



USRowing Southwest Youth Championship Regatta

May 5-7, 2017

Lake Natoma - Rancho Cordova, CA



Entries are now being accepted for participation in the USRowing Southwest Youth Championship Regatta. Races will be held on Lake Natoma in Rancho Cordova, CA, on a seven lane, 2000 M buoyed course with starting platforms.

Eligibility: The SW Youth Championship Regatta is a championship event for Youth competitors from Arizona, California, Colorado, New Mexico, Hawaii, Nevada, and Utah only. First, second, and third place SW Youth Championship medals will be presented for each event to the top three finishing crews. Points will be calculated in each event for the highest scoring entry for each team. Only the highest placing boat will earn points. Freshmen athletes entered in Frosh events must attach official documentation of Freshman status to the entry form. Acceptable documentation includes copies of student ID cards or a letter from the school administration on school stationery.

USRowing Membership: The SW Youth Championships is a USRowing owned event. Each participant is required to be a current, “Championship” member of USRowing. Each participant must also have a signed waiver on file for 2016. Each competing organization is required to be a current organizational member of USRowing. Memberships can be activated or renewed by visiting <http://www.usrowing.org/join.aspx> or by calling the Membership Services Department at (800) 314-4769. Memberships should be handled prior to arriving for the event.

Pre-Registration “Championship” Membership	On-Site Registration “Championship” Membership
\$45	\$50

If you have questions regarding the status of your organizational or individual memberships, please contact our Membership Services department at (800) 314-4769 or members@usrowing.org. A current listing of your athletes, their member numbers, and expiration dates can be found on your online roster:

<https://rosters.usrowing>.

Waivers: All athletes should make sure to sign their USRowing waiver using their Championship Member number.

Credentials: Credentials will be issued to athletes once registration is complete, membership and waiver information is verified, and all fees are paid in full. **A coach or team representative may pick up the credentials for their team if all team members meet the above criteria and the organization’s membership and regatta fees are paid in full. All team credentials must be picked up at the same time. Partial groups will not be distributed.**

Crews must collect their credentials on the park side of the venue prior to competition. No credentials will be distributed from the boathouse side of the venue. Athletes will be required to show credentials in order to pass through Control Commission and launch for racing sessions. Crews will not be able to launch without showing proper credentials.

Each athlete will receive one complimentary credential as part of their registration for the event. Any replacement credentials can be purchased for \$10 at the registration desk.

The regatta will be a USRowing Registered Regatta and will abide by the USRowing Rules of Racing, except where amended by the region (rules are listed below).

Time Trials: Time trials will be conducted for every event that has over 21 properly entered “A” boats at the entry deadline. “B” boats will be accepted into events that progress in this format. The threshold for time trials for the 3V event will be 15. Novice fours are a time trial event. 14 crews will advance from the time trials to two semi-finals, when the heats for that event are scheduled.

Scratching Crews: Once racing has begun for a given event, teams that scratch from that event will not be allowed to participate in that event the following season. Additionally, athletes from the scratched crew are eliminated from their next event in the regatta.

Credentials: All crews will have to pass through control commission stations. We plan to have three on the finish line side and one on the Aquatic Center side. Control Commission will check bow balls, heel ties, and credentials for all competitors. Line ups will have to be correct the morning of the event. Please plan ahead so your crew can proceed through control commission without delay.

Novice Rule: A novice is considered to be a rower or coxswain in their first high school season of rowing. If a rower or coxswain is a member of your high school club or team, a participating member of your program or on a club/team roster in a September through May season they are in their novice year. This includes development programs for high school aged athletes. These rowers and coxswains will no longer be eligible for novice events the following fall season. Novice athletes shall have had no rowing experience in previous high school seasons. If an athlete races prior to entering their high school year for a high school team they are not eligible for the following fall season as a novice but can race as a freshman. Coxswains who wish to become rowers may race for one season as a novice rower.

Interpretations of the novice rule above: You may row (summer camps, sculling groups, development camps, middle-school teams; whatever a particular club calls it) until you are in high school; it doesn't count towards your novice season.

BUT, IF you were in high school while participating in the aforementioned rowing activities, that does go towards your novice status and you must go to the varsity team in the Fall.

IF you are below 9th grade and on a novice (or varsity) team/roster (racing or not) for a season that counts towards your novice year; the next Fall you row with the varsity squad.

PLEASE NOTE!!! Time Trials: If a Youth Nationals qualifying event has more than 21 properly submitted entries there will be a 1900M time trial conducted on Friday, May 6 not before 3PM. The regatta may move the time trials earlier if there is need for more time to properly conduct the time trials. Notice will be given as soon as possible about the start time for the trials and the order in which they will be conducted. Also, the novice four event will be a time trial event. **Organizations may enter as many novice 4+s as they choose.** The time trial will determine the 14 crews advancing to the heats and their seedings for the heats. 2 hours before the scheduled start, there will be a mandatory meeting at the finish line tent for those crews and coaches participating in the time trials. Bow numbers for the time trials will be issued for the time trials at that meeting.

Regulations for 2017 from the Aquatic Center:

- 1. All Crew trailers must be inside the park no later than 8:00 p.m. Thursday, May 4.**
- 2. Crews will not be allowed to unload/rig until 6:00 a.m. Friday Morning.**
- 3. Official Practice starts no earlier than 8:00 a.m. Friday Morning.**
- 4. Pending need for Time Trials, practice will halt at 2:00 p.m. or 1 hour prior to first time trial race.**

COMPLETE ENTRIES MUST BE RECEIVED BY APRIL 25, 2017.

Complete entries include fees, names, waivers, memberships and freshman documentation made through RegattaCentral. *Entries will not be accepted via postal mail.* **PLEASE NOTE: ENTRIES MUST INCLUDE LINEUPS. NO PLACEHOLDER NAMES!**

Freshman documentation should be copied and scanned then emailed to: SWROWING@CS.COM. Freshman Documentation must be received by April 25, 2017 to assure acceptance into those events.

Late entries received after April 25, 2017, will be admitted on a space availability basis only in the scheduled heats and finals. **Lineup changes after Midnight May 4 will be assessed a \$5 change fee, as we have to enter those changes by hand.....**

Entries submitted without fees will not be included in the regatta schedule.

A scratch fee of \$25.00 will be assessed for any scratches made after noon on Monday, May 1, 2017. "No shows" at the starting line will be subject to the scratch fee.

Changes or corrections to boat line-ups should be made as soon as is practicable. No lineup changes in the single without consultation with the Regatta Director. Seeding and/or acceptance in the event must be considered. For other events I have enabled RegattaCentral to accept lineup changes.

To expedite the process of submitting entries, be sure to have the USRowing Member Number for all rowers you'll be entering. Additionally, you can speed up waiver compliance by having your athletes fax their waivers to USRowing, or using the online waiver option.

Each regatta has a separate "entry window". Our entry window is April 1 through April 25, 2017. If you need to add an entry you must contact Paul Wilkins, swrowing@cs.com to enable late entry acceptance through RegattaCentral.

	<u>Entry Fees</u>	<u>Late Entry Fees</u>
8+	\$225.00	\$323.00
4+, 4x, 4-	\$170.00	\$240.00
2-, 2x	\$98.00	\$132.00
1x	\$76.00	\$ 99.00

PLEASE NOTE THAT \$10 OF EVERY ENTRY FEE WILL GO TO THE JUNIOR NATIONAL TEAM. Last year we contributed \$5900 to the Jr. National Team!

How to submit Entries and Fees: The regatta will be utilizing <http://www.regattacentral.com>. You will be able to submit entries and view entries, access information, and more. RegattaCentral also enables automated waiver compliance (assuming waivers are on file with USRowing) and enables your online roster to track Freshmen, allowing the regatta to verify Freshman status more easily.

General Information: The regatta will be officiated by USROWING Judge-Referees. Coaches are expected to prepare athletes for participation in a formal regatta conducted by licensed officials and utilizing a starting platform. Crews must be able to scull themselves into alignment at the starting line. Races will run on time. Events will not be postponed for hot seating of athletes or equipment. Please consider this information when selecting your entries.

Events with Trophies: Please return trophies on Friday for distribution over the weekend.

Entries: Each team is guaranteed one boat per event. Duplicate entries will be allowed on a lottery system if there are lanes available to be filled. New heats will not be formed to accommodate duplicate entries. The faster of the two boats will be considered the "A" boat, the slower boat will be considered the "B" boat. Events with less than three entries from different programs will be removed from the regatta schedule.

Multiple Entries: Multiple entries from one club will be accepted only in the following events: 3V8, N8C, F8, 4X, and N4+. “B” boats may be entered in other events (prioritize them please), but will only be accepted on a space available basis. Once an event passes the threshold of more than 21 properly entered “A” boats, all “B” boats will be accepted. “B” boats in the single are guaranteed acceptance only if the sculler is in the top 7 seeds. B lightweight and open doubles that are seeded in the top 7 will be guaranteed acceptance like the singles. **Coaches must post names with their lineups and demonstrate speed in order to be seeded in the top 7.**

Equipment Safety: Bow balls and bow numbers are required for any boat preparing to race. These items will not be provided by the regatta organizers except for the time trial events. Each Shell must be equipped with quick release footgear or heels attached with strings to allow quick release that are no more than 3” from the footboard. All bow-coxed shells must meet the Rules of Rowing requirements regarding the size of the opening through which the coxswain enters the shell.

Boat Storage/Trailer Parking: The State Park at Lake Natoma has imposed a parking fee of \$10.00 per day. This applies to all cars and vans parking in the area. Busses will be charged \$100 per day and will have to park in the overflow lot in order to provide more boat staging space. Please arrive prepared to pay to park.

4-106 Weighing of Competitors (c) The weight of coxswains as described in Rule 4-105.1 (“Coxswain’s Weight”) shall be determined once for the weekend, beginning at Noon on Friday. There will be additional weigh ins on Saturday and Sunday, but we would appreciate all the coxswains weighing in on Friday. A detailed weigh in schedule will be published no later than two weeks before racing. Competitors shall be weighed in racing uniform without shoes or other footgear. Racing uniform must cover the torso. In the event a coxswain is weighed after the applicable Weigh-in Window but before the first race in which the weight is relevant, the coxswain may be subject to one of the penalties described in Rule 2-602 (“Types of Penalties”) in the discretion of the Referee; the presumed penalty for such infraction is a Warning. Failure to weigh-in at any point in time prior to the first race in which the weight is relevant shall constitute a violation of Rule 4-105.1 and result in exclusion.

Weigh-Ins:

Lightweights: Weighing of Competitors: The weight of Youth rowers in lightweight events as described in Rule 4-106:

(“Lightweights”), shall be determined once each day no less than one (1) hour and no more than two (2) hours before the scheduled time of the first race in which the weight is relevant.

- Crews will be weighed in the order that they sit in the boat (bow to stern).
- Each Youth rower shall have only one (1) initial opportunity to weigh in. A competitor within one (1.0) pound or less of the weight standard is allowed one (1) re-weigh within the official weigh-in time window. A competitor whose initial weight is greater than one (1.0) pound above the weight standard will be ineligible to compete in the event.
- Competitors shall be weighed in racing uniform, without shoes or other footgear.

All lightweights will receive a wristband after weigh-ins. Wristbands must be present during racing of lightweight events. Scales will be open on Friday for unofficial weigh-ins.

<u>Lightweight Men</u>	<u>Lightweight Women</u>
Max. 150 lbs. (No avg.)	Max. 130 lbs. (No avg.)

Coxswains: PLEASE NOTE!!!!

- a. Coaches please make sure your coxswains know the events and boats they are weighing in for.
- b. **Coxswains must weigh in once for the weekend, beginning at Noon on Friday.** A schedule of the coxswain weigh ins will be posted two weeks before the event.
- c. Weight classifications are as follows:
 - women’s crews minimum: 110 lbs.
 - men’s crews minimum: 120 lbs.

Coaches, Coxswains and Officials Meeting: A meeting will be held 30 minutes after any scheduled time trials or at 6PM Friday evening, May 6th, at the race course to review the regatta procedures and the final schedule. All teams should send a representative to the meeting. Entries will not be accepted after the conclusion of the Regatta Meeting.

USRowing National Youth Championship: The Southwest Youth Championship Regatta has been designated one of 12 qualifying regattas for the USRowing National Youth Championship. The 2016 Youth National Championships will be held June 9-11, 2017, at Nathan Benderson Park, Sarasota-Bradenton, FL. Entry packets will be posted March 1, 2017. To qualify for an invitation, crews must place first, second or third in the following events at the SW Championships: Varsity Eight, Varsity 4+, Lightweight Eight, Lightweight Four, Quad, Double, Lightweight Double, Pair, and Varsity Single. If one of the top three crews decides not to go, the invite will NOT automatically roll-down to any fourth placed crews. Petitions from crews that do not qualify will be considered. For more information on the petitioning process and for complete information about the Youth National Championship, see: http://www.usrowing.org/events_new/youthnationals

Volunteers: Each program competing is requested to supply at least 1 volunteer for one session of racing (an AM or PM one day). Have them report to the finish line tent.

Accommodation: Crews and spectators in need of accommodation are encouraged to utilize EMC venues:

Check the accommodations tab of RegattaCentral.

Using this company provides flexibility for the teams an easy “one stop shop” for hotel rooms, and will **generate revenue for our regatta.**

Seeding: The seedings for the region will be determined by a committee led by the stewards. The results of that seeding will be sent to the coaches for their review two weeks before the regatta. **Coaches may dispute the seeding order at that time, with pertinent results from the spring season. Seeding for single scullers must be by name.** The following races will be seeded: V8, JV8, LT8, N8, Lt2x, Open 4+, 2-, 1x, 2x, 4x. Seedings will be determined from results from League Races, SoCal Cup Races and San Diego Crew Classic.

Events:

<u>Varsity</u>	<u>JV</u>	<u>3V</u>	<u>Lwt</u>	Novice	Freshmen	Open Events
8+	8+	8+	8+	8+	8+	4x
			4+	4+		4+
				4x+		2x
						Lt 2x
						2-
						1x
						4-

Team Trophy Points System: Points will be calculated in each event for the highest scoring entry for each team in the final. Multiple entries from any team are permitted, but only the highest placing boat will earn points. Points will be awarded as follows:

					2-	
			O4-		N4x	
			O4+	3V8	Lwt2x	
			O4x	Lwt4+	N8”B”	
			Lwt8	N8	2x	N8”C”
		<u>V8</u>	<u>JV8</u>	<u>FR8</u>	<u>N4+</u>	<u>O1x</u>
1st		30	24	18	12	9
2nd	80%	24	19	14	10	7
3rd	60%	18	14	11	7	5
4th	45%	13	11	8	5	4
5th	30%	9	7	5	3	2
6th	15%	5	4	3	2	1

USRowing Southwest Youth Championship

Regatta By-laws and Guidelines

- Executive Board:** An Executive Board of Stewards will be empowered to act on the business of the Southwest Youth Rowing Championship Regatta. The Board will be made up of five (5) voting members, no two of which will be from the same club. Executive Board Representatives will serve two-year terms. In order for the Executive Board to transact business, a quorum must be established. A quorum will consist of three voting members and any decision that only three voting members comes to must be unanimous.
- Membership Voting:** Youth programs who participate in the SWJRA championship shall be restricted to one vote per squad (1 men’s and 1 women’s) that they represent, with a maximum number of two votes per organization. Proxy votes will be allowed. Proxy votes must be submitted in writing and tendered at the beginning of the fall meeting.
- Championship Regatta Rules:** USRowing Rules will apply to the Regatta except where modified by the membership. Any change of the By-laws or Regatta Rules should be accomplished at the Fall membership meeting. If the executive board agrees that a rule should be modified to respond to issues that present themselves after the fall meeting, they shall request a straw poll of member organizations. If the modification passes with a simple majority of organizations it may be implemented for the upcoming event.
- Race Classifications:**
 - In a 2 heat, event Lane 7 can be used for the 4th place crew if that time is faster than the winning time of the other heat.
 - If an event has more than 21 properly entered “A” boats, the event will go to time trial with 14 crews advancing, to be placed in lanes according to their performance in the time trial. In the 3V8, more than 14 properly entered boats will result in a time trial for that event.
 - In a 3 heat event, Lane 7 can be used for the third place crew if that time is faster than the winning times of the other heats.
- Substitutions:** Athletes taking the AP exam may have a substitute row in their place in the Time Trial. Athlete names, class year, and their AP test confirmation letter must be supplied to swrowing@cs.com by the regular close of entries. Name and class year for the designated substitute name and class year must be supplied as well. This rule applies only to the Time Trial and is only for those taking the AP exams.
- Clarifications:**
 - A coxswain may race at any classification level or in any event with the restriction that a second, third or fourth year coxswain not race down to the novice level and that the varsity level coxswain not race down to the JV or 3V. If extenuating circumstances exist, petitions will be heard.
 - A freshman (frosh) is defined as 9th grade or younger (up to and including 9th grade). The frosh 8+ coxswain need not be a freshman, as long as he/she is a novice.

- c. Please review the "Novice Rule". Rowers shall have had no racing experience as a rower and coxswains shall have had no racing experience as a coxswain prior to the current rowing season. Coxswains who wish to become rowers may race for one season as novice rowers regardless of their coxing experience.
- d. The 3rd Varsity (3V) classification is not open to any rower competing in a Varsity or JV event.
- e. The JV 8+ is not open to any rower competing in the Varsity 8 event.
- f. In order to enter a JV8+ you must enter a Varsity 8+. That JV8+ must be the slower of the two boats.
- g. The Varsity classification is open to any eligible Youth rower as long as they are not also entered in a JV or 3V event.
- h. Athletes can only row in 3 events at SW Youth Championship regatta. Coxswains are exempt from this restriction.
- i. The open quad event will be without coxswain for qualification to the Youth National Championships; however, additional crews can row with coxswain. The novice quad event will be with coxswain.
- j. Composite boats: There shall be no composite boats. Composite is defined as one boat with members of more than one club. If extenuating circumstances exist, petitions will be heard.
- k. In order for a team to enter a crew in the 3V8, they must have a boat entered in the JV8. In order for a team to enter a crew in the N8C, they must have a boat entered in the N8B.