



USRowing Youth National Championships

June 6-9, 2019

Nathan Benderson Park, Sarasota-Bradenton, FL

USRowing and Nathan Benderson Park are proud to bring the 25th USRowing Youth National Championships to the home course of the 2019 World Rowing U23 Championships. This event offers opportunities for crews that have qualified from around the country to come together to crown national champions in 18 events.

The park is one of a handful of sites in the United States identified as having all the natural attributes that make up a world-class rowing and recreational facility. The park was created from a manmade borrow pit, spring fed with additional surface water holding capacity. The 161.8-hectare lake was previously used for mining sand and shell. Since then, the pit was filled by the Cooper Creek drainage basin and the underground aquifer system.

Nathan Benderson Park hosted the 2015 USRowing Youth National Championships, 2017 USRowing Youth National Championships, 2017 World Rowing Championships, 2018 World Rowing Masters Regatta, and is slated to host the 2019 World Rowing U23 Championships.

Please read this packet completely as it includes information regarding entries, rules, events, qualification, eligibility, venue and other information about the policies governing this regatta. All crews competing in the USRowing Youth National Championships are responsible for the information contained in this packet.

USRowing would like to thank the Nathan Benderson Park Staff and the Youth National Championships Advisory Council for their guidance and assistance in organizing this year's event.

Changes for 2019

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.

- Schedule Information -- Updated to reflect 4th racing day.

- Order of Events -- Updated to switch order of Men/Women varsity events. Added Inclusive 2x & PR1/PR2 1x events.
 - Registration Process -- Lineups and payment will be required at the time of entry.
 - Minimum Weight of Boats -- **STRONGLY encourage coaches to review and be familiar with the policies and procedures around boat weighing.** Updated to include PR 1x weights.
 - Progression -- Updated to include D-Finals.
 - Venue Information -- Updated for NBP venue.
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Important Dates & Schedule Information

Important Dates/Deadlines:

- March 1, 2019 -- Entry Packet posted.
- May 3-5, 2019 -- First set of qualification regattas are held.
- May 7, 2019 -- Invitations sent to crews from first set of qualification regattas.
- May 10, 2019 -- Last day for crews from first set of qualification regattas to submit their entries or to submit petitions from these events.
- May 11-12, 2019 -- Second set of qualification regattas are held.
- May 14, 2019 -- Invitations sent to crews from second set of qualification regattas.
- May 17, 2019 -- Last day for crews from first set of qualification regattas to submit their entries or to submit petitions from these events.
- May 17-19, 2019 -- Third set of qualification regattas are held.
- May 21, 2019 -- Invitations sent to crews from third set of qualification regattas.
- May 24, 2019 -- Last day for crews from third set of qualification regattas to submit their entries or to submit petitions from these events.
- May 25, 2019 -- Final qualification regatta is held.
- May 28, 2019 -- Invitations sent to crews from final qualification regatta. Crews notified regarding the final status of petitions submitted for all but final qualification regatta (NEIRA).
- May 29, 2019 -- Last day for crews from final qualification regattas and accepted petitions to submit their entries. Last day for NEIRA crews to submit petitions.
- May 31, 2019 -- Last day for accepted petition crews from NEIRA to submit accepted entries.
- June 3, 2019 -- Initial schedule of races posted.
- June 4, 2019 -- Official practice sessions begin. Initial bow assignment list is posted on USRowing web site.
- June 5, 2019 -- Official practice sessions available. On-site credential pick-up is available. "Express Lane" opens. Trophies due to be returned. Coaches and Coxswains Meeting. USRowing Graduation Ceremony held.
- June 6, 2019 -- Racing begins.
- June 9, 2019 -- "A" Finals Day, including awards ceremonies. Olympic Day held at venue.

Schedule Information:

[Click here to view planned regatta schedule.](#)

This posted schedule is for illustrative purposes only. It is tentative and subject to change.

Tuesday: Practice 8am-12pm and 2pm-5pm. Venue opens for trailer parking.

Wednesday: Practice 8am-12pm and 2pm-5pm

Thursday: Time Trial Heats.

Friday: Repechages will run Friday morning. Final D races will follow repechages on Friday afternoon.

Saturday: Semi-finals will run Saturday morning. Final C races will follow semifinals on Saturday afternoon.

Sunday: Final A events will be held Sunday morning. Final B events will be held after Final A events on Sunday afternoon.

Coaches, Coxswains, and Blind Boat Meeting:

Coaches and Coxswains Meeting will be scheduled for Wednesday, June 5, 2019, at 5:00 PM.

All competitors and coaches are responsible for any information given at this meeting.

Order of Events:

Below is the order in which finals are scheduled to be run.

Event	Description	Event	Description
1	Mens Youth 1x	11	Mens Youth 4+
2	Womens Youth 1x	12	Womens Youth 4+
3	Mens Youth 2-	13	Mens Youth 4x
4	Womens Youth 2-	14	Womens Youth 4x
5	Mens Ltwt Youth 2x	15	Mens Ltwt Youth 8+
6	Womens Ltwt Youth 2x	16	Mens Youth 8+
7	Mens Youth 2x	17	Womens Ltwt Youth 8+
8	Womens Youth 2x	18	Womens Youth 8+
9	Mens Ltwt Youth 4+	19	Mens/Womens/Mixed Inclusive 2x
10	Womens Ltwt Youth 4+	20	Mens/Womens PR1 or PR2 1x

The schedule of races will be determined based on the number of entries at the close of registration.

The initial assignment of bow numbers shall be posted on the USRowing web site by 5:00pm Eastern time on June 3, 2019.

Each year, the event order will adjust to provide equal exposure to men's and women's events. In 2018, and even number years to follow, the order of events will follow the list above, with women's events coming before men's events in each category. In 2019, and odd number years to follow, the order will flip, such that men's events are scheduled before women's events in each category. *(For example, in 2018, event 1 is the Womens Youth 1x and event 2 is the Mens Youth 1x. In 2019, the order would have event 1 as the Mens Youth 1x and event 2 as the Womens Youth 1x.)*

Inclement Weather Information:

The Chief Referee, USRowing, and 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:

Notification Process:

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

- On-site on the results/announcements board near the athlete/boat area
- On-site through any on-site public address systems in use
- Online via Twitter, Facebook, RegattaCentral, and the USRowing website
- Via text message. Coaches, athletes, and parents can register to receive weather related text messages by texting "USRowing" 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 RegattaCentral to the texting system.

Crews 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 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.
- Utilize a time-trial system for a round of the event.
- 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 trophies will be awarded based on the results of the last completed round of the event.
 - o If rounds must be omitted, the priority for rescheduling and race cancellations will give priority to ensuring the "A" Finals are held, and those events progressing into the "A" Finals are prioritized over the "D", "C", and "B" finals.
- Cancel regatta.

Under no circumstances will races be rescheduled for a date later than June 9, 2019.

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, not both.

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".

Registration Information

USRowing Membership:

The USRowing Youth 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 2019.

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 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 May 31, 2019.

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

Entry Information:

Crews will be notified of their qualification status no later than the Tuesday following their qualification regatta. At the time of notification, crews will have the permission necessary to submit their qualified crews online via [RegattaCentral](#). No paper entries will be accepted for this event.

Crews must submit their entries no later than three (3) days after receiving their bid notification. This will be strictly enforced, as the only spaces available for petitioning crews will come from bids that are declined.

On the Saturday following a crew's bid notification, any bids that do not have an entry in the Youth National Championships will be forfeited, and those bids will be made available to petitioning crews.

Petitioning crews that are accepted to enter an event are required to submit the corresponding entry within three (3) days of receiving the notification, otherwise, the bid is forfeited.

All entry fees are due when entries are submitted. Crews needing to make alternate payment arrangements must contact the USRowing Regatta Director at alvin.dominique@usrowing.org.

Entry fees become non-refundable after May 31, 2019. After this date, unpaid entries may be scratched from the regatta.

Crews representing an organization with an outstanding balance from any USRowing activity will not be allowed to compete until the balance is paid in full.

Entry Fees:

Category	Entry Fee
8+	\$ 268.00
4x/4+	\$ 192.00
2x/2-	\$ 128.00
1x	\$ 82.00

Team Survey:

All teams must complete a "Team Survey", and return them to SANCA prior to receiving their registration materials.

The survey questions will be included in the online registration form that teams complete on RegattaCentral.

This information is required before a team will be allowed to compete.

Entry Limits:

All events will be limited to a maximum of 28 total entries.

No competitor shall enter more than two events at the Youth National Championships.

Scratches:

A crew that receives a Youth National Championship bid from a recognized qualification event and

registers in an event shall be required to compete in all its stages: time trials, repechages, semifinals, and D, C, B, or A finals. Failure to participate in an event for which a crew has registered will result in a one-year suspension for that team for that registered event.

Lineup Changes:

All entries must include the line-up of athletes to compete as part of that entry.

A maximum of 50 percent substitutions (not including coxswains) will be allowed in the boat line-up that has qualified at a recognized qualification regatta. Substituted athletes must meet all eligibility and affiliation rules in order to compete.

Line-up changes must be submitted no later than 1 hour before the first race of the event for which the crew is entered.

On-Site Line-up Changes:

Any line-up change required at the regatta venue, 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:

The USRowing Youth National Championships is an invitational championship regatta.

Crews must qualify for a Youth National Championship bid by attending a recognized qualification regatta, placing in one of the 18 Youth National Championship events, and receiving a bid.

Bids are awarded to crews in specific events. Organizations are not eligible to enter events in which they did not receive a bid.

Crews from outside of the United States are not eligible to compete at this event.

Classifications:

Youth- A Youth is a competitor who in the current calendar year does not attain the age of 19, or who is and has been continuously enrolled in secondary school as a full-time student seeking a diploma. A competitor thus ceases to be a Youth after December 31 of the year of his or her 18th birthday, or of the year in which he or she completes the 12th grade of secondary school, having been a full-time student, whichever is later.

Post Graduates: Per Rule 4-104 (a), a student must be working towards their first secondary school diploma, therefore, post graduate students who attain the age of 19 in the current calendar year are ineligible to compete.

PR1 [formerly AS (Arms and shoulders)]: 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 likely have poor sitting balance.
PR2 [formerly TA (Trunk and arms)]: 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 significant weakened function or mobility of the lower limbs.

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.

Classifications for Adaptive Athletes

All Rowers racing in Adaptive Rowing Races shall be classified before competition, either by self-classification or by a USA or FISA Classification Panel.

Self-classification is permitted at this event. Classifiers will not be present at the regatta. For more information on the classification process, visit the USRowing web site: [Click here for Classification information on the USRowing web site.](#)

There will be no protests over any classified rower's sport class designation during a U.S. regatta

Inclusive and Adaptive Events:

The Inclusive category is open to crews 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 PR1/PR2 1x events are open to athletes that have been classified in the PR2 or PR1 categories. Rowers may compete in a more functional sport class than their assigned sport 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.

A rower may compete in an Adaptive or Para Rowing event if his or her disability meets the criteria set out in the Adaptive Rowing Classification. Self classification is permitted, and crews should be familiar with the category requirements in the Rules of Rowing.

In Inclusive events, the sport class requirement pertains only to the Rower who has been classified.

At all times when on the water during practice, warm up, cool down, and competition from the opening day of the Course until completion of the final Race of their competition, all Rowers who row in Adaptive Rowing Races must row with the prescribed equipment which must be used according to the boat and sport class. Equipment in this context refers to strapping and pontoons.

The Inclusive events are listed as a combined event. Crews consisting of Men, Women, or Mixed lineups

may enter. Races may be separated by category if the number of entries necessitates separation.

The P1/PR2 Mens/Womens 1x events are listed as a combined event. Mens and Womens crews classified as PR1 or PR2 are eligible to enter. Races may be separated by category if the number of 11 entries necessitates separation.

Youth National Qualification Rules:

USRowing recognizes seven youth districts, each with its own qualification regatta(s), to qualify for the USRowing Youth National Championships.

All crews from the organization must qualify at the same qualification regatta. In districts with multiple qualifying regattas, teams will be required to declare which regatta they will use as their qualifier for the Youth National Championships prior to regatta registration each year. For those crews that participate in more than one qualification regatta, failure to declare will result in using the first qualification regatta entered as the crew's qualification regatta. Declarations can be made using the online form available on the [USRowing Youth National Championships event page](#).

The "Roll Down" bid policy that applies at a qualifying regatta with less than three bids. If a qualifying crew(s) chooses to decline a bid(s) for the Youth National Championships, the subsequent place finisher(s) would receive the bid(s). In no case does a roll down bid extend past the third-place finisher.

Teams may petition USRowing to permanently change their appointed district affiliation due to a hardship within their current district. The receiving LOC must endorse any transfer prior to registration. Teams are not permitted to change qualification districts annually. These petitions will be reviewed by the Youth National Championships Advisory Council.

A crew that receives a Youth National Championship bid from a recognized qualification event and registers in an event shall be required to compete in all its stages: time trials, repechages, semifinals, and D, C, B, or A finals. Failure to participate in an event for which a crew has registered will result in a one-year suspension for that team for that registered event.

No competitor shall enter more than two events at the Youth National Championships.

Crews shall only be allowed to qualify for the Youth Nationals Championships from a qualifying regatta within their individual districts. Note that the qualifying regattas are contingent on their [USRowing registered regatta status](#). If the regatta chooses not to register their regatta, they cannot be considered a qualifying regatta.

Crews receiving bids will be notified no later than the Tuesday following their qualification regatta. Crews are required to register for the Youth National Championship within three days of receiving this notification **OR** to notify USRowing that the bid will be declined.

Friday of the week following the notification is the last day a crew may enter events in which it has earned an automatic bid. A crew will forfeit any bids in events where it has not been entered, and those spots will be made available to petitioning crews.

Qualification Process Inclement Weather Policies

Should a qualification regatta be cancelled due to inclement weather, bids will be decided based on the official finishing order of the crews as determined by the regatta's established practices and policies.

Should a qualification regatta not have its own published weather policy, USRowing will award bids based on the results of the last completed round of the event.

In instances where qualification events are cancelled without completing any rounds, those crews will be required to submit a petition that includes results from the current season to demonstrate their placement within their district. These petitions will be given an expedited review, and the bids originally allotted for that regatta will be awarded based on the determinations of the committee.

Recognized Qualification Regattas:

Districts	Youth National Championship Qualification Regattas	Bid(s)
Central District	USRowing Central Youth Championships	2
	May 4-5, 2019: Oklahoma River, Oklahoma City, Okla.	
Arkansas, Colorado, Louisiana, Kansas, Missouri, Nebraska, New Mexico, Oklahoma, and Texas		
Mid-Atlantic District	Philadelphia City Championships	2
	May 4-5, 2019: Schuylkill River, Philadelphia, Penn.	
Delaware, District of Columbia, Maryland, New Jersey, Pennsylvania (Eastern), and Virginia		
Midwest District	USRowing Mid-Atlantic Youth Championships	3
	May 11-12, 2019: Lake Mercer, West Windsor, N.J.	
Virginia Scholastic Rowing Championships		
Midwest District	Virginia Scholastic Rowing Championships	1
	May 11, 2019: Occoquan Reservoir, Fairfax Station, VA	
Delaware, District of Columbia, Maryland, New Jersey, Pennsylvania (Eastern), and Virginia		
Midwest District	Midwest Scholastic Rowing Championships	1
	May 11-12, 2019: Lake Dillon, Nashport, Ohio	
Illinois, Indiana, Iowa, Kentucky, Michigan, Minnesota, Ohio, Pennsylvania (Western), West Virginia, and Wisconsin		
Midwest District	Midwest Junior Rowing Championships	3
	May 18-19, 2019: Harsha Lake, Bethel, Ohio	
Illinois, Indiana, Iowa, Kentucky, Michigan, Minnesota, Ohio, Pennsylvania (Western), West Virginia, and Wisconsin		
Northeast District	New York State Scholastic Championships	2
	May 11-12, 2019: Fish Creek, Saratoga Springs, NY	
Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island, and Vermont		
Northeast District	USRowing Northeast Youth Championships	3
	May 18-19, 2019: Merrimack River, Lowell, Mass.	
Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island, and Vermont		
Northeast District	NEIRA Championships	2
	May 25, 2019: Lake Quinsigamond, Worcester, Mass.	
Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island, and Vermont		
Northwest District	USRowing Northwest Youth Championships	3
	May 17-19, 2019: Vancouver Lake, Vancouver, Wash.	
Alaska, Idaho, Montana, North Dakota, South Dakota, Oregon, Washington, and Wyoming		
Southeast District	USRowing Southeast Youth Championships	3

May 11-12, 2019: Melton Hill Lake, Oak Ridge, Tenn.

Alabama, Florida, Georgia, Mississippi, North Carolina, Puerto Rico, South Carolina, Tennessee, and US Virgin Islands

Southwest District USRowing Southwest Youth Championships

3

May 3-5, 2019: Lake Natoma, Rancho Cordova, Calif.

Arizona, California, Hawaii, Nevada, and Utah

Petitions:

USRowing will accept petitions; **acceptance of a petition does not guarantee a bid to attend the Youth National Championships.**

Petitions must be submitted no later than three (3) days after the conclusion of the crew's qualification regatta. Due to the late nature of the qualifier, NEIRA crews interested in submitting a petition must do so no later than May 28, 2019 at 5:00 P.M. EDT. Only two (2) bids will be reserved for NEIRA programs unless the final selection posting does not fill all open bids.

NO LATE PETITIONS WILL BE ACCEPTED.

Petitions must be submitted via the online form on the [Youth Nationals web page](#).

Petitions will only be accepted from a coach or team administrator. Parents, athletes, referees, and others who do not act as a coach or official administrator to the crew submitting the petition are not eligible to submit a petition on a crew's behalf.

All event categories can receive a maximum of 28 entries. If an event is fully subscribed and not all petitions can be accepted, the Youth National Championships Advisory Council will choose the petitions from the most competitive crews based on the information given in the petition.

Crews will be notified of their petition status on May 28, 2019. NEIRA crews will be notified of their petition status on May 31, 2019.

Petitions will not be accepted from athletes that are part of a boat that was excluded or disqualified while participating in that event at a qualifying regatta, unless the exclusion or disqualification is overturned.

Petitions will not be accepted from crews competing in non-qualifying events held as part of a qualification regatta. Petitions will not be accepted from crews that have not competed in the petitioned event at an on-water competition since January 1 of the current calendar year.

Petitions will be accepted for the following reasons. Petitions that do not meet these requirements will not be sent to the Petition Committee for consideration.

- An unfortunate event, especially something beyond the ordinary or the expected, which caused a disadvantage that precluded a crew to compete in a qualifying event. Poor rowing, lineup decisions, and other similar situations are not considered to be "unfortunate events" and are not eligible to be considered as petitions.
- The petitioning crew must provide the petition committee substantiation of sufficient boat speed within the following time standards of the last qualified crew in the petitioned category at a recognized YNC qualifying regatta.
 - o 8+/4+/4x: within three (3) seconds
 - o 2x/2-/1x: within five (5) seconds

A link to the results used to substantiate boat speed must be provided with the submitted petition.

Petitions are required to include the contact information of the Chief Referee at the qualification regatta in order to confirm the details of the circumstances surrounding the petition.

Petitions will be reviewed and voted on by a subcommittee of five members of the Youth National Championships Advisory Council:

- Sarah Low (Atlanta Jr)
- Padraic McGovern (Everett Rowing)
- Larry Muri (Fordham Prep)
- Aaron Preetam (Germantown Friends)
- Falesha Thrash (Texas Rowing Center)

After reviewing the petitions, the Petition Committee will notify crews of the status of their request on the dates listed above. Crews whose petitions are declined shall also receive an explanation as to why their petition was not accepted. If a crew whose petition was not accepted has compelling new information to be considered, it may request an appeal of the decision.

The burden is on the appealing crew to provide compelling new information for consideration. Simply disagreeing with the Petition Committee's decision is not grounds for an appeal.

The new information, and original petition, will then be voted on by the full Youth National Championships Advisory Council. The status of the appeal will be determined by the vote of the majority of the full Youth National Championships Advisory Council.

All appeals must be submitted no later than by May 29, 2019. No appeals will be reviewed after this date.

Petitions received from crews finishing within the time standard at a qualifying regatta with three bids may receive an expedited decision if a qualifying crew chooses to decline its bid for the Youth National Championships in the event. A crew must submit a petition with a time within the time standard in order to be eligible. Teams will be notified on the Tuesday of the week after their qualification event, if they receive this expedited acceptance into the regatta. All other petitions, including those within the time standard where the other crews from their qualification event do not decline bids, will be reviewed and notified on the date listed above.

Affiliation:

Affiliation with only one program, which he/she is registered with as of the first competition (registered/non-registered, not including indoor events) for the duration of the spring season, defined between January 1 and June 15 of that current calendar year, to participate in the USRowing Youth National Championship Regatta.

Exception: Athletes who are members of a junior rowing club existing as a composite of athletes with no stand-alone high school rowing program may row as a single (1x) in a regatta under the name of their school where they are not permitted to enter as "unaffiliated." When permitted, a single (1x) competing as "unaffiliated" is not considered to be representing an organization, and therefore would remain in compliance with the affiliation requirement listed above.

For the purposes of qualifying for the USRowing Youth National Championships in an individual event, the athlete must still represent the club (entered under the club's name) with which he/she began the season.

If athletes wish to compete in a team event under the name of their school with an established high school rowing program rather than as a club, USRowing organizational membership is required for that school for that purpose and the athletes must compete as this organization the entire spring season.

Rules

USRowing's 2019 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.

Time Trial Procedures

Time trials will be conducted over a 1,900 meter course.

Bow assignments for the time trial will be seeded by randomly assigning bow numbers to the crews based on how they placed in their qualification regatta. Crews finishing first in their qualification regatta will be randomly seeded first, followed by the crews finishing second, followed by the crews finishing third, followed by the crews entered as accepted petitions.

A marshal will be positioned near the start to direct crews to enter the course. 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. Crews failing to maintain their proper position may be delayed, moved to the end of the starting order, penalized, or excluded. A crew will be allowed to race as long as they are in the starting area before the crew with the last bow number of the event has started.

Crews will have approximately 100 meters to build up to race pace. A crew's race time begins once their bow ball crosses the 1,900 meter start line. There will be no sound at the start or finish; crews will know they are on the course when the buoys change colors and crews should row through the large orange buoys at the finish.

Odd number crews will race in lane 3, and even number crews will race in lane 4.

There will be a 20-second gap between starting crews, resulting in a 40-second gap between crews in the same lane.

Passing:

A crew being overtaken must yield to the outside lane to allow the overtaking crew to pass. Crews racing in lane 3 would move to lane 2, and crews racing in lane 4 would move to lane 5.

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.

Broken Equipment:

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

Bow Numbers:

Time trial bow numbers will be distributed at registration. You must pick up your numbers when you pick up your athlete credentials.

Starting Commands with Lights:

A starting light system will be utilized for this regatta, in accordance with Rule 2-306.1 Starting Commands with Lights.

A practice session will be conducted prior to racing to allow crews unfamiliar with starting light systems to experience the system prior to racing.

(a) After the Crews have been announced, the Starter shall start the Race by: (1) calling out "Attention!," (2) the Starter shall press a button (or switch) to change the traffic lights from the neutral (unlit/black) position to red, and then (3) after a distinct and variable pause, the Starter shall give the starting command by pressing a button that shall at the same moment:

- Change the red light to green,
- Make an audible signal through the loudspeakers.

(b) If, after the red light has been illuminated, the Starter believes for any reason that the start should not occur, he or she shall call out, "As You Were!" and change the lights from red to neutral. The Starter shall repeat the starting commands in their entirety, but may dispense with announcing the Crews.

(c) Crews may leave the starting line when the light turns from red to green.

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 for sprint racing will be provided at the launch docks, once a crew has passed through Control Commission. Bow numbers for time trials will be distributed at registration. Crews are responsible for ensuring that the correct bow number is on the proper boat before passing 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.

Minimum Weight of Boats:

"Boat Weighing" will be conducted in accordance with the 2019 USRowing Rules of Rowing. The rules are listed here for the convenience of the competitors and coaches. Any differences in the language listed here and the 2019 Rules of Rowing is typographical, and the Rules of Rowing shall still govern these rules and procedures.

All boats shall comply with the following minimum weights:

Category	Weight
----------	--------

	(kg)
1x	14
PR2 1x	22
PR1 1x	24
2x	27
2-	27
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 not 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 a boat shall not include oars, the bow number or any other item not firmly fastened to 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.

Crews will have an opportunity to test the weight of their boat on the scales during practice sessions beginning Tuesday, June 4. 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.

Weigh-Ins:

All weigh-ins shall be conducted in accordance with the 2019 USRowing Rules of Rowing. The rules are listed here for the convenience of the competitors and coaches. Any differences in the language listed here and the 2019 Rules of Rowing is typographical, and the Rules of Rowing shall still govern these rules and procedures.

Competitors shall be weighed in racing uniform without shoes or other footwear.

Lightweights:

The weight for Youth 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. Each Youth Rower shall have only one (1) initial opportunity to weigh in. 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 (1.0) pound above the weight standard will be ineligible to compete in the Event.

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: 150 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 Event:

Minimum: 120 lbs.

Coxswain for Women’s Event:

Minimum: 110 lbs.

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.

Use of an unapproved drone at the racing venue may also result in an Unsportsmanlike Conduct penalty on the organization associated with the drone operator.

A crew that engages in unsportsmanlike conduct 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 parent or spectator engaging in unsportsmanlike conduct may result in the crew they are associated with having their further participation at the regatta curtailed or prohibited, and may be removed from the racing venue.

Progression:

YNC Progression (TT+Reps) Alt Progression B w/ TT Heats										
Entries	Time Trial	Advance	Rep	Advance	Semis	Advance	Final D	Final C	Final B	Final A
1-7	1	7 to Final A (Seeding)	-	-	-	-	-	-	-	7 Boat Final
8-11	1	Top 4 to Final A Remaining to Rep	1	Top 2 to Final A Rest to Final B	-	-	-	-	5 Boat Final	6 Boat Final
12	1	Top 2 to Final A Remaining to Reps	2	Top 2 to Final A 3-5 to Final B	-	-	-	-	6 Boat Final	6 Boat Final
13	1	Top 2 to Final A Remaining to Reps	2	Top 2 to Final A 3-6 to Final B	-	-	-	-	7 Boat Final	6 Boat Final
14	1	Top 2 to Final A Remaining to Reps	2	Top 2 to Final A 3-5 to Final B 6 to Final C	-	-	-	2 Boat Final	6 Boat Final	6 Boat Final
15-16	1	Top 9 to Semis Remaining to Reps	1	Top 3 to Semis Remaining to Final C	2	Top 3 to Final A 4-6 to Final B	-	4 Boat Final	6 Boat Final	6 Boat Final

17-19	1	Top 6 to Semis Remaining to Reps	2	Top 3 to Semis Remaining to Final C	2	Top 3 to Final A 4-6 to Final B	-	7 Boat Final	6 Boat Final	6 Boat Final
20	1	Top 6 to Semis Remaining to Reps	2	Top 3 to Semis 4-6 to Final C 7 to Final D	2	Top 3 to Final A 4-6 to Final B	2 Boat Final	6 Boat Final	6 Boat Final	6 Boat Final
21-22	1	Top 8 to Semis Remaining to Reps	2	Top 2 to Semis 3-5 to Final C 6+ to Final D	2	Top 3 to Final A 4-6 to Final B	4 Boat Final	6 Boat Final	6 Boat Final	6 Boat Final
23-25	1	Top 9 to Semis Remaining to Reps	3	Top 1 to Semis 2-3 to Final C 4-6 to Final D	2	Top 3 to Final A 4-6 to Final B	7 Boat Final	6 Boat Final	6 Boat Final	6 Boat Final
26-28	1	Top 9 to Semis Remaining to Reps	3	Top 1 to Semis 2-3 to Final C 4-5 to Final D 6+ Eliminated	2	Top 3 to Final A 4-6 to Final B	6 Boat Final	6 Boat Final	6 Boat Final	6 Boat Final

Each crew is responsible for knowing the progression of their event.

Outside Assistance:

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

Medals:

Medals will be awarded to the first, second, and third-place finishers in each A- Final. Coaches are invited to join their crews to receive a medal with their competitors.

Medals will be awarded at the Awards Dock at the conclusion of each A-Final race. Crews will be directed to the dock by the Finish Line Marshal. The Awards Dock is located in front of the Finish Line Tower at Nathan Benderson Park.

All medals and trophies are contingent on crews completing boat weighing, and any other rules-related requirements.

Trophies:

Trophies are awarded to the winning crew in each event. A coach or adult representative will be required to provide contact information for the crew taking the trophy.

Each winning crew is responsible for updating the trophy with their crew name and the year they won the trophy.

Winning crews are also responsible for the condition of the trophy during the year in which they possess it.

Crews that won trophies at the 2018 USRowing Youth National Championships are required to return the trophies prior to racing at the 2019 regatta. Those crews returning to the 2019 event should return the trophy to the USRowing registration desk no later than June 5, 2019 at 5:00 P.M. Organizations not returning for the 2019 event must mail the trophy to the USRowing office no later than May 27, 2019. The trophy must be shipped to USRowing, 2 Wall Street, Princeton, NJ 08540.

Crews not returning trophies from the previous year will not be allowed to compete until the trophy has been returned.

Venue Information

Venue: Nathan Benderson Park, Sarasota-Bradenton, FL

Course: The course is a 2,000 meter, 7-lane, fully-buoyed course with stakeboats. Crews must be able to back into a stakeboat.

Parking Information

Parking at the venue will be available at \$5/vehicle per day.

Nathan Benderson Park will open for boat trailers to arrive between 9:00am-5:00pm on Tuesday, June 4, and Wednesday, June 5.

Official practice sessions will be available on Tuesday, June 4, and Wednesday, June 5.

The park will be open to any team wishing to practice at the facility before the course is turned over to USRowing on June 4th. Interested crews should complete the form below, and contact Megan O'Donnell (megano@sanca.us) for more information on availability, fees, and coordination of practice times.: <https://app.smartsheet.com/b/form?EQBCT=7a1a6e6585cf4152939d0557fa0e024c>

General Park Information:

Location:

Nathan Benderson Park

5851 Nathan Benderson Circle

Sarasota, FL 34235

Nathan Benderson Park is situated west of Interstate 75 and east of The Meadows residential community. Cattleman Road extension provides access to the park from Fruitville Road(Exit 210) and University Parkway(Exit 213).

Major Access Roads: Interstate 75 (North-South) and US Highway 41 (North-South)

Directions to Regatta Island from the NORTH:

- From I-75 take University Parkway, Exit 213.
- Drive WEST on University Parkway.
- Turn SOUTH (left) onto North Cattlemen Road (traffic light).
- Drive approx .8 km / 0.5 miles, following signs and pass thru 3 traffic circles.
- Continue SOUTH on North Cattlemen Road to Regatta Island.
- Rowing facility will be on your right.
- Follow Parking Staff instructions.

Directions to Regatta Island from the SOUTH:

- From I-75 take Fruitville Road, Exit 210.
- Drive WEST on Fruitville Road.
- Turn NORTH (right) on North Cattlemen Road (traffic light).
- Drive approx 3.5 km / 2.2 miles to the Regatta Island.
- Rowing facility will be on your left.
- Follow Parking Staff instructions.

Nathan Benderson Park Rules

Park Hours – 6:00am-8:00pm

Public Conduct

- Swimming is prohibited.
- Littering or dumping is prohibited.
- Open Fires are prohibited.
- Glass containers are prohibited.
- Overnight camping is prohibited.
- Dogs must be on a 6' leash.
- Dog owners must pick up after defecating dogs.

Indecent Exposure

Indecent exposure, soliciting, or lewd acts are prohibited and will be prosecuted to the fullest extent of the law.

Environmental

1. Feeding of wildlife is prohibited.
2. Bird Island may not be trespassed.
3. Fishing is permitted, following Florida Department and Wildlife regulations.
4. Shore and boat fishing is permitted.
5. Fishing is prohibited from the docks or starting platform.
6. No gas powered vessels are allowed unless permitted by Sarasota County Code.
7. Electric motors are permitted to propel vessels.

8. No trespassing or fishing is permitted from the wave attenuator.
9. Timing huts are strictly prohibited from trespass.

Tent and Team Space Policy for Nathan Benderson Park (NBP):

In the best interest of safety for the athletes and spectators, SANCA is mandating that any tent larger than two combined 10x10 EZ set up tents must meet specific safety standards regarding fire and wind load. In order to ensure that these requirements are met, larger tents are required to be rented through SANCA and installed by the SANCA approved tent contractor. This policy is to better enhance the safety of our NBP customers. Please provide your request 10 days prior to the event to ensure availability. If your team is larger than 75 athletes and you require a larger space special exceptions can be made in writing to accommodate such request.

Team tent rental order form can be found at the following link:

<https://app.smartsheet.com/b/form/9f4026eae78241ada244c2f95cae81a0>

Questions can be emailed to sarah@sanca.us or cell 941-224-9395

Lodging Information:

USRowing has partnered with EMC Meetings and Events to provide accommodation options for teams and spectators travelling to the 2019 USRowing Youth National Championships.

Rooms are now available at a variety of hotel properties near the venue.

[Click here to secure rooms through EMC Venues.](#)

Event Drone Policy:

Aerial drones are prohibited at Nathan Benderson Park, unless granted written approval by USRowing and SANCA staff.

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.

Practice:

Official practice sessions will be available on Tuesday, June 4, and Wednesday, June 5 at the times listed below.

During official practice sessions, crews will have access to the rowing course, athlete scales, and boat scales.

- Tuesday, June 4 -- 8:00am-12:00pm (last launch at 11:30am, all crews must be off the water by 12:00pm).
- Tuesday, June 4 -- 2:00 pm-5:00 pm (last launch at 4:30pm, all crews must be off the water by 5:00pm).
- Wednesday, June 5 -- 8:00am-12:00pm (last launch at 11:30am, all crews must be off the water by 12:00pm).
- Wednesday, June 5 -- 2:00 pm-5:00 pm (last launch at 4:30pm, all crews must be off the water by 5:00pm).

Crews are responsible for knowing and following the practice traffic pattern during all practice sessions. Practice marshals may issue penalties to crews causing unsafe conditions by not following the traffic patterns. These penalties will apply to the offending crews next scheduled race.

At not time are crews permitted to back into the starting platforms.

The course will not be available for practice prior to racing or during lunch breaks during competition days.

Practice times may be available at the conclusion of each racing day, time permitting. If available, these practice times will be listed in the Confirmation packet distributed to teams at the close of registration.

Teams are not permitted to launch from the venue or practice on the course outside of posted practice times.

Contacts and Organizers

Youth National Championships Coaches Advisory Committee

Based on results from the 2017 post-regatta surveys, experience at the regional level, and best practices from a number of well-respected regattas across the country, USRowing has created a new Youth National Championships Coaches Advisory Committee.

The committee members were selected from those indicating their interest in serving, and offer a variety of leadership, backgrounds, and experiences that represents a cross section of the Youth Nationals community and constituency.

The current committee members are (in alphabetical order):

- Nick D'Antoni (Newport Aquatic Center)
- Sharon Kriz (Maritime, NE Youth Council Chair)
- Sarah Low (Atlanta Jr., SE Youth Council Chair)
- Joe Manion (USRowing Referee & Board of Directors)
- Padraic McGovern (Pocock Rowing Center, NW Rowing Council Jr Council)
- Larry Muri (St. Peter's Prep, New York State Scholastics President)
- Aaron Preetam (Germantown Friends)
- Falesha Thrash (Texas Rowing Center, Central Youth Council Chair, USRowing Board of Directors)
- Mike Wallin (Chicago Rowing Foundation, MJRA Executive Committee)

Contact Information:

USRowing Regatta Director:

AJ Dominique III

Senior Events Manager, USRowing

alvin.dominique@usrowing.org

609-786-9018

Nathan Benderson Park (Venue, team tent, parking, volunteers, etc.):

Sarah Kupiec

Director of Events & Event Services, Nathan Benderson Park

sarah@sanca.us