



USRowing

**SOUTHEAST MASTERS
REGIONAL CHAMPIONSHIPS**

AIKEN, SC

2024

2024 Athletes & Coaches Pre Regatta Meeting

Tuesday, June 18, 2024

8:00 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. Unsportsmanlike Conduct**
- 3. USRowing, LOC, Chief Referee**
 - a. Venue Information**



Introductions

USRowing

Regie Robinson

Brooke Ansley

Alyssa Orth

Jake Robinson - Virtual

Local Organizing Committee

Kirsten Aylward

Jim Buckalew

Chief Referee and Deputy Chief Referee

Sam Dempsey

John LeDuc



Key Takeaways

**USRowing is excited to welcome everyone to the
2024 USRowing Southeast Masters Regional
Championships
June 22-23 in Aiken, SC**

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!



Registration & Venue Schedule

- **Trailer Arrival Window**

- Trailers can begin to arrive at 8:00 am on Friday June 21.
- Overnight Security will begin Friday, June 21 - 7:00pm

- **USRowing Registration Tent**

- Friday, June 21 - 12:00 p.m. - 5:00 p.m.
- Saturday, June 22 - 6:30 a.m. - end of racing
- Sunday, June 23 - 6:30 a.m. - end of racing

- **Practice**

- Practice is on June 21 from 12:00 p.m. 5:00p.m. The last launch for all crews will be at 4:30 p.m.
- No practice June 22 or 23.

Weigh-ins (coxswains and lightweights need to weigh-in once for the entire weekend)

- Friday, June 21 - 4:00pm - 6:00pm
- Saturday, June 22 - 6:00am - 8:00am
- Sunday, June 23 - 6:00am - 8:00am



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**
 - **13 Referees**
 - **Southeast Region**
 - **150+ 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 when launching to ensure an accurate time
 - Bow numbers are critical, especially on Saturday!
- **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 number and time of your race.**
- **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 stake boats, 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 red flag 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 instruct crews, 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

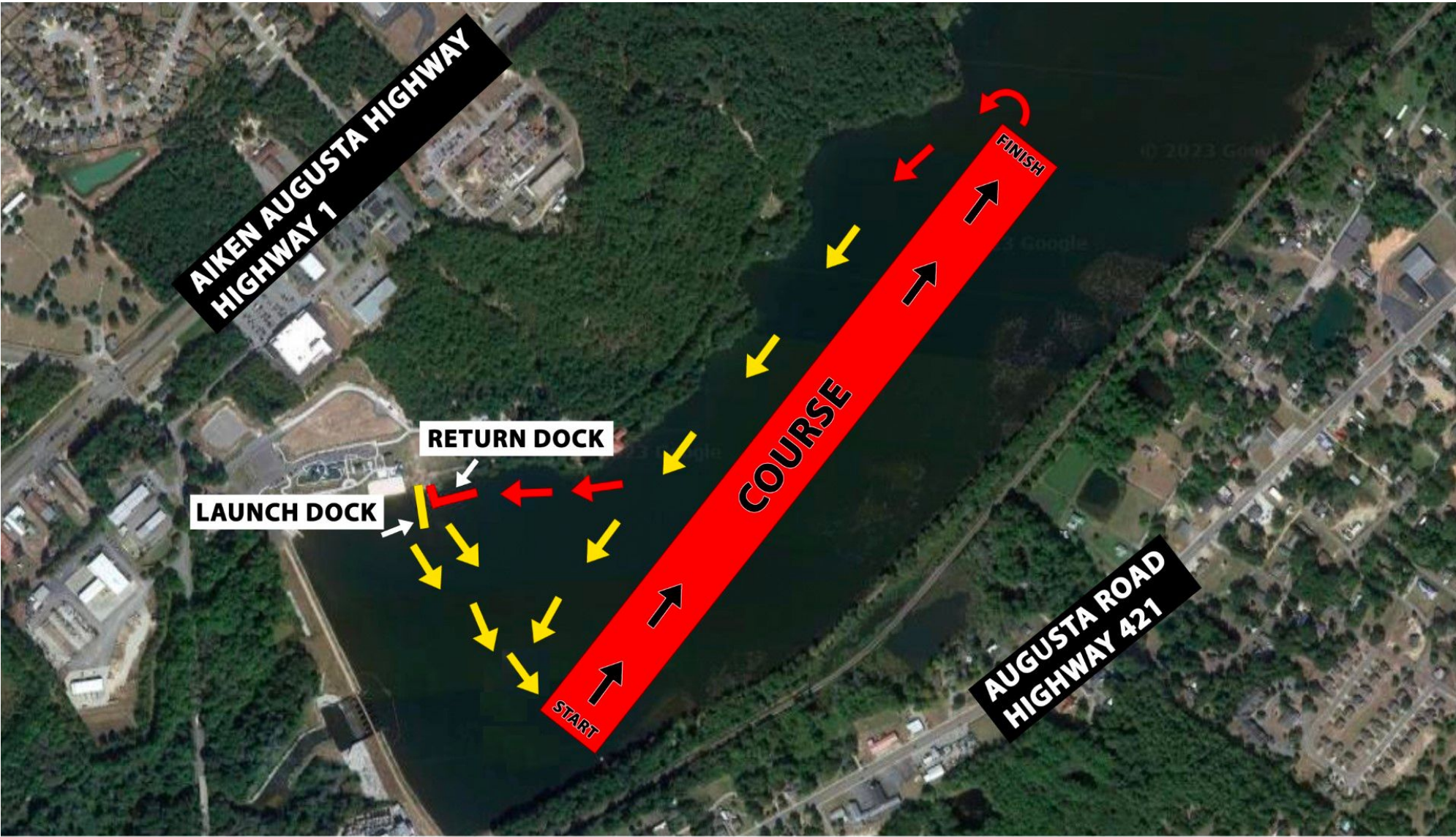


Unsportsmanlike Conduct

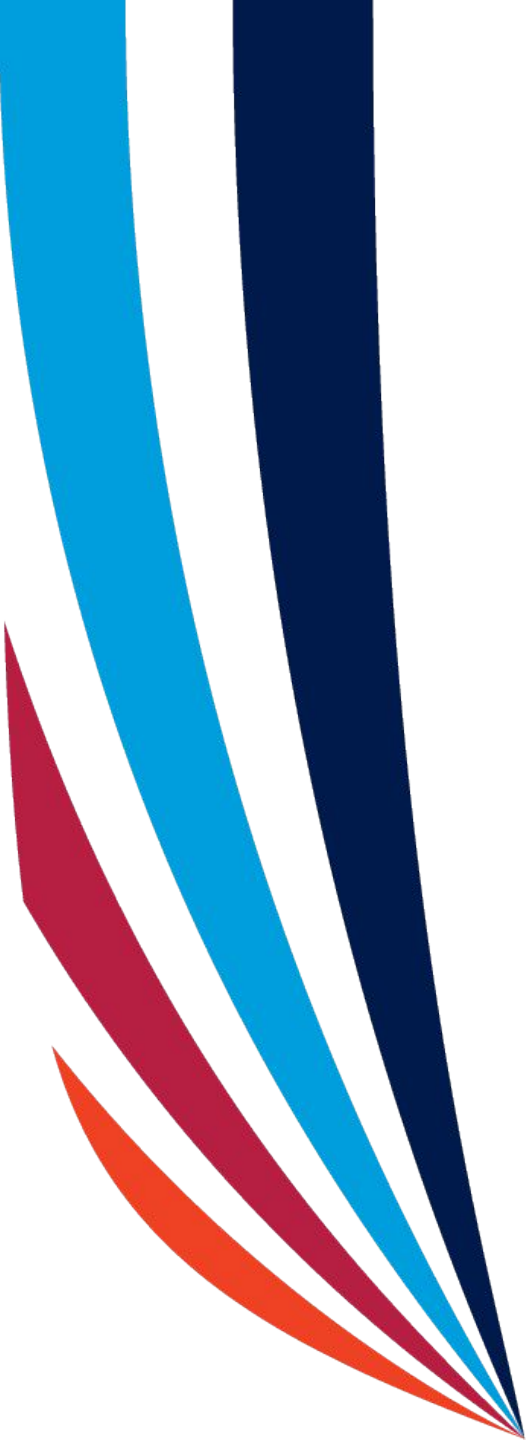
Among other things, profanities, in general, are not considered 'sportsmanlike' even when used to motivate; they must never be directed at another crew, referee, or LOC volunteer. A violation of this rule may result in exclusion or disqualification (2-410) .

All unsportsmanlike violations will be reviewed by the Chief Referee, USRowing & a member of the Committee

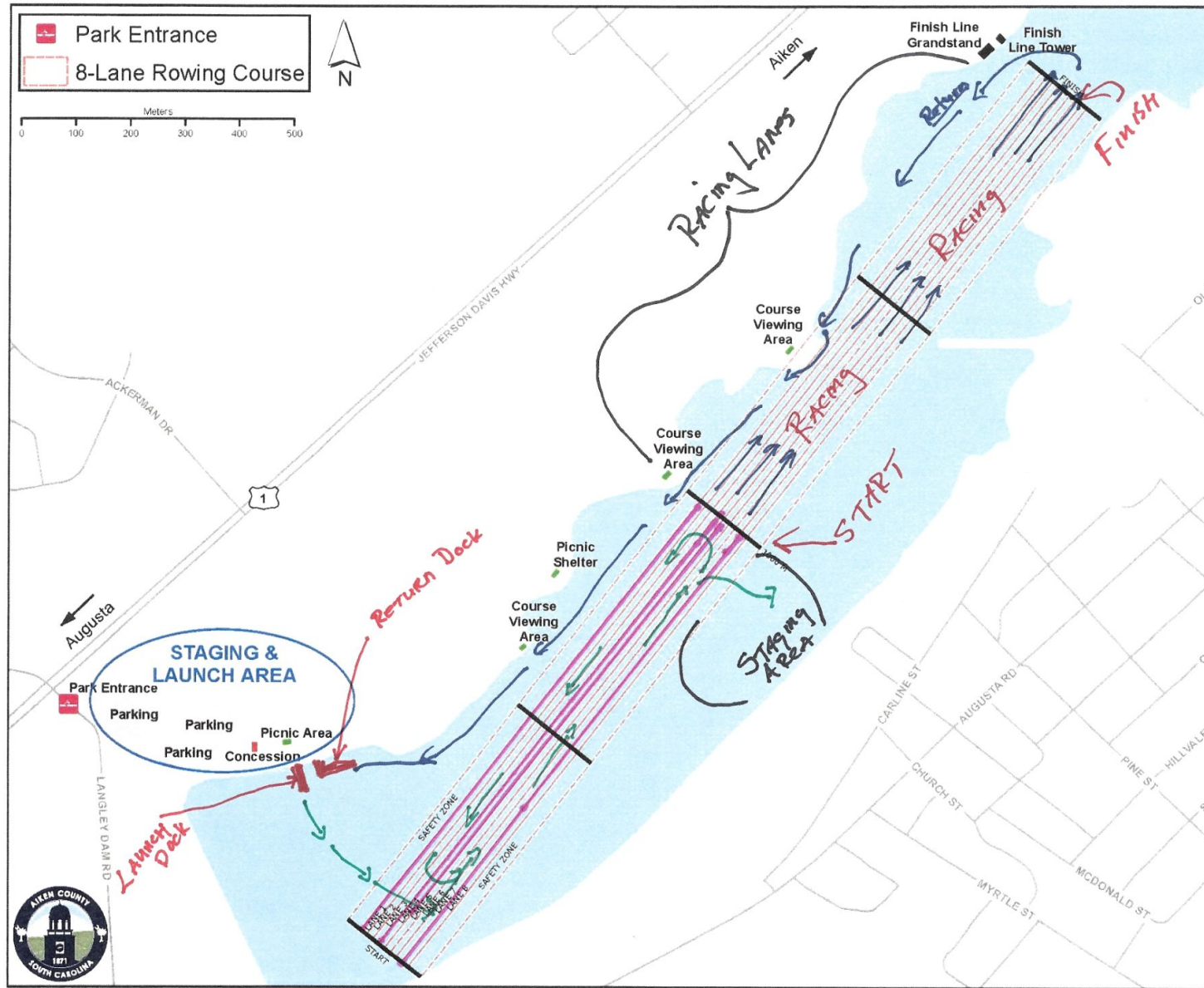




PRACTICE DAY TRAFFIC PATTERN



Race Course - UPDATE



Safety on Venue - Evacuation Plan

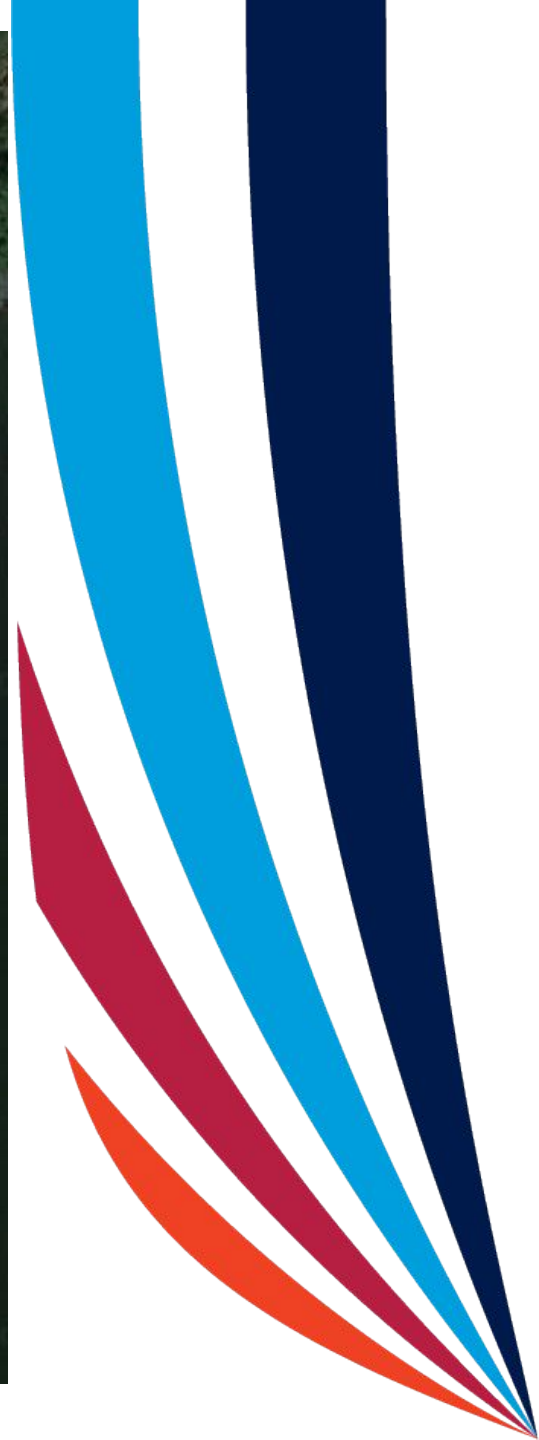
- **Medical will be available on site.**
- **Contact your nearest official or member of the LOC.**
- **Officials, LOC and USRowing will be monitoring the weather. In the event of an weather emergency, all crews will be asked to clear the course and return to the docks.**
- **In the case of an emergency, dial 911.**

Venue Map





Parking Map



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 #24SEMasters 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:

Brooke Ansley and Jake Robinson

Competition Department

Competition@USRowing.org

Alyssa Orth

Membership Department

Members@USRowing.org



Photo courtesy of USRowing

