

2024 USRowing Southeast Youth Championships Athlete & Coaches Pre-Regatta Meeting

*May 7, 2024
7:00 P.M. ET*



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



USRowing

Key Takeaways

USRowing is excited to welcome everyone to the 2024 Southeast Youth Championships at Nathan Benderson Park.

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 Athlete and Coaches Pre-Regatta meeting, the regatta entry packet, and any information posted on the event website.
3. Have fun and row hard!



Introductions

USRowing: Jake Robinson

Nathan Benderson Park (LOC): Sarah Hartz

Chief & Deputy Referee: Ann Marie Hynes & Elaine Roden



Review of Registration and Venue Schedule

- **Trailer Arrival Window**
 - Trailers can arrive on venue starting at 8:00 a.m. on Friday May 10.
- **USRowing Registration**
 - Friday, May 10, 12:00 p.m. - 6:00 p.m.
 - Saturday, May 11, 6:30 a.m. - end of racing
 - Sunday, May 12, 6:30 a.m. - end of racing
- **Practice**
 - Friday, May 10, 1:00 p.m. - 5:00 p.m., last launch at 4:15 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 RegattaCentral Roster?
- ➔ All clubs must **pay their entry fees before racing!**



Referee Welcome

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

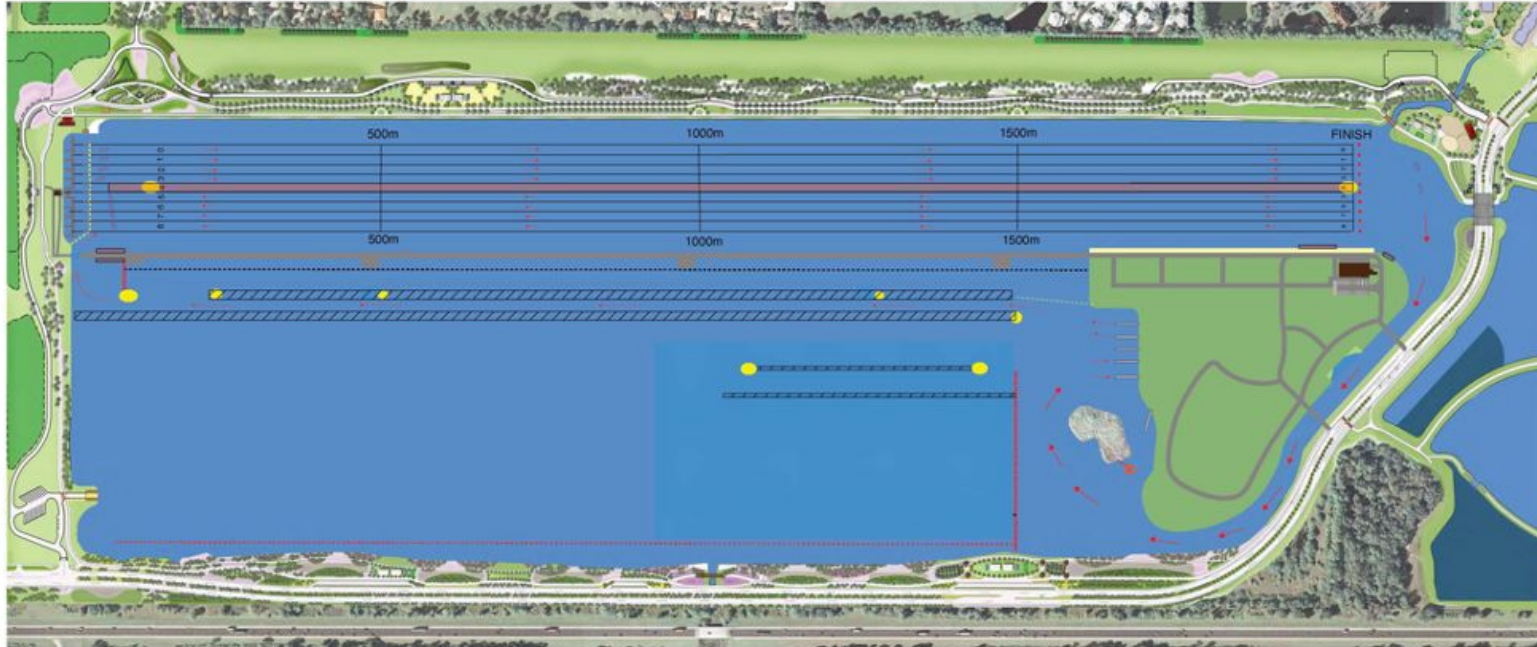


Traffic Pattern - Practice



Nathan Benderson Park

PRACTICE TRAFFIC PATTERN

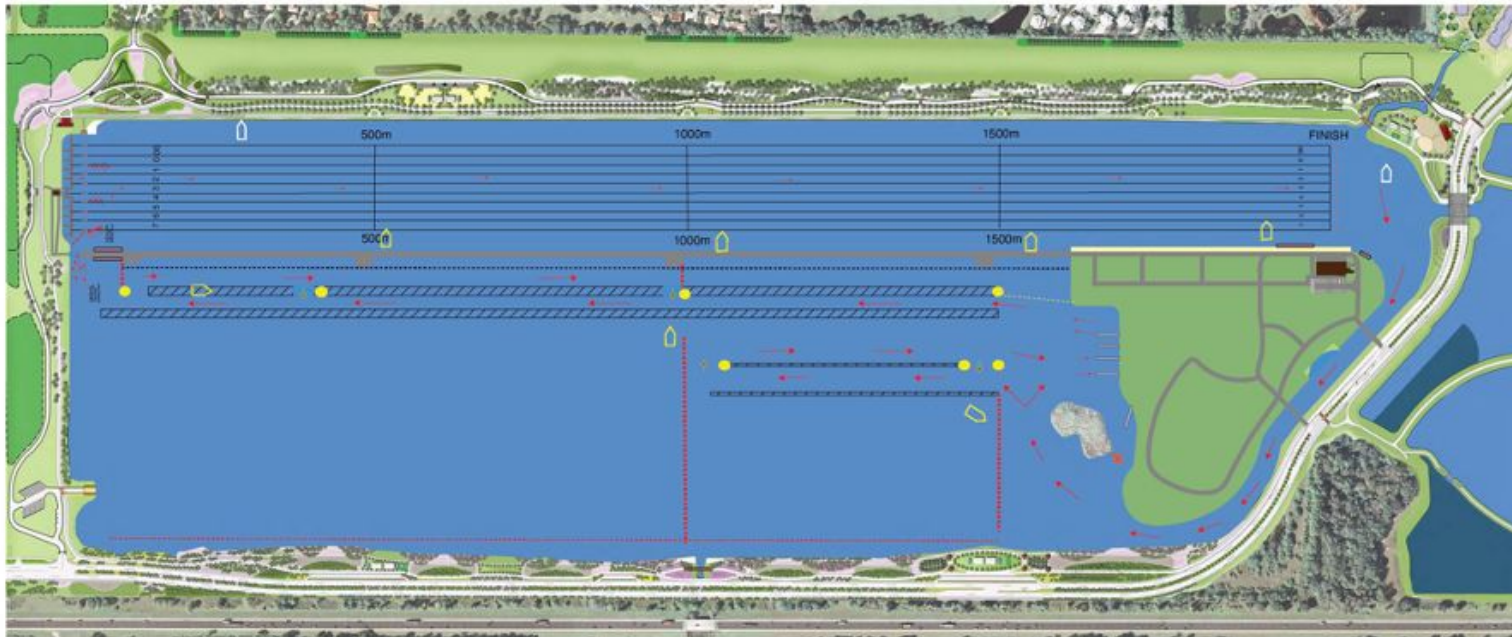


Traffic Pattern - Time Trial



Nathan Benderson Park

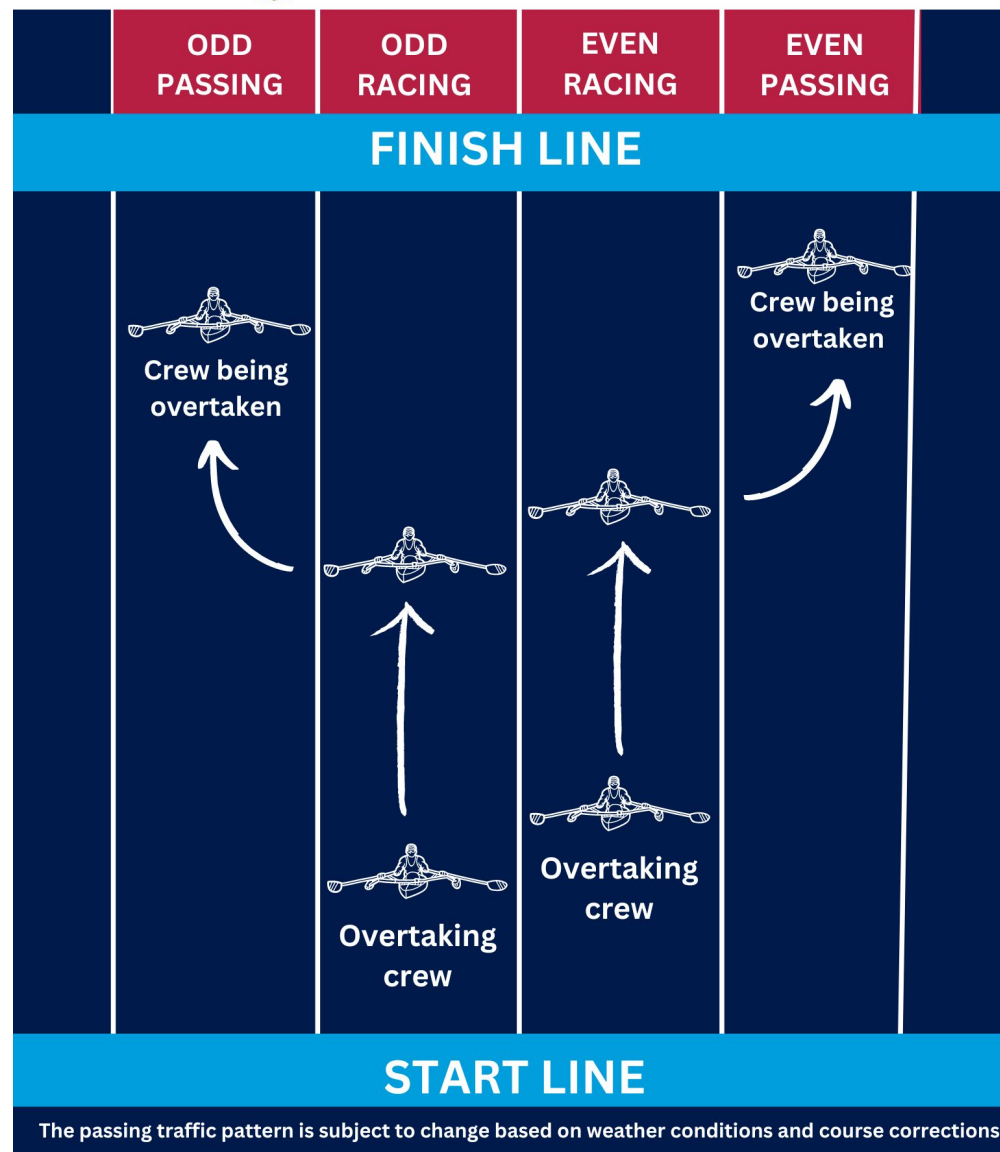
TIME TRIAL TRAFFIC PATTERN



Time Trial Passing Procedure



USRowing

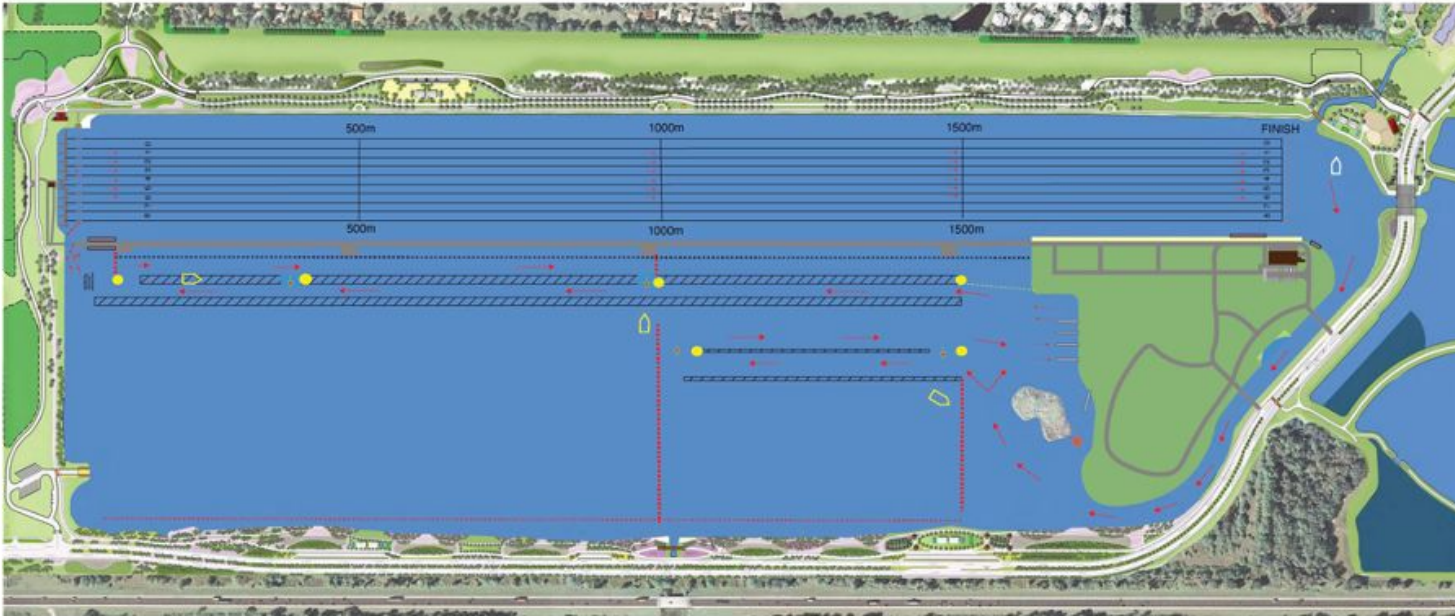


Traffic Pattern - Sprint Racing



Nathan Benderson Park

RACE DAY TRAFFIC PATTERN



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 and athletes is at your own risk. Races will not be held for hot seating crews.**
- **Please check-in with referee at Control Commission if you are planning on hot seating.**



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
 - Do not sit at the finish line as a race is finishing.
- 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.
- When you have to turn in your lane to attach to stakeboats, do it close to the stakeboat. You must be able to back your boat, lock on, and scull your bow.
- 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. Stop rowing and signal the referee.
- Quick start – will be announced by the Starter, No polling of the crews.



On Water - 3

- **Sprint - Racing**

- Referee will use the white flag to direct your shell if necessary.

- **Finish**

- Hear a horn.
- See the flag drop.
- 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.

These rules apply both on and off the water.



Safety on Venue - Evacuation Plan

- **Being on the water when lightning is within a 12-mile radius is not allowed.**
- **When on the water, evacuations should occur immediately with the following actions:**
 - **Marshaling boats, officials' boats, and the on-water medical teams will push each team toward the launching and recovery docks, primary ("MARINA") Recovery Points, and/or secondary ("Finish Tower") Recovery Points, as directed by the Head Official.**
- **All boats will stop launching and both launching and recovery docks will be used for recovery of boats.**
- **Officials and volunteers located in the athlete area will be in place to help account for each team coming off the water.**
- **Spectators will be evacuated from viewing areas.**

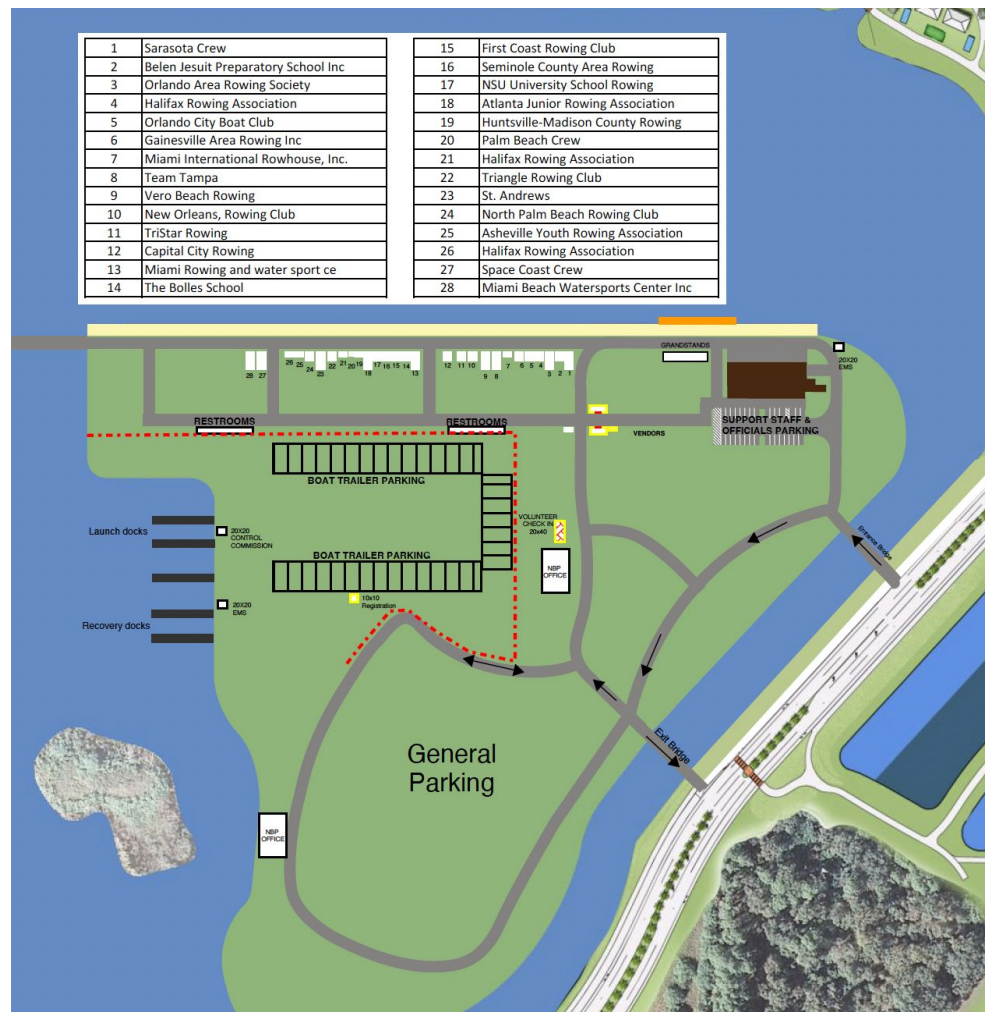


Safety on the Venue - Medical and First Aid

- **Medical will be located at the tent near Finish Line Tower dock & the Launch & Recovery Docks.**
- **If medical is needed on the water, flag down the nearest official for assistance.**



Venue Map



Texting System

For real-time regatta updates, scan the QR Code below and **text #SE24 to +1 (609) 354-7711.**

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



Bid Process

- After receiving a winning a bid to the 2024 USRowing Youth National Championships, the coach or team representative must put in an application on RegattaCentral for the event that the bid was received in. This application must be submitted by the coach or team representative within 3 days of the qualifying regatta (The Wednesday following the qualifying championship by 11:59 p.m.).
- Once the bid application period has closed for all winning bids, USRowing will alert the next place team that they have received the roll down bid via email. The roll down bid winners will then have 24 hours to put in an application on RegattaCentral.
- It is the coach or team representative's responsibility to put in an application process if they've received a bid or a roll down bid.



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](#).



GET READY TO RACE!

For additional questions, please contact:

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Competition Associate

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Sarah Hartz

Nathan Benderson Park

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