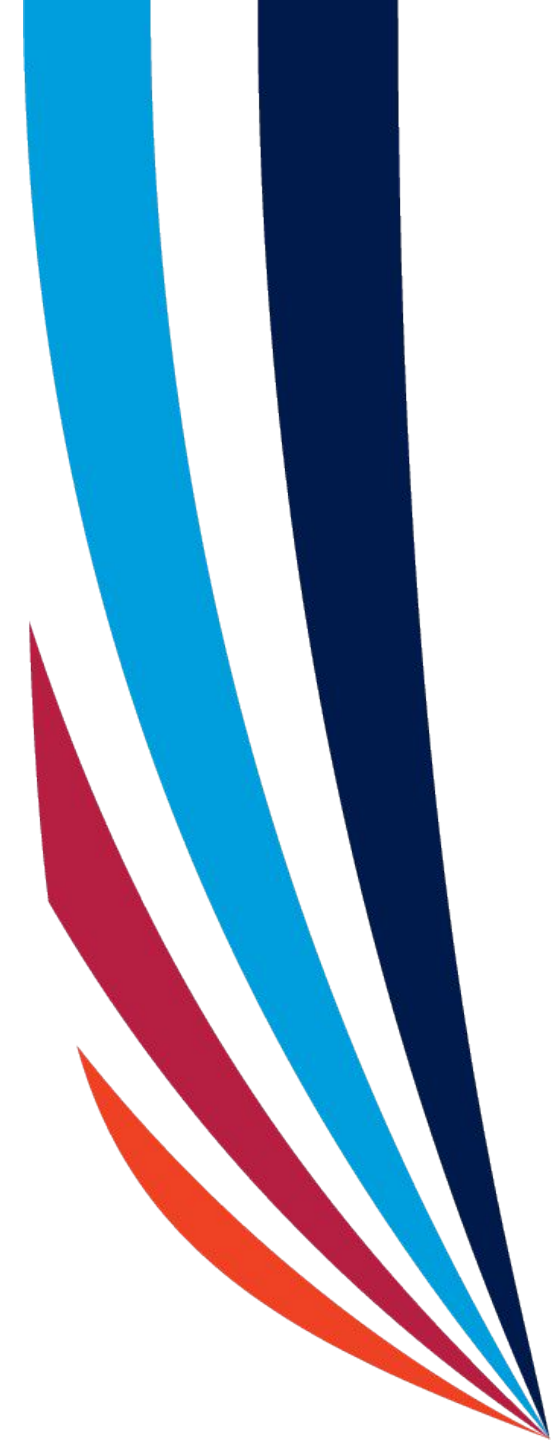


USRowing

Race Day Traffic Pattern



North
←



*Do not use secondary dock to enter the race course

SAFETY ON VENUE - EVACUATION PLAN



- First Aid on site.
- Call 911 in case of emergency.
- Walk evacuation route; don't use vehicles on road unless mobility impaired.



Venue Map



Parking

- **No spectator parking on-site.**
- **Two parking passes per club.**
- **Free parking at Lowell High School and at Dexter State Park.**
- **Trailers will unload at Lowell State Park, then drive to Dexter State Park where they will remain until loading at Lowell Park for departure.**
 - **Coordinate arrival and departure times with OAR Parking Coordinator, Debbie Cadigan.**
- **Shuttle bus will run a continuous loop between Dexter and Lowell Parks, with a stop at the Lowell High School.**
- **Please do not park on the road.**



Other Venue Notes



GET READY TO RACE!

For Additional Questions, Please contact :

Sarah McAuliffe

Director of Competition

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Photo courtesy of USRowing

