



Event Confirmation Packet

May 11-12, 2019

Mercer Lake, NJ

USRowing and the Princeton National Rowing Association are excited to welcome the teams competing in the 2019 USRowing Mid-Atlantic Youth Championships.

This packet includes venue related information, such as parking, practice times, the initial schedule of races, and other important information regarding the event.

USRowing Registration

Packet pick up and athlete compliance will be located in the USRowing membership tent near the finish line.

A representative from each team must come to the USRowing membership tent to collect team registration packets, including athlete credentials & time trial bow numbers, prior to competing. Sprint bow numbers will be distributed at control commission prior to launching.

USRowing Membership Tent Hours:

Friday, May 10: 3:00 pm-7:00 pm

Saturday, May 11: 6:30 am-end of racing

Sunday, May 12: 6:30 am-end of racing

USRowing Information Desk

USRowing staff will be available at the Information desk, located on the first floor of the finish line tower.

The desk will be open during the following hours to handle regatta administration (scratches, lineup changes, late entries, etc.), and to answer questions throughout the event.

USRowing Information Desk Hours:

Friday, May 10: 3:00 pm-7:00 pm

Saturday, May 11: 6:30 am-end of racing

Sunday, May 12: 6:30 am-end of racing

Emergency Water Evacuation Traffic Pattern

A map showing the on-water evacuation plan to be used by crews in the case that the course needs to be cleared for inclement weather is available at the end of this packet and on the regatta website.

In every case, crews should always listen to directions given by the referees.

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 **"2019MACHAMP" 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.

Team Packets

Each team will receive a packet at this year's on-site registration. The packet will contain time trial bow numbers, weigh-in forms and athlete credentials.

Coaches are responsible for ensuring the correct bow number is placed on the correct shell prior to approaching the referees at Control Commission to launch for their race.

Coaches should also have weigh-in forms filled in, with the correct line-ups, prior to sending their crews to weigh-ins. Crews should arrive at weigh-ins with their forms completed.

These changes are intended to help speed up the lines at both the launch dock and weigh-ins, so your cooperation is appreciated.

“Express Lane” On-Site Registration

Teams that have achieved 100% membership compliance (organizational and individual Basic+ Regatta Package or Championship) and have paid their entry fees in full at least two days before the regatta will be eligible for the “Express Lane.”

An email will be sent to the RegattaCentral account associated with the entries, and your team's credentials will be in a separate line from the normal registration area.

Instead of waiting in line, you can simply walk up, sign out that you've collected your team packet, and get back to your team.

Line-up Changes

To allow for further ease at the registration table, USRowing will re-open RegattaCentral to accept line-up changes online.

Coaches will be able to edit their line-ups in RegattaCentral beginning Friday, May 4, until 9:00 pm on Thursday, May 9.

After 9:00pm on Thursday May 9, any line-up changes must be submitted by completing a form at the USRowing Information Desk. A copy of this form is available on the RegattaCentral page for this event.

Any line-up change required on Saturday or Sunday will be subject to a \$5 administrative fee for processing the request. Payment is due before a line-up change can be officially made.

No line-up changes will be allowed within one hour before the first race of an event.

Reminder from the Regatta Packet: The "50% rule" will be enforced starting Friday.

Late Entries

Late entries will be accepted in events where additional entries will not change the progression of the event.

Late entries will only be accepted at the regatta venue during official registration hours. E-mail submissions will not be accepted.

On-site late entries must be submitted no later than the close of registration on Friday, May 10.

Scratches

All entry fees are non-refundable as of May 3, so the fees for entries scratched are still due for payment.

Email notification of scratches will be accepted until the close of on-site registration on Friday, May 10.

As of May 10, all scratches must be submitted to USRowing on a Scratch Form at the USRowing Information Desk. Email submissions will not be accepted after May 9.

Scratches received after the Coaches and Coxswains Meeting will be subject to a forfeiture of the entry fee, plus an additional \$50 scratch fee.

Crews failing to notify USRowing of a scratch in writing will be subject to an additional no-show fee of \$100 that must be paid in full before other crews from that organization are allowed to continue racing.

Time Trial Skills and Tips

In preparation for this year's time trial and the conditions and configuration in the start area of the Mercer Lake venue, we ask that your crews are capable of the following technical skills in order to keep competition on schedule:

Time Trial Traffic Pattern

- **MAKE YOUR COXSWAINS AND BLIND BOATS AWARE:** Time trial racing sessions will have the same traffic pattern as sprint racing sessions.
- Crews will be directed onto the course through lane 7
- Crews will be time trialing in lanes 3 and 4.
- Once clear of the start bridge, crews should move into their assigned lane (either lane 3 or lane 4), then build their speed over the first 100 meters of the course.
- See the map at the end of this packet and share with your coxswains and blind boats.

Maintaining Control of the Boat in a Cross Wind

- Crews waiting in the start area to enter the course will need to keep themselves in line

while waiting to enter the course. This may be challenging if we experience winds that are typical to this course.

- For coxswains, managing control of a boat in the wind means:
 - Be Aware.
 - Be aware of spacing between you and other crews. Don't get too close to other boats
 - Identify where you want to go and maintain your point in that direction. Use your rowers and your rudder to adjust.
 - Identify where the wind is coming from. Row into the wind and always keep moving. Do not let the boat get perpendicular to the wind
 - Be clear and decisive.
 - Give clear directions to your crew and do it in a timely manner.
 - Again, most crews get into trouble when the coxswain is waiting and thinking about what to do or their rowers just are not putting enough pressure.
 - Be ready when you enter the starting area
 - Be prepared when you enter the starting area (first 100m). Do not stop to take a drink of water, take off clothing, etc. They should be doing that in the warm-up area.

Referees will be on the water to maintain safety and fairness, but crews should be able to execute these items in order to effectively compete and to avoid unwarranted delays. Coaches, please practice these maneuvers over the next few days so that your crews are prepared to execute on race day.

Team Tents, Parking and Venue Access Information

Please refer to Princeton National Rowing Association for information on team tents, parking and venue access information.

<https://www.rowpnra.org/events-regattas/regattas/mid-atlantic-jr/>

Trailer Parking:

The venue will open for trailer parking Friday morning, May 10.

Due to heavy rains at Mercer County Park, trailer parking updates will be provided by Princeton National Rowing Association prior to arrival on the event page [HERE](#). If you have any questions or concerns, please contact Kris Grudt at krisgrudt@rowpnra.org.

Security will be provided overnight Friday and Saturday. All equipment must be removed from the regatta site Sunday after racing.

Address: 1638 Old Trenton Road, West Windsor, NJ 08550

Team Bus Drop off/Parking:

Team buses can drop off athletes in the designated areas near the marina and park in the designated

bus parking lot directed by park rangers.

Practice Times:

The venue will be open for practice on Friday, May 10 from 3:30-6:30 pm (launching ends at 6:00 pm, crews must be off the water by 6:30 pm).

During listed practice times, crews will have access to the course to practice, as well as access to unofficial athlete scales for coxswains and lightweights.

Coaches and Coxswains Meeting

Coaches and Coxswains Meeting will be scheduled for Friday, May 10 at 6:30 pm at the Marina.

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 Women:
Max 130 lbs. (no average)

Lightweight Men:
Max 150 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.

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

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

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

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

Coxswains failing to meet the minimum weight standards listed below shall carry deadweight in order to achieve the minimum weight in accordance with the 2019 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 weight for Women’s events:
Max 130 lbs. (no average)

Coxswain weight for Men’s events:
Max 150 lbs. (no average)

Coxswain Weigh-in times:

Friday: 3:30 p.m. - 6:00 p.m.

Saturday: No later than one hour prior to their first race of the regatta.

Sunday: No later than one hour prior to their first race of the regatta.

USRowing Youth National Championship Invitations

Youth Nationals qualification details are included in the entry packet for this regatta.

Following this event, USRowing will determine which crews have earned bids in each event, and open up registration for those crews.

Upon entering them into the RegattaCentral system, USRowing will notify the qualified crews of their status via an e-mail invitation sent to the email account listed on RegattaCentral.

Please be sure to update your email address in RegattaCentral to make sure you receive the invitation.

Crews will have 3 days to register in their qualified event from the date when the invitation is sent. This limit will be strictly enforced this year.

Results and Heat Sheets

HereNow Timing is providing online heat sheets and results. Initial heat sheets will be available by Thursday, May 9.

[Click here to access online heat sheets and results.](#)

Awards Ceremonies

Medals will be awarded to the top three crews in all events, including non-qualifiers. Events with less than four entries will only have gold and silver medals awarded.

Ceremonies will be held next to the finish tower on the Mercer County Park side of the race course. Medals will be presented as soon as crews arrive to collect them.

Following the final race, the last ceremony of the day will be the presentation of the two team points championship banners: Overall Points Champion and the Efficiency Points Champion.

No awards will be distributed until the results of an event is marked "Official" by race officials.

Team Point Trophies:

Team trophies will be awarded in the following categories:

- Overall Point Trophy -- Most points earned in all events
- Efficiency Trophy -- Points per registered competitor. To be eligible, an organization must have a minimum of 3 competitors competing. The efficiency number is calculated by dividing the total points for each club from the Overall Point Trophy by the number of registered competitors from the corresponding club.

Only the highest placing entry for a single team in an event will earn points for that team in that event.

Events		Youth 8+	Youth 4+ 2 nd 8+ Ltw 8+ Youth 4x	Youth 2x Youth 2- Inclusive 2x 2 nd 4+ 2 nd 4x Ltw 4+ Novice 8+ Freshman 8+	Youth 1x PR 1/PR 2 1x 2 nd 2x Ltw 2x Novice 4x Novice 4+ Freshman 4x	Novice 2x U17 1x
1 st		30	24	18	12	9
2 nd	80%	24	19	14	10	7
3 rd	60%	18	14	11	7	5
4 th	45%	13	11	8	5	4
5 th	30%	9	7	5	3	2
6 th	15%	5	4	3	2	1

If an event is Final-Only (6 or fewer entries), points will be distributed as described below:

Entries	6	5	4	3	2
1 st	100%	100%	100%	100%	100%
2 nd	80%	80%	60%	40%	20%
3 rd	40%	40%	30%	20%	
4 th	20%	10%	5%		
5 th	10%	5%			
6 th	5%				

Initial Schedule of Races

The initial schedule is now available on the USRowing web site:

[Click here to view the initial schedule.](#)

The heat sheet with initial bow assignments will be posted no later than Thursday, May 9, 2019.

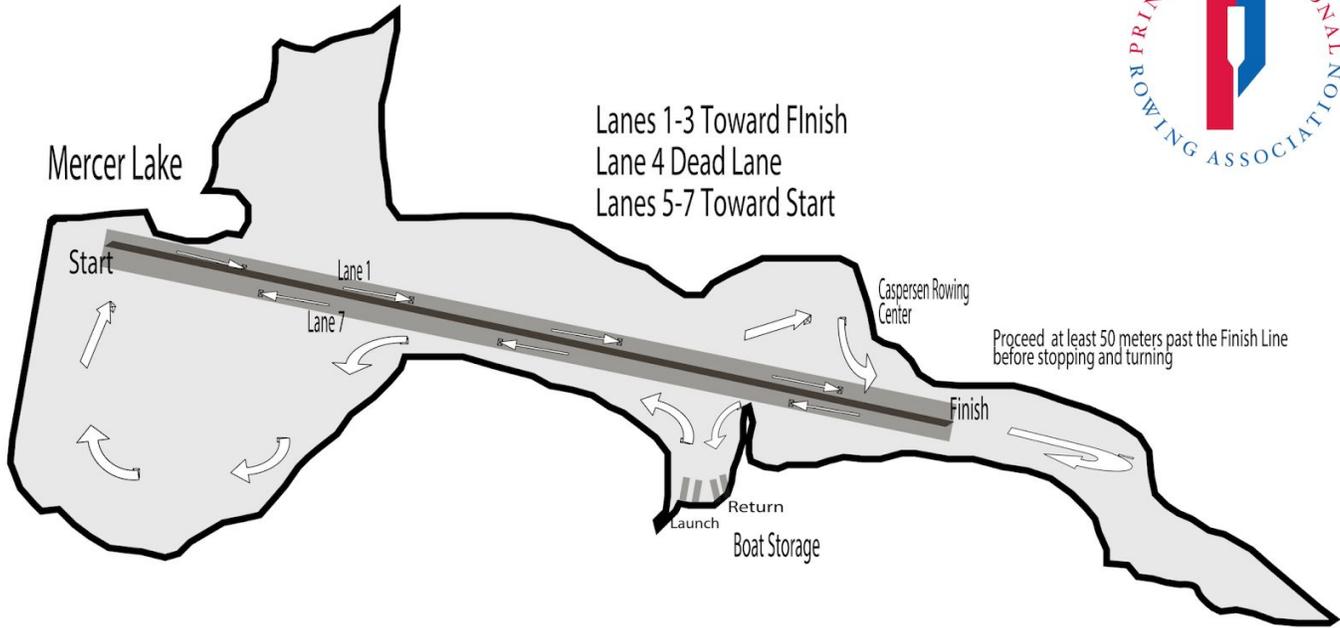
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Regatta Practice Traffic Pattern



Regatta Race Traffic Pattern

