



**USRowing
Northwest Masters Regional Championships
June 23-25, 2017
Vancouver Lake, WA**

Entries are now being accepted for the 2017 USRowing Northwest Masters Regional Championships. This regatta will be held on Vancouver Lake, in Vancouver, WA. Races will be run on a fully buoyed 1,000-meter racecourse with stake boats. The Portland Vancouver Rowing Association will host this year's championships.

****** New for 2017******

The NW Masters Regional Championships has moved to a finals only format. The Northwest Rowing Council and its members voted to move to this format starting in 2017.

There is no longer a limit to how many boats a club may enter per event.

There is no longer a limit to how many events an athlete can compete in, during the regatta.

Important Dates and Deadlines

May 22	•First Day Regatta Central allows entry input for the regatta
June 12	•Deadline to input entries for the regatta without paying late fees •Last day to scratch entries and receive a full refund of the entry fee
June 13 – June 18	•Organizations scratching entries will be charged the entry fee and an additional scratch fees
June 14	•Preliminary Event Schedule to be published
June 19	•Lane draws posted.
June 22 -- 4:00pm	•Deadline for late entries, which will only be accepted if space is available and the coach submits payments, waivers and lineup form. •Registration Opens
June 23 --	•Coaches & Coxswains Meeting (estimated)

8:30am	•Control Commission opens; coxswains and lightweights may weigh in.
June 23 -- 10:00am	•Racing begins (estimated)

Information about 2017 Entry Fee Structure:

To our coaches, competitors, and members,

Following the 2016 racing season, USRowing’s Board of Directors and staff conducted a full review of the working conditions at USRowing-owned championship events.

To this end, a subcommittee of the Board was formed, and worked with staff to develop solutions for improving the racing experience of competitors, staff, referees, volunteers, and rowing fans.

From this committee came a number of initiatives that will be enacted at the 2017 USRowing-owned events, beginning with the youth championships in May.

- Increased referee staffing -- USRowing is committing to providing funding for a 25% increase in the number of referees at its owned events
- Attracting top referee talent -- USRowing has committed a number of resources with the goal of attracting top referee talent to our most prestigious events. These include full travel reimbursements, to remove the financial burden of officiating USRowing’s biggest events.
- Limiting the number of working hours in a single day -- USRowing’s events have grown to levels that push the boundaries of physical daylight, physical safety of competitors and referees, and the work conditions and recruiting efforts for volunteers to staff the events. To these ends, USRowing is committed to keeping the planned racing schedules to no more than 8.5 hours of racing in a single day (generally, 8am-6pm). This will provide for improved fairness in a number of areas:
 - Officials and volunteers will be in better physical condition on the later days of the events, which typically host the most important races,
 - Improve each event schedule’s ability to accommodate weather delays and interruptions,
 - Limiting the hours that coaches and athletes have to be ready to compete.

Enacting these improvements requires USRowing to make additional investments in the event budgets.

After the budget approval in December, USRowing staff has again worked with the Board of Directors in an effort to restructure the entry fees for USRowing owned events, making an effort to limit the amount of increase to regatta entry fees necessary to meet these investments.

At the regional level, USRowing worked to level pricing inequities found across the country. The west coast events were paying significantly higher entry fees than their counterparts in other

regions. Those prices have been brought even with each other, resulting in increases for the events in the Southeast, Northeast, Mid-Atlantic, and Central regional events. From that equitable foundation, all regional events saw a 10% increase to reach the final entry fee numbers:

2017 USRowing Masters Regional Entry Fees		2017 USRowing Masters National Championship Entry Fees
8+	\$ 215.00	\$ 248.00
4x/4+	\$ 160.00	\$ 182.00
2x/2-	\$ 88.00	\$ 105.00
1x	\$ 55.00	\$ 66.00

Along with the improved safety and fairness aspects, USRowing is also committed to elevating the experience at these championship regattas by providing programming and special events to create the “championship” atmosphere fitting for USRowing’s “Championship” members.

The new pricing structure will benefit coaches and competitors both on and off of the water.

If you have any questions about these, or any of the changes coming for 2017, feel free to contact Senior Events Manager AJ Dominique at: alvin@usrowing.org or Events Manager James Rawson at: james@usrowing.org.

We look forward to a great racing season.

--

Susan Smith, USRowing
Acting CEO

Late Entry Fees

BOAT TYPE	ENTRY FEE (by June 12 th)	LATE ENTRY FEE (June 13 th or after)
8+	\$215.00	\$323.00
4+/4x/4x+	\$160.00	\$240.00
2x/2-	\$88.00	\$132.00
1x	\$66.00	\$91.00

\$7 Volunteer Fee:

In addition to the entry fees listed above, a \$7 volunteer fee is charged to each athlete. A portion of the proceeds from this fee will be divided among clubs who provide volunteers to work at the regatta. If you are interested in providing volunteers and earning money for your club, please contact the PVRA Volunteer Coordinator at pvra.volunteer@gmail.com

Eligibility and Membership:

Northwest Region: The USRowing Northwest Region is defined as the states of Alaska, Idaho, Montana, North Dakota, Oregon, South Dakota, Washington and Wyoming. Organizations from other regions and other countries are welcome to enter all events.

Composite Crews: Composite crews are welcome at NW Masters but must be designated as composite crews on lineup forms.

Rules of Rowing 5-203, 5-204: *Composite crews are those that include competitors from more than one club...Once a crew has been entered as a composite crew, it shall remain so, regardless of subsequent substitutions. Only competitors who are bona fide members of a club shall be entered by that club, except that a composite crew may be entered by any of the clubs to which one of the competitors of the crew belongs. A competitor may represent only one club at a regatta. A competitor shall not represent more than two clubs in any calendar year. Individual exemptions from the requirements of this subsection may be granted by USRowing (800-314-4769) to competitors upon showing good cause.*

Question: Jane Doe trains with a sweep-only program named "Montana RC." She also trains with a separate sculling program named "Missoula Sculling." May she compete in the eight as "Montana RC" and the quad as "Missoula Sculling?"

Answer: No, Jane Doe may only represent one organization at NW Masters. If Jane Doe has declared membership at "Montana BC," the eight may enter as "Montana RC." The quad must enter as "Composite Montana RC/Missoula Sculling".

USRowing Membership: The NW Masters Regional Championship 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 2017. 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.

Pre-Registration "Championship" Membership is \$65.00

On-Site Registration "Championship" Membership will be \$70.00

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://membership.usrowing.org>

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.**

Coaches must collect their credentials at the USRowing membership tent. 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.

Athletes 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.

Athletes from Foreign Rowing Federations: Rowers from other nations must be members of their National Rowing Federation, as recognized by FISA, or members of USRowing. Athletes should list their federation name and membership number on their signed waivers. Example:

Rowing Canada Aviron Membership: Canadian citizens may be individual members of RCA or members of USRowing. Contact Rowing Canada Aviron with any questions about membership:

Toll Free (877) 722-4769

Email rca@rowingcanada.org

Office Tel (250) 361-4222

Website www.rowingcanada.org

“Express Lane”: Any crew whose line-ups are complete, fully compliant with Membership requirements, and fully paid up on all entry and other fees are eligible for the “Express Lane” on-site registration option.

These crews may collect their credentials without waiting in line to speak with a USRowing representative.

To be eligible, crews must be in full compliance by the end of the business day on June 20th.

After this deadline, a list of eligible crews will be made available.

Rules of Rowing Definitions:

Rules of Rowing 4-104(b): *A master is a competitor who has attained or will attain the age of 21 during the current calendar year, rounded down to the nearest whole number. A competitor's age is determined as of December 31 of the current calendar year (“rowing age”). A competitor thus becomes a master on January 1 of the year of his or her 21st birthday. A masters crew shall be comprised exclusively of masters rowers, but the coxswain need not be a master.*

Rules of Rowing 4-104 (b) (1): Masters crews shall be classified by age, according to the following categories:

"AA" = 21 to 26 years	"C" = 43 to 49 years	"F" = 60 to 64 years	"I" = 75 to 79 years
"A" = 27 to 35 years	"D" = 50 to 54 years	"G" = 65 to 69 years	"J" = 80 +
"B" = 36 to 42 years	"E" = 55 to 59 years	"H" = 70 to 74 years	

The age category of a masters crew shall be determined by the average age of the rowers in the crew, rounded down to the nearest whole number. The age of the coxswain shall not be counted.

Rules of Rowing 4-104 (b) (2): A Master is a competitor who has attained or will attain the age of 21 during the current calendar year. A competitor's age is determined as of December 31 of the current calendar year, rounded down to the nearest whole number. A competitor thus becomes a Master on January 1 of the year of his or her 21st birthday. A Masters crew shall be comprised exclusively of Masters rowers, but the coxswain need not be a Master.

(2) A Masters crew may compete in a lower (younger) age category but not in a higher category.

"Mixed" Events: One half of the rowers in the boat must be men and the other half must be women. As written in the rulebook – "Mixed events must be 50% women excluding the coxswain."

"Novice" Events: All rowers in the boat must be new to rowing as of June 23, 2015. These boats do not require the coxswains to be novices. Athletes are not allowed to have participated in any kind of rowing activity before June 23, 2015.

"Lightweight" Events: Women will weigh in at no more than 130lbs with no averaging. Men will weigh in at no more than 160lbs with no averaging.

Please note that lightweight events may be combined with open-weight events if there are less than three entries for either classification.

"AS" Events: Open to athletes classified as "Arms and Shoulders" athletes. "TA": Open to athletes classified as "Trunk and Arms" athletes.

"LTA" Events: Open to athletes classified as "Leg, Trunk, and Arm – Physical Disability, Visual Impairment, and Intellectual Disability".

"TA" Events: Open to athletes classified as "Trunk and Arms" athletes.

"Inclusive" Events: Inclusive events are open to crews composed of a mixture of able-bodied and adaptive athletes. Inclusive crews must contain one adaptive athlete and one able-bodied athlete.

Classifications for Adaptive Athletes:

If an adaptive athlete enters a regatta and does not have a classification status, the LOC may default him or her from the final results of the race if they are not able to provide documentation verifying their eligibility. The necessary documentation is the form linked on the USRowing web site, which is linked below.

There will be no protests over any classified rower's sport class designation during a U.S. regatta. However, a protest can be brought if there is a rower entered who is not listed as classified on the USRowing web site.

Classifiers will not be present at the regatta. Athletes should be classified prior to competition.

If you are an athlete that needs classification, please check the list of Classifiers available on the USRowing web site.

The USRowing web site also has a copy of the Athlete Classification Form, a schedule of upcoming Classifier Workshop, and a list of currently classified athletes within the United States.

For more information on Classification, please go to:

<http://www.usrowing.org/NationalTeams/ParalympicParaRowingNationalTeam/ParaRowingClassification>.

USRowing Rules of Racing:

The 2017 USRowing Rules of Rowing will govern this event.

An online version of the rulebook is available at <http://www.usrowing.org/rules-of-rowing/>

USRowing licensed referees will officiate the event to ensure fairness and safety.

Please note the 2017 Rules Changes listed on the first page of the rulebook.

The following rules will be waived or amended as follows:

1. Rule 3-104 Minimum Weight of Boats – Waived

Equipment:

All equipment used in competition must meet the USRowing Rules of Rowing requirements for equipment, with the exception of the waived rule listed above. Each organization is responsible for ensuring that their equipment meets these standards.

Quick release foot stretchers – In all boats the foot stretchers, shoes, or other devices holding the feet of the rowers shall be a type which allows the rowers to get clear of the boat with no delay. Where shoes or other devices holding the feet will remain in the boat, each shoe or device shall be independently restrained such that the heel will not lift more than three inches (7.5cm) above the foot board to which it is anchored. In addition, where laces, Velcro or similar

materials must be opened before the rower can remove his/her feet from the shoes or other devices, these must be able to be released immediately by the rower with a single quick hand action of pulling on one easily accessible strap.

Crews must provide their own bow balls. Bow ball shall be firmly attached and mounted on its bow. Bow numbers will be provided at the launch docks, once a crew has passed through Control Commission.

Any equipment not meeting these standards, or judged to be unsafe by a USRowing official, will not be allowed onto the water.

Outside Assistance:

Crews are reminded that they are not to receive outside assistance during a race except from the unaided voice.

Entry Process:

Regatta Central: The Northwest Masters Regional Championships will use Regatta Central for all entries. The standard entry window will be May 22, 2017 – June 12, 2017.

Line-ups: All entries should include the line-up of athletes to compete as part of that entry. All entry line-ups must be submitted by Monday, June 12, 2017. Any entry without line-ups after this time will be treated as a late entry. Line-ups with placeholder names such as “A. Rower” will be considered incomplete and will also be considered late entries.

Line-ups will remain open on Regatta Central for editing until 11:59 pm Monday, June 19, 2017. Regatta Central will remain closed for credential printing and “Express Lane” notifications.

Submitting Lineup Changes Onsite: Any line-up changes needed on racing days must be completed at the USRowing registration or finish line tent at the Vancouver Lake site. Lineup changes must be processed a minimum of one hour prior to the first race in which the change is being made. Changes may not be made between heats and finals, unless extenuating circumstances occur. Any unauthorized changes may result in an exclusion from racing at the discretion of the Regatta Director.

Any line-up change required on Friday, Saturday or Sunday will be subject to a \$5 administrative fee for processing the request. Payment is due before a line-up change can be officially made.

Email lineup changes will not be accepted.

Scratch Fee Policy

- **June 12, 2017:** Organizations scratching entries before or on June 12 will receive a full refund of the entry fee.

- **June 13 - 18, 2017:** Organizations scratching entries June 13 - 18 will be charged for the entry fee, but no additional scratch fees.
- **June 19, 2017 or later:** Entries scratched on June 19 or later will be charged for the entry fee and a \$25.00 scratch fee.
- **Scratch Notification:** No phone scratches will be accepted. Only scratches submitted through Regatta Central, by e-mail or in person will be accepted.
- **Scratching During the Regatta / Fee Payment:** For scratches during the regatta, non-launched boats, or no-shows at the start line, the \$25 fee must be paid within one hour, or additional boats from that organization will not be allowed to launch.
- **Extenuating Circumstances:** Illness, injury, emergency, etc., which prevent participating will be reviewed on a case-by-case basis. Requests for a scratch fee exemption must be made to USRowing Registration headquarters on-site at the regatta.

Late Paperwork and Late Payment:

Late Entries received after June 12 will be accommodated on a “space available” basis for scheduled heats and finals. Entries will be accepted until June 22rd at 6:00 p.m. at the USRowing Registration Tent.

Outstanding Payments: Any organization with outstanding balances for entry fees or scratch fees, by 6:00pm on June 22nd, will not be eligible to participate in the regatta and any future USRowing events until the fees are paid.

Coaches and Coxswains Meeting:

Friday June 23 (estimate 8:30 am): A meeting will be held an hour and a half before the start of racing at the finish line tent to review regatta procedures and the race schedule. All organizations and individual competitors are required to send a representative to the meeting. Attendance will be taken. Remaining schedules will be distributed one hour after the meeting.

Hot Seating:

Hot Seating Part 1: Crews that need to hot-seat should notify the USRowing officials at the control commission tent before launching for the initial race. The hot seating crew will be given priority to change out rowers/coxswains, but the race is still planned to start on time.

Hot Seating Part 2: After the initial race, the crew should land on the north end of the launching beach (NOT the landing beach). Coxswains should signal to the launching beach master for direction and assistance, and should not land until directed to do so. Crews should remember to reset the lane number in the bow for the second race.

Hot Seating Part 3: Even though the regatta will try to accommodate all hot seating instances, no guarantee can be made that you will make it to the line with sufficient time to be included in the race.

Medals and Trophies:

Awards Ceremonies: The top three finishers in each “Final” receive a medal. Winning crews should come to the awards tent as soon as possible after the race final concludes to receive their medals.

Medals: First, second and third-place crews will receive medals in each race, regardless of what region the crew is a part of. The fastest posted Northwest crew out of all crews entered into a particular event will determine the Regional Champion for each event.

Schedule Publication:

June 14 - Preliminary Event Schedule Published: The schedule will be published on the USRowing website at www.usrowing.org. All questions regarding entries and the schedule should be directed to USRowing Events Manager, James Rawson, at (503) 473-6239 or james@usrowing.org.

June 19 - Lane Draws Published: This document will be published on the USRowing website and linked to our official timing company, HereNow.com.

Combined Age Categories:

Many events combine age categories. If there are enough entries in those events, they will be split if time allows. Example: The Men’s AB 4+ has 10 boats entered, four boats in the “A” age class and six boats in the “B” age class. The schedule will be altered to allow a Men’s A 4+ and a Men’s B 4+. In this situation, neither race would have handicap times applied.

Inclement Weather Information and Notification Process:

The Chief Referee, USRowing, and the Local Organizing Committee will work together to monitor the weather continuously during the regatta.

In the event that inclement weather causes delays in the regatta schedule, the following weather plan will be utilized:

- Shorten the course to 500m until the weather improves.
- Delay racing either later the same day or to the next day, if time is available.
- Begin racing earlier than previously announced. Announcement will be made no later than 3 hours before racing or 9:00 PM the evening before in the case of morning racing.
- Omit a round of the event. The composition of the next round will be determined on the basis of the results of those rounds that have been completed. If grand finals must be omitted, medals and Youth National Championship bids will be awarded based on the results of the last completed round of the event.

All schedule change notifications will be announced in the following places:

- On-site through any on-site public address systems in use
- Online via Twitter, Facebook, Regatta Central, and the USRowing website
- Via text message. Coaches, athletes, and parents can register to receive weather related text messages by texting "Northwest" to 313131.

To ensure that each crew has at least 1 representative on the texting list, USRowing will manually add the Race Day Contact listed on Regatta Central to the texting system.

Crews are responsible for staying updated on any announced schedule changes. Please direct any questions about schedule changes to USRowing at the registration area. Schedule Changes will be made with the following priorities