



May 11-12, 2019

Melton Hill Lake, Oak Ridge, TN

USRowing and the Oak Ridge Rowing Association are proud to present the 7th USRowing Southeast Youth Championships. This event offers 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 at a championship caliber event.

The Melton Lake Rowing Venue, located in Oak Ridge, Tennessee is America's Favorite Rowing Venue. Surrounded by the mountain ridges that give Oak Ridge her name, there are more than 30 miles of well-sheltered and calm water.

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.

USRowing would like to thank the Southeast Youth Coaches Council for their guidance 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.

- Order of Events -- Updated to switch order of Men/Women varsity events, matching Youth Nationals. Added PR1/PR2 1x event.
- Registration Process -- Lineups will be required at the time of entry. *****Revised Payment Policy - entry free payments are due by the entry deadline, not at the time of registration (4/16)*****
- Seeding -- Updated to reflect full integration of AYC Series as the seeding process.
- Team Point Trophies -- Added new "Efficiency" trophy category.
- Venue Information -- Updated for Oak Ridge venue.

- Southwest Youth Coaches Council -- Updated with new council members.

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Important Dates & Schedule Information

Important Dates/Deadlines:

- February 16, 2019 -- AYC 1 Regatta held in Sarasota, FL.
- February 18, 2019 – Entry packet posted. Online registration opens on RegattaCentral.
- March 30, 2019 -- AYC 2 Regatta held in Clemson, SC.
- May 2, 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.
- May 3, 2019 – Initial race schedule posted.
- May 9, 2019 – RegattaCentral re-opens for last minute lineup changes. Initial start lists for time trials and heat sheets 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 & practice. Coaches & Coxswains Meeting.

Schedule Information:

“Head Race” style time trials for Youth National Championship Qualification events will be held Saturday morning.

Heats for Non-Youth National Championship Qualification events will follow time trials, on Saturday afternoon.

Semifinals for Youth National Championship Qualification events will be run as permitted by the schedule and available time. Semifinal races may be scheduled on Saturday and/or Sunday.

Grand Finals for all events will be run Sunday.

A “planned” schedule will be posted to the USRowing web site. **This is for illustrative purposes only, and will likely change once registration has closed.**

This schedule is tentative and subject to change.

Coaches, Coxswains, and Blind Boat Meeting:

Coaches and Coxswains Meeting will be scheduled for Friday, May 10 at 6:30 PM at the Oak Ridge Rowing Association boathouse.

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. **Bold** events are designated as Youth National

Championship qualifying events.

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.

Youth Nationals Qualification Events	
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	PR1/PR2 Mens/Womens Youth 1x
20	Mens/Womens/Mixed Youth Inclusive 2x

Non-Qualification Events	
21	Womens U17 8+
22	Mens U17 8+
23	Womens U17 1x
24	Mens U17 1x
25	Womens U17 2x
26	Mens U17 2x
27	Womens U17 4x
28	Mens U17 4x
29	Womens U15 8+
30	Mens U15 8+
31	Womens Youth 2nd 4+
32	Mens Youth 2nd 4+
33	Womens Youth 3 rd 8+
34	Mens Youth 3 rd 8+
35	Womens Youth 2nd 8+
36	Mens Youth 2nd 8+
37	Womens U17 4+
38	Mens U17 4+
39	Womens Youth 4- (Exhibition)
40	Mens Youth 4- (Exhibition)

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

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 "Southeast" 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 12, 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 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 Southeast 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:

Entries in each event will be accepted on a first-come, first-served basis.

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 Tuesday, May 2, 2019. No refunds will be given once the initial registration period has ended.

All entry fees must be paid in full by May 2, 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 prior to the May 2nd deadline.

Youth National Championship qualifying events with entries from 2 or more organizations will be run as scheduled.

Non-Youth National Championship qualifying events with entries from 2 or fewer organizations at the close of registration will be scratched from the schedule.

Crews representing an organization 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 (Applicable May 3)
8+	\$235	\$352
4+/4x	\$170	\$255
2x/2-	\$95	\$142
1x	\$71	\$106

Entry fees become non-refundable on May 3, 2019.

Entry Limits

Organizations may submit a maximum of one entry in each Youth National Championships qualifying event other than the 1x. An organization can earn a maximum of 1 bid for Youth Nationals in these events.

Organizations may submit a maximum of two entries in both the Mens Varsity 1x and Womens Varsity 1x events. Each entry is eligible to receive separate bids for Youth Nationals, meaning an organization can earn a maximum of two bids in these events.

Organizations interested in entering a third crew in the 1x may place those crews on the Waitlist. At the close of registration, "C" entries may be accepted in the 1x where the additional entries would not change the progression of the event. Entries will be accepted in the order they are listed on the Waitlist.

Athletes are eligible to compete in a maximum of two 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.

Entries in the 4- "Exhibition" event will not count towards an athlete's 2 event maximum.

Due to scheduling concerns, all non-qualification events will be limited to a maximum of 21 entries. Entries are taken on a first-come, first-served basis.

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 May 2, 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 Friday, May 10, 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 10, 2019.

Any crew failing to submit a completed "Scratch Form" to the USRowing desk after Friday, May 10, 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.

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 May 3, 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 9 and Friday, May 10.

After Friday, May 10, 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 Oak Ridge Rowing Association boat bay.

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 11 or 12, 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 Southeast Youth Championships are open to youth competitors from Alabama, Florida, Georgia, Mississippi, North Carolina, Puerto Rico, South Carolina, Tennessee, the U.S. Virgin Islands, and any crew approved to use this as their qualification regatta, that meet the membership requirements stated above.

Crews that have been approved to use this as their qualification regatta include:

- New Orleans Rowing Club

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.

Entries in the “Youth” category are expected to be an organization’s top crew in the category.

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.

U15- A competitor may compete in the U15 category until December 31 of the year of his or her 14th 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 expected to include the second boat for organizations competing in the "Youth" race of the same event.* These events are 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.**

"3rd" Boats- The 3rd boat classification is not open to any rower competing in a Youth National Championship qualifying event of any discipline or in a "2nd" boat event of the same discipline (sweep or sculling). Organizations must have an entry in the corresponding "2nd" event to be eligible to place an entry in the "3rd" boat event.

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 11 entries necessitates separation.

Youth National Qualification Rules:

The USRowing Southeast Youth Championships offer 3 bids in each of the USRowing Youth National Championships events.

The bids will be distributed to the top 3 crews in each qualifying event that are eligible to qualify at the USRowing Southeast Youth Championships.

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 2nd, 3rd, U17, or U15 events are ineligible to receive automatic bids. Crews competing in 2nd, 3rd, U17, or U15 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/>

4- Exhibition Events:

The 4- event is being included on the schedule to test the demand for the boat class.

For 2019, the event remains on an “exhibition” status at the end of the regatta. The event will not count towards team point trophies, and will not count against an athlete’s maximum number of events. Medals will not be awarded for these events.

Affiliation:

A competitor shall represent only one organization at a regatta.

Composite Entries:

Composite entries are not accepted at the USRowing Southeast 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 and 4- exhibition 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 standings in the American Youth Cup series, in accordance with the policy listed later in this packet. 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 5, 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.

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 5 would move to lane 6, and crews racing in lane 4 would move to lane 3.

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.

Seeding

Seeding for the Youth National Championships qualification time trials will be done using the results from the American Youth Cup Series, no consideration is given to regional distribution. Crews not competing in the series will be randomly seeded as having earned 0 points in the series.

Non-Qualifying events will be seeded randomly.

Heat sheets with seeded bow assignments will be posted on the USRowing web site no later than Thursday, May 9, 2019.

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 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:

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.

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:

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. An “unsportsmanlike conduct” penalty issued for the use of a drone will carry a presumed penalty of “Disqualification”.

Progression:

For Youth National Championships Qualification Events Only
Modified USRowing Progression System “C”

Entries	Time Trial	Advancing	Semifinals	Advancing in each Semifinal	Finals
1-7	1 (Seeding)	7	-	-	Grand Final

8-14	1	7	-	-	Grand Final
15+	1	14	2	3	Grand Final

**For Non-Youth National Championships Qualification Events
Only**

Modified USRowing Progression System "C"

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

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

Only Grand Finals will be run at the 2019 USRowing Southeast Youth Championships.

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, 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.

Traveling Trophies:

The following traveling trophies shall be awarded to the crew winning the sponsored event at the Southeast Youth Championship each year.

The trophies shall remain in the possession of the winning team for one (1) year and returned at the next Southeast Youth Championship Regatta. Teams failing to return trophies must pay a replacement

fee (**\$400.00**) before they will be allowed to compete.

Team Trophies will be awarded at the awards ceremony at the conclusion of racing on Sunday.

Regional programs celebrate outstanding achievements by regional youth crews by sponsoring traveling trophies. The regatta committee would like to thank the sponsors of these special awards.

Regional programs wishing to sponsor events please contact USRowing for details.

Event Trophies

- **The Spooner Cup** - Presented to the champion crew the Men's Youth Champion Eight (M1V8+) category. Sponsor: Oak Ridge Rowing Association. Named for Steve Spooner founding coach of the Oak Ridge Junior Men's program.
- **The Absher Cup** - Presented to the champion crew the Women's Youth Champion Eight (W1V8+) category. Sponsor: Oak Ridge Rowing Association. Named for Lorena Absher Founding coach of the Oak Ridge Junior Women's program.
- **The Allstate Cup** - Presented to the champion crew the Men's Youth Champion Four (M1V4+) category. Sponsor by Augusta Rowing Club.
- **The Augusta Cup** - Presented to the champion in the Women's Youth Champion Four (W1V4+) category. Sponsored by Augusta Rowing Club.
- **The Benderson Men's Cup** - Presented to the champion in the Men's Youth Champion single (M1V1x) category. Sponsored by Benderson Development.
- **The Benderson Women's Cup** - Presented to the champion in the Women's Youth Champion single (W1V1x) category. Sponsored by Benderson Development.
- **The James Paul Brant Roen Cup** - Presented to the champion in the Men's Varsity Lightweight 8+ (MLwt8+) category. Sponsored by Mary Margaret Schneider.

Team Point Trophies:

The following traveling trophies shall be awarded to team based upon the points earned by that team's crews in national championship events each year.

The following table summarizes how points shall be awarded for events.

In the event of a points tie, a coin toss shall be used as a tie break. All events will be scored. One boat per team scores in each event.

- **Southeast Youth All Points Trophy** - Presented to the team with the highest **Combined** point total. Sponsor: The Oak Ridge Rowing Association
- **Nathan Benderson Trophy** - Presented to the team with the highest **Men's** point total. Sponsor: Southeast Junior Development Camp. Named for Nathan Benderson (Nov. 20, 1917- April 7, 2012) for generous commitment of time, support & inspiration to the vision of rowing in Sarasota, the State of Florida and the Southeast Region.
- **Southeast Youth Women's Points Trophy** - Presented to the team with the highest **Women's** point total. Sponsor: Southeast Junior Development Camp
- **Southeast Youth Efficiency Trophy** - Presented to the team with the highest point total per athlete competing at the regatta. In order to be eligible, a team must have a minimum of 3 athletes competing. The efficiency rating will be calculated by dividing the number of All Points earned by the number of

athletes competing for the organization. Sponsor: Available. If interested in sponsoring this trophy, contact alvin.dominique@usrowing.org for more details.

TEAM POINTS REFERENCE TABLE

The club of the winning boat in each event shall receive points based on a modification of the "*Barnes Scoring System*" on the chart below. The teams of the remaining boats in the finals race of the event shall receive points according to the following percentage of the points awarded to the champion in that event. If more than six boats raced in heats in an event, points shall be awarded as if six boats raced in the final, regardless of the number of crews that actually race in the final. In the event of a points tie, a coin toss shall be used as a tiebreak. All events will be scored. One boat per team scored in each event.

# Boats in Event	% of 1st Place Points					
	1st	2nd	3rd	4th	5th	6th
6+	100%	80%	60%	40%	20%	10%
5	80%	60%	40%	20%	10%	
4	60%	40%	20%	10%		
3	40%	20%	10%			
2	20%	10%				

1V 8+ | LT 8+

	1st	2nd	3rd	4th	5th	6th
6+	160	128	96	64	32	16
5	128	96	64	32	16	
4	96	64	32	16		
3	64	32	16			
2	32	16				

1V 4+ | LT 4+ | 1V 4x | 2nd 8+ | U17 8+ | U15 8+ | Novice 8+

	1st	2nd	3rd	4th	5th	6th
6+	80	64	48	32	16	8
5	64	48	32	16	8	
4	48	32	16	8		
3	32	16	8			
2	16	8				

1V 2x | LT 2x | Inclusive 2x | 1V 2- | 2nd 4+ | Novice 4+ | U17 4x | 3rd 8+

	1st	2nd	3rd	4th	5th	6th
6+	40	32	24	16	8	4
5	32	24	16	8	4	
4	24	16	8	4		
3	16	8	4			
2	8	4				

1V 1x | PR 1/2 1x | U17 2x

	1st	2nd	3rd	4th	5th	6th
6+	20	16	12	8	4	2
5	16	12	8	4	2	
4	12	8	4	2		
3	8	4	2			
2	4	2				
U17 1x						

	1st	2nd	3rd	4th	5th	6 th
6+	10	8	6	4	2	1
5	8	6	4	2	1	
4	6	4	2	1		
3	4	2	1			
2	2	1				

Venue Information

Venue: Melton Hill Lake, Oak Ridge, TN

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

Oak Ridge Rowing Association is offering priority parking in the boathouse parking lot during the 2019 USRowing SE Regional Regatta. For \$20.00, spectators and coaches will be able to park in the lot. The parking passes will be sold at the entrance of the parking lot, starting Saturday morning at 6:00am of the Regatta and will be on first come first serve basis. There will be no pre sale for parking passes. There will be one parking pass for Saturday and one parking pass for Sunday. We will not sell a Sunday pass, until Sunday morning. The space is very limited and we will stop selling once all spaces are filled.

If a car does not have a parking pass, they will NOT be allowed in the boathouse parking lot during the regatta.

Venue & Traffic Pattern Maps:

Traffic pattern maps are included at the end of this packet, and are also available on the event web page: <http://www.usrowing.org/event/2019-usrowing-southeast-youth-championships/>

Boosters:

Boosters will be allowed to park their **trailers** along the spectator peninsula without a parking pass. The truck or car pulling the booster trailer MUST have a parking pass to get in during the regatta weekend. Boosters will be able to set up their tent and drop off any items the Friday before the

Regatta without a parking pass.

A parking pass is required in order to drop anything off at your tent. Cars are allowed to drive down the peninsula to their booster spot from 6:00am-7:00am, but will still need a parking pass. After 7:00am, boosters cars/trucks will have to park their car in the lot.

If you chose not to buy a pass, cars will find parking along Melton Lake Drive for free. Otherwise, a parking pass must be purchased and items can be walked to the peninsula. No parking on the peninsula at ANY time.

Buses:

Buses will only be allowed to pull around the perimeter of the boathouse parking lot for drop off of athletes only. No idling in the parking lot will be possible and volunteers will ask buses to leave after a reasonable amount of time to drop off. Buses will then pull out of the parking lot and can then park along Melton Lake Drive, at their hotel or at another familiar commercial lot in Oak Ridge.

Suggested bus parking:

Warehouse Road. Oak Ridge, 37830

Roane State. 701 Briarcliffe Ave. Oak Ridge. 37830

Team Tent Rentals:

Oak Ridge Rowing Association is providing teams with the opportunity to rent tents and spaces in the viewing area for the regatta. Teams are not allowed to set up a tent or viewing space anywhere outside of this area.

[Click here for rental form and more details.](#)

Lodging Information:

USRowing has partnered with EMC Venues to provide accommodation options for teams and spectators travelling to the 2019 USRowing Southeast Youth 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:

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.dominique@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 beginning at 1:00pm on Friday. Launching for practice will close at 5:30pm. All crews must be off of the water by 6:00pm.

The course will not be available for practice prior to racing or during lunch breaks on Saturday or

Sunday.

Due to the amount of time required for racing, practice may not be available after racing on Saturday evening. If available, Saturday 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.

Trailers and Boat Storage:

The venue will be open for trailer parking Friday, May 10, 2019.

Contacts and Organizers

Southeast Youth Coach Council

Chair - Georgia - Sarah Low, Atlanta Junior Rowing
Tennessee - Cory Sanderson, Nashville Rowing
North Carolina/South Carolina - Will White, Triangle Rowing
Mississippi/Alabama - Charles Eadon, Rocket City Rowing
North Florida - Chris Register, Bolles School
South Florida - Cesar Herrera, Miami Rowing Club
East Florida - Justin Knust, Lake County Rowing
West Florida - Casey Galvanek, Sarasota Crew
At-Large - Jake Kazlow, St. Andrew Rowing Club

By-Laws

1. Regional Committee: A council of coaches will be empowered to act on the business of the Southeast Youth Championship regatta, as well as the business of the Southeast Region. The committee will be empowered to create and approve policies and procedures for the Southeast region membership, and will serve as point of contact for existing, new, and potential youth rowing programs in the Southeast Region.
 - a. Membership: The council will be made of nine (9) voting members, one from each area of the region as follows: A – North Florida, B – East Florida, C – South Florida, D – West Florida, E – Georgia, F – Mississippi/Alabama, G – North Carolina/South Carolina, H – Tennessee, as well as one at-large member.
 - b. Quorum: In order for the Regional Committee to transact business, a quorum must be established. A quorum will consist of five voting members.
 - c. Election: If there is a vacancy in any regional representative position, an election will be held among member organizations in the respective area no less than thirty (30) days after the vacancy occurs or is announced. This election process will be held by the Chair (or Vice Chair if Chair is vacant) in a suitable online forum, with a one-week timeline for nominations, and a subsequent one-week timeline for voting.

- i. Eligibility: Any head coach, or person in similar position as defined by their program, is eligible for election as regional representative. Program must be active, defined as competing in registered regattas for the previous three consecutive years, at minimum. Any questions of eligibility will be resolved by the current coaches council.
 - d. Re-election: In order to ensure regional interests are being represented, an election will be held every two (2) years after initial election, with opportunity for new representatives to be nominated or self-nominated. This election process will be held by the Chair (or Vice Chair if Chair is up for re-election) in a suitable online forum within thirty days of the Youth National Championship.
 - e. Term Limit: There will be no term limit for any voting member, though all are subject to re-election as outlined above.
- 2. Officers: There will be two officers within the regional committee, Chairperson and Vice Chairperson. Officers will be nominated by members of the Regional Committee, and elected by a majority of votes. A run-off election will be run if necessary. There is a two-year term limit for either position.
 - a. Chair: The Regional Chair serves as leadership for the Regional Committee. Responsible for tasks including, but not limited to: communication with USRowing and other national governing bodies on behalf of the Southeast Regional Committee, running elections as needed, and running seeding processes as needed.
 - b. Vice Chair: The Regional Vice Chair acts as assistant to the Chair as needed or as delegated, and, in the absence of the Chair, shall assume all duties of the Chair.
- 3. Meetings: An annual meeting of the Regional Committee will take place once the committee is finalized for the coming school year, in a time and place determined by the Regional Chair. Members will be given thirty days notice of such meetings. A call-in option, or similar accommodation, will be available for committee members not able to attend, but a physical meeting is priority and always first option.
- 4. Role with Southeast Regional Championship Regatta: The Regional Committee will work with USRowing representative to establish and communicate the guidelines and changes of the Regional Championship regatta. Proposed changes must be finalized by August 1st, voted on by the committee within 30 days, and communicated to the entire Southeast region by September 1st prior to the next year's regatta.
- 5. Approval of Bylaws: Once finalized by the Regional Committee, the full text of proposed bylaws will be sent to the full Southeast region membership for a vote. A simple majority of votes will suffice as approval of bylaws.
 - a. Amendment to Bylaws: Amendments may be proposed at any time, by any member of the Southeast region, to their respective area representative. The area representative shall then bring the amendment forward within the Regional Committee for discussion and motion as appropriate.

Contact Information:

USRowing Regatta Director:

AJ Dominique III

Senior Events Manager, USRowing

alvin.dominique@usrowing.org

609-786-9018

Oak Ridge Rowing Association Contact (Venue, team tent, parking, volunteers, etc.):

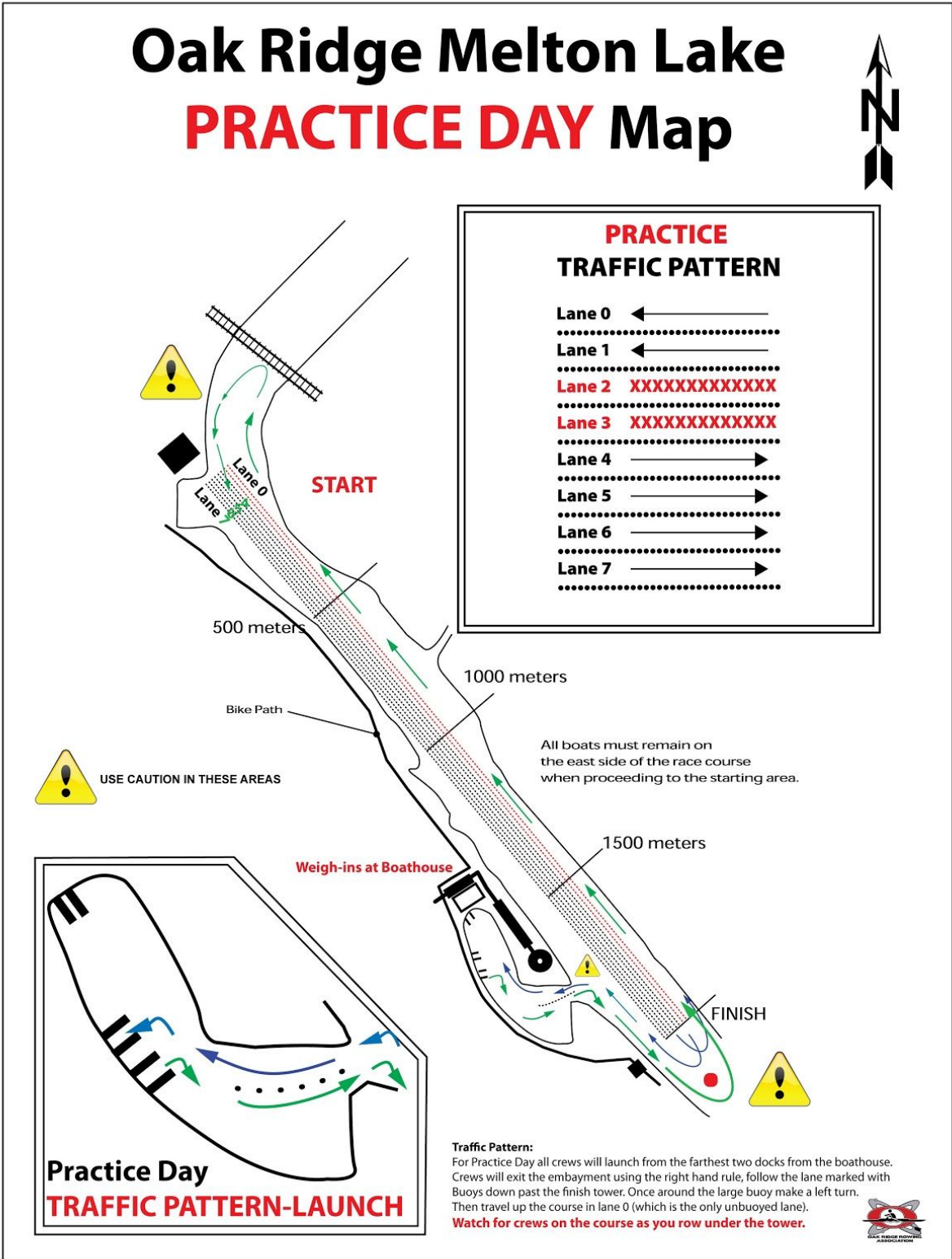
Sarah McAuliffe

Director of Operations, Oak Ridge Rowing Association

smcauliffe@orra.org

Course Maps

Oak Ridge Melton Lake PRACTICE DAY Map



PRACTICE TRAFFIC PATTERN

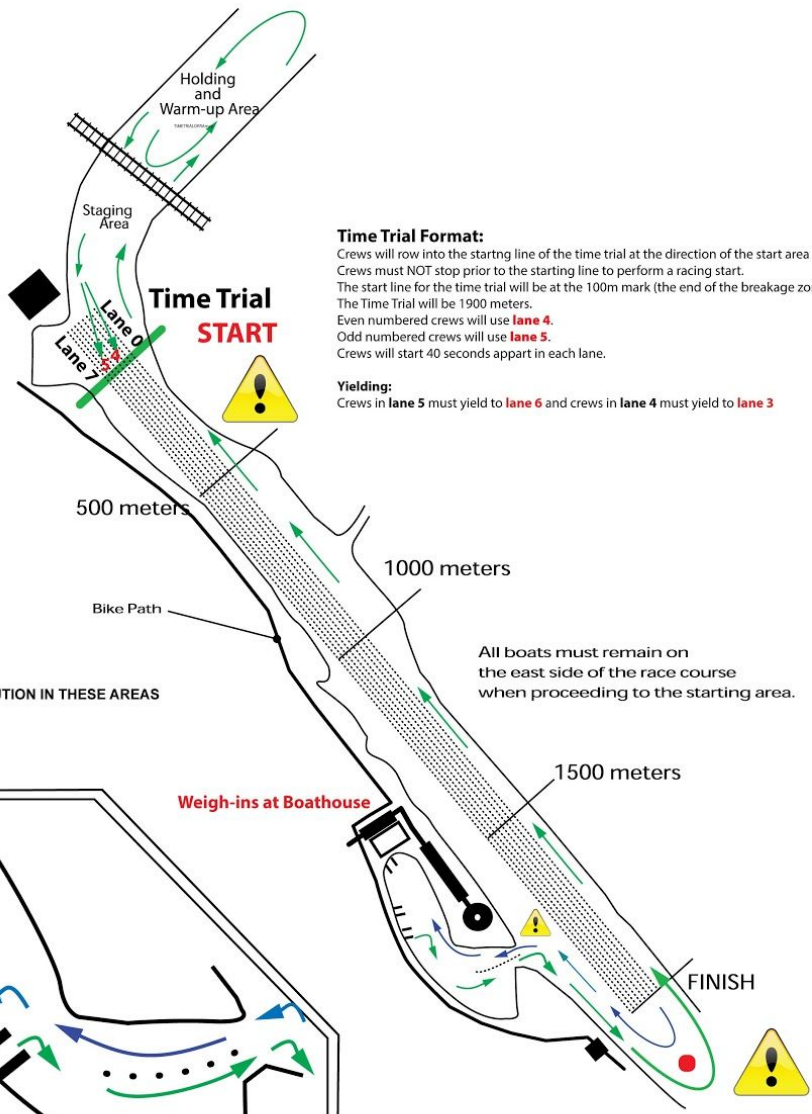
Lane 0	←
Lane 1	←
Lane 2	XXXXXXXXXXXXXX
Lane 3	XXXXXXXXXXXXXX
Lane 4	→
Lane 5	→
Lane 6	→
Lane 7	→



Traffic Pattern:
 For Practice Day all crews will launch from the farthest two docks from the boathouse. Crews will exit the embayment using the right hand rule, follow the lane marked with Buoys down past the finish tower. Once around the large buoy make a left turn. Then travel up the course in lane 0 (which is the only unbuoyed lane).
Watch for crews on the course as you row under the tower.



Oak Ridge Melton Lake Time Trial Course Map



Time Trial Format:
 Crews will row into the starting line of the time trial at the direction of the start area officials. Crews must NOT stop prior to the starting line to perform a racing start. The start line for the time trial will be at the 100m mark (the end of the breakage zone). The Time Trial will be 1900 meters. Even numbered crews will use **lane 4**. Odd numbered crews will use **lane 5**. Crews will start 40 seconds apart in each lane.

Yielding:
 Crews in **lane 5** must yield to **lane 6** and crews in **lane 4** must yield to **lane 3**

 USE CAUTION IN THESE AREAS

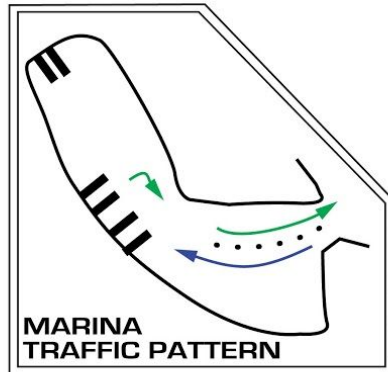
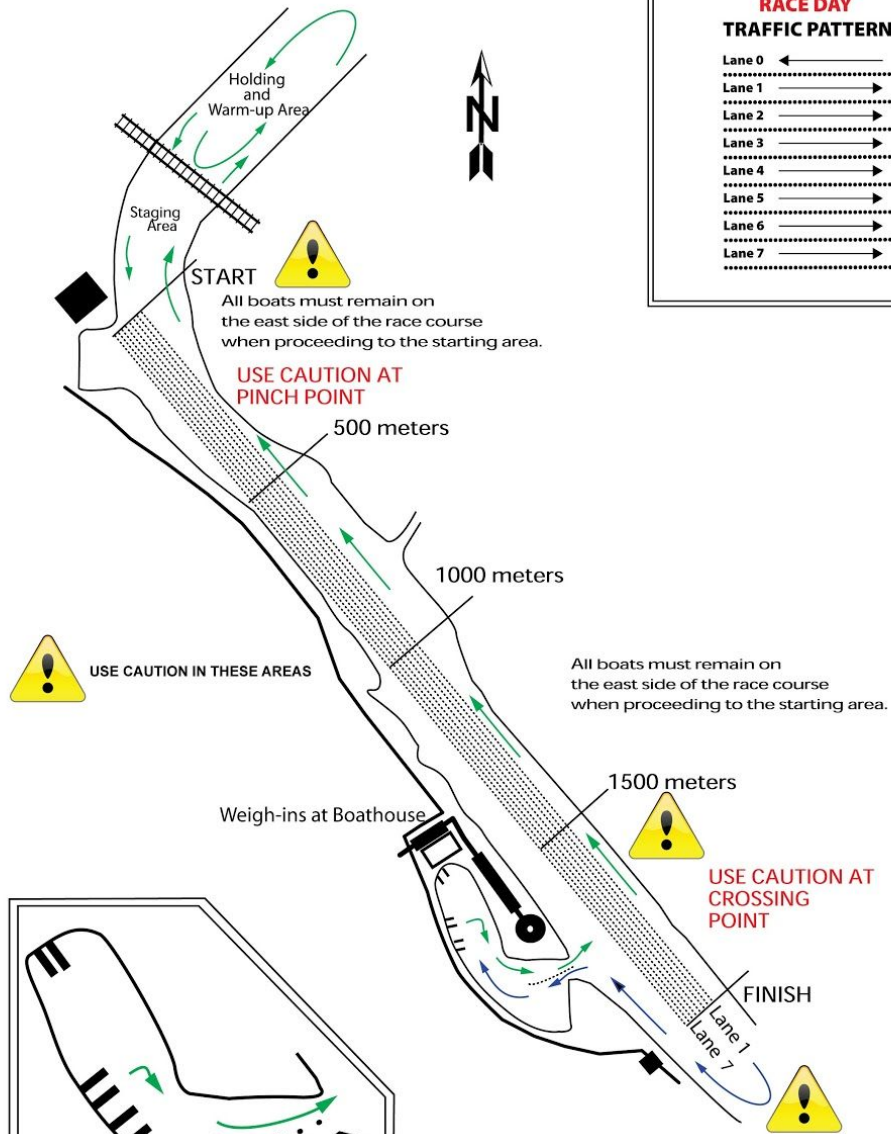
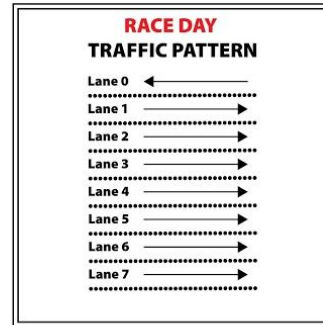
All boats must remain on the east side of the race course when proceeding to the starting area.



Traffic Pattern
 For the practice day and time trials crews will launch off of the farthest two docks from the boathouse. Crews will exit the embayment using right hand rule, follow the lane marked with big yellow buoys down past the finish tower, and then make a left hand turn to cross over to the travel up lane. Crews will then travel up the course in lane 0, which is the only unbuoyed lane. **WATCH FOR FINISHING CREWS AS YOU CROSS THE RACE COURSE.**



Oak Ridge Melton Lake Race Course Map



NOTE: Traffic pattern for Race Day is DIFFERENT to Time Trials and Practice Day

