



May 4-5, 2019

Oklahoma City Boathouse District, Oklahoma River, Oklahoma City, OK

USRowing, the Oklahoma City Boathouse Foundation, & the Oklahoma City Convention and Visitors Bureau are proud to present the fifth annual USRowing Central Youth Championships.

Hosted at the iconic Oklahoma City Boathouse District, this event offers the opportunities for crews within the district to qualify for the USRowing Youth National Championships, as well as an opportunity for novice and junior varsity crews to compete at a championship level event.

Please read this packet completely as it includes 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 Central Youth Championships are responsible for the information contained in this packet.

---

## 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.

- Order of Events (pg 4) -- Updated to switch order of Men/Women varsity events, matching Youth Nationals.
- Registration Process (pgs 7-9) -- Lineups will be required at the time of entry. \*\*Revised Payment Policy - entry fee payments are due by the entry deadline, not at time of registration. (4/16)\*\*
- Team Point Trophies (pg 17) -- Added new "Efficiency" trophy category.
- Central Youth Coaches Council (pg 19) -- Updated with new council members and updated structure.

<b>Important Dates &amp; Schedule Information</b>	<b>3</b>
Important Dates/Deadlines:	3
Schedule Information:	3
Coaches, Coxswains, and Blind Boat Meeting:	4
Order of Events:	4
Inclement Weather Information:	5
<b>Registration Information</b>	<b>6</b>
USRowing Membership:	6
Waiver:	7
Credentials:	7
“Express Lane”:	7
Entry Information:	7
Entry Fees:	8
Entry Limits	8
Late Entries:	8
Scratches:	8
Lineup Changes:	9
On-Site Line-up Changes:	9
<b>Competition Information</b>	<b>9</b>
Eligibility:	9
Classifications:	10
Classifications for Adaptive Athletes	11
Inclusive and Adaptive Events:	11
Youth National Qualification Rules:	12
Affiliation:	12
Composite Entries:	12
<b>Rules</b>	<b>12</b>

Time Trial Procedures	13
Weigh-Ins:	14
Unsportsmanlike Conduct:	15
Progression:	16
Equipment:	16
Outside Assistance:	16
Medals:	16
Team Point Trophies:	16
<b>Venue Information</b>	<b>18</b>
Venue: Oklahoma River, Oklahoma City, OK	18
Event Drone Policy:	18
Practice:	18
Trailers and Boat Storage:	19
<b>Contacts and Organizers</b>	<b>19</b>
Central Youth Coaches Council	19
Contact Information:	20
<b>Course Maps</b>	<b>21</b>

---

## Important Dates & Schedule Information

---

### ***Important Dates/Deadlines:***

- February 18, 2019 – Entry packet posted. Online registration opens on RegattaCentral.
- April 27, 2019 – Online registration deadline. All entries are required to have an initial lineup included by this deadline. All entry fees become non-refundable after this deadline.
- April 29, 2019 – Initial race schedule posted.
- May 2, 2019 – RegattaCentral re-opens for last minute lineup changes. Initial start lists for time trials and heat sheets posted.
- May 3, 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 & practice. Coaches & Coxswains Meeting.

**Schedule Information:**

Time trial heats for all events will be run on Saturday, May 4, 2019.

Finals for all events will be scheduled to run on Sunday, May 5, 2019.

Events will be scheduled so that the Youth National Championship qualification events run first each day, in the same order approved for Youth Nationals.

Racing will be scheduled as required, please plan accordingly.

**Coaches, Coxswains, and Blind Boat Meeting:**

Coaches, Coxswains, and Blind Boats Meeting will be scheduled for Friday, May 3 at 6:30 PM.

The meeting will be held at the base of the Finish Tower. Should inclement weather prevent using this space, an alternate location will be announced during registration.

**Order of Events:**

Below is the order in which finals are scheduled to be run. Events marked with an asterisk (\*) are designated as Youth National Championship qualifying events.

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

The order of events for the Youth National Championship qualification events will match the order approved for use at the current year's Youth National Championships. Any changes made to the national championship order will be reflected in the order at this event.

YNC Qualification Events	
#	Event
1	Mens Youth 1x
2	Womens Youth 1x
3	Mens Youth 2-
4	Womens Youth 2-
5	Mens Ltwt Youth 2x
6	Womens Ltwt Youth 2x
7	Mens Youth 2x
8	Womens Youth 2x

9	Mens Ltwt Youth 4+
10	Womens Ltwt Youth 4+
11	Mens Youth 4+
12	Womens Youth 4+
13	Mens Youth 4x
14	Womens Youth 4x
15	Mens Ltwt Youth 8+
16	Mens Youth 8+
17	Womens Ltwt Youth 8+
18	Womens Youth 8+

19	PR 1/ PR 2 Mens/Womens Youth 1x
20	Mens/Womens/Mixed Youth Inclusive 2x

31	Mens Youth 2nd 8+
32	Womens Youth 2nd 2x
33	Womens Freshman 4x
34	Mens Freshman 8+
35	Womens Youth Novice 4x
36	Mens Youth Novice 8+
37	Womens U17 1x
38	Womens Youth 2nd 4x
39	Womens Youth Novice 4+
40	Mens Youth Novice 2x
41	Mens Youth 2nd 4+
42	Womens Youth 2nd 8+

Non-Qualification Events	
21	Mens Youth 2nd 2x
22	Mens Freshman 4x
23	Womens Freshman 8+
24	Mens Youth Novice 4x
25	Womens Youth Novice 8+
26	Mens U17 1x
27	Mens Youth 2nd 4x
28	Mens Youth Novice 4+
29	Womens Youth Novice 2x
30	Womens Youth 2nd 4+

***Inclement Weather Information:***

The Chief Referee, USRowing, and Local Organizing Committee will work together to monitor the weather continuously during the regatta.

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

*Communication Plan*

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

- Posted on the results board located at the regatta site
- Online via Twitter, Facebook, RegattaCentral, and the USRowing web site
- Via text message. Coaches, athletes, and parents can register to receive weather related text messages by texting "Central" 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 any announced schedule changes.

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

*Schedule changes will be made using the following priority system:*

1. Delay racing either later the same day or to the next day, if time is available.
2. Begin racing earlier than previously announced. Announcement will be made no later than 3 hours before racing or 9:00 PM the evening before in the case of morning racing.
3. Utilize a time-trial system for a round of the event.
4. Omit a round of the event. The composition of the next round will be determined on the basis of the results of those rounds that have been completed. If Grand Finals must be omitted, medals and Youth National Championship bids will be awarded based on the results of the last completed round of the event.
5. Cancel some or all non-Youth National Championship qualification events. Cancellation priority will be:
  - a. Non-Youth National Championship qualification events that have completed at least one round of racing.
  - b. Non-Youth National Championship qualification events that have not completed at least one round of racing.
6. Cancel Youth National Championship qualification events that have completed at least one round of racing.
7. Cancel regatta.

Under no circumstances will races be rescheduled for a date later than May 6, 2018.

#### *Weigh-in Procedures*

In instances where inclement weather causes a change in the scheduled race times for events that require the weighing of competitors (lightweights or coxswains), the time in which a competitor must be weighed will be affected as described in the Rules of Rowing. See the current year's rulebook, or the weigh-in sections in this packet for details.

---

## **Registration Information**

---

### ***USRowing Membership:***

The USRowing Central Youth 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 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 1, 2019, and ending April 27, 2019. No refunds will

be given once the initial registration period has ended.

**All entry fees must be paid in full by April 27, 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 [alvin.dominique@usrowing.org](mailto:alvin.dominique@usrowing.org) prior to the April 27th, deadline.

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

Entry fees are nonrefundable for any reason after the initial registration deadline of April 27, 2019.

***Entry Fees:***

<b>Boat Class</b>	<b>Amount</b>	<b>Late Entry Fees (Applicable April 28)</b>
8+	\$235	\$352
4+/4x	\$170	\$255
2x/2-	\$95	\$142
1x	\$71	\$106

Entry fees become non-refundable on April 28, 2019.

***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.

***Late Entries:***

Entries may be accepted in events where additional entries do not change the progression, or exceed any listed entry maximums. These entries are subject to the higher entry fees listed above.

All late entries must be submitted at the USRowing registration desk during posted hours.

E-mail submissions will NOT be accepted.

All late entries must be submitted no later than 24 hours prior to the first race of an event.

All late entry submissions must include completed "Late Entry Form" submitted to the USRowing desk. Crew members for late entries must meet all membership and eligibility requirements, and payment must be made in full before a late entry may be placed into an event.

***Scratches:***

Entries may be scratched without penalty until the end of the initial registration period on April 27, 2019.



Beginning April 28, 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 Friday, May 3, 2019. After this time, scratches must be made in person at the regatta site in order to avoid the additional "No Show Fee".

An additional \$50 scratch fee will apply to all scratches made after the Pre-Regatta Meeting on Friday, May 3, 2019.

Any crew failing to submit a completed "Scratch Form" to the USRowing desk after Friday, May 3, will also be subject to a \$100 "No Show Fee" along with any other applicable fees.

All fees are due at the time of the scratch. Crews from an organization with outstanding "Scratch" or "No Show" fees may be prevented from competing until outstanding fees are paid in full.

Any crew that competes in the first round of an event is required to finish the event. A crew that scratches after competing in the first round of an event is ineligible to compete in that event at the next year's regatta. This does not apply to crews that scratch due to injury, and are able to provide medical documentation to verify that injury.

***Lineup Changes:***

All entries must include the line-up of athletes to compete as part of that entry. All entry line-ups must be finalized by April 27, 2019, in order to ensure athlete credentials are available.

Any entry without line-ups after this time will be treated as a late entry. Line-ups with placeholder names such as "A. Rower" will be considered incomplete and will also be considered late entries. This means they are subject to "Late Entry" fees, and the entry restrictions associated with late entries.

RegattaCentral will close for credential printing and "Express Lane" notifications. RegattaCentral will be re-opened to accept any last minute line-up changes on Thursday, May 2 and Friday, May 3.

After Friday, May 3, 2019, crews may substitute up to one half of its rowers, as well as its coxswain, excluding single sculls. After this deadline, no substitutions may be made for single scull entries except for illness or injury in accordance with the USRowing Rules of Rowing.

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

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

Email line-up changes will not be accepted.

***On-Site Line-up Changes:***

Any line-up change required on May 4 or 5, 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 Central Youth Championships are open to youth competitors from Arkansas, Colorado, Louisiana, Kansas, Missouri, Nebraska, New Mexico, Oklahoma, and Texas that meet the membership requirements stated above.

### ***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.

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

**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.

**“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 the Youth event in the same gender classification and boat class.

Entries in Lightweight events do not count towards meeting this requirement.

Freshman: Rowers and coxswains in “Freshman” events must be currently enrolled in their “freshman” year of high school or 9th grade only. Middle school, or younger, athletes are not eligible for “freshman” events. Freshmen athletes entered in Freshman events must attach official documentation of Freshman status to the entry form. Acceptable documentation includes copies of student ID cards or a letter from the school administration on school stationery. Documentation should be scanned and emailed to [alvin.dominique@usrowing.org](mailto:alvin.dominique@usrowing.org).

Novice: A Novice shall be a coxswain or rower whose initial competition within the same discipline has been in the previous 12 months 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.

### ***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 entries necessitates separation.

***Youth National Qualification Rules:***

The USRowing Central Youth Championships offer 2 bids to the USRowing Youth National Championships events.

The bids will be distributed to the top 2 crews in each qualifying event that are eligible to use the USRowing Central Youth Championships as their qualifying regatta.

Should a crew placing in the top 2 of a qualification event decide not to attend the USRowing Youth National Championships, the bid will be rolled down to the 3rd place crew in that event. Bids cannot be rolled down until USRowing has received notification from the crew declining their bid. If a crew receives a roll-down bid, they will be notified by USRowing via email once they have been given permission to enter the crew on RegattaCentral.

All crews from a given organization must qualify at the same qualification regatta.

Only crews competing in Youth National Championship qualifying events are eligible to receive bids. Crews competing in U17, 2nd, Freshman, or Novice events are ineligible to receive automatic bids. Crews competing in U17, 2nd, Freshman, or Novice events are ineligible to petition to receive bids based on the results of non-qualifying races.

Full rules regarding qualification for the 2019 Youth National Championships will be available in the event entry packet posted on the event website no later than March 1, 2019:

<http://www.usrowing.org/event/2019-youth-national-championships/>

***Affiliation:***

A competitor shall represent only one organization at a regatta.

***Composite Entries:***

Composite entries are not accepted at the USRowing Central Youth Championships.

Crews, with the exception of single sculls (1x), wishing to compete with one or more “Unaffiliated” rowers would have to enter as a composite crew, and are therefore not eligible to compete.

Composite entries are allowed in the Inclusive events, but composite entries will not earn points towards team point trophies.

---

## 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
- Rule 3.202 Oars, uniform throughout the crew

### ***Time Trial Procedures***

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

Bow assignments for the time trial will be seeded by the Central Youth Coaches Council, based on previous results in the current racing season. The goal is to have the faster crews assigned to earlier bow numbers in each event.

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.

Odd number crews will race in lane 2, and even number crews will race in lane 3.

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

*Bow Numbers:*

Bow numbers for time trial heats will be distributed to each crew with their athlete credentials during the on-site registration hours. Crews must collect their bow numbers from the USRowing registration desk before trying to launch for time trials.

*Passing:*

A crew being overtaken must yield to the outside lane to allow the overtaking crew to pass. Crews racing in lane 2 would move to lane 1, and crews racing in lane 3 would move to lane 4.

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.

***Weigh-Ins:***

Athlete weigh-ins at this event will follow the current year's USRowing Rules of Rowing. Those rules are listed below, for your convenience. Any differences below are of a typographical nature.

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

*Lightweights:*

The weight of 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 an officially announced scheduling change, a Competitor may weigh-in during either the original Weigh-in Window or the Adjusted Weigh-in Window, but not both.

“Adjusted Weigh-in Window”: Should Race Officials adjust or alter the racing schedule 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 created when 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:

Lightweight Women:

Max: 150 lbs. (no average)

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.

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:

Coxswain for Women’s Event:

Minimum: 120 lbs.

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.

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, on or off of the water, at any time during the regatta, may have his or her further participation at the regatta curtailed or prohibited by a race official.

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

***Progression:***

Modified USRowing Progression System “A”			
# of Entries	Time Trial Heats	Advancing in each Heat	Finals
1-6	1 (seeding race)	6	Grand Final
7+	1	6	Grand Final

Only Grand Finals will be run at the 2018 USRowing Central Youth Championships. Lane assignments for the final will be determined based on each crew’s placement in the morning’s time trial heat.

Initial lane priorities are 2, 3, 4, 5, 6, 7. Lane priorities may be adjusted based on racing conditions.

Non-Youth National qualifying events will run a complete progression, including time trial heats and finals as required by the listed progression system.

***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 their equipment meets these standards.

USRowing will provide bow numbers, which will be given to crews as they pass 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.

***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 Grand Final.



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

**Team Point Trophies:**

Team trophies will be awarded in the following categories:

- Overall Point Trophy -- Most points earned in all events
- Boys Point Trophy -- Most points earned in all Mens events
- Girls Point Trophy -- Most points earned in all Womens 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 <sup>nd</sup> 8+ Ltw 8+ Youth 4x	Youth 2x Youth 2- Inclusive 2x 2 <sup>nd</sup> 4+ 2 <sup>nd</sup> 4x Ltw 4+ Novice 8+ Freshman 8+	Youth 1x PR 1/PR 2 1x 2 <sup>nd</sup> 2x Ltw 2x Novice 4x Novice 4+ Freshman 4x	Novice 2x U17 1x
1 <sup>st</sup>		30	24	18	12	9
2 <sup>nd</sup>	80%	24	19	14	10	7
3 <sup>rd</sup>	60%	18	14	11	7	5
4 <sup>th</sup>	45%	13	11	8	5	4
5 <sup>th</sup>	30%	9	7	5	3	2
6 <sup>th</sup>	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 <sup>st</sup>	100%	100%	100%	100%	100%
2 <sup>nd</sup>	80%	80%	60%	40%	20%
3 <sup>rd</sup>	40%	40%	30%	20%	
4 <sup>th</sup>	20%	10%	5%		
5 <sup>th</sup>	10%	5%			
6 <sup>th</sup>	5%				

---

## **Venue Information**

---

***Venue: Oklahoma River, Oklahoma City, OK***

Location:

Boathouse District

725 S Lincoln Blvd

Oklahoma City, OK 73129

Directions are available online: [Google Maps Link](#)

Course:

The course is a 2,000 meter, 6-lane, fully buoyed course with a starting bridge. Crews must be able to back into a stakeboat, and hold their point for fixed starts.

***Event Drone Policy:***

In accordance with USRowing's drone policy, anyone interested in utilizing a flying drone at the regatta venue must receive approval from USRowing and the Local Organizing Committee.

To request approval, contact [alvin@usrowing.org](mailto:alvin@usrowing.org) for more information.

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:***

The course will be available for practice on the afternoon of Friday, May 3, 2019.

Crews may launch for practice beginning at 1:00 pm and ending at 5:30 pm.

All crews must be off of the water by 6:00 pm.

Crews must be aware of the traffic pattern before launching, and should be sufficiently competent in the boat they are rowing. Practice marshals will be on the course to monitor for safety, but they are not there to coach crews on the water.

Crews violating the traffic pattern may be removed from the course by the safety marshals.

There will be no practice times available Saturday or Sunday mornings prior to racing, or during the

lunch breaks.

### ***Trailers and Boat Storage:***

The venue will be open for trailer parking Friday, May 3, 2019.

All trailers will be parked in the small lot near the Finish Tower. Shells and equipment can be offloaded and stored in the grass areas around the Devon Boathouse and Finish Tower.

Shell racks are no longer available from the venue.

All boat storage and staging for visiting crews will be available around the Devon Boathouse and Finish Line Tower areas. The goal is to help alleviate the congestion around the Chesapeake Boathouse area by limiting the number of entry points to the Control Commission area, and to clear the entrance and exit ramps of the dock and to accommodate traffic coming from the Small Boat Dock located in the channel.

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

---

## **Contacts and Organizers**

---

### ***Central Youth Coaches Council***

#### *Current Members*

- Chairperson: Falesha Thrash, Texas Rowing Center
- Randy Dam, Jesuit College Prep of Dallas
- Mike Rosman, Parati Competitive Rowing
- Matt Naifeh, Founders Rowing Club
- Pitts Yandell, St. Mark's School of Dallas

#### *By-Laws*

1. Region Stewards: An Executive Board of Stewards will be empowered to act on the business of the Central Youth Rowing Championships Regatta and Region. The board will be made of five (5) voting members, no two of which will be from the same club/school. Stewards will serve 2-year terms. In order for the Stewards Committee to transact business, a quorum must be established. A quorum will consist of three (3) voting members and any decision that only three (3) voting members must be unanimous. Upon the election of a new Stewards Committee, the committee will elect a chairperson. The Stewards will nominate and vote for the chairperson. A majority of votes will select the chairperson. A runoff will be run if necessary. The chairperson will serve as liaison to USRowing. The Chairperson will be charged with keeping the entire membership informed of any news and/or decisions made by the Stewards or USRowing.
  - a. The initial board will be nominated by the membership. Each member program may submit 2 names of Head Coaches to serve on the board. Those coaches in the top 5 vote-receiving tally will be selected to serve the 2-year term.

2. Membership Voting: Youth Programs who participate in the Central Youth Rowing Championships shall be restricted to one vote per program that they represent. Proxy votes are permitted. Proxy votes must be submitted in writing and tendered at the beginning of the annual meeting.
3. Championship Regatta: USRowing Rules will apply to the Regatta except where modified by the membership. Any change of the by-laws or Regatta Rules should be accomplished at the annual meeting. If the Stewards Committee agrees that a rule should be modified to respond to issues that present themselves after the annual meeting, they shall vote on the matter prior to the Championship regatta. The majority view will be presented to the LOC, Chief Referee, and USRowing as the position and opinion of the membership.
4. Annual Meeting: An annual meeting will be held in conjunction with the Head of the Oklahoma regatta each year. A call-in option, or similar accommodation, will be available for crews not travelling to the Head of the Oklahoma.

**Contact Information:**

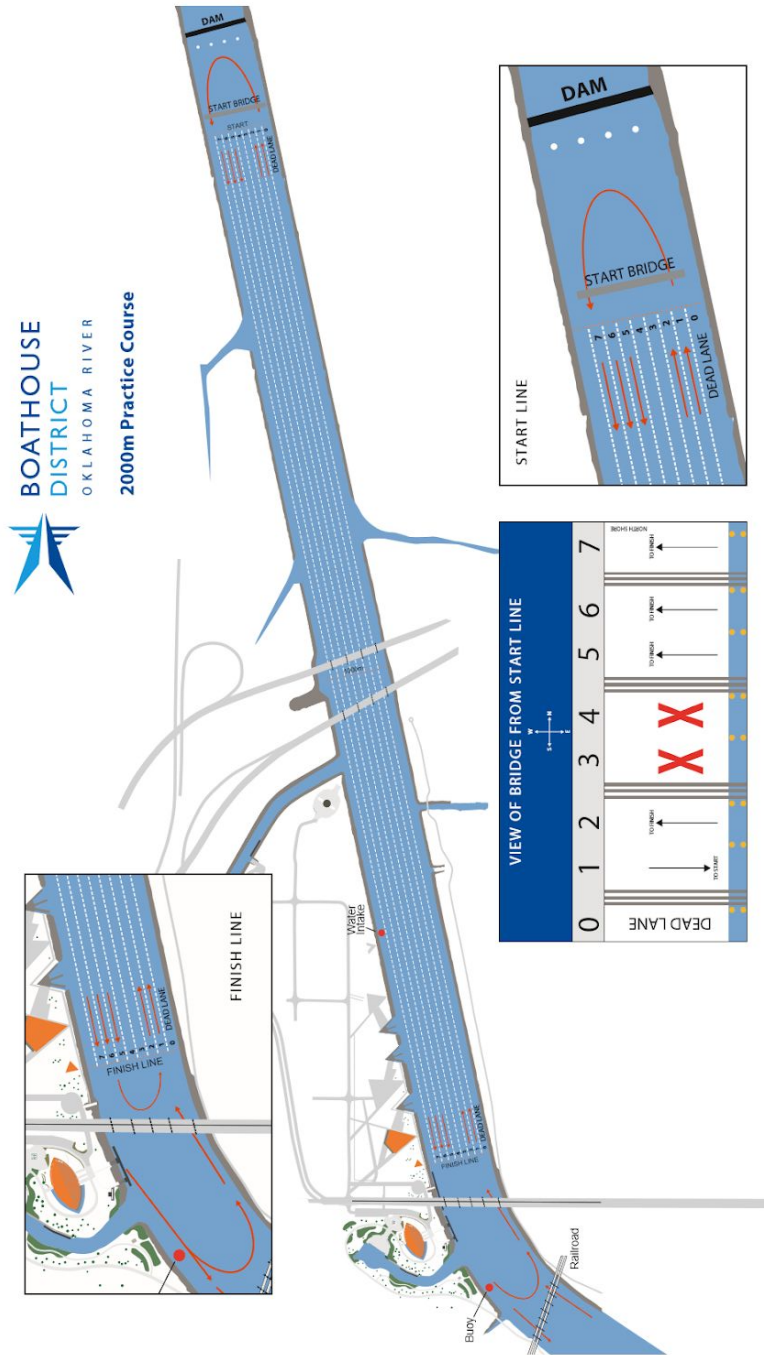
USRowing Regata Director:

AJ Dominique III  
Senior Events Manager, USRowing  
[alvin.dominique@usrowing.org](mailto:alvin.dominique@usrowing.org)  
609-786-9018

Local Organizing Committee (volunteers, parking, vendors, etc)

Meg Duffy  
Head Coach/Coordinator, RIVERSPORT School  
[mduffy@okcbf.org](mailto:mduffy@okcbf.org)

# Course Maps



**BOATHOUSE DISTRICT**  
OKLAHOMA RIVER  
**1900m Race Course**

