



Mid-Atlantic Youth Regional Championships

May 11-12, 2019

Mercer Lake, West Windsor, NJ

USRowing, Princeton National Rowing Association and Mercer Junior Rowing Club are proud to present the 9th Annual USRowing Mid-Atlantic Youth Championships. This event offers the most opportunities for crews within the region to qualify for the USRowing Youth National Championships, as well as an opportunity for novice and junior varsity crews to compete in a full slate of racing including time trials, semifinals, and finals for all USRowing Youth National Championship qualifying events and heats and finals for all non-qualifiers.

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

All competitors and crews are responsible for the information included in this packet.

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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.

- **NEW PROGRESSION** : Mid-Atlantic Youth Regional Championships will implement time trials for all Youth National Championship qualifying events.

Important Dates & Schedule Information

- March 27, 2019-- Online registration opens on RegattaCentral
- May 3, 2019 -- Initial online registration deadline. All entry fees become non-refundable after this deadline.
- May 4, 2019-- Initial race schedule posted. Online late entry registration opens.
- May 9, 2019 -- Late registration closes. RegattaCentral re-opens for last minute lineup changes. Initial heat sheet posted.
- May 10, 2019 -- On-site credential pick-up is available. "Express Lane" opens. Last day for online line-up changes via RegattaCentral. Venue opens for trailer parking and practice.
- May 10, 2019 -- Coaches, Coxswains, & Blind Boat meeting.
- May 11-12, 2019 -- Racing.
- May 12, 2019 -- Awards.

Schedule Information:

All racing will take place all day on May 11-12 2019.

Time Trials will be held Saturday morning. Semifinals for Youth National Championship Events and Heats for all other races will be held on Saturday afternoon. Finals will be held Sunday.

Coaches, Coxswains, and Blind Boat Meeting:

The Coaches, Coxswains, and Blind Boat Meeting will be held at 6:00 PM on May 10, 2019.

Order of Events:

WY1x	Womens Youth 1x*	WInc2x	Womens Inclusive 2x
MY1x	Mens Youth 1x*	MInc2x	Mens Inclusive 2x

WYLtwt2x	Womens Youth Ltwt 2x*	WU171x	Womens U17 1x
WY2X	Womens Youth 2x*	MU171x	Mens U17 1x
MYLtwt2x	Mens Youth Ltwt 2x*	WYNov4+	Womens Youth Novice 4+
MY2x	Mens Youth 2x*	MYNov4+	Mens Youth Novice 4+
WY2-	Womens Youth 2-*	WU172x	Womens U17 2x
MY2-	Mens Youth 2-*	MU172x	Mens U17 2x
WY4x	Womens Youth 4x*	WY2nd4+	Womens Youth 2nd 4+
MY4x	Mens Youth 4x*	MY2nd4+	Mens Youth 2nd 4+
WYLtwt8+	Womens Youth Ltwt 8+*	WU178+	Womens U17 8+
WY4+	Womens Youth 4+*	MU178+	Mens U17 8+
MYLtwt4+	Mens Youth Ltwt 4+*	WYNov8+	Womens Youth Novice 8+
MY4+	Mens Youth 4+*	MYNov8+	Mens Youth Novice 8+
WYLtwt4+	Womens Youth Ltwt 4+*		
MYLtwt8+	Mens Youth Ltwt 8+*		
WY8+	Womens Youth 8+*		
MY8+	Mens Youth 8+*		

*USRowing Youth National Championships Qualifier

Registration Information

USRowing Membership:

The Mid-Atlantic Youth Regional Championships 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 competitors once registration is complete, membership and waiver information is verified, and all fees are paid in full.

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

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

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

“Express Lane”:

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

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

To be eligible, crews must be in compliance by the Line-up Deadline posted in this packet and on RegattaCentral.

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

Entry Information:

No paper entries will be accepted for this event. All entries must be made online at [RegattaCentral](#). Initial registration will be available beginning March 27, 2019, and ending May 3, 2019. No refunds will be given once the initial registration period has ended.

All entry fees must be paid in full by initial entry deadline date of May 3, 2019. After this date, unpaid entries will be considered late entries, and subject to the additional fees associated with such designation.

Payment arrangements may be made by contacting alexandra.edenzon@usrowing.org prior to the May 3, 2019, deadline.

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

Entry Fees:

Boat Class	Amount	Late Entry Fees April 30, 2019
8+	\$235	\$352
4+/4x	\$170	\$255
2x/2-	\$95	\$142
1x	\$71	\$106

Entry fees become non-refundable on April 30, 2019.

Late Entries:

Beginning **May 4, 2019**, late entries may be accepted in events where additional entries will not change the progression of an event.

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

Crews will then have 48 hours to submit their entry.

Online late entries must be submitted via RegattaCentral until **May 9, 2019**.

After May 9, 2019, late entries will only be accepted at the regatta site during May 10, 2019 evening's on-site registration.

No late entries will be accepted after the close of on-site registration on May 10, 2019.

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

Scratches:

Entries may be scratched without penalty until the end of the initial registration period on May 3, 2019.

Beginning May 3, 2019, no refunds will be given for entries that are scratched.

E-mail notification will be accepted until the close of on-site registration on May 10, 2019.

A \$5 scratch fee will apply to all scratches made after the Coaches, Coxswains, and Blind Boats Meeting.

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

Lineup Changes:

Beginning Friday May 10, 2019, only 50% of a crew's lineup, not including the coxswain, may be substituted, with the exception of single sculls.

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

No lineup changes will be accepted via e-mail.

Lineup changes should be submitted via RegattaCentral until May 3, 2019.

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

RegattaCentral will re-open for last minute lineup changes on May 4, 2019, and remain open until 9:00pm on May 9, 2019

On May 10, 2019, all substitutions must be made by submitting a change form to the USRowing registration desk.

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

A crew submitting a substitution is responsible for ensuring that the average age of the crew remains

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

On-Site Line-up Changes:

Any line-up change required on May 10, 2019 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:

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.

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

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.

"2nd" Boats- The 2nd boat classification is not open to any rower competing in a Youth National Championship qualifying event in the same discipline (sweep or sculling). In order to enter a 2nd boat, organizations must also enter a boat in "Youth" or "Ltw" event of the same gender classification and boat class.

Novice- A Novice shall be a coxswain or rower whose initial competition within the same discipline has been within the previous 12 months of the date of the regatta. Coxswains who wish to become rowers may race for one year as a novice rower regardless of their coxing experience.

Unaffiliated- Crews entered as "Unaffiliated" are not considered to be representing a club or organization for this regatta. Competitors may compete as "unaffiliated" in single sculls only, as composite entries are not accepted for this event. "Unaffiliated" competitors must meet the individual membership requirements listed in this packet.

Entry Limits:

Organizations may submit a maximum of two entries in each Youth National Championships qualifying event. Organizations entering two crews in qualifying events are eligible to receive two bids in that event. Non-Youth National Championship qualifying events will be allowed a maximum of 21 total entries, which will be taken on a first-come, first-served basis.

Athletes are eligible to compete in a maximum of two (2) events. Coxswains are NOT limited in the number of events they may enter; however, they must meet all appropriate eligibility and classification requirements for the event being entered.

Affiliation:

A competitor shall represent only one organization at a regatta.

Composite Entries:

Composite entries are not allowed to compete at this event.

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. The following rules will be waived for this event:

- Rule 3-104 Minimum Weight of Boats

Weigh-Ins:*Lightweights*

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

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

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

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

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

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

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

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

Lightweight Men:

Max 150 lbs. (no average)

Lightweight Women:

Max 130 lbs. (no average)

Coxswains

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

The weigh-in must be observed and conducted by a referee in order for it to be official, and the referee will issue the appropriate wristband indicating that a competitor has completed an official weigh-in. Official hours for coxswain weigh-ins will be posted in the Confirmation packet, distributed after the online registration deadline.

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

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

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

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

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

Weighted vests cannot be worn as deadweight.

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

Coxswain for Men's and Mixed Events

Coxswain for Women's Event

Minimum 120 lbs

Minimum 110 lbs

Progression:

For USRowing Youth Nationals Qualifying Events:

Entries	Time Trial	Advance	Semifinals	Advance	Final
1-7	1	7	-	-	Grand Final
8-14	1	Top 7	-	-	Grand Final
15+	1	Top 14	2	3	Grand Final

Only Grand Finals will be run at this event.

All other events:

Entries	Heats	Advancing in each Heat	Finals
1-7	0	-	Final Only
8-14	2	3	Grand Final
15-21	3	2	Grand Final

Only Grand Finals will be run at this event.

Equipment:

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

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

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

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

Outside Assistance:

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

Inclement Weather Policy:

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

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

Communication Plan

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

Teams are responsible for staying updated on announced schedule changes.

Please direct any questions about schedule changes to USRowing at the registration area.

Schedule Changes will be made with the following priorities

- Delay racing 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 Youth National Championship bids will be awarded based on the results of the last completed round of the event.
- Cancel some or all non-Youth National Championship qualification events. Cancellation priority will be:

- Non-Youth National Championship qualification events that have completed at least one round of racing.
- Non-Youth National Championship qualification events that have not completed at least one round of racing.
- Cancel Youth National Championship qualification events that have completed at least one round of racing.
- Cancel regatta.

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

Under no circumstances will races be run after [Final Day of Competition, Date (Month DD, YYYY)].

Medals:

Medals will be awarded to the first, second, and third-place finishers in each Grand Final, including non-qualifying events.

A final must contain a minimum of 4 boats in order for a third-place medal to be awarded. This rule applies to both qualifying and non-qualifying events.

Venue Information

Venue – Mercer Lake, West Windsor, New Jersey

Location: 334 S Post Rd, West Windsor Township, NJ 08550

Driving directions are available online:

<https://www.google.com/maps/place/40%C2%B015'45.4%22N+74%C2%B038'34.7%22W/@40.262597,-74.6451477,17z/data=!3m1!4b1!4m5!3m4!1s0x0:0x0!8m2!3d40.262597!4d-74.642959?hl=en>

The course will be a 2,000 meter, 7-lane course using stakeboats at the start.

Contact Information:

Alexandra Edenzon
Events Coordinator, USRowing
alexandra.edenzon@usrowing.org
609-405-1331

Course Maps:

MERCER COUNTY PARK: RACE COURSE & EVENT MAP

