

2024 USRowing Northeast Youth Championships Athlete and Coaches Pre-Regatta Meeting

May 18-19, 2024



Welcome and Introductions

USRowing is excited to welcome everyone to the 2024 USRowing Northeast Youth Championships in Lowell, MA - May 18-19.

Tonight we have the following people on the call:

USRowing: Jake Robinson, Meg Varcoe & Hugh McAdam

LOC: KC Lumbard and Pat Scott

Chief Referee: Jim Dwyer



Agenda

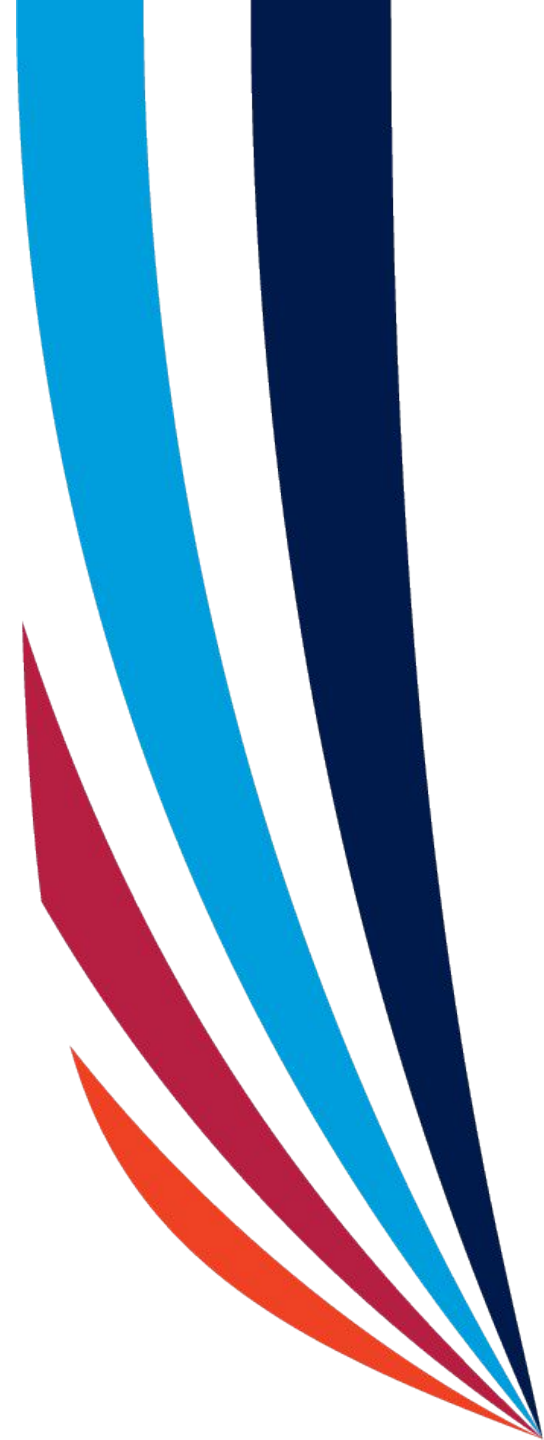
1. **USRowing**
 - a. Key Takeaways
 - b. Review of Registration & Venue Schedule
 - c. Pre-Arrival Checklist
2. **Chief Referee / LOC**
 - a. Referee Welcome
 - b. Traffic Pattern(s)
 - c. USRowing Rules of Rowing
 - d. On the water
 - e. Unsportsmanlike Conduct
3. **USRowing, LOC, Chief Referee**
 - a. Venue Information
 - b. Evacuation/Safety Plan



USRowing

Key Takeaways

1. Safety both on- and off-the-water continues to be the top priority at all USRowing events.
2. All teams, coaches, athletes, and other team representatives are responsible for the 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!



Review of Registration and Venue Schedule

- **USRowing Registration**
 - Registration is located in the Bellegarde Boathouse
 - Friday, May 17, 12:00 pm - 6:00 p.m.
 - Saturday, May 18, 6:30am - End of racing
 - Sunday, May 19, 6:30am - End of racing
- **Practice**
 - Friday, May 17, 1:00 p.m. - 6:00 p.m.
 - Launch docks will shut down at 5:30 p.m
- **Progression**
 - Regardless of late entries and scratches, the progression will not change after 9pm EST on Friday, May 17.

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?



All teams must pay their **entry fees** before picking up at registration.



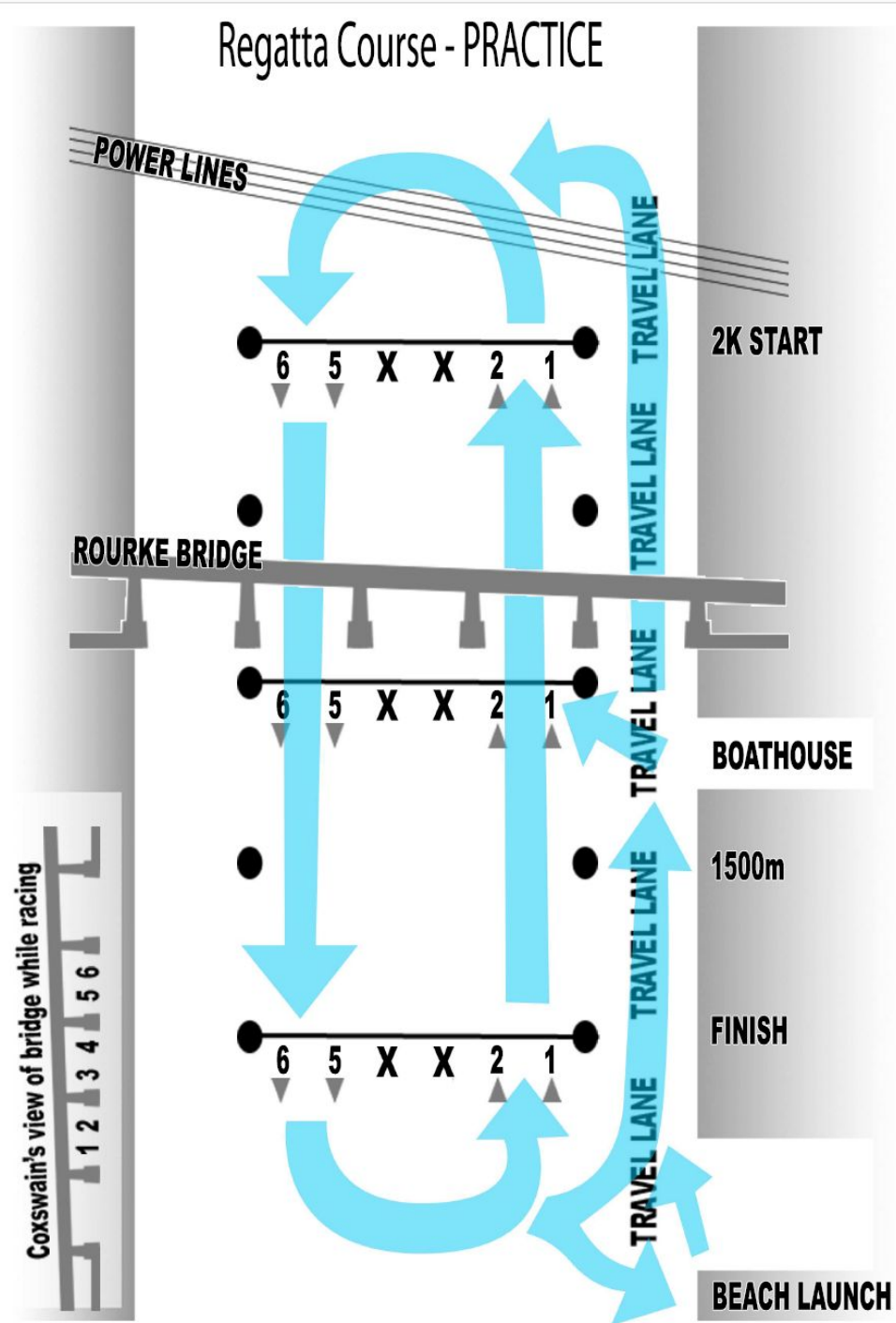
Referee Welcome

- **Referee Jury Introductions**
 - **Chief Referee: Jim Dwyer**
 - **Deputy Chief Referee: John Rhee**
 - **All over the Northeast region and country**
- **The Referees are here for everyone's safety and fairness**



USRowing

Traffic Pattern Practice

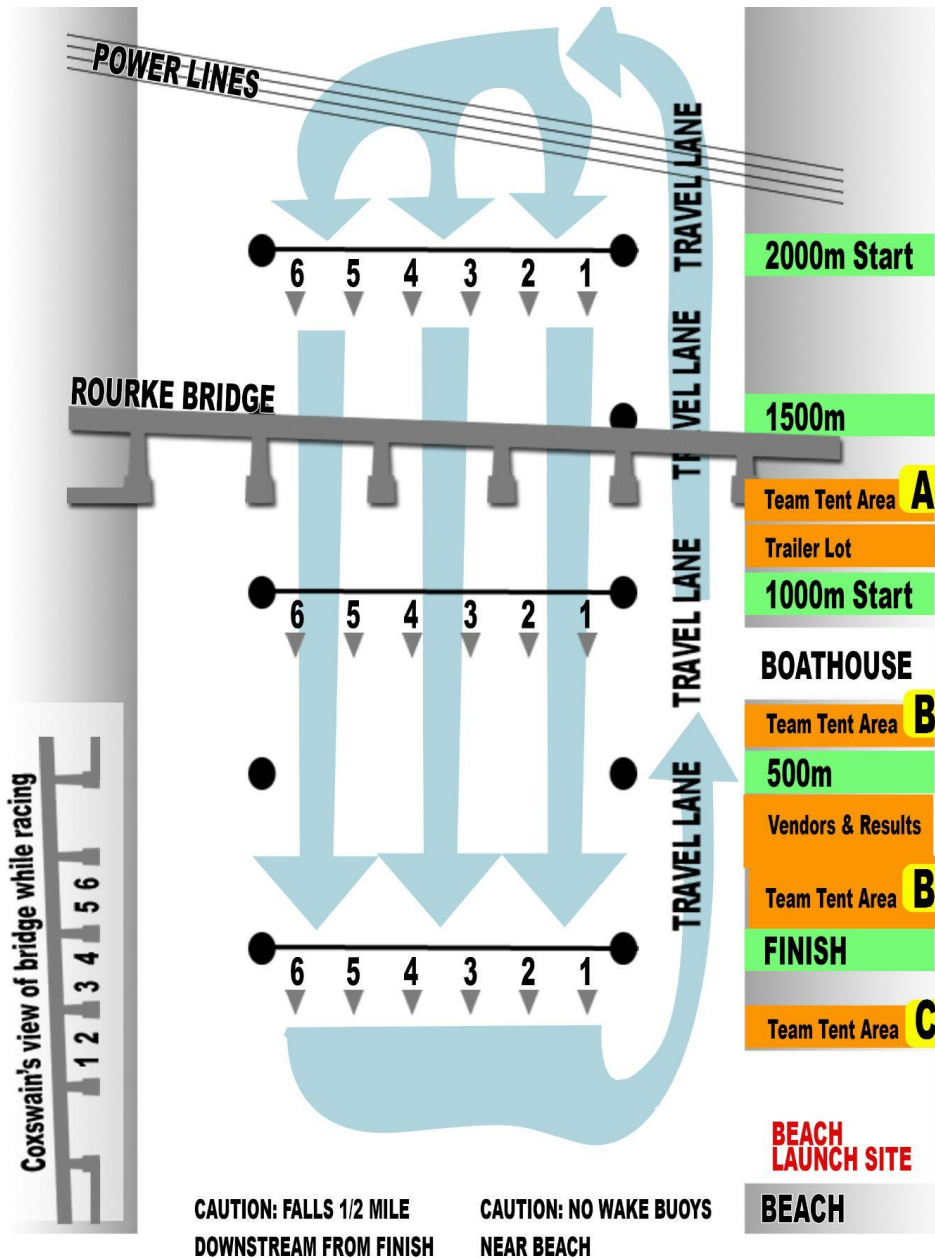


Traffic Pattern Sprint Racing

Remember:

The travel lane narrows at the start line this area is single file

After the power lines, there is a bend in the river. A large buoy will be placed as the last turn around. No crew is allowed to row upriver, out of eyesight of race officials.





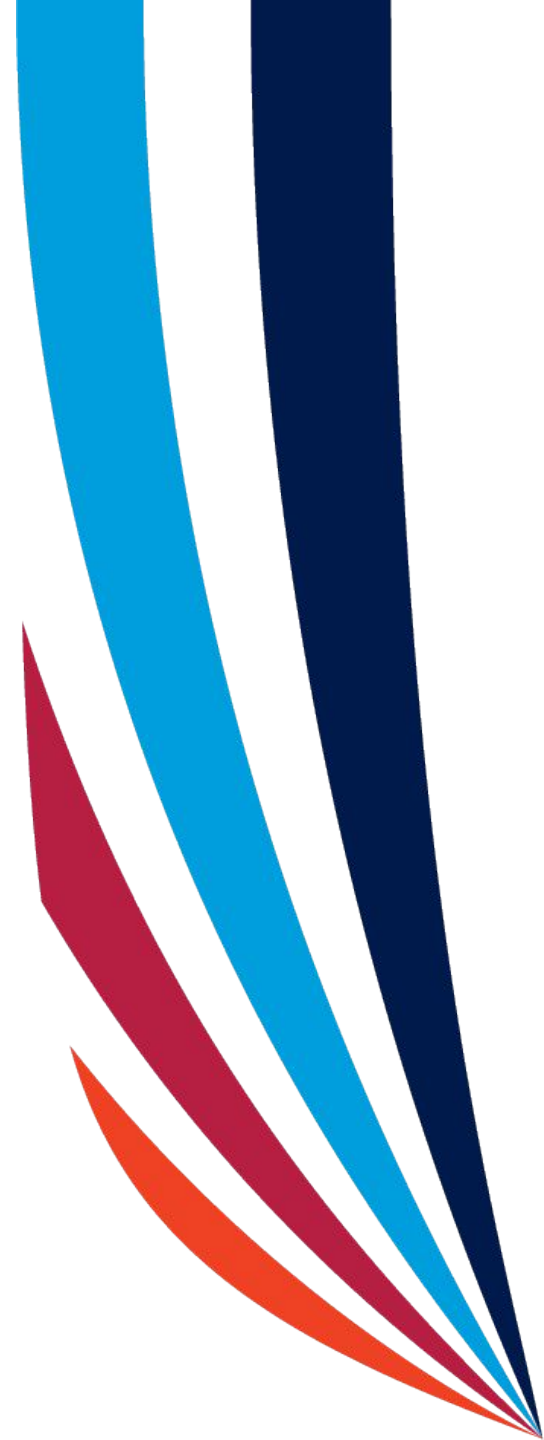
USRowing Rules of Rowing

- It is your responsibility to know and understand the Rules of Rowing
- Equipment
 - Crews should self certify that your equipment meets requirements - heel ties 3” and bow ball firmly affixed
 - Visual and spot checks at docks.
 - Report your race time to referee at the dock.
 - Referees and dock staff are available for questions and support.
- Broken Equipment - alert the nearest referee and we will work with you, as possible



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, STOP. You need to wait to proceed.
 - Do not stop on the start line or the finish line.
 - On your way to the start, stop when a race approaches. Do not restart until all boats have passed you.
- **Warm Up**
 - Follow the Traffic Pattern - know what it is each day.
 - The space beyond the large buoys will not be monitored. Please stay within the warm-up zone
- **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 behind the start dock. Pay attention to each referee along the way.
 - You will have 100 meters to get up to speed and the start line.
 - There is NO breakage zone in the time trials. Please check your equipment.
 - Referees will be along the course on the side to monitor racing and assist with safety issues.
 - Yield one lane out from center when the passing boat is within one length
 - If you have an objection at the end of the race, speak with the finish marshal.



On Water - 2

- **Sprint Racing Starts**

- When directed by the starter, you may enter your lane.
 - Wait behind Starter when the race prior to yours is on the line
- You must be locked on 2 minutes prior to your race; failure to be locked on may result in a warning
- The race may start at any time after the 2 minute notice
- Use “sculling” or “pinching” to keep your point, once you are locked on
- 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, marked by **red** buoys
- Quick start – will be announced by the Starter.

CREWS UNABLE TO LOCK ON TO THEIR STAKE BOAT MAY BE EXCLUDED



USRowing



On Water - 3

- **Sprint - Racing**

- Following Officials will move behind racing boats and use a white flag as necessary, to provide direction. It is the responsibility of the crew to quickly and effectively communicate amongst themselves and respond

- **Finish**

- Hear a horn
- See the flag drop (on Lowell shore).
- 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
 - How you were impacted
 - The resolution you are seeking
- If the objection is not resolved on the water, let the referee know you plan to submit a protest. The formal protest is due within 1 hour along with a form (available at registration) and \$50. Objections can be submitted to registration at the Boathouse.



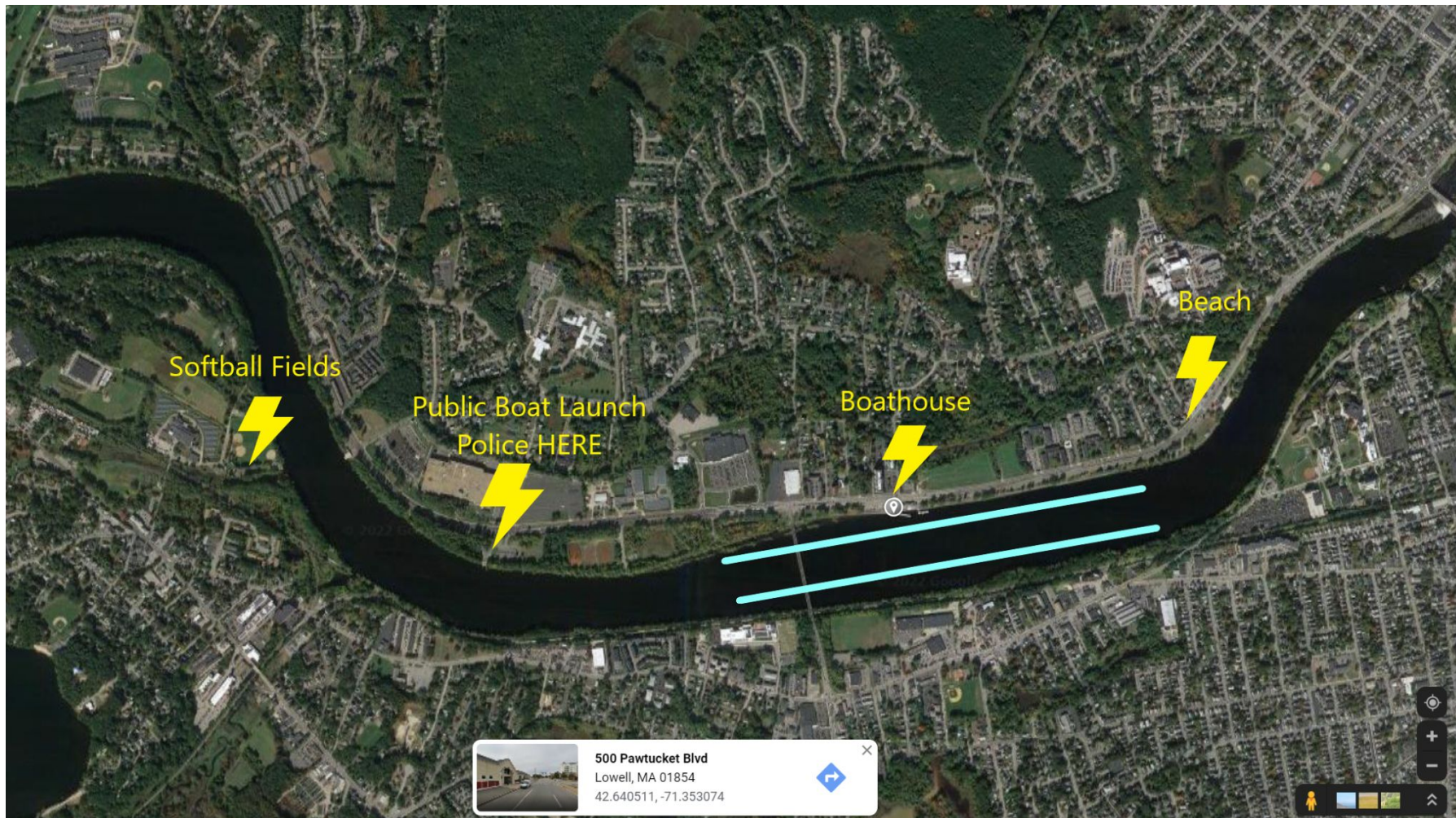
Unsportsmanlike Conduct

Among other things, profanities, in general, are not considered 'sportsmanlike' even when used to motivate; they should never be directed at another crew.

This rule applies both on and off the water!



Safety on the Venue - Evacuation Plan



Venue Information

- Team tents can be set up starting Friday morning. Team tent locations are first come, first serve.
- **Spectator Parking** - Parking is a \$20 donation per vehicle in regatta field across from the boathouse.
- **Team Bus Parking** - Bus Parking is at 1001 Pawtucket Blvd. Lowell MA 01854.
- Parking for boat and team tent trailers is permitted along the river on Pawtucket Boulevard.
- Trailers can park on Pawtucket Boulevard starting at 8:00 a.m. on Friday May 17.



Safety on the Venue - Medical Aid

- Medical will be located at the Bellegarde Boathouse & an EMS crew will travel the venue, staying closest to the beach.
- If medical is needed on the water, flag down the nearest official for assistance.



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.

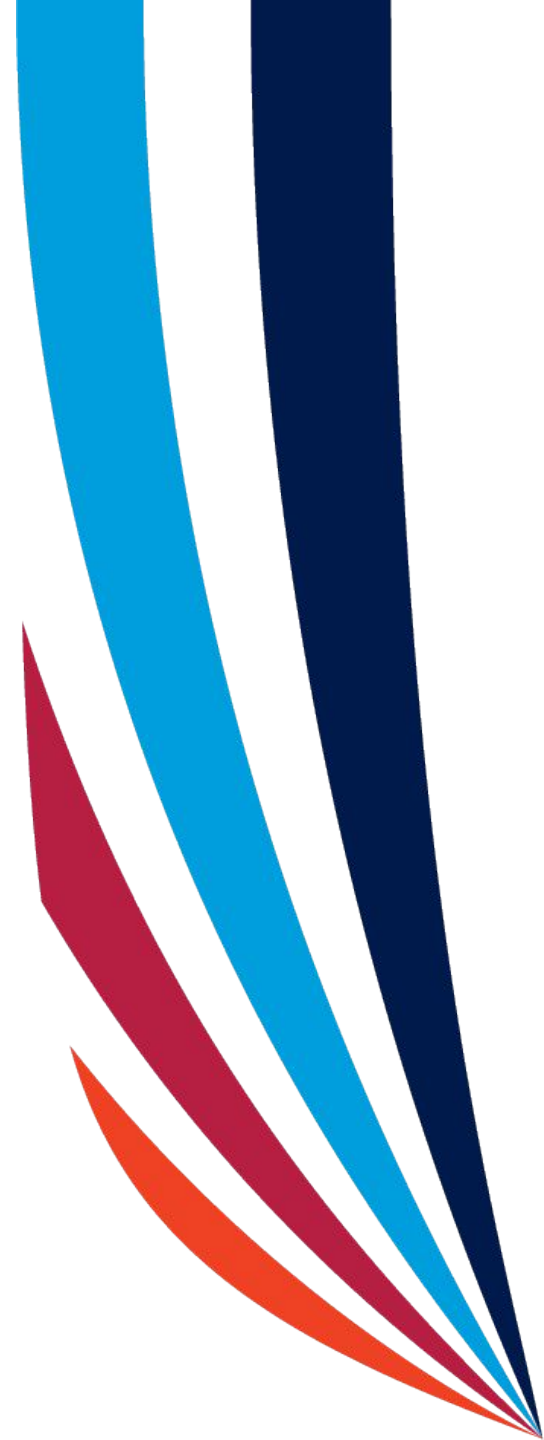
Volunteer sign-up can be found on RegattaCentral.

The LOC is looking to secure one additional wakeless launch boat for the regatta. Please contact KC Lumbard if you're able to provide one.



Teams yet to sign-up!

Amoskeag Rowing Club	Lake Quinsigamond Community Rowing
Arlington Belmont Crew	Litchfield Hills Rowing Club, Inc.
Bedford Crew Club	Maine Coast Rowing Association
Belmont Hill School	Medford High School
Berkshire Sculling Association, Inc. (BRASS)	Megunticook Rowing
Boston Latin School Crew	Narragansett Boat Club
Brookline High School	Neponset Rowing Club
Cambridge Boat Club	Northampton Community Rowing
Cambridge Rindge & Latin School	Norwalk River Rowing Association
Community Rowing, Inc.	Putney School
Coventry Lake Community Rowing Inc.	Riverside Boat Club
CRI- Row Boston	Saugatuck Rowing Club, LLC
Dexter Southfield	Shrewsbury High School Crew
East Bay Rowing, Inc	Somerville High School
Fairfield Prep	Star Rowing Center LLC
Gentle Giant Rowing Club	The Winsor School
GMS Rowing Center	Unaffiliated (USA)
Gordon Rowing Association	V-Sculls
Greater Lawrence Rowing	Watuppa Rowing Center, Inc
Greenwich Country Day School	Waynflete School
Greenwich Crew	Westford Academy Crew
Haverhill High School	Worcester Academy
Holyoke Rows	
King School	



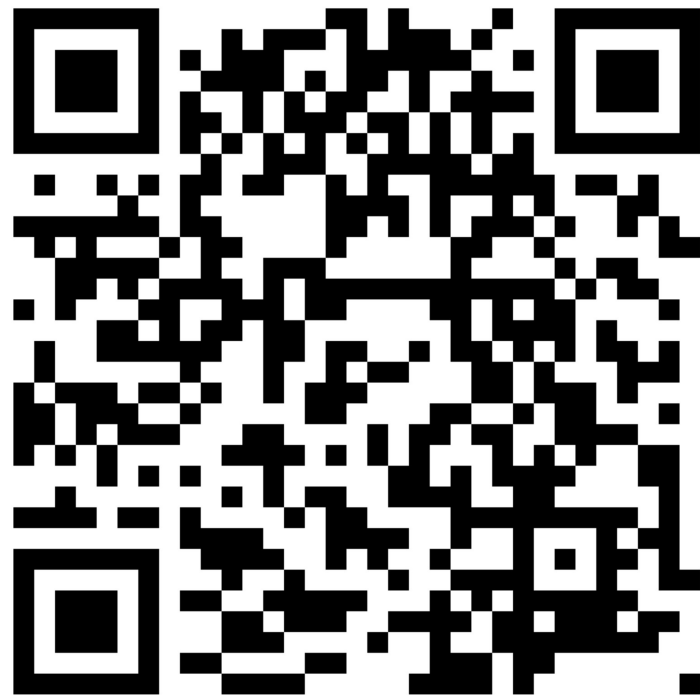
Disability Accommodation Request Form

USRowing makes every effort to follow best practices for accommodating people with disabilities at our events. We appreciate you contacting our team well in advance of the event so we can best serve you.



For real-time regatta updates, scan the QR Code below and **text #NE24 to +1 (609) 354-7711.**

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



GET READY TO RACE!

For Additional Questions, Please contact :

Jake Robinson
Competition Associate
Jacob.Robinson@usrowing.org



Photo: www.usrowing.org

