



USRowing Club National Championships
July 11-15, 2018
Cooper River, Camden, N.J.

USRowing, the Camden County Board of Freeholders, and South Jersey Rowing Club are proud to host the 2018 USRowing Club National Championships.

This event is a five-day regatta that allows rowers to compete in and across different age and skill categories.

New for 2018

Below is a list of significant rule changes for this year's event. Be sure to read this packet in its entirety, as you are responsible for all information included herein.

- Venue Information -- Updated for Cooper River venue (pg 2)
- Order of Events -- Events re-ordered to separate U19 & U17 events from Intermediate & Senior/Elite events.(pg 3)
- USRowing Membership -- Included information on new Basic Plus Regatta add-on package (pg 4)
- Classifications -- Updated para-rowing categories and added "Inclusive" category (pg 7)
- Progression -- Updated progression with more time trials and more semifinals for larger events (pg 14)
- General Schedule Information -- Updated for new format. U19 & U17 events run Wednesday-Friday. Intermediate and Senior/Elite events run Friday-Sunday. (pg 14)
- Time Trial Procedures -- Updated to indicate time trial bow numbers should be collected at USRowing registration. (pg 14)

Important Dates and Deadlines:

- March 1, 2018 – Entry packet posted.
- March 15, 2018 -- Online registration opens on RegattaCentral.
- June 25, 2018 – Initial online registration deadline. All entry fees become non-refundable after this deadline.
- June 26, 2018 – Initial race schedule posted.
- July 1, 2018 -- Online late entry deadline. Line-up deadline. All crews must meet the “Express Lane” requirements by this date in order to guarantee their eligibility for this option.
- July 9, 2018 – Venue opens for trailer parking & practice. RegattaCentral re-opens for last minute lineup changes. Initial start lists for time trials and heat sheets posted.
- July 10, 2018 – On-site credential pick-up is available. “Express Lane” opens. Last day for online line-up changes via RegattaCentral. Coaches & Coxswains Meeting.
- July 13, 2018 -- Finals for U19 & U17 events held in morning. Time trials for Intermediate events begin in afternoon.
- July 15, 2018 -- Finals for Intermediate and Sr/Elite events held.

Rules:

USRowing’s Rules of Rowing will govern this event.

An online version is available at <http://www.usrowing.org/About/RulesofRowing.aspx>

Be sure to take note of the approved rule changes, listed on page 1 of the rulebook.

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

Venue:

Course: The course is a 2,000 meter, six-lane, fully-buoyed course with a starting platform. Crews must be able to back into a stakeboat.

Venue: Cooper River Park, Pennsauken, NJ

Location:

Trailer/Staging Area

Cooper River Park

Intersection of North Park Drive and Cuthbert Drive

Cherry Hill, NJ 08002

Camden County Boathouse

7050 N Park Drive

Pennsauken Township, NJ 08109

Directions are available online: <http://rowing.camdencountyboathouse.com/locations-directions>

Event Drone Policy:

Drones are not permitted to fly at the Cooper River venue without specific approval from USRowing and the Local Organizing Committee.

To request permission, email alvin@usrowing.org

Unapproved drones are not permitted anywhere on the regatta venue. Continued use of unapproved drones may result in penalties to the associated crew, and the operator may be subject to removal from the venue.

Order of Events

Wednesday, Thursday, Friday Events	
#	Event
1	Womens U17 1x
2	Mens U19 4x
3	Womens U19 2x
4	Mens U17 2x
5	Womens U19 8+
6	Mens U19 4+
7	Womens U17 4+
8	Mens U17 8+
9	Womens U17 4x
10	Mens U19 1x
11	Womens U19 2-
12	Mens U19 2-
13	Womens U19 1x
14	Womens U19 4-

15	Mens U17 1x
16	Womens U17 2x
17	Mens U19 2x
18	Mens U19 8+
19	Mens U17 4+
20	Womens U19 4+
21	Womens U17 8+
22	Mens U19 4-
23	Womens U19 4x
24	Mens U17 4x
25	PR3 Mixed 2x
26	PR3 Mens 2-
27	PR3 Womens 2-
28	PR2 Mixed 2x
29	PR1 Mens 1x
30	PR1 Womens 1x

Friday, Saturday, Sunday Events	
#	Event
31	Womens Intermediate 4x
32	Mens Intermediate 2x
33	Mens Intermediate 8+
34	Mens Intermediate Ltwt 4x
35	Mens Intermediate Ltwt 4+
36	Womens Intermediate Ltwt 2x
37	Womens Intermediate 4+
38	Mens Intermediate 2-
39	Womens Intermediate 1x
40	Mens Intermediate Ltwt 1x
41	Womens Intermediate Ltwt 2-
42	Mens Intermediate Ltwt 8+
43	Mens Intermediate 4x
44	Womens Intermediate 2x
45	Womens Intermediate 8+
46	Mens Intermediate 4+
47	Womens Intermediate Ltwt 4x
48	Mens Intermediate Ltwt 2x
49	Womens Intermediate Ltwt 4+
50	Mens Intermediate Ltwt 2-
51	Womens Intermediate Ltwt 1x
52	Mens Intermediate 1x
53	Womens Intermediate 2-
54	Womens Elite/Senior 1x
55	Mens Elite/Senior 1x
56	Womens Elite/Senior Ltwt 1x

57	Mens Elite/Senior Ltwt 1x
58	Womens Elite/Senior 2-
59	Mens Elite/Senior 2-
60	Mens Elite/Senior Ltwt 2-
61	Womens Elite/Senior Ltwt 2-
62	Mens Elite/Senior 2+
63	Womens Elite/Senior 2x
64	Mens Elite/Senior 2x
65	Womens Elite/Senior Ltwt 2x
66	Mens Elite/Senior Ltwt 2x
67	Womens Elite/Senior 4-
68	Mens Elite/Senior 4-
69	Mens Elite/Senior Ltwt 4-
70	Womens Elite/Senior 4+
71	Mens Elite/Senior 4+
72	Womens Elite/Senior Ltwt 4+
73	Mens Elite/Senior Ltwt 4+
74	Womens Elite/Senior 4x
75	Mens Elite/Senior 4x
76	Womens Elite/Senior Ltwt 4x
77	Mens Elite/Senior Ltwt 4x
78	Mens Elite/Senior Ltwt 8+
79	Womens Elite/Senior 8+
80	Mens Elite/Senior 8+
81	PR3 Mixed 4+
82	PR2 Mens 1x
83	PR2 Womens 1x

USRowing Membership:

The USRowing Club National 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>

Waivers:

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 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.

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.

"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 for this event must be submitted through [RegattaCentral](#).

Registration will be available beginning March 15, 2018 and ending June 25, 2018.

Once the initial registration period closes, entries may be accepted in events where additional entries will not change the progression of the event.

Entry Fees:

Entry fees must be paid through your RegattaCentral account. RegattaCentral accepts Visa, Mastercard, American Express and Discover.

Entry fees will become non-refundable after June 25, 2018.

Category	Entry Fee	Late Entry Fee <i>(Total Cost after initial deadline)</i>
8+	\$ 248.00	\$372.00
4x/4+	\$ 182.00	\$273.00
2x/2-	\$ 121.00	\$181.00
1x	\$ 77.00	\$115.00

Late Entries:

Beginning June 26, 2018, late entries will be accepted in events where additional entries will not change the event progression or exceed entry limits.

Late entries must include complete line-ups, including online late entries.

RegattaCentral will be open to accept late entries until July 1, 2018.

After July 1, any additional late entries must be submitted at the regatta venue to the USRowing registration desk. No email entries will be accepted.

All late entry requests must be submitted no later than the close of registration on the day prior to the requested race.

Late entries will be subject to the Late Entry fees listed above.

Classifications:

Elite

A competitor is Elite who has been a member of the USRowing Senior National Team or any country's Senior National Team as a competitor (including as a spare) or a medalist at the U23 World Championships in the category at issue.

Senior

A competitor is a Senior who has won any Intermediate or Senior 2,000-meter Event at a designated USRowing national championship regatta or at the Royal Canadian Henley Regatta, and who has not advanced to the status of Elite.

Intermediate

A competitor is an Intermediate who has not advanced to the status of Senior or Elite.

U19

A Competitor may compete in the U19 category until December 31 of the year of his or her 18th birthday.

U17

A Competitor may compete in the U17 category until December 31 of the year of his or her 16th birthday.

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.

Mixed

In Mixed Adaptive Events, half of the Rowers in a Crew shall be men and half shall be women. In the 4+, the Coxswain may be either a man or a woman and does not need to have an impairment.

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.

Eligibility:

Rowers may compete in a higher skill class, but not a lower skill class. For example, a Senior athlete may compete in an Elite Event, but not an Intermediate Event. Adaptive Rowers may compete in a more functional sport class than their assigned class but not in a less functional sport class. For example, a Rower classified as PR2 may compete in PR3 Events, but may not compete in PR1 Events. Rowers classified as “N/E” are not eligible to compete in Adaptive Events.

All Rowers racing in Adaptive Rowing Races shall be classified before competition, either by self-classification, if allowed, or by a USA or FISA Classification Panel. If a Rower enters a Regatta and does not have a classification status, the LOC may default him or her from the final results of the Race.

A Competitor’s classification by skill shall be determined separately with respect to Sweep Events and Sculling Events. Except for the provisions of the Elite status, a Competitor’s classification in one category shall not affect his or her classification in the other. A competitor’s classification by skill shall not be determined separately with respect to open events and lightweight events, and thus a Competitor’s status as Elite, Senior, or Intermediate is applicable regardless of weight class.

A coxswain may compete in any of those categories regardless of his or her classification by skill with the exception that a coxswain who is not an amateur shall not compete in events classified by skill as Intermediate or Senior or classified by age as Youth.

A Competitor, including a Coxswain, who does not comply with Rule 4-104.1(a) (“Classification by Age”) shall not compete in a U19 or U17 event.

A Competitor’s eligibility to compete in events classified by age is not affected by his or her classification by skill.

A Rower may compete in an Adaptive Rowing Event if his or her disability meets the criteria set out in the Adaptive Rowing Classification Regulations and has been classified by a national or international Classification Panel into an eligible sport class. A Rower without a sport class or whose sport class has been withdrawn may not compete in Adaptive or Para-Rowing Events.

A Competitor shall know their eligibility, including their sport class if an Adaptive Rower or Para-Rower, and shall not compete in an Event for which they are not eligible.

There will be no protests over another Adaptive Rower’s sport class designation.

Unsportsmanlike Conduct:

Unsportsmanlike conduct includes, but is not limited to, failure to heed the instructions of race officials, use of obscene language or gestures, delaying a race without just cause, intentional or flagrant disregard of principles of safety and fairness, or abusive behavior toward any official, team member, or spectator.

A crew that engages in unsportsmanlike conduct, on land or water, may be assessed a penalty by a race official.

Any team member, including a competitor, who engages in unsportsmanlike conduct at any time during the regatta may have his or her further participation at the regatta curtailed or prohibited by a race official.

A crew may be subject to an “unsportsmanlike conduct” penalty if a person affiliated with their organization, including spectators and parents, engages in the use of an unapproved drone at the regatta venue.

Lineups:

All entries should include the lineup of athletes to compete as part of that entry. All entries must have names no later than July 1, 2018.

After July 1, entries without completed lineups will be considered late entries and subject to the fees and restrictions associated with such designation. Entries with placeholder names, such as “A Rower”, will be considered incomplete.

Substitutions:

After July 1, 2018, crews may substitute up to one half of their line-up, as well as the coxswain.

No substitutions are allowed for single sculls after July 1, 2018 in accordance with the USRowing Rules of Rowing. Substitutions in single sculls must be completed as a scratch, followed by a late entry request for the new competitor.

Line-ups will remain open on RegattaCentral for editing until July 1, 2018. RegattaCentral will remain closed for credential printing and “Express Lane” notifications.

RegattaCentral will be re-opened to accept any last minute line-up changes on July 9- 10, 2018.

Any line-up changes needed on racing days must be completed at the USRowing registration desk.

After the first race in an event has taken place, the composition of a crew shall remain the same and no substitution shall be allowed for any subsequent races in that event, except as provided in Rule 5-207 (“Illness of Competitors”). This rule will be strictly enforced.

On-Site Line-up Changes:

Any line-up change required beginning Wednesday, July 11, must be completed on-site, and will be subject to a \$5 administrative fee for processing the request.

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

On-site changes must be submitted to USRowing a minimum of one hour before the first race of an event.

Scratches:

Entries may be scratched without penalty through RegattaCentral until June 25, 2018. All scratches made after this date are subject to a forfeiture of the entry fees.

Scratches made beginning the first day of racing for the regatta will be subject to a \$50 scratch fee.

Crews failing to notify USRowing of their intention to scratch prior to one hour before the race in which the crew is entered will be subject to a no-show fee of \$100 due before the organization will be allowed to compete in subsequent races.

Weigh-Ins:

Competitors shall be weighed in racing uniform without shoes or other footgear. The racing uniform shall cover the torso of the competitor.

Lightweights:

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.

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

When an Adjusted Weigh-in Window is created due to a scheduling change, a Competitor may weigh-in during either the original Weigh-in Window or the Adjusted Weigh-in Window, but not both, provided the Competitor completes his or her weigh-in prior to the newly Scheduled Time of the Race and on the same day as the newly Scheduled Time of the Race.

“Adjusted Weigh-in Window”: Should 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 no less than one (1) hour and not more than two (2) hours before the newly Scheduled Time of the Race.

An “Adjusted Weigh-in Window” is only created if an adjusted schedule is officially posted or published by USRowing. Commonly occurring delays throughout the day are not considered an official adjustment to the schedule.

Lightweight Men:

Max: 160 lbs. (no average)

Lightweight Women:

Max: 130 lbs. (no average)

Coxswains:

The weight of Coxswains shall be determined once **each day** during either the Weigh-in Window or Adjusted Weigh-in Window, but not both. In the event a Coxswain is weighed after the applicable Weigh-in Window or Adjusted 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”); 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 (“Coxswain’s Weight”) and result in the Coxswain being deemed ineligible to race.

When an Adjusted Weigh-in Window is created due to a scheduling change, a Competitor may weigh-in during either the original Weigh-in Window or the Adjusted Weigh-in Window, but not both, provided the Competitor completes his or her weigh-in prior to the newly Scheduled Time of the Race and on the same day as the newly Scheduled Time of the Race.

“Adjusted Weigh-in Window”: Should 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 no less than one (1) hour and not more than two (2) hours before the newly Scheduled Time of the Race.

An “Adjusted Weigh-in Window” is only created if an adjusted schedule is officially posted or published by USRowing. Commonly occurring delays throughout the day are not considered an official adjustment to the schedule.

Coxswains who do not comply with the minimum weight standard must provide their own materials to create deadweight in accordance with the USRowing Rules of Rowing. This weight must be placed in the boat as close to the torso of the coxswain as possible, and is specifically forbidden to be distributed throughout the boat. At any time, before or immediately after the race, the Referee, another Race Official, or a member of the Control Commission may require the weight of the deadweight to be checked.

Crews must provide their own weight making materials.

Excess clothing, equipment, electronic systems, tools, and other utilitarian devices germane to competition shall not be considered part of the coxswain’s weight and shall not be included as part of any deadweight.

Weighted vests cannot be worn in order to achieve the minimum weight.

Coxswain for Men’s and Mixed Events:

Minimum: 120 lbs.

Coxswain for Women’s Event:

Minimum: 110 lbs.

Minimum Weight of Boats:

All boats shall comply with the following minimum weights:

<i>Category</i>	<i>Weight (kg)</i>
1x	14
PR1 1x	24
2x	27
PR3 2x	27
2-	27
PR3 2-	27
2+	32
PR2 2x	37
4-	50
4+	51
PR3 4+	51
4x	52
8+	96

The minimum weight of the boat shall include seats, rudders, skegs, fins, and riggers. For the purposes of determining the minimum weight of boats, the following definitions shall apply:

- “Attached” shall mean glued, taped, “Velcro-ed”, or any other form of attachment such that if the boat is picked up or turned over, the item shall not fall out.
- “Firmly Fastened” shall mean a glued, screwed, bolted, welded or any other form of fastening such that it is not possible to change or manipulate the item during the time on the water or that the equipment or boat shall be damaged by forceful removal of the item.

The minimum weight of the boat shall also include:

- Loud speakers if they are firmly fastened to the boat and associated wiring for such speakers;
- Any housings or fixings that are firmly fastened to the boat for the purpose of holding electronic or other equipment;
- Cables and wires required to connect the firmly fastened equipment, and
- Seat pads that are attached to the seat

The weight of PR1 1x and PR2 2x boats shall include the strapping which is firmly fastened to the boat, to the seat and/or to its fittings. It shall also include seat pads which are attached to the seat. Other items, whether directly related to Adaptive Rowing or not, which are not firmly fastened to the boat or seat shall not be included in the weight of the boat. Equipment that replaces a part of the body (prosthesis) even if firmly fastened to the boat or seat shall not be included as part of the weight of the boat.

If a boat is underweight, additional deadweight shall be added to bring the boat into compliance. It is the sole responsibility of the Crew that its boat has met the required minimum weight.

Crews nominated to have their boat weighed will be notified as they leave the water by a Race Official or other appointed person who shall accompany the Crew to the weighing scales.

Once the Crew has been notified, no extra weight of any description can be added to the boat until the boat has been weighed.

At the official weighing of the boat, the normal wetted surface of the boat is accepted. However, any standing water must be removed before the weighing, in particular any water between the shoulders and under the decking. All other items not firmly fastened must be taken out of the boat before the weighing.

If a boat is below the minimum weight, it will be reweighed after the Race Official has tested the scales with a gauged weight.

The first offense penalty for having raced in an underweight boat in an Event, except for a finals Race, shall be relegation. If the Crew races again in an underweight boat in a later round of the same Event, the penalty shall be exclusion. The penalty for having raced an underweight boat in a finals Race shall be exclusion.

Test Weighing: Scales will be available during official practice sessions, beginning Tuesday, July 10, 2017. Specific times will be listed in the confirmation packet sent to crews after the close of registration. Test weighing during racing sessions may be allowed at the discretion of the Chief Referee.

Weighing the boat outside of the official weigh-in for their race is done for the crew's information, and has no bearing on their official weigh-in, if selected after a race.

Equipment:

All equipment used in competition must meet the USRowing Rules of Rowing requirements for equipment.

Each organization is responsible for ensuring that their equipment meets these standards.

Bow numbers will be provided to crews throughout the regatta. Time trial bow numbers will be distributed at registration. Sprint racing bow numbers will be distributed at the docks when crews are launching to race by Control Commission.

Crews will not be allowed to launch without bow balls firmly attached and mounted on the bow, and the proper bow number securely affixed to the hull.

Crews are also responsible for ensuring their footgear meets the standards in the USRowing Rules of Rowing. "Heel ties" shall not allow the heel to raise more than three inches (7.5cm) above the foot board. Crews arriving at Control Commission with improper heel ties will have to leave the launch area to correct the issue, and pass through Control Commission for additional inspection.

Adaptive rowing equipment should conform with the standards set in the USRowing Rules of Rowing, including any necessary strapping equipment.

Progression:

Entries	Time Trial	Advance	Semifinals	Advance	Final
1-6	-	-	-	-	Final Only
7-12	1	6	-	-	Grand Final
13-30	1	12	2	3	Grand Final
31+	1	18	3	2	Grand Final

Only Grand Finals will be run at the 2018 USRowing Club National Championships.

General Schedule Information:

Events with 2 or fewer entries will be removed from the schedule.

The regatta schedule will generally follow the schedule below. This outline is to assist teams with their planning, but is tentative and subject to change.

U17 & U19 Events

Wednesday: Time Trials

Thursday: Semifinals

Friday (AM): Finals

Intermediate & Sr/Elite Events:

Friday: Intermediate Time Trials.

Saturday: Elite Time Trials in morning. Intermediate and Elite Semifinals in afternoon.

Sunday: Finals

The schedule will be finalized once entries have been received.

These time frames are contingent on the time available and number of races needed based on final entry numbers. Be aware that some rounds may spill over to the next day, if needed.

Time Trials

All crews must have their assigned number securely fastened to the bow of their shell.

Time trials, when needed, will be conducted over a 1,900 meter distance. The top 100 meters of the course will be used as the starting area.

Odd numbered crews will row in lane 3, even numbered crews will row in lane 5.

Crews will be started in alternating lanes every 20 seconds, leaving a 40-second gap between boats in the same lane.

The Starting Area:

A marshal will be positioned near the 2,000 meter start to direct crews to either enter the course or the warm-up area.

Crews are responsible for staying in numerical order, staying behind crews with lower numbers and in front of crews with higher numbers.

Crews are responsible for maintaining their proper order, and distance within the chute. Crews are also responsible for ensuring they remain in the chute as they approach the start line. Crews failing to maintain their proper position may be delayed, moved to the end of the starting order, penalized, or excluded.

The starter will tell you that you are approaching the start line.

A crew's race time begins once their bow ball crosses the start line.

Passing:

A crew being overtaken must yield to the outside lane to allow the overtaking crew to pass.

Any crew failing to yield will be excluded.

A crew is deemed to be overtaking another crew when it has moved to within one length of open water of the crew ahead.

Referees will give instruction in accordance with the USRowing Rules of Rowing. If it is necessary to exclude a crew during a race, a referee will raise a white flag and instruct the crew to "stop". A crew so instructed shall quickly move out of its lane so as not to interfere with any other crew.

Broken Equipment:

A crew experiencing broken equipment during the race should move to the outside lane.

If breakage happens within the first 100 meters of the race, the crew will be given 30 minutes to attempt to repair the damage. If the repair is completed within the 30 minute window, the crew will be allowed to restart. Race time rescheduling will be at the discretion of the Starter and/or Chief Referee. If breakage happens outside of the first 100 meters, the crew should attempt to continue travelling down the race course, to the finish line, without hindering racing crews. The crew will not be given the opportunity to restart the event.

Bow Numbers:

Time trial bow numbers should be picked up at the USRowing registration desk. Crews competing in Friday time trials should pick up their numbers beginning Thursday.

Coaches and Coxswains Meeting:

The Coaches and Coxswains Meeting will be held Tuesday, July 10, 2018, at 6:00 p.m.

All crews are responsible for any information disseminated at this meeting.

Practice Times:

Practice times will be published in the confirmation packet sent to crews that have registered for the event.

The course will be available for practice beginning Monday, July 9, 2018, and as time allows once racing begins.

Crews are not to be out on the water outside of posted practice times.

Safety marshals will monitor official practice sessions on the water, and may assess warnings to crews if appropriate.

Due to the volume of the races scheduled at this event, available practice time will be limited. Plan your training schedule accordingly.

Crews will have access to athlete and boat scales for practice weighing sessions beginning Tuesday, July 10, 2018.

Medals:

Entries	Medals Awarded		
	Gold	Silver	Bronze
0-2	Event Scratched from Schedule		
3	X		
4	X	X	
5+	X	X	X

Team Point Trophies:

Team point trophies will be awarded to the teams that earn the most points in men's and women's events, respectively.

Points shall be awarded as follows:

Boat Class	Points for 1 st Place in Grand Final
1x	10
2x, 2-	15

4+, 4-, 4x	20
8+	30

# Boats in Final	Percentage of 1 st				
	2 nd	3 rd	4 th	5 th	6 th
2	20%				
3	40%	20%			
4	60%	30%	5%		
5	80%	40%	10%	5%	
6+	80%	40%	20%	10%	5%

Composite crews are not eligible to earn points toward team point trophies.

Crews affiliated with USRowing Development Camps, Pre-Elite Camps, or similar entities are ineligible to receive team point trophies.

In order to be eligible for the Overall Team Points Trophy, the total points earned by an organization in the events of one gender shall not comprise less than 33% of the total points awarded.

Composite Crews:

Crews made up of representatives from different clubs must be entered as composite crews.

The affiliation of each member of the crew must be submitted when the crew is registered.

Competitors are allowed to represent one organization at this regatta.

Composite crews are not required to wear matching uniforms, or have matching oar blade designs.

Composite crews are not eligible to earn points toward team point trophies.

Foreign Crews:

Foreign crews, including single scullers, must be current members of their nation's recognized governing body for the sport of rowing to be eligible to compete.

Foreign crews will be allowed to progress through an event based on their finish.

If a crew entered by a foreign club or rowing federation, or a foreign unaffiliated single sculler, places first, second, or third in a national championship event, it shall receive special gold, silver, or bronze medals memorializing the accomplishment, but the national championship medals and the designations and entitlements of national champion, shall be given only to domestic crews according to order of placement.

Foreign crews are ineligible to receive team point trophies.

Incllement Weather Information:

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

Weather-related schedule changes will be announced utilizing the following mediums.

1. Posted on the results board at the regatta site.
2. Announced over the on-site sound system.
3. Posted online via Twitter, Facebook, RegattaCentral, and the USRowing Club Nationals event website.
4. Via text message. Coaches, athletes and parents can register to receive weather related text messages by texting "USRowing" to 313131. This service will only be used for weather-related messages.

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

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

1. Delay racing either later the same day or to the next day, if time is available.
2. 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.
3. Utilize a time-trial system for a round of the event.
4. 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 will be awarded based on the results of the last completed round of the event.
5. Run only events that have not had a previous racing round completed, if time allows.
6. Cancel regatta.

Under no circumstances will races be run after Sunday, July 15, 2018.

Weigh-in Procedures

In instances where inclement weather causes a change in the scheduled race times for events that require the weighing of competitors (lightweights or coxswains), the time in which a competitor must be weighed will be affected as follows:

If the Scheduled Time of the first race is officially changed, then competitors may weigh-in during the original Weigh-in Window or the Adjusted Weigh-in Window.

The "Adjusted Weigh-in Window" is no less than one (1) hour and not more than two (2) hours before the new official start time of the first race in which the weight is relevant. The "Adjusted

Weigh-in Window” only applies when a new official start time is published and posted. Normal regatta delays do not result in creating an “Adjusted Weigh-in Window”.

In the event that a race is rescheduled to a different day, competitors competing in that event will be required to weigh-in on the newly scheduled day, during the Adjusted Weigh-in Window scheduled in accordance with the new race time.

Hotel Information:

USRowing has partnered with EMC Venues to provide accommodation options for teams and spectators travelling to the 2018 USRowing Club National Championships. Rooms are now available at a variety of hotel properties near the Cooper River venue.

Use the link below to see a listing of properties available:

[2018 USRowing Club National Championships Hotel Link](#)

Contact Information:

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