

USRowing
SOUTHWEST MASTERS
REGIONAL CHAMPIONSHIPS
CHULA VISTA, CA



2024

2024 Athletes & Coaches Pre Regatta Meeting
Tuesday, June 18, 2024
7:00 P.M. PT

AGENDA

- 1. USRowing**
 - a. Introductions / Key Takeaways
 - 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, Chief Referee**
 - a. Venue Information
 - b. Evacuation/Safety Plan



INTRODUCTIONS

USRowing

Regie Robinson (Competition)

Jules Zane (Membership)

Chief and Deputy Chief Referees

Tom Kurkjan (Chief Referee)

Glenn Miller (Deputy Chief Referee)

LOC

Chris Callaghan (San Diego)



Key Takeaways

USRowing is excited to welcome everyone to the 2024 USRowing Southwest Masters Regional Championships on June 22-23 in Chula Vista, CA.

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 Coaches & Coxswains Meeting, the regatta entry packet, and any information posted on the event website.
3. Have fun!



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**?

TRAILER PARKING SCHEDULE

- **Trailer Arrival Window**

- Thursday, June 20, 12:00pm - 6:00pm (Chula Vista Boathouse)
- Friday, June 21, 8:00am - 6:00pm (Concession Parking Lot)
 - after hours by request only - Competition@USRowing.org.

- **Trailer Departure Window**

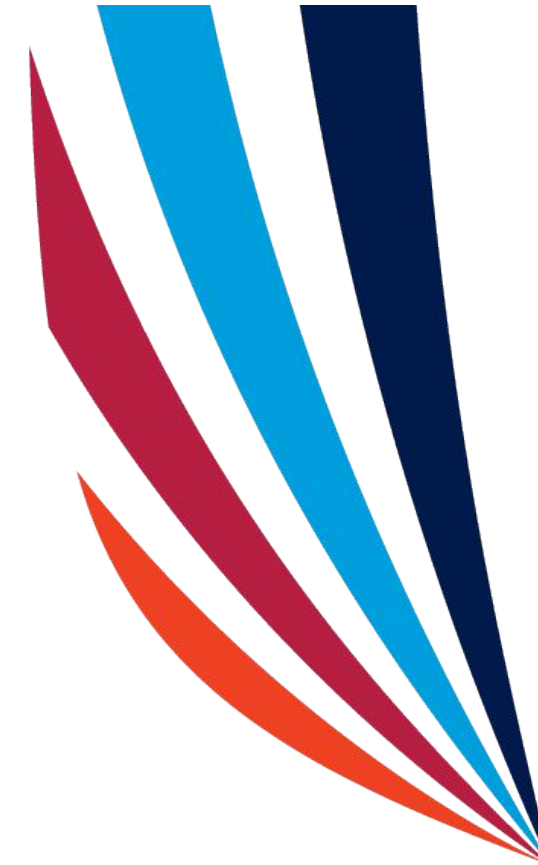
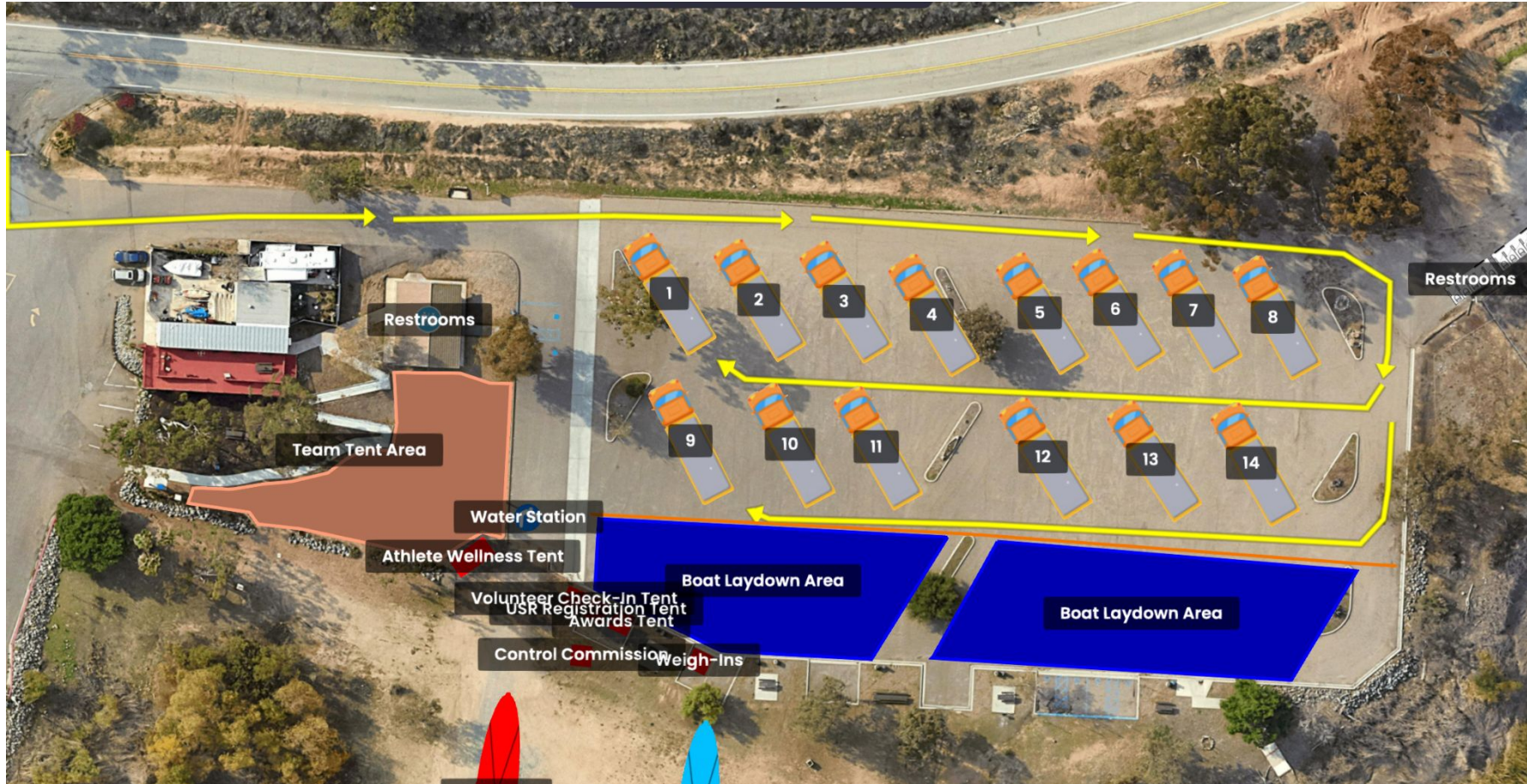
- Sunday, June 23, 6:00pm (Concession Parking Lot)
- Monday, June 24, 8:00am (Chula Vista Boathouse)
 - after hours by request only - Competition@USRowing.org.



THURSDAY TRAILER PARKING - MAP (Chula Vista Boathouse)



FRIDAY TRAILER PARKING - MAP (Concession Parking Lot)



Address:
2165 Wueste Rd, Chula Vista, CA 91915

REGISTRATION & PRACTICE SCHEDULE

- **Practice**

- Friday, June 21, 2:00 p.m. - 5:00 p.m.
 - last launch at 4:30pm

- **USRowing Registration (Concession Parking Lot)**

- Friday, June 21, 1:00 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

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

- Saturday, June 22 - 7:00am - 9:00am
- 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.



REFEREE WELCOME

- **Referee Jury Introductions**
 - **17 Referees**
 - **Southwest Region**
- **Referees are here to ensure safety and fairness for all participants**



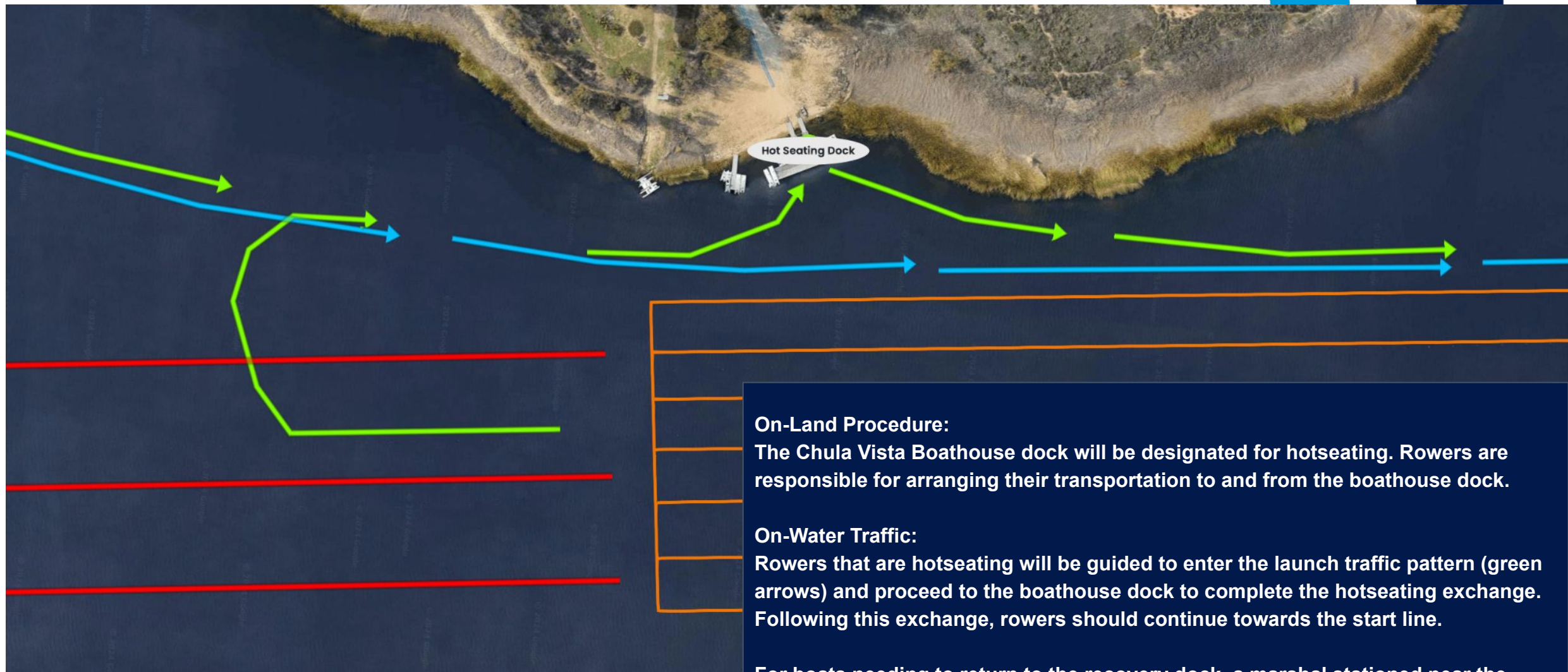
PRACTICE TRAFFIC PATTERN



RACING TRAFFIC PATTERN



Hot Seating



On-Land Procedure:

The Chula Vista Boathouse dock will be designated for hotseating. Rowers are responsible for arranging their transportation to and from the boathouse dock.

On-Water Traffic:

Rowers that are hotseating will be guided to enter the launch traffic pattern (green arrows) and proceed to the boathouse dock to complete the hotseating exchange. Following this exchange, rowers should continue towards the start line.

For boats needing to return to the recovery dock, a marshal stationed near the boathouse dock will provide directions on when to row back to the recovery docks between races.

USROWING RULES OF ROWING

- **It is your responsibility to know and understand the Rules of Rowing**
- **Equipment**
 - **Ensure that your equipment meets the rules - heel ties 3” and bowball is firmly affixed.**
 - **Visual & hands-on check will happen at launch**
 - **You will not launch without a bow number**
 - **Broken Equipment on the water- alert the nearest referee immediately.**



ON LAND

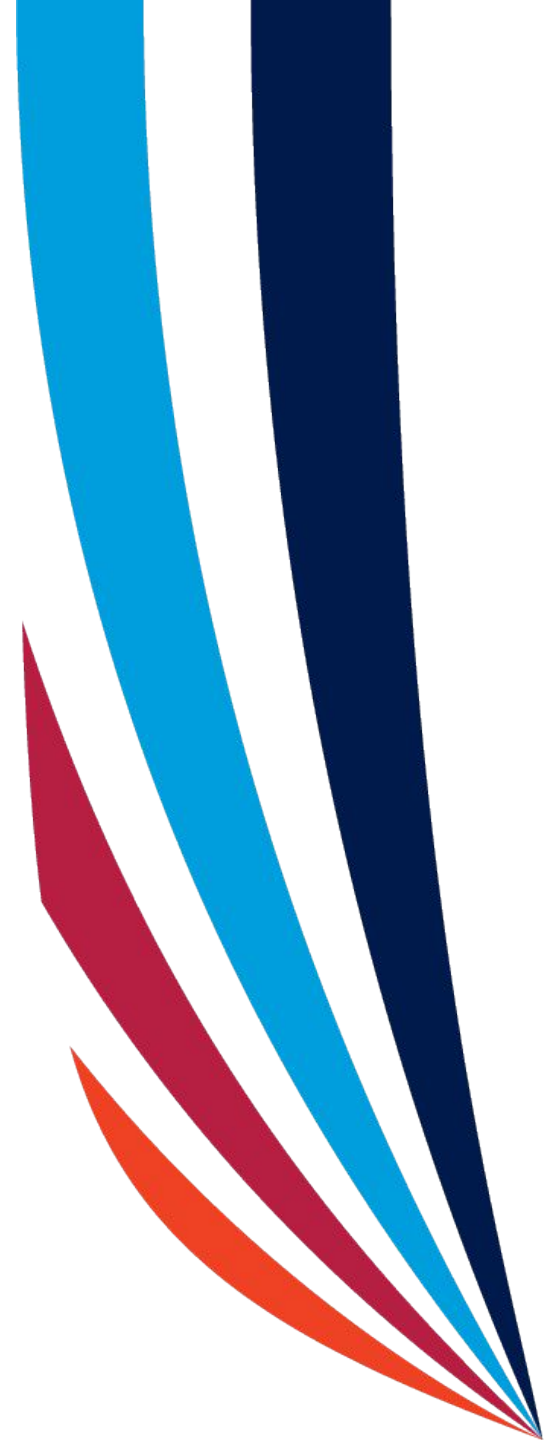
- When checking in with Control Commission, they will issue you a bow number for your race.
- Coxswains, you need to know the event # and time of your race
- Chula Vista has minimal dock space; make sure you have someone carry oars with the boat to launch, dock traffic will be FAST.
- Return bow numbers when recovering
- Coaches - check with Control for hot seating requests and arrangements - we will not hold races



ON WATER - 1

- **Sprint Starts**

- As directed by the starter, you may enter the course after the start of the prior race and warm up in your lane. Enter from behind the starting line.
- Make sure you know how to scull your point once attached to the stake platform.
- You must be locked on 2 minutes prior to your race time; 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 if all boats are present
- Hands will not be recognized during the Start
 - Crews will be announced in a steady cadence, then “Attention” along with the raising of the starter flag (red with white cross); followed by the command: “Go” and the dropping of the flag. 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 100m.
- 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, Go”. Crews will not be announced..



ON WATER - 2

- **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.
 - Have **one** person raise their hand at the finish and talk to the referee. Please have in mind:
 - what happened to you and where on the race course,
 - 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 \$50. Protests should be submitted to the Chief Judge or Chief Referee and must reference the relevant rule. Please see rules 2-606 thru 2-608, USRowing Rules of Racing 2024 for more details.



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. Unsportsmanlike conduct is grounds for exclusion!



USRowing



EMERGENCY 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



VENUE SPECTATOR PARKING



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 #24SWMasters 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 :

Regie Robinson

Regie.Robinson@USRowing.org

Competition Coordinator



Photo courtesy of USRowing

