



2024 Athletes & Coaches Pre Regatta Meeting
Tuesday, June 18, 2024
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
2024 USRowing Northwest Masters Regional Championships
June 21-23 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 : Regie Robinson, Sarah McAuliffe, Meg Varcoe
Oregon Association of Rowers - OAR (LOC): Chris Shirley, Mike
Peixoto, Debbie Cadigan
Chief Referee: Bob Willenbring



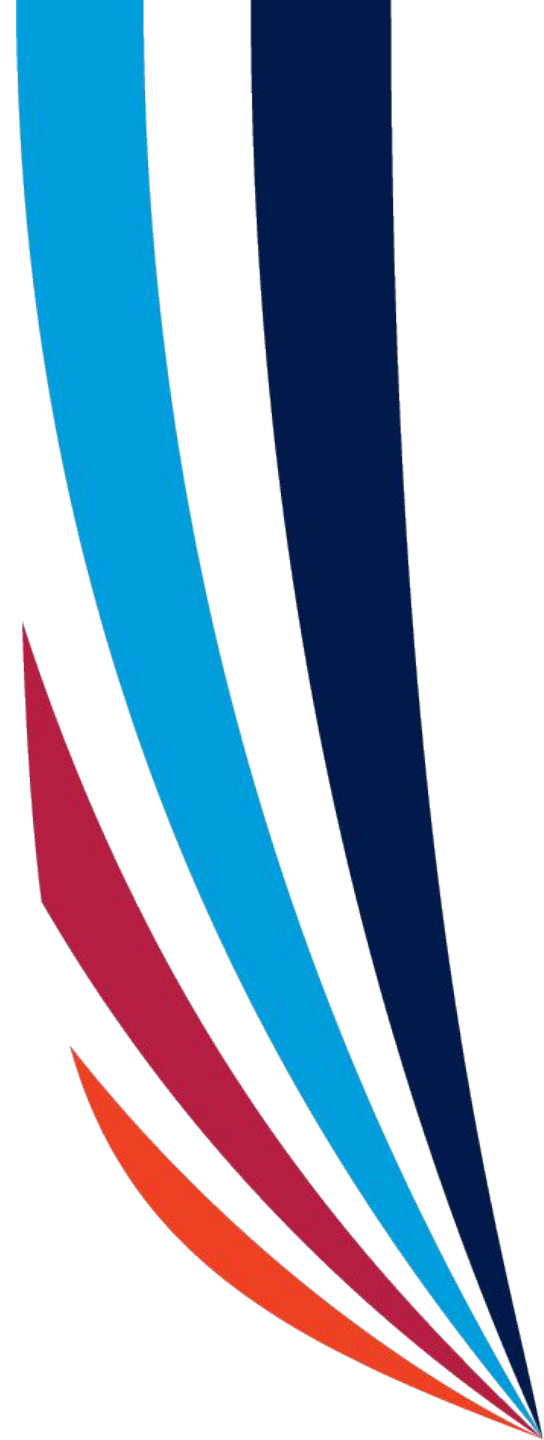
REVIEW OF REGISTRATION & VENUE SCHEDULE

- **Trailer Arrival Window**
 - Thursday, June 20 – 9:00 a.m. – 8:00 pm
- **USRowing Registration Tent**
 - Thursday, June 20 – 3:00 p.m. – 6:00 p.m.
 - Friday, June 21 – 7:00 a.m. – end of racing
 - Saturday, June 22 - 6:30 a.m. - end of racing
 - Sunday, June 23 - 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



Handicaps

- Every attempt will be made to provide crews with racing opportunities against others in the same age category.
- In events with crews from multiple age categories, the handicaps in the USRowing Rules of Rowing will be used.
- The finish time for each Crew shall be calculated by subtracting the handicap from the unadjusted actual time for each Crew.
- “Older” crews racing in events where the average crew age is older than the highest boundary for the event will receive the highest handicap for the highest age listed for the event. Example: If an “F” crew enters the D-E 8+, that crew will receive the highest handicap available for an “E” crew.



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 full time plus 4 part time**
 - **Northwest Region and 3 from Canada (B.C.)**
 - **200+ years of officiating experience**
- **The Referees' focus is everyone's safety and fairness**



Rules of Rowing

- **It is your responsibility to know and understand the Rules of Rowing. Since this is a championship regatta, we expect this, but we are available if you have any questions.**
- **Boat safety features and equipment**
 - **Bow balls, heel ties and cox compartments.**
 - **Correct bow numbers**
- **Broken equipment - alert the nearest referee and we will attempt to accommodate you.**



On Land (before racing)

- Weigh-in rules (entry packet page 20):
 - set time each day,
 - 160 or 130 pounds max for rowers
 - +1 pound rule
 - 120 or 110 min for coxswains
- If rowers fail to make weight, can switch to an open event if available.

- Control Commission will issue you a bow number when you check in for your race (up to 45 min before race time).
- Beach launching - no docks; 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 after landing
- Coaches - check with Control for hot seat requests and arrangements - we will not hold races



On Water - 1

- **In general, if a referee gives you an instruction, please acknowledge by responding or waving.**
- **When near 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 may drift into the way of the aligner, or the following referees.
 - Do not sit at the finish line after your race as you may 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**
 - Know the traffic pattern - Follow the traffic pattern
 - 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

- you may enter your lane when the starter invites you
- 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 may result in a warning for late to start
- The race may start at any time after the 2 minute notice
- Hands are not recognized during the Start
- We will use a polled start whenever possible. At the starter's discretion we may move to a Quick start
- What to do if you aren't ready – don't row. You may receive a penalty if you fail to start without a good reason.
- Once you leave the start area, you can no longer object to the start.
- Breakage zone is 100 m or 20 sec, this defines the start area.



On Water - 3

- **Sprint - Racing**
 - stay in your lane; know and follow referee instructions.
- **Finish**
 - Orange flag - horn - orange buoys
 - Objections must be raised in the finish area, before the referee displays the white flag to the finish tent.
 - One person raises their hand at the finish and talks 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.
 - submit the protest in writing
 - due within 1 hour along with \$50
 - submitted to the Chief Judge or Chief Referee

Rule 2-604 thru 2-606, USRowing Rules of Racing

UNSPORTSMANLIKE CONDUCT

Among other things, profanities, in general, are not considered 'sportsmanlike' even when intended to motivate; they must never be directed at another crew, referee, or LOC volunteer.

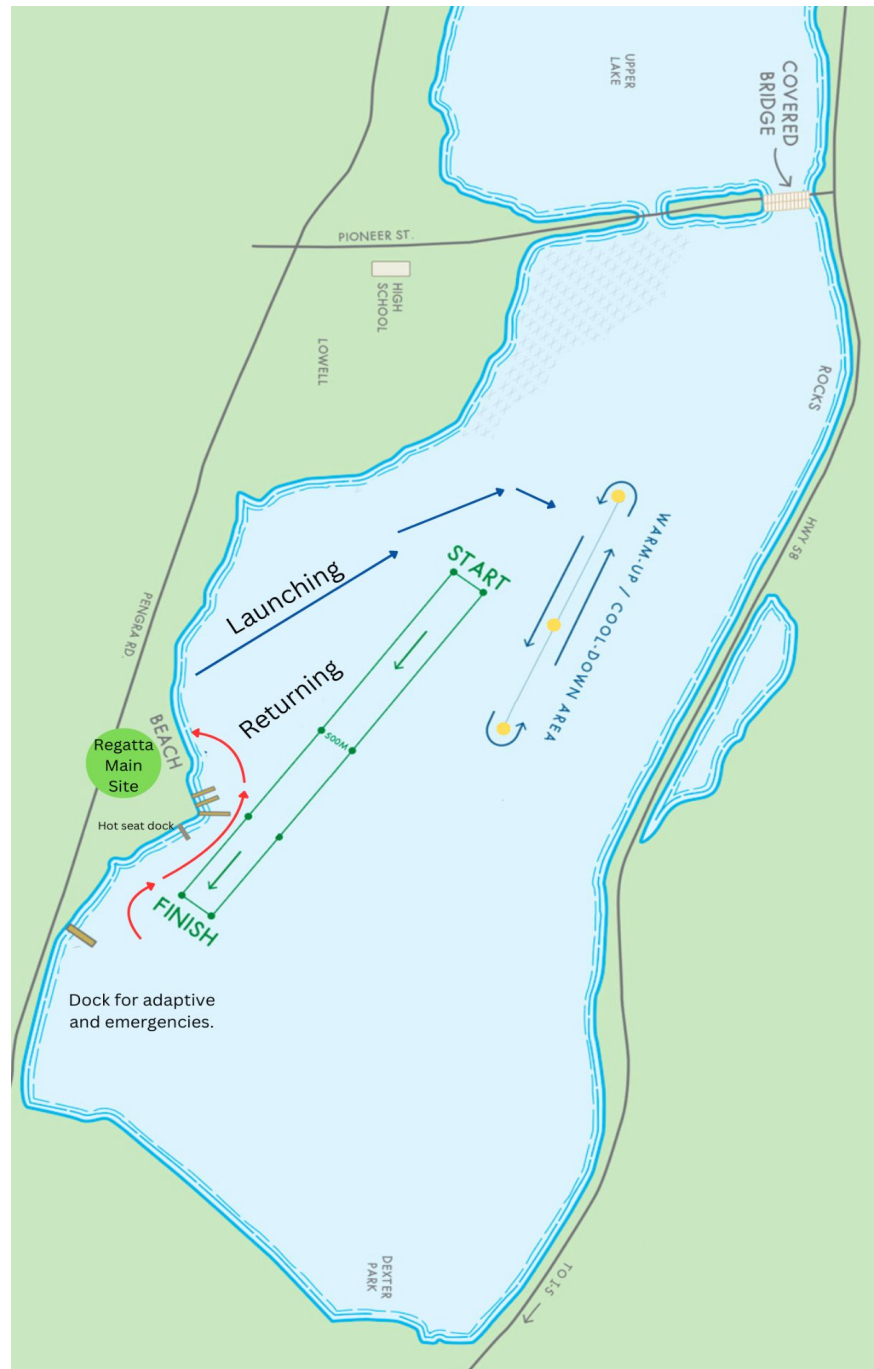
A violation of this rule (2-410) may result in exclusion or disqualification.

We are guests of Lowell (population about 1000), please be nice to our hosts!



Race Day Traffic Pattern

*Do not use secondary dock to enter the race course.



Traffic Pattern

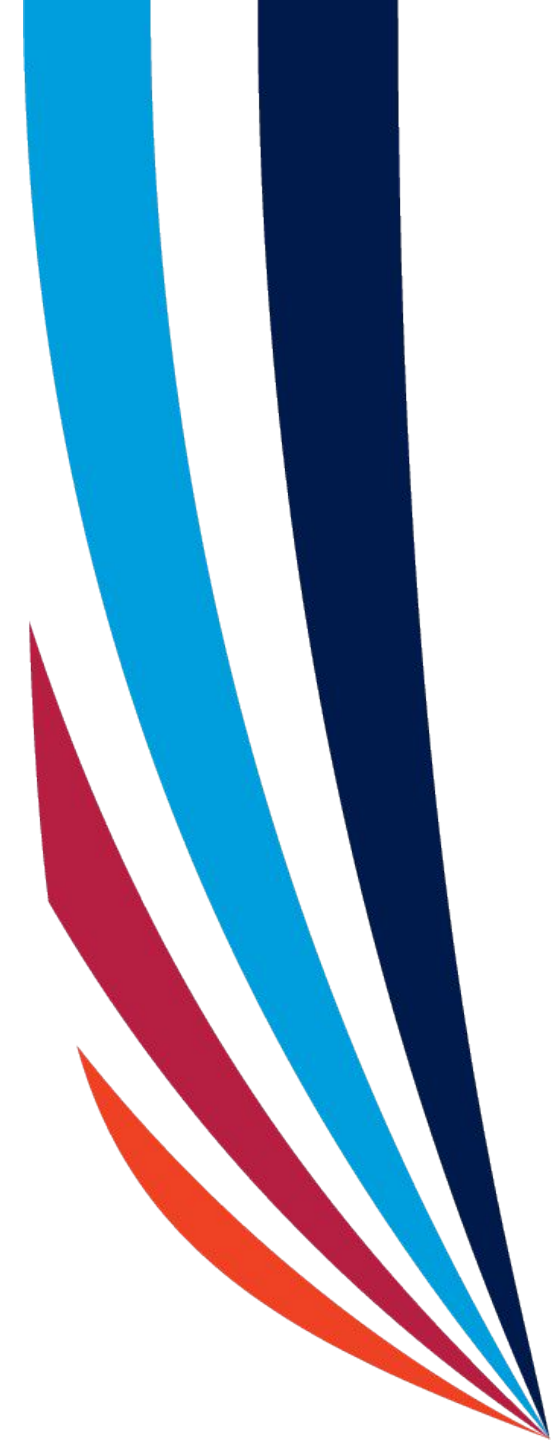
North
←



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.**
- **One on-site parking passes per club.**
- **Free parking at Lowell High School.**
- **Trailers and tow vehicles park Lowell State Recreation Area beginning on Thursday morning**
 - **Coordinate arrival and departure times with OAR Parking Coordinator, Debbie Cadigan 541-729-2444.**
- **Shuttle bus will run a continuous loop between Lowell Recreation Area and the Lowell High School beginning at 6:30 am.**
- **Please do not park on the road.**



Local Food and Dining

On-site:

- Bittle Brew Coffee
- Del Taco
- Thai Fusion
- Dogs Gone Coastal (Saturday only)
- Kona Shaved Ice
- Drop Bear Brewery (beer garden)

Off-site (in Lowell):

- Stomping Grounds Coffee
- Armando's Mexican Restaurant
- Bridge Town Market

Scan the QR code for a list fun activities in Eugene! —>



Volunteering

Volunteers are a critical component of all regattas. Our sport's sustainability and success rely heavily on these dedicated supporters, who help ensure that our rowers, teams, coaches, spectators, and more have a safe, fair, and rewarding experience.



Requirements: For every USRowing-owned regatta, with the exception of high performance regattas, every registered team will be required to provide at least one (1) volunteer to work one (1) 4-6 hour shift during the regatta.



Event Merchandise

Scan the QR Code below to pre-order your event merchandise



Sales END June 25, 2024

All orders will be shipped by July 12, 2024



For real-time regatta updates, scan the QR Code below and **text #24NWMasters 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 :

Sarah McAuliffe
Director of Competition
sarah.mcauliffe@usrowing.org



Photo courtesy of USRowing

