



2018 USRowing Northeast/Mid-Atlantic Masters Regional Championships

July 7, 2018

Merrimack River, Lowell, MA

USRowing and the Lowell Rowing Regatta Association are proud to host the fourth USRowing Northeast/Mid-Atlantic Masters Regional Championships.

The goal of the regatta is to provide crews from these areas with an additional summer sprint racing opportunity.

This year's event will feature a heats-to-finals progression that is more in line with the competitive nature of Masters rowing. We are also proud to offer expanded racing opportunities in the para-rowing categories. Finally, competitors can take advantage of the new Basic+ Regatta package to save on their membership for this year's event.

Please read this packet in its entirety, as it contains important information about this year's event. All competitors and crews are responsible for the information included in this packet.

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Changes for 2018

Below is a list of significant changes to this year’s packet that are being highlighted for your

convenience. Be sure to read the entire packet, as you are responsible for all information included herein.

- [Order of Events \(pg 3\)](#) -- Updated to include new “K” category and expanded adaptive rowing event list
- [USRowing Membership \(pg 4\)](#) -- New Basic + Regatta Package option
- [Credentials \(pg 5\)](#) -- Group pick up option
- [Progression \(pg 12\)](#) -- Heats-to-finals format

Important Dates & Schedule Information

- May 1, 2018 -- Online registration opens on RegattaCentral
- June 20, 2018 -- Initial online registration deadline. All entry fees become non-refundable after this deadline.
- June 21, 2018 -- Initial race schedule posted. Online late entry registration opens.
- June 24, 2018 -- Online late entry deadline. Line-up deadline. All crews must meet “Express Lane” requirements by this date in order to guarantee their eligibility for this option.
- July 5, 2018 -- RegattaCentral re-opens for last minute lineup changes. Initial heat sheet posted.
- July 6, 2018 -- On-site credential pick-up is available. “Express Lane” opens. Last day for online line-up changes via RegattaCentral. Venue opens for trailer parking and practice.
- July 7, 2018 -- Coaches, Coxswains, & Blind Boat meeting. Racing. Awards.

Schedule Information:

All racing will take place all day on Saturday, July 7, 2018.

Heats will be run in the morning, followed by finals.

Coaches, Coxswains, and Blind Boat Meeting:

The Coaches, Coxswains, and Blind Boat Meeting will be held at 6:30 a.m. on Saturday, July 7, 2018.

Order of Events:

1	Womens Masters Ltwt E-K 4+
2	Mens Masters D-E 8+
3	Mens Masters Ltwt AA-D 1x
4	Womens Masters E-F 1x
5	Womens Masters C-D 1x
6	Womens Masters AA-C 4+
7	Womens Masters G-K 1x
8	Mens Masters AA-D 2x
9	Womens Masters Ltwt E-K 1x
10	Mens Masters F-K 4+
11	Mens Masters C-D 1x

12	Mixed Masters E-K 2x
13	Mixed Masters AA-D 2x
14	Womens Masters D-E 8+
15	Mens Masters Ltwt E-K 4+
16	Womens Masters E-K 4x
17	Womens Masters Ltwt AA-D 4+
18	Mens Masters AA-C 8+
19	Mens Masters E-F 1x
20	Mens Masters G-K 1x
21	Mens Masters Ltwt E-K 1x
22	Womens Masters F-K 4+
23	Mixed Masters AA-D 4x

24	Womens Masters Ltwt AA-K 2x
25	Womens Masters E-K 2x
26	Mens Masters D-E 4+
27	Mens Masters Ltwt AA-D 4+
28	Mens Masters AA-B 1x
29	Womens Masters AA-C 8+
30	Mixed Masters E-K 4x
31	Mixed Masters D-E 8+
32	Womens Masters AA-D 4x
33	Mens Masters E-K 2x
34	Mens Masters F-K 8+
35	Womens Masters AA-B 1x
36	Mens Masters AA-D 4x
37	Womens Masters Ltwt AA-D 1x
38	Womens Masters D-E 4+
39	Mens Masters Ltwt AA-K 2x
40	Womens Masters AA-K 2-
41	Mens Masters AA-C 4+
42	Mixed Masters E-K 4+
43	Mens Masters E-K 4x
44	Womens Masters AA-D 2x
45	Mixed Masters AA-C 8+
46	Womens Masters F-K 8+

47	Mixed Masters AA-D 4+
48	Mens Masters AA-K 2-
49	Womens Masters AA-K Ltwt 4x
50	Mixed Masters F-K 8+
51	PR2 Mens Masters 2x
	PR3 Womens Masters Inclusive
52	2x
53	PR3 Mens Masters 1x
54	PR2 Mixed Masters 2x
55	PR3 Womens Masters 1x
56	PR3 Mens Inclusive 2x
57	PR2 Womens Masters 1x
58	PR3 Mens Masters Inclusive 2x
59	PR2 Womens Masters 1x
60	PR2 Mens Masters Inclusive 2x
61	PR3 Mixed Masters 2x
	PR2 Womens Masters Inclusive
62	2x
63	PR3 Mixed Masters Inclusive 4+
64	PR1 Mens Masters 1x
65	PR1 Womens Masters 1x

Registration Information

USRowing Membership:

The USRowing Northeast/Mid-Atlantic Masters Regional Championship is a USRowing-owned event.

Each participant is required to be a current member of USRowing, with either a Basic membership with Add-On Regatta Package or a Championship member of USRowing in place. Each participant must also have a signed waiver on file for 2018.

Not familiar with our brand new Add-On Regatta Package? Learn more about our great new membership deal for current Basic members through our website FAQ. Athletes can now be compliant for USRowing-owned regattas and get our most popular benefits at a serious discount.

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. A current listing of your athletes, their

member numbers, and expiration dates can be found on your online roster through the Membership Portal at <http://membership.usrowing.org>

Waiver:

All athletes should make sure to sign their USRowing waiver using their Basic w/ Regatta Package or Championship member number.

Please make sure the number on the athlete's RegattaCentral profile matches their current USRowing number.

Credentials:

Credentials will be issued to competitors once registration is complete, membership and waiver information is verified, and all fees are paid in full.

In a continued effort to have competitors spend less time in the registration line, and more time focused on rowing, we are continuing a few changes to the on-site check-in procedures for this year's regatta:

- Group Pick-up: A coach or crew representative can pick up the credentials for their crew, except for non-compliant members. Individual athletes are not required to show up to registration to collect their own credentials.

Competitors will be required to show credentials in order to weigh-in, pass through Control Commission, and launch for racing sessions.

"Express Lane":

Any crew whose line-ups are complete, fully compliant with Membership requirements, and fully paid 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 compliance by the Line-up Deadline posted in this packet and on RegattaCentral.

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

Entry Information:

No paper entries will be accepted for this event. All entries must be made online at [RegattaCentral](#). Initial registration will be available beginning May 1, 2018, and ending Wednesday, June 20, 2018. No refunds will be given once the initial registration period has ended.

All entry fees must be paid in full by Wednesday, June 20, 2018. After this date, unpaid entries will be considered late entries and subject to the additional fees associated with such designation. Payment

arrangements may be made by contacting alvin.dominique@usrowing.org prior to the deadline.

Crews with an outstanding balance will not be allowed to compete until the balance is paid in full.

Entry Fees:

Boat Class	Amount	Late Entry Fees (Applicable June 21)
8+	\$215	\$322
4+/4x	\$160	\$240
2x/2-	\$88	\$132
1x	\$55	\$82

Entry fees become non-refundable on June 20, 2018.

Late Entries:

Beginning June 21, 2018, late entries may be accepted in events where additional entries will not change the progression of an event.

Crews interested in competing in an event that is full should place their desired entry on the “Waitlist” for that event. If space becomes available, crews will be notified via email through RegattaCentral. Crews will then have 48 hours to submit their entry.

Online late entries must be submitted via RegattaCentral until Sunday, June 24, 2018.

After June 24, late entries will only be accepted at the regatta site during Friday (July 6) evening’s on-site registration.

No late entries will be accepted after the close of on-site registration on July 6.

All late entries must be submitted with complete, visible line-ups, including the date of birth for each crew member and average age for the crew.

Scratches:

Entries may be scratched without penalty until the end of the initial registration period on June 20, 2018.

Beginning June 21, 2018, no refunds will be given for entries that are scratched.

E-mail notification will be accepted until the close of on-site registration on Friday, July 6.

A \$50 scratch fee will apply to all scratches made after the Coaches, Coxswains, and Blind Boats Meeting.

Crews that fail to notify USRowing of a scratch at least one hour prior to the scheduled start time of the race in question may have the scratch fee assessed to the RegattaCentral account that submitted the

entry.

Lineup Changes:

Beginning June 24, 2018, only 50% of a crew's lineup, not including the coxswain, may be substituted, with the exception of single sculls.

Substitutions cannot be made for single scull entries except for cases of illness or injury as described in the USRowing Rules of Rowing.

No lineup changes will be accepted via e-mail.

Lineup changes should be submitted via RegattaCentral until June 24, 2018.

After this date, RegattaCentral will close to allow for credential printing and "Express Lane" processing.

RegattaCentral will re-open for last minute lineup changes on Thursday, July 5, and remain open until 9:00pm on Friday, July 6.

On Saturday, July 7, all substitutions must be made by submitting a change form to the USRowing registration desk.

Each line-up change processed on-site is subject to a \$5 administrative fee.

A crew submitting a substitution is responsible for ensuring that the average age of the crew remains within the bounds of the event in which it is participating. Crews are not allowed to switch events due to lineup changes on Saturday, so any change that would put a crew's average age outside of the bounds of the relevant event will not be acceptable.

On-Site Line-up Changes:

Any line-up change required on Saturday will be subject to a \$5 administrative fee for processing the request.

Payment is due before a line-up change can be officially made.

Competition Information

Eligibility:

Master: 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.

Crews from outside of the Northeast and Mid-Atlantic regions are welcome to enter, including crews from outside of the United States.

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 a Coxswain shall not be counted. The ages of individual Rowers need not fall within the age category, so long as each Rower is a Master and so long as the average age of the Crew falls within the applicable category.

PR1 (formerly Arms & Shoulders (AS)): Allocated to Rowers with a verifiable and permanent impairment who have minimal or no trunk function. A Rower in the PR1 sport class is able to apply force predominantly using the arms and/or shoulders. These Competitors will also likely have poor sitting balance.

PR2 (formerly Trunk & Arms (TA)): Allocated to Rowers with a verifiable and permanent impairment who have functional use of the trunk and who are unable to use the sliding seat to propel the boat due to significantly weakened function or mobility of the lower limbs.

PR3 (formerly Legs, Trunks, & Arms (LTA)): Allocated to Rowers with a verifiable and permanent impairment who have functional use of their legs, trunk, and arms for rowing, and who can utilize the sliding seat to propel the boat.

“Inclusive”: A crew entered in the “Inclusive” event must be comprised of a mixture of Classified Rowers and Non-Classified Rowers. The crew must contain an equal number of Classified and Non-Classified Rowers. The Inclusive events are open to athletes that have been classified in the PR-3, PR-2, or PR-1 sport classes included in the Rules of Rowing. The sport class requirement pertains only to the Rower who has been classified.

A rower who is a member of the current year’s Senior or U23 national teams shall not be eligible to compete in the current year at this event. Exception: Members of the current year’s Para-Rowing National Team are eligible to compete in adaptive events, but must still meet the age requirements of being a “Master”.

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 on 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.

[Click here for Classification information on the USRowing web site.](#)

Affiliation:

A competitor shall represent only one organization at a regatta.

Composite Entries:

Composite entries are allowed to compete at this event.

Composite entries must include the affiliation of each member of the crew. These affiliations must comply with the affiliation rule listed above.

Crews may row under their club name with a coxswain from a different club (the boat will not be considered composite). Crews must provide the accurate name of that coxswain.

Composite crews will receive an exception from being required to wear matching uniforms.

Foreign (non-American) Crews

All foreign competitors shall be individual members of their national rowing federation recognized by FISA or its national Olympic committee.

If a crew entered by a club or rowing federation from outside of the United States, or an unaffiliated single sculler from outside of the United States, places first, second, or third in an event, it shall receive a medal based on its order of finish. However, the top three crews from the United States will also receive medals to designate their order of finish compared to other crews in the region.

Mixed Events:

A crew competing in a mixed event must be 50% male and 50% female, not including the coxswain.

Rules:

USRowing's 2018 Rules of Rowing will govern this event.

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

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

The following rules will be waived for this event:

- Rule 3-104 Minimum Weight of Boats

- Rule 3.202 Oars, uniform throughout the crew

Weigh-Ins:

Lightweights

Competitors shall be weighed in racing uniform without shoes or other footgear. Credentials must be presented prior to weigh-in procedures.

The weight of rowers in lightweight events shall be determined once each day during either the Weigh-in Window or the Adjusted Weigh-in Window, but not both, provided that the weigh in occurs on the same day and before the Scheduled Time of the Race.

A Rower within one (1.0) pound or less of the weight standard is allowed one (1) re-weigh within the same window as his or her initial opportunity. A Rower whose initial weight is greater than one (1) pound above the weight standard will be ineligible to compete in the Event.

The Weigh-in Window opens two (2) hours and closes one (1) hour before the Scheduled Time of the Race (not the Event) where the weight is relevant.

If the race schedule is officially altered, an Adjusted Weigh-in Window opens two (2) hours and closes one (1) hour before the newly Scheduled Time of the Race.

Competitors who fail to weigh in during the Weigh-in Window or the Adjusted Weigh-in Window shall be deemed ineligible to race.

“Adjusted Weigh-in Window” -- Should the regatta organizers or race officials adjust or alter the racing schedule for compelling reasons, changing the amount of time between the Weigh-in Window and the newly Scheduled Time of the Race, an “Adjusted Weigh-in Window” shall be created. The Adjusted Weigh-in Window shall be not more than two (2) hours and no less than one (1) hour before the newly Scheduled Time of the Race.

Normally occurring regatta delays do not create an “Adjusted Weigh-in Window”. Only official schedule changes which are posted by regatta officials.

Lightweight Men:

Max 160 lbs. (no average)

Lightweight Women:

Max 130 lbs. (no average)

Coxswains

Coxswains will be weighed in once during the regatta. Coxswains will be able to weigh in any time after they register and pick up their credential, but must weigh in no later than one hour prior to their first race of the regatta.

The weigh-in must be observed and conducted by a referee in order for it to be official, and the referee will issue the appropriate wristband indicating that a competitor has completed an official weigh-in.

Official hours for coxswain weigh-ins will be posted in the Confirmation packet, distributed after the online registration deadline.

In the event a coxswain is weighed less than one hour prior to their first race of the regatta, as described above, but before the first race in which the weight is relevant, the coxswain may be subject to a penalty at the discretion of the Referee, the presumed penalty is a Warning.

Failure to weigh-in prior to the first race in which the weight is relevant shall constitute a violation of Rule 4-105.1 and result in the coxswain being deemed ineligible to race.

Coxswains shall be weighed in racing uniform, without shoes or other footgear.

Credentials must be presented prior to the weigh-in procedure.

Coxswains failing to meet the minimum weight standards listed below shall carry deadweight in order to achieve the minimum weight in accordance with the 2017 USRowing Rules of Rowing.

Weighted vests cannot be worn as deadweight.

Coxswains must provide their own weight making materials. The LOC will not provide these supplies.

Coxswain for Men's and Mixed Events

Coxswain for Women's Event

Minimum 120 lbs

Minimum 110 lbs

Age Categories:

Category	Ages
AA	21-26
A	27-35
B	36-42
C	43-49
D	50-54
E	55-59
F	60-64
G	65-69
H	70-74
I	75-79
J	80-84
K	85+

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 a coxswain shall not be counted. The ages of individual rowers need not fall within the age category, so long as each rower is a master and so long as the average age of the crew falls within the applicable category.

Individuals whose age places them in the AA category (age 21-26) may compete in any age category

where the average age of the boat falls within that specific age category.

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

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 time handicap for each crew shall be calculated by subtracting the handicap for the youngest crew in the event from the handicap that applies to 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.

Progression:

Modified USRowing Progression “A” for six-lane racing			
Entries	Heats	Advancing in each Heat	Final
1-6	0	-	Final Only
7	2	(all but last)	5-boat final
8-12	2	3	Final
13-18	3	2	Final
19-24	4	1 + Next 2 fastest times	Final

No semifinals will be run at this event. Only Grand Finals will be run at this event.

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 its equipment meets these standards.

Crews must provide their own bow balls. Bow balls must meet the requirements set forth in the USRowing Rules of Rowing.

Bow numbers will be provided to crews when they pass through Control Commission to launch for racing sessions. Bow numbers must be properly affixed to the shell in order for a crew to be allowed

onto the race course.

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

Pontoons are optional for PR3 events.

Rowers in the PR2 class are required to use a pelvic or thigh strap that is non-elastic, with a quick release, either of Velcro or a plastic, non-mechanical buckle. Pontoons are optional. PR2 events will use a fixed seat.

Rowers in the PR1 class are required to use a chest strap that will remain in place during the entire race. The strap should be placed just below the nipples or under the breasts and be parallel to the water, and have the same components as the thigh strap for the PR2 rowers.

Pontoons are required for all PR1 competitors, and must touch the water in all cases. For Inclusive event, only one set of pontoons is needed and can be on either rigging, but two sets are preferred.

Outside Assistance:

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

Inclement Weather Policy:

The Chief Referee, USRowing, and the LOC will work together to monitor the weather continuously during the event.

Should it be determined that schedule changes are necessary due to weather concerns, the following weather plan will be utilized:

Communication Plan

- a. Weather-related schedule changes will be announced utilizing the following media.
 - i. Posted on the results board at the regatta site.
 - ii. Announced over the on-site sound system.
 - iii. Posted online via Twitter, Facebook, RegattaCentral, and the USRowing National Championships event website.
 - iv. Via text message. Coaches and athletes can register to receive weather related text messages by texting "USRowing" to 313131. This service will only be used for weather related messages.

Teams are responsible for staying updated on 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

- Delay racing later the same day, if time is available. This may include removing breaks in the schedule and reducing race centers between race times.
- Begin racing earlier than previously announced. Announcement will be made no later than 3 hours before racing or 9:00 p.m. the evening before in the case of morning racing.
- Combine events within the same boat class, but across age categories, keeping the sprint racing format.
- Omit a round of the event. If finals must be omitted, medals will be awarded based on the times of the last completed round of the event. Medals would go to the top 3 times in each event, adjusted for the applicable handicap in their race.
- Cancel some races, with priority given to events that have not run a round of racing to remain on the schedule.
- Cancel regatta.

At any point, race centers may be shortened in order to try to accommodate as many races as possible.

Under no circumstances will races be run after July 7, 2018.

Medals:

Gold, silver, and bronze medals shall be awarded regardless of the number of entries in the event.

Medals shall be awarded for first, second, and third place crews in the Final for each event.

Venue Information

Venue – Merrimack River, Lowell, Mass.

Location: 500 Pawtucket Blvd., Lowell, MA 01854

Driving directions are available online: <http://www.merrimackrowing.org/festival-directions>

The course will be a 1,000 meter, 6-lane course using stakeboats at the start.

Contact Information:

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