



USRowing Mid-Atlantic Youth Championships

May 7-8, 2016

Mercer Lake, West Windsor, N.J.



USRowing and Princeton National Rowing Association are proud to present the 7th Annual USRowing Mid-Atlantic Youth Championships. This event offers the most 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 in a full slate of racing including heats, semi-finals, and finals.

Please read this packet completely as it includes information regarding entries, rules, events, Youth National Championships qualification and eligibility, and other information about the policies governing this regatta. All crews competing in the USRowing Mid-Atlantic Youth Championships are responsible for the information contained in this packet.

USRowing would like to thank Princeton National Rowing Association and the Mercer Junior Rowing Club for hosting this event for the 7th time.

New for 2016

Below is a list to highlight significant changes to the 2016 regatta. Be sure to read this packet in its entirety, as you are responsible for all information included.

- Classifications (see page 3)

Venue Information:

Venue- Mercer Lake, West Windsor, NJ

Location:

Richard Coffee Mercer County Park Marina Venue

1638 Old Trenton Rd

West Windsor, NJ 08550

Directions are available by visiting the PNRA website through this [link](#).

Visiting crews must park on the marina side. The marina venue will have parking, weigh-in, control commission, and awards areas.

Crews housed in the Finn Caspersen Training Center will be allowed to row from that boathouse. A separate weigh-in and control commission area will be available on that side of the lake. These crews will need to come to the marina side to collect awards.

Course:

The course is a 2,000 meter, 7-lane, fully buoyed course with a starting platform. Crews must be able to back into a stakeboat.

For more information about Princeton National Rowing Association and the regatta site, visit the PNRA website at www.rowpnra.org. Directions can also be found using the new Mercer County Park

smartphone app available for the iPhone, iPad, and iTouch from the Apple App store. (An Android version is in development).

USRowing Membership:

The USRowing Mid-Atlantic Youth Championship is a USRowing-hosted 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 “Championship” Membership	On-Site Registration “Championship” Membership
\$45	\$50

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>

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.

Crews must collect their credentials on the park side of the venue prior to competition. No credentials will be distributed from the boathouse side of the venue.

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.

Eligibility:

The USRowing Mid-Atlantic Youth Championships are open to youth competitors from Delaware, District of Columbia, Maryland, New Jersey, Pennsylvania (Eastern), and Virginia that meet the membership requirements stated above.

Organizations that have been granted a permanent qualification district change from the Youth Advisory Committee into the Mid-Atlantic district are also eligible to compete.

Classifications:

Youth: A Youth is a competitor who in the current calendar year does not attain the age of 19, or who is and has been continuously enrolled in secondary school as a full-time student seeking a diploma. A competitor thus ceases to be a Youth after December 31 of the year of his or her 18th birthday, or of the year in which he or she completes the 12th grade of secondary school, having been a full-time student, whichever is later.

Post Graduates: Per Rule 4-104 (a), a student must be working towards their first secondary school diploma, therefore, post graduate students who attain the age of 19 in the current calendar year are ineligible to compete.

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

“2nd” Boats- The 2nd boat classification is not open to any rower competing in a Youth National Championship qualifying event in the same discipline (sweep or sculling). In order to enter a 2nd boat, organizations must also enter a boat in “Youth” or “Ltw” event of the same gender classification and boat class.

Novice- A Novice shall be a coxswain or rower whose initial competition within the same discipline has been within the previous 12 months of the date of the regatta. Coxswains who wish to become rowers may race for one year as a novice rower regardless of their coxing experience.

Unaffiliated- Crews entered as “Unaffiliated” are not considered to be representing a club or organization for this regatta. Competitors may compete as “unaffiliated” in single sculls only, as composite entries are not accepted for this event. “Unaffiliated” competitors must meet the individual membership requirements listed in this packet.

Youth National Qualification Rules:

The USRowing Mid-Atlantic 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 Mid-Atlantic Youth Championships as their qualifying regatta.

Crews competing at the Philadelphia City Championships that wish to use the USRowing Mid-Atlantic Youth Championships as their qualifying regatta must declare their intention no later than April 27, 2016.

Declarations must be made using the [online form](#).

Failure to declare a different regatta will result in using the first qualification regatta entered as the crew’s qualification regatta.

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

Should a non-qualifying crew finish in the top 3 of a qualifying event; the corresponding bid will be offered to the next highest placing crew that is using the Mid-Atlantic Youth Championship as their qualifying regatta. Bids will not be offered to crews finishing lower than 4th place in the event in question.

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

Full rules regarding qualification for the 2016 Youth National Championships will be available in the event entry packet posted on the event website no later than March 1, 2016:

<http://www.usrowing.org/Events/YouthNationals.aspx>

Rules:

The 2016 USRowing Rules of Rowing will govern this event.

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

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

Please note the 2016 Rules Changes listed on the first page of the rule book.

The following rules will be waived for this event:

- Rule 3-104 Minimum Weight of Boats

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. Bow numbers will be available at the control commissions on both sides of the lake.

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

Weigh-Ins

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:

Max: 150 lbs. (no average)

Lightweight Women:

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.

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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:

Minimum: 120 lbs.

Coxswain for Women's Event:

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.

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, 2016 and ending Wednesday, April 27, 2016. No refunds will be given once the initial registration period has ended.

All entry fees must be paid in full by Wednesday, April 27, 2016. 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 james@usrowing.org prior to the April 27, 2016, deadline.

Events with entries representing fewer than two (2) different organizations at the close of registration may be scratched from the schedule.

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

Boat Class	Entry Fee (\$)	Late Entry Fee (\$)
8+	\$145	\$160
4+/4x	\$120	\$135
2x/2-	\$75	\$90
1x	\$55	\$70

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 Sunday, May 1, 2016. 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.

After Sunday, May 1, 2016, 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.

Line-ups will remain open on RegattaCentral for editing until Sunday, May 1, 2016. Any line-up changes required after this date must be made at the regatta site, no less than 1 hour before the first race of the event for which the crew is entered.

Email lineup changes will not be accepted.

Late Entries:

Beginning April 28, 2016, 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.

RegattaCentral will be open for late entries until Sunday, May 1, 2016. After this time, any further late entries must be submitted at the USRowing registration desk.

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.

Scratches:

Entries may be scratched or changed without penalty until April 27, 2016. Scratches received after April 30, 2015, are not subject to a refund.

Scratches must be made on RegattaCentral until May 1, 2016.

Beginning May 2, 2016, all scratches must be submitted to USRowing on-site using the forms provided at the USRowing registration tent at the regatta venue.

Scratches made after Friday, May 6, 2016, 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 a minimum of one hour before the applicable race, either via e-mail or on-site, shall be subject to an additional no-show fee of \$100 to be charged to the RegattaCentral account holder.

Composite Entries:

Composite entries are not accepted at the USRowing Mid-Atlantic 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.

Entry Limits:

Organizations may submit a maximum of two entries in each Youth National Championships qualifying event. Organizations entering two crews in qualifying events are eligible to receive two bids in that event.

Non-Youth National Championship qualifying events will be allowed a maximum of 21 total entries, which will be taken on a first-come, first-served basis.

Athletes are eligible to compete in a maximum of two (2) 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.

Waitlist:

The RegattaCentral waitlist will be utilized for events that reach the maximum number of entries prior to the close of registration.

Waitlist requests will be reviewed daily, and accepted as space becomes available in an event.

Upon acceptance, an e-mail notifying the crew will be sent to the RegattaCentral account holder.

E-mail will be the only notification given to accepted crews. USRowing and RegattaCentral are not responsible for missed e-mail messages.

Crews will have up to 48 hours to submit the accepted entry via RegattaCentral. After 48 hours, the waitlist acceptance will expire, and the next crew in the queue will be accepted.

Accepted entries must be submitted with complete, visible line-ups.

All waitlist requests will expire 24 hours before the first race of the event in question.

Progression:

USRowing Progression System "C"

Entries	Heats	Advancing in each Heat	Semifinals	Advancing in each Semifinal	Finals
1-7	0	-	-	-	Final Only
8-14	2	3	0	-	Grand Final
15-21	3	4	2	3	Grand Final
22-28	4	3	2	3	Grand Final

Only Grand Finals will be run at the 2016 USRowing Mid-Atlantic Youth Championships.

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

Schedule Information

Heats and semifinals will be run as close to the order of finals as possible.

Heats will be scheduled to run on Saturday, May 9.

Semifinals will be scheduled as time allows on Saturday. Semifinals not completed Saturday will be scheduled for Sunday morning.

Finals will be run on Sunday, May 10.

Coaches, Coxswains, and Scullers Meeting:

Coaches, Coxswains, and Scullers Meeting will be scheduled for Saturday, May 7 at 6:30 AM. An additional meeting will be held at the same time on Sunday, May 8 for crews not competing on Saturday.

Order of Events:

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

#	Event	18	Mens Youth 8+*
1	Womens Youth 1x*	19	Womens U17 1x
2	Mens Youth 1x*	20	Mens U17 1x
3	Womens Youth Ltwt 2x*	21	Womens Youth Novice 4+
4	Womens Youth 2x*	22	Mens Youth Novice 4+
5	Mens Youth Ltwt 2x*	23	Womens U17 2x
6	Mens Youth 2x*	24	Mens U17 2x
7	Womens Youth 2-*	25	Womens Youth 2 nd 4+
8	Mens Youth 2-*	26	Mens Youth 2 nd 4+
9	Womens Youth 4x*	27	Womens U17 8+
10	Mens Youth 4x*	28	Mens U17 8+
11	Womens Youth Ltwt 8+*	29	Womens Youth Novice 8+
12	Womens Youth 4+*	30	Mens Youth Novice 8+
13	Mens Youth Ltwt 4+*	31	Womens U17 4x
14	Mens Youth 4+*	32	Mens U17 4x
15	Womens Youth Ltwt 4+*	33	Womens Youth 2 nd 8+
16	Mens Youth Ltwt 8+*	34	Mens Youth 2 nd 8+
17	Womens Youth 8+*		

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

Practice:

The course will be available for practice on the afternoon of Friday, May 6, 2016.

Specific practice times will be published in the confirmation packet sent to crews that have registered for the event.

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

A practice session may be available after racing on Saturday, if time and weather allow.

Trailer Parking:

The venue will be open for trailer parking Friday, May 6, 2016 from 12:00 PM-6:30 PM. Crews arriving outside of these times will be required to find an alternative parking area other than the venue. Trailers parked illegally may be towed.

Upon arrival, and prior to parking and unloading trailers, crews are required to check-in with the Venue Coordinator.

Security will be provided Friday & Saturday nights.

Trailers will not be allowed to remain in the park Sunday night.

Team Tents:**Tent staking is absolutely forbidden anywhere on the venue.**

Team spaces can be reserved on RegattaCentral at
https://www.regattacentral.com/cart/index.jsp?job_id=3630&sid_12=1

Each team will be allowed (2) 10 foot by 20 foot space within the Team Tent Area.

Spaces will be assigned by PNRA in the order in which reservations and payment are received.

Teams will be allowed to unload vehicles in the unloading area near the team tent area between 12:00 PM and 5:00 PM on Friday, May 8, 2015.

Teams are encouraged to bring wagons to assist in delivery of supplies from the parking area to the team tent area.

Food/Support Trailers:

Each team with a tent space reservation may store one food/support trailer in the Team Food Trailer area.

Trailers will be allowed to park in the Team Food Trailer parking area starting at 12:00pm (noon) Friday, May 8, 2015.

Teams will be allowed one vehicle to park in the unloading area near the team tent area.

Visitor Parking:

Spectators can save time by pre-purchasing parking passes through the PNRA website at:

<https://www.rowpnra.org/events-regattas/regattas/mid-atlantic-jr/>

Medals:

Medals will be awarded to the first, second, and third-place finishers in each Grand Final.

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

The awarding of medals is determined by place and is not dependent upon a team's Youth National Championship qualification status. Therefore, the awarding of medals does not necessarily reflect the awarding of Youth National Championship bids.

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 "USRowing" to 313131.

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 regatta.

Under no circumstances will races be rescheduled for a date later than May 8, 2016.

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.

Lodging

USRowing has partnered with EMC Venues to provide accommodation options for teams and spectators travelling to the 2016 USRowing Mid-Atlantic Junior District Championships.

Rooms are now available at a variety of hotel properties near the West Windsor venue.

[Click here to submit your rooming requests to EMC Venues.](#)

Contact Information:

James Rawson, Events Coordinator, USRowing

james@usrowing.org

503-473-6239