



Races will be held on Lake Natoma in Rancho Cordova, CA, on a seven-lane 2000 meter buoyed course with starting platform.

Important Dates and Deadlines

April 16 – May 5	<ul style="list-style-type: none"> •Organizations scratching entries will be charged the entry fee and an additional scratch fees
April 22	<ul style="list-style-type: none"> •Preliminary Event Schedule to be published
April 29	<ul style="list-style-type: none"> •Lane draws posted.
May 2 -- 4:00pm	<ul style="list-style-type: none"> •Deadline for late entries, which will only be accepted if space is available and the coach submits payments, waivers and lineup form. •Registration Opens
May 3 -- 6:30pm	<ul style="list-style-type: none"> •Coaches & Coxswains Meeting (estimated) •Control Commission opens; coxswains and lightweights may weigh in.

BOAT TYPE	ENTRY FEE (by April 15th)	LATE ENTRY FEE (April 16th or after)
8+	\$240.00	\$362.00
4+/4x/4x+/4-	\$180.00	\$265.00
2x/2-	\$105.00	\$152.00
1x	\$81.00	\$116.00

Membership and Eligibility

USRowing Membership: The USRowing Southwest Youth Championship is a USRowing-owned event for Youth competitors from Arizona, California, Colorado, Hawaii, Nevada, New Mexico and Utah only.

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 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. USRowing staff has limited availability on race days to assist with compliance issues. 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>.

Waivers: All athletes should make sure to sign their USRowing waiver using their Basic w/ Regatta Package or Championship member 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.**

Coaches must collect their credentials at the USRowing membership tent. 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 his or her 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 up 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 full compliance by the end of the business day on May 1st.

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

USROWING YOUTH NATIONAL CHAMPIONSHIPS

Youth National Qualification Rules:

The USRowing Northwest Youth Championships offer 3 bids to the USRowing Youth National Championships events.

The bids will be distributed to the top 3 crews in each qualifying event that are eligible to use the USRowing Northwest Youth Championships as their qualifying regatta.

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

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

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

INCLUSIVE 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. 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 Regulations and has been classified by a national or international Classification Panel into an eligible sport class. A rower without a sport class or whose sport class has been withdrawn may not compete in Adaptive or Para Rowing events.

The sport class requirement pertains only to the Rower who has been classified.

All Rowers racing in Adaptive Rowing Races shall be classified before competition by a USA or FISA Classification Panel. If a Rower enters a Regatta and does not have a classification status, the LOC may default him or her from the final results of the Race.

There shall be no protests over another Rower's sport class designation.

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.

USROWING RULES OF RACING

The 2019 USRowing Rules of Rowing will govern this event, except where modified by the SW Regional Coaches in voting at the Fall Coaches Meeting.

An online version of the rulebook is available at <http://www.usrowing.org/rules-of-rowing/>

All organizations should have received a copy of the 2019 USRowing Rules of Rowing when they renewed their organizational membership.

USRowing licensed referees will officiate the event to ensure fairness and safety.

Please note the 2019 Rules Changes listed on the first page of the rulebook.

The following rules will be waived or amended as follows:

1. Rule 3-104 Minimum Weight of Boats – Waived

TIME TRIALS

Time trials will be conducted for every event that has over 21 properly entered “A” boats at the entry deadline. “B” boats will be accepted into events that progress in this format.

The 3V, 4V, Novice 4+, Freshman 4x-, and Freshman 4+ are time trial events as voted on by the Coaches of the SW Region.

There will be a mandatory meeting two hours prior to the start of time trials, at the finish line tent, for those crews and coaches participating in those events. Bow numbers for the time trials will be issued at that meeting.

Entries

Each team is guaranteed one boat per event. Duplicate entries will be allowed on a lottery system if there are lanes available to be filled. New heats will not be formed to accommodate duplicate entries except in those events where multiple entries are allowed. The faster of the two boats will be considered the “A” boat, the slower boat will be considered the “B” boat. Events with less than three entries from different programs will be removed from the regatta schedule.

Multiple entries from one club will be accepted only in the following events: 4V8, NC8, F8, O4X and N4+. “B” boats may be entered in other events (prioritize them please), but will only be accepted on a space available basis. Once an event passes the threshold of more than 21 properly entered “A” boats, all “B” boats will be accepted. “B” Boats in the single are guaranteed acceptance only if the sculler is in the top 7 seeds. “B” lightweight and open doubles that are seeded in the top 7 will be guaranteed acceptance like the singles. **Coaches must post names with their lineups and demonstrate speed in order to be seeded in the top 7.**

Regatta Central: The Southwest Youth Championships will use Regatta Central for all entries. The entry window for the SW Youth Championships will be March 13, 2019 – April 15, 2019. Any changes to your entries after April 15, 2019 will still occur in Regatta Central, but may be subject to additional fees.

Line-ups: All entries should include the line-up of athletes to compete as part of that entry. All entry line-ups must be submitted by Monday, April 25, 2019. 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.

Lineup changes in the single will not be accepted without prior consultation with the USRowing Events Manager.

Line-ups will remain open on Regatta Central for editing until 11:59 pm Monday, April 29, 2018. Regatta Central will remain closed for credential printing and “Express Lane” notifications. Regatta Central will be re-opened to accept any last minute line-up changes on Thursday, May 2.

Freshman documentation should be scanned and emailed to james.rawson@usrowing.org. Freshman documentation must be received by April 27th, 2019 to assure acceptance into those events.

Submitting Lineup Changes Onsite: Any line-up changes needed on racing days must be completed, in person with USRowing's National Events Manager, James Rawson, at the finish line tent. Lineup changes must be processed a minimum of one hour prior to the first race in which the change is being made. Changes may not be made between heats and finals, unless extenuating circumstances occur. Any unauthorized changes may result in an exclusion from racing at the discretion of the Event Manager.

Any line-up changes required on Friday, 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.

Email lineup changes will not be accepted.

Late Entries: Beginning April 16, 2019, 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.

Online late entries must be submitted via Regatta Central from April 16-April 29, 2019.

After April 29, 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 4:00pm at on-site registration on Thursday, May 2, 2019.

Scratches: Entries may be scratched or changed without penalty by end of day April 15, 2019.

Scratches received beginning April 25, 2019, are subject to a forfeiture of the entry fees, and are not eligible to receive a refund.

Scratches must be made on Regatta Central through April 29, 2019.

After that time, all scratches must be submitted to USRowing through email at james.rawson@usrowing.org or at the regatta venue during official registration hours.

Scratches made after the close of on-site registration on Thursday, May 2, 2019, will be subject to a forfeiture of entry fees and an additional \$25 scratch fee.

Any crew failing to submit written notification of a scratch may be subject to an additional no-show fee of \$100 to be charged to the Regatta Central account holder.

Any crew that competes in the first round of a Youth Nationals qualification event is required to finish the event. A crew that scratches after competing in the first round of a Youth Nationals qualification 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.

Outstanding Payments: Any organization with outstanding balances for entry fees or scratch fees at the start of racing will not be eligible to participate in the regatta and any future USRowing events until the fees are paid.

COACHES AND COXSWAINS MEETING

A meeting will be held 30 minutes after any schedule time trials or at 6:00pm Friday evening. All teams should send a representative to the meeting. Entries will not be accepted after the conclusion of the meeting.

VOLUNTEERS

Each competing program is requested to supply at least one volunteer for one session of racing (an AM or PM one day). Have them report to the finish line tent.

TROPHIES

In events with trophies, please return them to the finish line tent so they can be distributed over the weekend.

BOAT STORAGE/TRAILER PARKING

The State park at Lake Natoma has imposed a parking fee of \$10.00 per day. This applies to all cars and vans parking in the area. Busses will be charges \$100 per day and will have to park in the overflow lot in order to provide more boat staging space. Please arrive prepared to pay to park.

SEEDING

The seedings for the region will be determined by a committee led by the stewards. The results of that seeding will be sent to the coaches for their review, prior to the regatta. **Coaches may dispute the seeding order at that time, with the pertinent results from the spring season. Seeding for the single scullers must be by name.** The following races will be seeded: V8, JV8, LT8, N8, LT2x, Lwt 4+, Open 4+, 2-, 1x, 2x, 4x. Seedings will be determined from results from League Races, SoCal Cup Races and San Diego Crew Classic.

Events:

<u>Varsity</u>	<u>JV</u>	<u>3V</u>	<u>Lwt</u>	Novice	Freshmen	Open Events
8+	8+	8+	8+	8+	8+	4x
			4+	4+		4+
				4x+		2x
						Lt 2x
						2-
						1x
						4-

Team Trophy Points System: Points will be calculated in each event for the highest scoring entry for each team in the final. Multiple entries from any team are permitted, but only the highest placing boat will earn points. Points will be awarded as follows:

					2-	
			O4-		N4x	
			O4+	3V8	Lwt2x	
			O4x	Lwt4+	N8"B"	
			Lwt8	N8	2x	N8"C"
		<u>V8</u>	<u>JV8</u>	<u>FR8</u>	<u>N4+</u>	<u>O1x</u>
1st		30	24	18	12	9
2nd	80%	24	19	14	10	7
3rd	60%	18	14	11	7	5
4th	45%	13	11	8	5	4
5th	30%	9	7	5	3	2
6th	15%	5	4	3	2	1

Regatta By-laws and Guidelines

1. Executive Board: An Executive Board of Stewards will be empowered to act on the business of the Southwest Youth Rowing Championship Regatta. The Board will be made up of five (5) voting members, no two of which will be from the same club. Executive Board Representatives will serve two-year terms. In order for the Executive Board to transact business, a quorum must be established. A quorum will consist of three voting members and any decision that only three voting members comes to must be unanimous.

2. Membership Voting: Youth programs shall be restricted to one vote per squad (1 men's and 1 women's) that they represent, with a maximum number of two votes per organization. Proxy votes will be allowed. Proxy votes must be submitted in writing and tendered at the beginning of the fall meeting.

3. Championship Regatta Rules: USRowing Rules will apply to the Regatta except where modified (see below) by the voting membership. Any change of the By-laws or Regatta Rules must be accomplished at the Fall membership meeting. If the executive board agrees that a rule should be modified to respond to issues that present themselves after the fall meeting, they shall request a straw poll of member organizations. If the modification passes with a simple majority of organizations it may be implemented for the upcoming event.

4. Race Day Clarifications: a. In a 2-heat event, Lane 7 can be used for the 4th place crew if that time is faster than the winning time of the other heat. b. In a 3-

heat event, Lane 7 can be used for the third place crew if that time is faster than the winning times of the other heats. c. If an event has more than 21 properly entered "A" boats, the event will go to time trial, with 14 crews advancing; crews will be placed in lanes according to their performance in the time trial.

5. Event and Athlete Clarifications: a. A coxswain may race at any classification level or in any event with the restriction that a second, third, or fourth year coxswain not race down to the novice level and that the varsity level coxswain not race down to the JV or 3V. If extenuating circumstances exist, petitions will be heard.

b. Coxswains who wish to become rowers may race for one season as a novice rower regardless of their coxing experience.

c. The Varsity classification (1V, 2V, 3V...) is open to any eligible Youth rower as long as they race in only one event level (1V, 2V, 3V...). A 1V athlete may not race down to 2V, nor a 2V to 3V, nor 3V to 4V, etc.

d. The order of entry in the 8+'s race is 1V, 2V, 3V, NA, NB, NC...etc. and one must enter a 1V/NA in order to enter a 2V/NB, and a 2V/NB in order to enter a 3V/NC, etc.

e. Your 1V/NA is to be faster than your 2V/NB, who is fastest than your 3V/NC, etc.

f. Athletes can only row in 3 events at SW Youth Championship regatta. Coxswains are exempt from this restriction.

g. The open quad (4x) event will be without coxswain for qualification to the Youth National Championships; however, additional crews can row with coxswain. The novice quad (N4x+) and Frosh quad (Fr4x+) event will be with coxswain.

h. Composite boats: There shall be no composite boats. Composite is defined as one boat with members of more than one club. If extenuating circumstances exist, petitions will be heard.

7. Age Classifications and Eligibility:

a. The FRESHMAN events are open to athletes in 9th grade or below. A Freshman can have any level of experience because this is not a Novice event.

b. If a program does not have a Freshman coxswain for the event, you may use a Novice coxswain; ie the coxswain does not have to be a freshman, but they must be a novice.

6. Novice Classification:

1. NOVICE events are open to middle-school athletes (grade 6, 7, 8) with any level of rowing experience but they cannot have raced in any event, middle-school or otherwise, and maintain their novice status.

2. NOVICE events are open to any high-school athlete (grade 9, 10, 11, 12) in their first season of rowing. If a high-school aged athlete has participated in any organized rowing activity after starting 9th grade, that time goes towards their novice year, and they are not eligible to race novice in the second year.