



2018 USRowing Club National Championships

July 11-15, 2018

Cooper River -- Pennsauken, N.J.

Hosted by USRowing, Camden County Board of Freeholders and South Jersey Rowing Club

Press Kit

Press Contact On-Site:

Brett Johnson
Senior Director, Programs and Communications
(609) 751-0707
brett.johnson@usrowing.org

Dan Brauchli
Communications Manager
(609) 955-0026
daniel.brauchli@usrowing.org

About the 2018 USRowing Club National Championships

The 2018 USRowing Club National Championships will be held July 11-15, on the Cooper River in Pennsauken, N.J. The event offers national championship racing in 83 events in the U17, U19, intermediate, and elite/senior categories.

This year's event has nearly 2,500 athletes from 138 clubs competing in 1,748 entries. The men's U19 single has the most entries with 93 athletes scheduled to compete.

This year's event will be split based on event categories. The U17 and U19 events will be held Wednesday through Friday morning, while the intermediate and elite/senior events will take place Friday afternoon through Sunday.

Racing is scheduled to begin with time trials for U19 and U17 event categories at 8 a.m. on Wednesday, July 11. Racing will continue with U19 and U17 semifinals on Thursday, with U19 and U17 finals on Friday morning. On Friday afternoon, intermediate and elite/senior racing will begin, with semifinals following on Saturday and finals on Sunday. Racing is anticipated to conclude Sunday at 4 p.m.

Teams at the USRowing Club National Championships compete for the Colgan Cup Overall Team Points Trophy, the Sulgar-Barnes Men's Points Trophy and the Marion D. Ventura Women's Points Trophy.

Event Addresses

Cooper River Park
Intersection of North Park Drive and Cuthbert Drive
Cherry Hill, N.J. 08002

Camden County Boathouse
7050 North Park Drive
Pennsauken Township, N.J. 08109

Important Links

RegattaCentral: https://www.regattacentral.com/regatta/?job_id=5616

USRowing homepage: <http://www.usrowing.org/>

Livestream: <https://www.youtube.com/user/usrowingorg>

HereNow results: <https://www.herenow.com/results/#/races>

USRowing Facebook page: www.Facebook.com/USRowing

Event Press Releases

The most up-to-date USRowing Club National Championships event information is available at www.usrowing.org. Press releases and a limited selection of event photos for editorial use are available by contacting the USRowing Communications Department. To be placed on USRowing's media distribution list, please email media@usrowing.org.

Social Media

The official account of USRowing is @USRowing. The official hashtags for the event are #USRclubnats and #clubnats18. USRowing will provide updates and short commentary via Twitter, Facebook and Instagram. Athletes, fans and media are encouraged to send messages using the official hashtag.

Event Class Descriptions:

- **Elite**
 - An Elite athlete is one 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** (Open & Lightweight)
 - A senior is a competitor who has won any intermediate or senior 2,000-meter event at a USRowing National Championship regatta or at the Royal Canadian Henley Regatta and has not advanced to the status of Elite.
- **Intermediate** (Open & Lightweight)
 - An intermediate is a competitor who has not advanced to the status of Senior or Elite. Winning an Intermediate event elevates the winning athletes to the Senior racing level of that event category.
- **Under 19**
 - A competitor may compete in the U19 category until December 31 of the year of their 18th birthday.
- **Under 17**
 - A competitor may compete in the U17 category until December 31 of the year of their 16th birthday.

Rowers may compete in a higher skill class but not a lower skill class.

Classification is determined separately with respect to sweep events and sculling events; a competitor's classification in one category shall not affect his or her classification in another.

Event List:

Events have both open weight and lightweight categories unless otherwise noted.

There are no lightweight categories for U17 or U19.

U17 (Men & Women):

- Single Sculls
- Double Sculls
- Four with Coxswain
- Quadruple Sculls
- Eight

U19 (Men & Women):

- Single Sculls
- Double Sculls
- Pair
- Four with Coxswain
- Quadruple Sculls
- Eight

Intermediate Men:

- Single Sculls
- Double Sculls
- Pair
- Four with Coxswain
- Quadruple Sculls
- Eight

Intermediate Women:

- Single Sculls
- Double Sculls
- Pair
- Four with Coxswain
- Quadruple Sculls
- Eight (*no lightweight category*)

Senior Men:

- Single Sculls
- Double Sculls
- Pair
- Four
- Four with Coxswain
- Quadruple Sculls
- Eight

Senior Women:

- Single Sculls
- Double Sculls
- Pair
- Four
- Four with Coxswain
- Quadruple Sculls
- Eight (*no lightweight category*)

Entries by Event

Event Number	Event Name	Entries
1	Women's U17 1x	51
2	Men's U19 4x	38
3	Women's U19 2x	71
4	Men's U17 2x	54
5	Women's U19 8+	28
6	Men's U19 4+	50
7	Women's U17 4+	28
8	Men's U17 8+	24
9	Women's U17 4x	21
10	Men's U19 1x	93
11	Women's U19 2-	28
12	Men's U19 2-	30
13	Women's U19 1x	66
14	Women's U19 4-	7
15	Men's U17 1x	71
16	Women's U17 2x	51
17	Men's U19 2x	69
18	Men's U19 8+	34
19	Men's U17 4+	38
20	Women's U19 4+	46
21	Women's U17 8+	15

22	Men's U19 4-	18
23	Women's U19 4x	36
24	Men's U17 4x	28
25	PR3 Mixed 2x	0
26	PR3 Men's 2-	0
27	PR3 Women's 2-	0
28	PR2 Mixed 2x	0
29	PR1 Men's 1x	0
30	PR1 Women's 1x	0

Event Number	Event Name	Entries
31	Women's Intermediate 4x	24
32	Men's Intermediate 2x	39
33	Men's Intermediate 8+	16
34	Men's Intermediate Ltw 4x	9
35	Men's Intermediate Ltw 4+	10
36	Women's Intermediate Ltw 2x	21
37	Women's Intermediate 4+	37
38	Men's Intermediate 2-	35
39	Women's Intermediate 1x	47
40	Men's Intermediate Ltw 1x	33
41	Women's Intermediate Ltw 2-	9
42	Men's Intermediate Ltw 8+	3
43	Men's Intermediate 4x	20
44	Women's Intermediate 2x	44
45	Women's Intermediate 8+	24

46	Men's Intermediate 4+	28
47	Women's Intermediate Ltwt 4x	6
48	Men's Intermediate Ltwt 2x	31
49	Women's Intermediate Ltwt 4+	12
50	Men's Intermediate Ltwt 2-	11
51	Women's Intermediate Ltwt 1x	12
52	Men's Intermediate 1x	59
53	Women's Intermediate 2-	30
54	Women's Elite/Senior 1x	19
55	Men's Elite/Senior 1x	29
56	Women's Elite/Senior Ltwt 1x	12
57	Men's Elite/Senior Ltwt 1x	12
58	Women's Elite/Senior 2-	9
59	Men's Elite/Senior 2-	12
60	Men's Elite/Senior Ltwt 2-	6
61	Women's Elite/Senior Ltwt 2-	1
62	Men's Elite/Senior 2+	0
63	Women's Elite/Senior 2x	4
64	Men's Elite/Senior 2x	9
65	Women's Elite/Senior Ltwt 2x	6
66	Men's Elite/Senior Ltwt 2x	6
67	Women's Elite/Senior 4-	8
68	Men's Elite/Senior 4-	11
69	Men's Elite/Senior Ltwt 4-	2
70	Women's Elite/Senior 4+	10
71	Men's Elite/Senior 4+	14

72	Women's Elite/Senior Ltwt 4+	0
73	Men's Elite/Senior Ltwt 4+	1
74	Women's Elite/Senior 4x	6
75	Men's Elite/Senior 4x	10
76	Women's Elite/Senior Ltwt 4x	2
77	Men's Elite/Senior Ltwt 4x	2
78	Men's Elite/Senior Ltwt 8+	4
79	Women's Elite/Senior 8+	11
80	Men's Elite/Senior 8+	12
81	PR3 Mixed 4+	0
82	PR2 Men's 1x	0
83	PR2 Women's 1x	0

Number of Entries by Affiliation

612endurance Racing (6)	Craftsbury Sculling Center (1)
Advanced Community Rowing Assoc. Inc. (9)	Crescent Boat Club (18)
All American Rowing Camp, LLC. (1)	Dallas Rowing Club (2)
Annapolis Junior Rowing Association, Inc. (1)	Dayton Boat Club (2)
Arion (27)	Detroit Boat Club (27)
Atlanta Junior Rowing Association (1)	Detroit Waterfront Rowing Association (5)
Bachelors Barge Club (2)	East End Rowing Institute, LTD. (3)
Bair Island Aquatic Center (1)	East Tennessee Rowing Association (4)
Baltimore Rowing Club (3)	Fairmount Rowing Association (1)
Beaver Creek Sculling (2)	First Coast Rowing Club (6)
Belen Jesuit Prep School (1)	Fordham University (1)
Bergen County Rowing Academy (4)	Founders Rowing Club (4)
Bishop Eustace Prep Crew (1)	Gainesville Area Rowing, Inc. (3)
Capital Rowing Club (20)	GMS Rowing Center (24)
Cincinnati Junior Rowing Club (1)	Gordon College Rowing Club (1)
Columbus Development Camp (4)	Greater Lawrence Rowing (9)
Community Rowing, Inc. (88)	Greenwich Crew (75)
Connecticut Boat Club (3)	Haddon Township High School (6)
Conshohocken Rowing Center Inc. (35)	Hanlan Boat Club (1)

Hawk Rowing Club (11)
 Indianapolis Rowing Center (1)
 Jacksonville Youth Rowing Club (9)
 La Lumiere School (1)
 Lake Leelanau Rowing Club (3)
 Lincoln Park Boat Club (3)
 Litchfield Hills Rowing Club, Inc. (21)
 Long Island Rowing Club, Inc. (4)
 Maritime Rowing Club (21)
 Mendota Development Camp (31)
 Merrimac River Rowing Association (3)
 Miami Beach Watersports Center/
 Miami Beach Rowing Club (1)
 Miami International RowHouse (2)
 Miami Rowing and Watersports Center, Inc. (10)
 Michigan Rowing Association (7)
 Minnesota Boat Club (4)
 Minnesota Men's Development Camp (15)
 Minnesota Women's Development Camp (7)
 Moorestown High School (6)
 Narragansett Boat Club (6)
 Nereid Boat Club (17)
 New Jersey Development Camp (4)
 New York Athletic Club (34)
 New York Rowing Association (8)
 Newport Sea Base Rowing (11)
 Niskayuna Rowing (8)
 North Carolina Rowing Center, Inc. (1)
 North Jersey Rowing (3)
 O.A.R.S. Inc. (11)
 Oak Neck Rowing Academy (19)
 Oakland Strokes, Inc. (13)
 Oklahoma City High Performance (38)
 Orange County Rowing Association (9)
 Osprey Rowing Club (11)
 Oyster Bay Community Rowing, Inc. (2)
 Pacific Rowing Club (1)
 Palo Alto Rowing Club (3)
 Parati Competitive Rowing (6)
 Park City Rowing Academy (1)
 Pelham Community Rowing Association (17)
 Penn A.C. Rowing Association (40)
 Peterborough Rowing Club (1)
 Pioneer Valley Riverfront Club (8)
 Pittsburgh Rowing Club (5)
 Port Rowing (10)
 Portland Community Rowing Association (1)
 Potomac Boat Club (63)
 PNRA/Mercer (29)
 Queen City Watersports Center (14)
 Ready Set Row, LLC (17)
 Resilient Rowing Club (44)
 Riverfront Recapture, Inc. (6)
 Riverside Boat Club (34)
 Rockland Rowing Association, Inc. (3)
 Rocky Top Development Camp (3)
 Row West (19)
 RowAmerica Rye (17)
 Sagamore Rowing Association (21)
 Sarasota Crew (19)
 Sarasota Scullers (3)
 Saugatuck Rowing Club, LLC (3)
 Seattle Area Rowing Association (5)
 South Jersey Rowing Club (38)
 South Orlando Rowing Association (8)
 Southern California Scullers Club (3)
 St. Andrew Rowing Club (29)
 St. Catharine's Rowing Club (9)
 TBC Racing (62)
 Tennessee River Rowing Assoc., LLC (4)
 Texas Rowing Center (39)
 The Foundry (14)
 The Stewards Foundation, Inc. (13)
 Three Rivers Rowing Association (1)
 Treasure Coast Rowing Club, Inc. (1)
 U.S. Merchant Marine Academy (1)
 U17 Development Team (4)
 U17 Racing Team - Ashland (7)
 U17 Racing Team - Chattanooga (8)
 U17 Racing Team - Sarasota (15)
 U17 Racing Team - Saratoga (10)
 U18 Boys High Performance Team (21)
 U18 Girl's High Performance Team (44)
 U19 Women's Selection Camp (21)
 UCLA Rowing (1)
 Unaff. USA (10)
 Undine Barge Club of Seattle (26)
 University Barge Club (9)
 UC Berkeley Development Camp (4)
 University of Pittsburgh (2)
 University of Virginia Rowing Association (1)
 Upper Valley Rowing Foundation (2)
 Utah Crew (1)
 V-Sculls (9)
 Vero Beach Rowing, Inc. (10)
 Vesper Boat Club (70)

Virginia Boat Club (2)
Waterford Crew (1)
Wayland-Weston Rowing Association, Inc. (26)
West Side Rowing Club Development Camp (1)

Westerville Rowing Club (5)
Whitemarsh Boat Club (15)
Wilmington Rowing Center (1)
Y Quad Cities Rowing (4)

What to Watch

College Rowing Recruits

- USRowing's 15th-Annual College Fair will take place at this year's Club National Championships and is an opportunity for rising seniors to meet with coaches from 70+ colleges from across the country. The event will run from 2:00-4:00 p.m., on Friday, July 13. The college program meeting area also will be open from 10:00 a.m.-2:00 p.m. on Friday, 10:00 a.m.-4:00 p.m. on Saturday and 10:00 a.m.-3:00 p.m. on Sunday for program office hours determined by each school.

Vesper Boat Club

- Last year's team points trophy winners, Vesper Boat Club, has 70 entries racing this weekend in hopes of bringing the trophy home again. Teams at the Club National Championships compete for the Colgan Cup Overall Team Points Trophy, the Sulgar-Barnes Men's Points Trophy and the Marion D. Ventura Women's Points Trophy. Last year team points rankings are below.

Palo Alto Rowing Club's Ulitsky Sisters

- Twins Ellen and Irene Ulitsky have been rowing together for three years. They won the women's double sculls at the 2017 SRAA National Championships and placed second in the B Final at the 2018 USRowing Youth National Championships. Most recently, they raced at World Rowing Championship Trials. This weekend, they'll race together in the women's U19 double, as well as against each other in the women's U19 single. The twins aspire to represent the United States in the Olympics during or after college.

USRowing Development Camps

- USRowing's Development Camp athletes apply to spend part of their summer training alongside the best of their peers. Several development camps send their athletes to the USRowing Club National Championship, where some crews race above their age division or category. Racing up allows the development camps athletes to test their speed and gain valuable racing experience.

Last Year's Winners

2017 Overall Points Trophy

Place	Team	Entries	Women's Points	Men's Points	Total Points	Gold	Silver	Bronze
1	Vesper	30	180	247	427	16	4	4
2	CRI	19	62	96	158	4	4	1
3	Penn AC	16	36	87	123	7	1	1
4	OKC HP Center	9	64	21	85	5	1	0
5	TBC Racing	9	39	44	83	1	2	1
6	Potomac	8	39	13	52	1	2	1
7	RA-Rye	4	28	19	47	1	2	1
8	South Niagara	6	12	35	47	0	2	1
9	Steel City	9	22	6	28	0	0	3
10	Conshohocken	4	10	11	21	1	0	1
11	Detroit Boat Club	4	4	17	21	0	1	2
12	Wayland-Weston	4	15	5	20	1	0	0
13	Nereid	2	8	12	20	0	2	0
14	California	2	8	10	18	1	1	0
15	Lincoln Park Boat Club	3	9	4	13	0	0	1

2017 Women's Points Trophy

Place	Team	Entries	Points	Gold	Silver	Bronze
1	Vesper	13	180	8	1	2
2	OKC HP Center	7	64	4	1	0
3	CRI	8	62	1	3	0
4	Y Quad Cities	6	54	1	2	1
5	Saugatuck	3	50	1	1	0
6	Row West Racing Camp	7	47	1	0	2
7	Greenwich Crew	9	46	0	2	3
8	ARION	5	44	2	1	0
9	Potomac	3	39	1	2	0
10	TBC Racing	7	39	0	1	1
11	Penn AC	5	36	2	0	0
12	RA-Rye	2	28	0	2	0
13	Steel City	6	22	0	0	3
14	Charles River Scullers	5	21	0	0	2
15	New York AC	3	19	0	1	1

2017 Men's Points Trophy

Place	Team	Entries	Points	Gold	Silvers	Bronzes
1	Vesper	17	247	8	3	2
2	New York AC	23	240	2	9	6
3	CRI	11	96	3	1	1
4	Penn AC	11	87	5	1	1
5	Maritime Rowing Club	7	58	2	1	1
6	Seattle Area	5	57	3	0	0
7	Undine	6	55	2	1	2
8	TBC Racing	2	44	1	1	0
9	South Niagara	4	35	0	2	0
10	Parati	6	33	0	1	2
11	Minnesota	5	27	0	1	2
12	Cincinnati Juniors	4	25	0	0	2
13	OKC HP Center	2	21	1	0	0
14	RA-Rye	2	19	1	0	1
15	Detroit Boat Club	3	17	0	1	1

Regatta Rules and Rowing Terms

**Accurate for the 2018 USRowing Club National Championships. Race progressions and policies may vary at other regattas.*

Blade

- The end of an oar opposite the handle. The blade is the broad, flat part of an oar that helps the oar lock into the water and leverage the boat.

Bow

- The forward section of the boat. The first part of the boat to cross the finish line. The person in the seat closest to the bow (seat “one”), who crosses the finish line first.

Bowball

- The rubber ball attached to the very tip of a boat, which provides protection for both the boat and anything with which it may come into contact.

Breakage

- Equipment that breaks during the first 100 meters of a race. Crews will have 30 minutes to fix repair or broken equipment. If the repair is completed within that time period, the crew may restart the race.

Coxswain

- A coxswain is the member of the crew that steers the boat and motivates or directs the boat’s rowers. In a boat with a coxswain, the coxswain is typically responsible for the safety of the boat and its rowers.

Crab

- A crab occurs when an oar remains in the water at the finish of a stroke and is not removed. Such an occurrence destabilizes, and often stops, the run of a boat. A crab also may injure a rower or eject a rower from the boat.

Crew

- A boat of rowers with or without a coxswain. Crew can also refer to an entire rowing program. Though often said, no one “does crew.” Rowers do not “play crew” or “row crew.” While other athletes may play a sport (“I play football”), rowers simply row (“I row.”) “Crewing” is not a word. The fastest way to sound intelligent about rowing is to master these terms.

Double

- A sculling boat with two rowers in which each rower uses two oars. Symbolized by 2x.

Eight

- An eight-rower boat that also has a coxswain and in which each rower uses one oar. Symbolized by 8+.

Four

- A four-oared shell in which each of the four rowers uses one oar. May have a coxswain. Symbolized as 4+ (with a coxswain) or 4- (without a coxswain).

Handle

- The end of an oar which a rower grips and uses to manipulate the shaft and blade.

Lightweights

- The maximum weight for a male lightweight rower is 160 pounds. The maximum weight for a female lightweight rower is 130 pounds. Lightweight athletes must weigh in each day in which they are racing.

Oar

- Used to drive the boat forward: rowers do NOT use paddles.

Oarlock

- An oarlock is attached to a pin. The oarlock holds the oar against the pin, so that together they can act as a lever and fulcrum.

Pair

- A sweep boat with two rowers and (except for the rare occasion at the elite level) no coxswain. Symbolized with 2- (without a coxswain).

Port

- Left side of the boat while facing forward, in the direction of the movement. Many sweep rowers associate with rowing one side. Coxswains may refer to port (or starboard) when giving technical instruction or steering calls.

Quad

- Short for quadruple sculls, a quad is a boat in which four rowers use two oars each. Symbolized by 4x.

Single

- Short for single sculls, a boat where one rower uses two oars. Symbolized by 1x.

Sculling

- One of the two disciplines of rowing – the one where rowers use two oars each, or sculls.

Seat

- The moveable platform on the deck inside a boat on which rowers sit. The moving nature of the seat allows rowers to use their legs, as well as their back and arms.

Shaft

- The long, cylindrical part of an oar.

Shell

- Can be used interchangeably with “boat”

Starboard

- Right side of the boat while facing forward, in the direction of the movement. Many sweep rowers associate with rowing one side. Coxswains may refer to port (or port) when giving technical instruction or giving steering calls.

Stroke

- The rower that sits closest to the stern of the boat and sets the rhythm and pace for any rowers behind them.

Sweeping

- One of the two disciplines of rowing – the one where rowers use one oar each, or sweep oars.

Time Trial*

- In the first phase of racing, event categories with seven or more entries race a distance of 1,900 meters for time. Crews are started in alternating lanes every 20 seconds and are ranked by time to determine which crews will advance to semifinals or finals.

USRowing

- The governing body of rowing in the United States.