



Northwest Masters Regional Championships

Friday – Sunday
June 24-26, 2016
Vancouver Lake, Washington



Entries are now being accepted for the 2016 USRowing Northwest Masters Regional Championships. This regatta will be held on Vancouver Lake, in Vancouver, WA. Races will be run on a fully buoyed 1,000-meter race course with stake boats. The Portland Vancouver Rowing Association will host this year's championships.

ENTRY FEES

BOAT TYPE	ENTRY FEE (by June 14)	LATE ENTRY FEE (after June 14)
8+	\$195.00	\$220.00
4+ / 4x	\$145.00	\$170.00
2- / 2x	\$80.00	\$105.00
1x	\$50.00	\$75.00

\$7 VOLUNTEER FEE

In addition to the entry fees listed above, a \$7 volunteer fee is charged to each athlete. A portion of the proceeds from this fee will be divided among clubs who provide volunteers to work at the regatta. If you are interested in providing volunteers and earning money for your club, please contact the PVRA Volunteer Coordinator at pvra.volunteer@gmail.com

IMPORTANT DATES & DEADLINES

May 12	•First Day Regatta Central allows entry input for the regatta
June 14	•Deadline to input entries for the regatta without paying late fees •Closing date for Regatta Central •Last day to scratch entries and receive a full refund of the entry fee
June 15-16	Organizations scratching entries will be charged the entry fee but no additional scratch fees
June 17	•Entries scratched June 17 or later will be charged the entry fee and a \$25 scratch fee. •Preliminary schedule to be posted. •Crews may add additional entries without late fees, into races where there

	are empty lanes. No additional heats will be added and this is first come first served. Race limits per program and per athlete may be exceeded, at this time. Additional entries must be submitted to USRowing Events Coordinator, James Rawson, at james@usrowing.org to be accepted. If a crew adds at this point and then scratches their entry, they will be charged the entry fee and a \$25 scratch fee.
June 20	•Lane draws to be posted on Regatta Central and USRowing websites.
June 23 – 4:00pm	•Deadline for late entries, which will only be accepted if space is available and the coach submits payments, waivers and lineup form.
June 24 – 8:30am	•Coaches & Coxswains Meeting •Control Commission opens; coxswains and lightweights may weigh in.
June 24 –10:00am	•Racing begins

ELIGIBILITY & MEMBERSHIP

Northwest Region: The USRowing Northwest Region is defined as the states of Alaska, Idaho, Montana, North Dakota, Oregon, South Dakota, Washington and Wyoming. Organizations from other regions and other countries are welcome to enter all events.

Composite Crews: Composite crews are welcome at NW Masters but must be designated as composite crews on lineup forms.

Rules of Rowing 5-203, 5-204: *Composite crews are those that include competitors from more than one club...Once a crew has been entered as a composite crew, it shall remain so, regardless of subsequent substitutions. Only competitors who are bona fide members of a club shall be entered by that club, except that a composite crew may be entered by any of the clubs to which one of the competitors of the crew belongs. A competitor may represent only one club at a regatta. A competitor shall not represent more than two clubs in any calendar year. Individual exemptions from the requirements of this subsection may be granted by USRowing (800-314-4769) to competitors upon showing good cause.*

Question: Jane Doe trains with a sweep-only program named “Montana RC.” She also trains with a separate sculling program named “Missoula Sculling.” May she compete in the eight as “Montana RC” and the quad as “Missoula Sculling?”

Answer: No, Jane Doe may only represent one organization at NW Masters. If Jane Doe has declared membership at “Montana BC,” the eight may enter as “Montana RC.” The quad must enter as “Composite Montana RC/Missoula Sculling”.

USRowing Membership: The NW 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 2016. 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. Pre-Registration.

Pre-Registration “Championship” Membership is \$65.00

On-Site Registration “Championship” Membership will be \$70.00

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://membership.usrowing.org>

Waivers: All athletes should make sure to sign their USRowing waiver using their 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.

Athletes 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.

Athletes from Foreign Rowing Federations: Rowers from other nations must be members of their National Rowing Federation, as recognized by FISA, or members of USRowing. Athletes should list their federation name and membership number on their signed waivers. Example:

Rowing Canada Aviron Membership: Canadian citizens may be individual members of RCA or members of USRowing. Contact Rowing Canada Aviron with any questions about membership:

Toll Free (877) 722-4769

Email rca@rowingcanada.org

Office Tel (250) 361-4222

Website www.rowingcanada.org

ATHLETE RESTRICTIONS

Each program is allowed up to 2 entries per event: If there are additional spaces available after the preliminary schedule has been released on June 17, then additional entries may be made. Entries may be made as long as they do not add additional heats and must be submitted to USRowing Events Coordinator, James Rawson, at james@usrowing.org

Each Athlete is Restricted to Four Events During the Regatta: An event with heats and finals counts as one event. **In the event that there are available slots after the entry deadline, the region will be notified and you may enter additional races on a first come first served basis, by emailing james@usrowing.org.**

Each Event will be limited to 14 entries: This is to keep all events to no more than 2 heats.

Coxswain Exemptions: Coxswains are exempt from restrictions on the number of events during the regatta.

RULES OF ROWING DEFINITIONS

Rules of Rowing 4-104(b): *A master is a competitor who has attained or will attain the age of 21 during the current calendar year, rounded down to the nearest whole number. A competitor's age is determined as of December 31 of the current calendar year ("rowing age"). 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.

Rules of Rowing 4-104 (b) (1): *Masters crews shall be classified by age, according to the following categories:*

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

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 the coxswain shall not be counted.

Rules of Rowing 4-104 (b) (2): 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.

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

"Mixed" Events: One half of the rowers in the boat must be men and the other half must be women. As written in the rule book – "Mixed events must be 50% women excluding the coxswain."

"Novice" Events: All rowers in the boat must be new to rowing as of June 24, 2014. These boats do not require the coxswains to be novices.

"Lightweight" Events: Women will weigh in at no more than 130lbs with no averaging. Men will weigh in at no more than 160lbs with no averaging.

Please note that lightweight events may be combined with open-weight events if there are less than three entries for either classification.

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

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

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

"Inclusive" Events: 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.

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 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.

For more information on Classification, please go to:

<http://www.usrowing.org/NationalTeams/ParalympicParaRowingNationalTeam/ParaRowingClassification>.

USROWING RULES OF RACING

The regatta will be a USRowing registered regatta, officiated by USRowing referees, and will abide by the USRowing 2016 edition of the Rules of Rowing. Entry Forms and waivers must be fully completed and presented before a team or individual is allowed to compete.

The handbook for *2016 Rules of Rowing* will be available on site for your review. The following is an

excerpt from the *2016 Rules of Rowing* and will be enforced:

1. **Bow balls and bow numbers:** Bow balls and bow numbers are required for any boat preparing to race. Boats without bow balls will not be allowed on the race course. Boats shall also be fitted with a "bow clip" to attach a bow number. USRowing will supply bow numbers. Boats without a bow clip to attach a number may be prohibited from racing. Reference Rule #3-105.
2. **Foot Stretchers:** Each shell must be equipped with quick-release footgear or heels attached with strings to allow quick release. Each heel tie must restrict movement to no more than three inches. Reference Rule #3-109.
3. **Bow Coxed Shells:** All bow-coxed shells must meet the *Rules of Rowing* requirements regarding the size of the opening through which the coxswain enters the shell. Reference Rule #3-110.
4. **Quad Races:** All quad races are without coxswains.

The following rules will be waived or amended as follows:

1. Rule 3-104 Minimum Weight of Boats – Waived
2. Rule 4-110 Weighing of Competitors – Amended – See Weigh-Ins Procedure later in this packet.

SCRATCH FEE POLICY

- **June 14, 2016:** Organizations scratching entries before or on June 14 will receive a full refund of the entry fee.
- **June 15 - 16, 2016:** Organizations scratching entries June 15 - 16 will be charged for the entry fee, but no additional scratch fees.
- **June 17, 2016 or later:** Entries scratched on June 17 or later will be charged for the entry fee and a \$25.00 scratch fee.
- **Scratch Notification:** No phone scratches will be accepted. Only scratches submitted through Regatta Central, by e-mail or in person will be accepted.

- **Scratching During the Regatta / Fee Payment:** For scratches during the regatta, non-launched boats, or no-shows at the start line, the \$25 fee must be paid within one hour, or additional boats from that organization will not be allowed to launch.
- **Extenuating Circumstances:** Illness, injury, emergency, etc., which prevent participating will be reviewed on a case-by-case basis. Requests for a scratch fee exemption must be made to USRowing Registration headquarters on-site at the regatta.

LATE PAPERWORK & LATE PAYMENTS

Late Entries received after June 14 will be accommodated on a “space available” basis for scheduled heats and finals. Entries will be accepted until June 23rd at 6:00 p.m. at the USRowing Registration Tent.

Outstanding Payments: Any organization with outstanding balances for entry fees or scratch fees, by 6:00pm on June 23rd, will not be eligible to participate in the regatta and any future USRowing events until the fees are paid.

COACHES & COXSWAINS MEETINGS

Friday June 24 (estimate 8:30 am): A meeting will be held an hour and a half before the start of racing at the finish line tent to review regatta procedures and the race schedule. All organizations and individual competitors are required to send a representative to the meeting. Attendance will be taken. Remaining schedules will be distributed one hour after the meeting.

HOT SEATING

Hot Seating Part 1: Crews that need to hot-seat should notify the USRowing officials at the control commission tent before launching for the initial race. The hot seating crew will be given priority to change out rowers/coxswains, but the race is still planned to start on time.

Hot Seating Part 2: After the initial race, the crew should land on the north end of the launching beach (NOT the landing beach). Coxswains should signal to the launching beach master for direction and assistance, and should not land until directed to do so. Crews should remember to reset the lane number in the bow for the second race.

Hot Seating Part 3: Even though the regatta will try to accommodate all hot seating instances, no guarantee can be made that you will make it to the line with sufficient time to be included in the race.

MEDALS & TROPHIES

Awards Ceremonies: Winning crews should come to the awards tent as soon as possible after the race final concludes to receive their medals.

Medals: First, second and third-place crews will receive medals, regardless of what region the crew is a part of. The highest placing Northwest crew will be declared the Regional Champion.

SCHEDULE PUBLICATION

June 17 - Preliminary Event Schedule Published: The schedule will be published on the USRowing website at www.usrowing.org. All questions regarding entries and the schedule should be directed to USRowing Events Coordinator, James Rawson, at (503) 473-6239 or james@usrowing.org.

June 20 - Lane Draws Published: This document will be published on the USRowing website at http://www.usrowing.org/events_new/regionalregattas/nwmasters

COMBINED AGE CATEGORIES:

Many events combine age categories. If there are enough entries in those events, they will be split if time allows. Example: The Men's AB 4+ has 10 boats entered, four boats in the "A" age class and six boats in the "B" age class. The schedule will be altered to allow a Men's A 4+ and a Men's B 4+. In this situation, neither race would have handicap times applied.

INCLEMENT WEATHER SCHEDULE

Inclement Weather Schedule: In the event that inclement weather causes delays in the regatta schedule, changes will take effect in this order:

1. Reduce race centers (all races run reduced time between race starts)
2. Shorten the course to 500m
3. Timed finals (all heats run using finish times to determine final results).
4. Cancel races, at the direction of the USRowing Chief Referee.