



2015 USRowing Northeast/Mid-Atlantic Masters Regional Championships

June 28, 2015

Lake Onondaga, Syracuse, NY

USRowing and the Syracuse Chargers are proud to host the second USRowing Northeast/Mid-Atlantic Masters Regional Championships.

The goal of the regatta is to provide crews from these areas with an additional summer sprint racing opportunity.

Venue Information

Venue – Onondaga Lake, Syracuse, NY

Location: Onondaga Lake Park, 106 Lake Dr, Liverpool, NY 13088

Driving directions are available online: <http://onondagacountyparks.com/onondaga-lake-park/directions-2/>

Course: The course will be a 1,000 meter, 7-lane course using stakeboats at the start. Crews should be able to back into, and keep their point on a stakeboat start.

USRowing Membership:

The USRowing Northeast/Mid-Atlantic Masters Regional Championship is a USRowing-owned event.

Each participant is required to be a current, “Championship” member of USRowing. Each participant must also have a signed waiver on file for 2015.

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 at the event.

Pre-Registration "Championship" Membership	On-Site Registration "Championship" Membership
\$65 (ages 27+)	\$70 (ages 27+)
\$45 (ages 26 and under)	\$50 (ages 26 and under)

If you have questions regarding the status of your organizational or individual memberships, please contact our Membership Services department at (800) 314-4769 or members@usrowing.org

A current listing of your athletes, their member numbers, and expiration dates can be found on your online roster: <https://rosters.usrowing.org>

Waiver:

All athletes should make sure to sign their USRowing waiver using their Championship Member number.

Credentials:

Credentials will be issued to competitors once registration is complete, membership and waiver information is verified, and all fees are paid in full.

Each competitor must report to the USRowing desk to secure his or her individual credential. Coaches and team representatives will not be allowed to collect multiple credentials for their crews.

Each competitor will receive a wristband with his or her name and affiliation. Wristbands should not be removed until a competitor has completed all events for the regatta.

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

Lost credentials may be replaced at the USRowing registration table and are subject to a \$10 administrative fee.

Eligibility:

Master: A master is a competitor who has attained or will attain the age of 21 during the current calendar year. A competitor's age is determined as of December 31 of the current calendar year, rounded down to the nearest whole number. A competitor thus becomes a master on January 1 of the year of his or her 21st birthday. A masters crew shall be comprised exclusively of masters rowers, but the coxswain need not be a master.

Crews from outside of the Northeast and Mid-Atlantic regions are welcome to enter, including crews from outside of the United States.

"AS": Open to athletes classified as "Arms and Shoulders" athletes.

"TA": Open to athletes classified as "Trunk and Arms" athletes.

“LTA”: Open to athletes classified as “Leg, Trunk, and Arm – Physical Disability, Visual Impairment, and Intellectual Disability”.

“Inclusive”: Inclusive events are open to crews composed of a mixture of able-bodied and adaptive athletes. Inclusive crews must contain one adaptive athlete and one able-bodied athlete.

A rower who is a member of the current year’s national team shall not be eligible to compete in the current year at this regatta. Exception: Members of the current year’s Para-Rowing National Team are eligible to compete in adaptive events.

Classifications for Adaptive Athletes

If an adaptive athlete enters a regatta and does not have a classification status, the LOC may default him or her from the final results of the race if they are not able to provide documentation verifying their eligibility. The necessary documentation is the form on linked on the USRowing web site, which is linked below.

There will be no protests over any classified rower’s sport class designation during a U.S. regatta. However, a protest can be brought if there is a rower entered who is not listed as classified on the USRowing web site.

Classifiers will not be present at the regatta. Athletes should be classified prior to competition.

If you are an athlete that needs classification, please check the list of Classifiers available on the USRowing web site.

The USRowing web site also has a copy of the Athlete Classification Form, a schedule of upcoming Classifier Workshop, and a list of currently classified athletes within the United States.

[Click here for Classification information on the USRowing web site.](#)

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 May 17, 2015, and ending Wednesday, June 17, 2015. No refunds will be given once the initial registration period has ended.

All entry fees must be paid in full by Wednesday, June 17, 2015. 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@usrowing.org prior to the deadline.

Crews 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 June 18)
8+	\$145	\$160
4+/4x	\$120	\$135
2x/2-	\$75	\$90
1x	\$55	\$70

Entry fees become non-refundable on June 17, 2015.

Late Entries:

Beginning June 18, 2015, late entries may be accepted in events where additional entries will be considered in events where additional entries will not create additional flights.

Crews interested in competing in an event that is full should place their desired entry on the "Waitlist" for that event. If crews from at least 3 different organizations are on the waitlist for an event, and time is available on the schedule, an additional flight may be created.

Online late entries must be submitted via RegattaCentral until Sunday, June 21, 2015.

After June 21, late entries will only be accepted at the regatta site, during the registration period on Saturday, June 27, 2015.

No flights will be added to the schedule, or late entries accepted, after Saturday, June 27, 2015.

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

Scratches:

Entries may be scratched without penalty until the end of the initial registration period on June 17, 2015.

Beginning June 18, 2015, no refunds will be given for entries that are scratched.

E-mail notification will be accepted until the Coaches, Coxswains, and Blind Boats Meeting.

A \$50 scratch fee will apply to all scratches made after the Coaches, Coxswains, and Blind Boats Meeting.

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

Lineup Changes:

Beginning June 22, 2015, only 50% of a crew's lineup, not including the coxswain, may be substituted, with the exception of single sculls.

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

No lineup changes will be accepted via e-mail.

All substitutions must be made by submitting a change form to the USRowing registration desk.

A crew submitting a substitution is responsible for ensuring that the average age of the crew remains within the bounds of the event in which it is participating.

Each lineup change requires that the incoming and outgoing competitors, including coxswains, have their credentials updated by a USRowing representative.

Affiliation:

A competitor shall represent only one organization at a regatta.

Composite Entries:

Composite entries are allowed to compete at this event.

Composite entries must include the affiliation of each member of the crew. These affiliations must comply with the affiliation rule listed above.

Crews may row under their club name with a coxswain from a different club (the boat will not be considered composite). Crews must provide the accurate name of that coxswain.

Composite crews will receive an exception from being required to wear matching uniforms.

Foreign (non-American) Crews

All foreign competitors shall be individual members of their national rowing federation recognized by FISA or its national Olympic committee.

If a crew entered by a club or rowing federation from outside of the United States, or an unaffiliated single sculler from outside of the United States, places first, second, or third in an event, it shall receive a medal based on its order of finish. However, the top three crews from the United States will also receive medals to designate their order of finish compared to other crews in the regions.

Mixed Events:

A crew competing in a mixed event must be 50% male and 50% female, not including the coxswain.

Rules:

USRowing's 2015 Rules of Rowing will govern this event.

An online version is available at <http://www.usrowing.org/About/RulesofRowing.aspx>

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

Weigh-Ins:

Lightweights

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

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

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

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

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

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

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

Lightweight Men:

Max 160 lbs. (no average)

Lightweight Women:

Max 130 lbs. (no average)

Coxswains

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

The weigh-in must be observed and conducted by a referee in order for it to be official, and the referee will issue the appropriate wristband indicating that a competitor has completed an official weigh-in.

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

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

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

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

Coxswains failing to meet the minimum weight standards listed below shall carry deadweight in order to achieve the minimum weight in accordance with the 2015 USRowing Rules of Rowing.

Weighted vests cannot be worn as deadweight.

Coxswain for Men's and Mixed Events

Minimum 120 lbs

Coxswain for Women's Event

Minimum 110 lbs

Age Categories:

Category	Ages
AA	21-26
A	27-35
B	36-42
C	43-49
D	50-54
E	55-59
F	60-64
G	65-69
H	70-74
I	75-79
J	80+

The age category of a masters crew shall be determined by the average age of the rowers in the crew, rounded down to the nearest whole number. The age of a coxswain shall not be counted. The ages of

individual rowers need not fall within the age category, so long as each rower is a master and so long as the average age of the crew falls within the applicable category.

Individuals whose age places them in the AA category (age 21-26) may compete in any age category where the average age of the boat falls within that specific age category.

A masters crew may compete in a lower (younger) age category but not in a higher (older) category.

Handicaps:

In events with crews from multiple age categories, the handicaps listed on page 31 in the USRowing Rules of Rowing will be used.

The time handicap for each crew shall be calculated by subtracting the handicap for the youngest crew in the event from the handicap that applies to each crew.

Equipment:

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

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

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

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

Pontoons are optional for LTA events.

Rowers in the TA class are required to use a pelvic or thigh strap that is non-elastic, with a quick release, either of Velcro or a plastic, non-mechanical buckle. Pontoons are optional. TA events will use a fixedseat.

Rowers in the AS class are required to use a chest strap that will remain in place during the entire race. The strap should be placed just below the nipples or under the breasts and be parallel to the water, and have the same components as the thigh strap for the TA rowers.

Pontoons are required for all AS competitors, and must touch the water in all cases. For Inclusive event, only one set of pontoons is needed and can be on either rigging, but two sets are preferred.

Outside Assistance:

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

Coaches, Coxswains, and Blind Boat Meeting:

The Coaches, Coxswains, and Blind Boat Meeting will be held at 6:30 a.m. on Sunday, June 28, 2015.

Schedule Information:

Racing will take place all day on Sunday, June 28, 2015.

In order to allow for the most participation opportunities, every event will be run as a final-only flight.

Inclement Weather Policy:

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

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

Communication Plan

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

Teams are responsible for staying updated on announced schedule changes.

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

Schedule Changes will be made with the following priorities

- Delay racing later the same day, if time is available. This may include removing breaks in the schedule and reducing race centers between race times.
- Begin racing earlier than previously announced. Announcement will be made no later than 3 hours before racing or 9:00 p.m. the evening before in the case of morning racing.

- Combine events within the same boat class, but across age categories, keeping the sprint racing format.
- Move to a time trial format.
- Cancel regatta.

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

Under no circumstances will races be run after June 28, 2015.

Medals:

Gold, silver, and bronze medals shall be awarded regardless of the number of entries in the event.

Medals shall be awarded for first, second, and third places in each flight.

Order of Events:

1	Womens Masters Ltwt E-J 4+
2	Mens Masters D-E 8+
3	Mens Masters Ltwt AA-D 1x
4	Womens Masters E-F 1x
5	Womens Masters C-D 1x
6	Womens Masters AA-C 4+
7	Womens Masters G-J 1x
8	Mens Masters AA-D 2x
9	Womens Masters Ltwt E-J 1x
10	Mens Masters F-J 4+
11	Mens Masters C-D 1x
12	Mixed Masters E-J 2x
13	Mixed Masters AA-D 2x
14	Womens Masters D-E 8+
15	Mens Masters Ltwt E-J 4+
16	Womens Masters E-J 4x
17	Womens Masters Ltwt AA-D 4+
18	Mens Masters AA-C 8+
19	Mens Masters E-F 1x
20	Mens Masters G-J 1x
21	Mens Masters Ltwt E-J 1x
22	Womens Masters F-J 4+
23	Mixed Masters AA-D 4x
24	Womens Masters Ltwt AA-J 2x
25	Womens Masters E-J 2x
26	Mens Masters D-E 4+
27	Mens Masters Ltwt AA-D 4+

28	Mens Masters AA-B 1x
29	Womens Masters AA-C 8+
30	Mixed Masters E-J 4x
31	Mixed Masters D-E 8+
32	Womens Masters AA-D 4x
33	Mens Masters E-J 2x
34	Mens Masters F-J 8+
35	Womens Masters AA-B 1x
36	Mens Masters AA-D 4x
37	Womens Masters Ltwt AA-D 1x
38	Womens Masters D-E 4+
39	Mens Masters Ltwt AA-J 2x
40	Womens Masters AA-J 2-
41	Mens Masters AA-C 4+
42	Mixed Masters E-J 4+
43	Mens Masters E-J 4x
44	Womens Masters AA-D 2x
45	Mixed Masters AA-C 8+
46	Womens Masters F-J 8+
47	Mixed Masters AA-D 4+
48	Mens Masters AA-J 2-
49	Womens Masters AA-J Ltwt 4x
50	Mixed Masters F-J 8+
51	Mens AS 1x
52	Womens AS 1x
53	Mixed LTA 2x
54	Mixed TA 2x

55	Mixed LTA 4+
56	Mixed AS 2x

57	Mixed Inclusive LTA 4+
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Contact Information:

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Practice Traffic Pattern



Race Day Traffic Pattern

