



## USRowing 2016 Northwest Youth Championships Entry Packet

**Friday – Sunday, May 20 – 22, 2016  
Vancouver Lake, Vancouver, Washington**

*(Please read all of this packet prior to arrival to venue)*

Entries will soon be accepted for the 2016 USRowing Northwest Youth Championships. This regatta will be held on Vancouver Lake in Vancouver, WA., just north of Portland, OR. Races will be run on a fully buoyed 2,000-meter racecourse with stake boats. The Portland Vancouver Rowing Association and Vancouver-Clark Parks & Recreation will host this year's championship.

### ENTRY FEES

BOAT TYPE	ENTRY FEE (by May 2 <sup>nd</sup> )	LATE ENTRY FEE (May 3 <sup>rd</sup> or after)
8+	\$195.00	\$220.00
4+/4x/4x+	\$145.00	\$170.00
2x/2-	\$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 some money for your club, please contact the PVRA Volunteer Coordinator at [pvra.volunteer@gmail.com](mailto:pvra.volunteer@gmail.com).

**Each organization is required to provide the number of volunteers listed on the table below to assist with the regatta on Friday morning (7:00am-12:00pm).** Please provide the names and contact information to PVRA Volunteer Coordinator at [pvra.volunteer@gmail.com](mailto:pvra.volunteer@gmail.com), by the entry deadline. Crews that do not provide volunteers or if those volunteers fail to show up for their allotted time may be excluded from racing at the discretion of the USRowing Events Coordinator, James Rawson.

Ashland Rowing Club	2
Bainbridge Island Rowing Club	2
Couer d'Alene Rowing Association	1
Commencement Bay Rowing Club	2
Everett Rowing Association	3
Green Lake Crew	3

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Holy Names Academy	3
Lake Oswego Community Rowing	3
Lake Stevens Rowing	2
Lakeside School Crew	3
Mt. Baker Rowing	3
North Cascades Rowing	2
Olympia Area Rowing	2
Olympic Peninsula Rowing Assoc.	1
Orcas Island Rowing	2
Oregon Rowing Unlimited	2
Pocock Rowing Center	3
Rose City Rowing Club	3
Sammamish Rowing Association	3
Seattle Rowing Center	2
South Eugene Rowing Club	2
Vancouver Lake Crew	2
Vashon Island Rowing Club	2
Whatcom Rowing	2
Willamette Rowing Club	1

**IMPORTANT DATES & DEADLINES**

March 1	•First Day Regatta Central allows entry input for the regatta
May 2	•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
May 3 – May 22	•Organizations scratching entries will be charged the entry fee and an additional scratch fees
<b>TBD</b>	•Poll sent via email to coaches to determine seeding for select varsity events
May 4	•Preliminary Event Schedule to be published
<b>TBD</b>	•Deadline for coaches to return polls to determine seeding for select varsity events
May 16	•Lane draws posted.
May 19 -- 5:00pm	•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 20 -- 6:30am	•Coaches & Coxswains Meeting (estimated) •Control Commission opens; coxswains and lightweights may weigh in.
May 20 -- 8:00am	•Racing begins (estimated)
May 20 – 12:00pm	•Deadline to turn in trophies, polished and engraved, to the regatta awards tent.

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**ELIGIBILITY & MEMBERSHIP**

**Qualifying Events for USRowing Youth National Championships:** The USRowing Northwest Region is defined as the states of Alaska, Idaho, Montana, North Dakota, Oregon, South Dakota, Washington and Wyoming. Only competitors based in the USRowing Northwest Region may compete in these qualifying events, which include men's & women's:

Varsity 1x	Varsity 2x	Varsity 2-
Varsity 4x	Varsity 4+	Varsity 8+
Varsity Light 2x	Varsity Light 4+	Varsity Light 8+

**Non-Qualifying Events:** Eligibility is open to all competitors in the Northwest Region. Entries from Canada or other USRowing regions will be accepted on a "space available" basis. If lanes are available without creating additional heats, crews from outside the NW region will be welcome.

**New Programs:** Organizations with youth programs less than two years old may enter their first boats in the junior varsity events without entering a varsity boat.

**Composite Crews:** In the interests of keeping entries to a manageable number, no composite crews will be allowed at the 2016 Championship.

**USRowing Membership:** The NW Youth Championships is a USRowing sponsored 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 is \$45.00

On-Site Registration "Championship" Membership will be \$50.00

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](mailto: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.

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.

**USROWING YOUTH NATIONAL CHAMPIONSHIPS**

NW Youth Championships has been designated as the qualifier for the USRowing Youth National Championships. Qualifying events are listed on page two in the ELIGIBILITY & MEMBERSHIP section. The Youth National Championships is to be held at Mercer County Park, West Windsor, NJ, June 10-12, 2016. First-, second- and third-place crews in the eligible events shall qualify for the Youth Championships.

In the event that the first-, second-, or third- place crews choose not to attend the Youth Championships, the entry opportunity will **not** roll down to the fourth-place boat.

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**PETITIONS**

USRowing will accept petitions; **acceptance of a petition does not guarantee a bid to attend the Youth National Championships.**

Petitions must be submitted no later than three (3) days after the conclusion of the crew's qualification regatta. Due to the late nature of the qualifier, NEIRA crews interested in submitting a petition must do so no later than Monday, May 30, 2016 at 5:00 P.M. EDT. Only two (2) bids will be reserved for NEIRA programs unless the final selection posting does not fill all open bids.

**NO LATE PETITIONS WILL BE ACCEPTED.**

Petitions must be submitted via the online form on the Youth Nationals web page at:  
<http://www.usrowing.org/Events/YouthNationals.aspx>

Petitions will only be accepted from a coach or team administrator. Parents, athletes, referees and others who do not act as a coach or official administrator to the crew submitting the petition are not eligible to submit a petition on a crew's behalf.

All event categories can receive a maximum of 28 entries. If an event is fully subscribed and not all petitions can be accepted, the Youth Advisory Committee will choose the petitions from the most competitive crews based on the information given in the petition, without appeal.

Crews will be notified of their petition status on May 27, 2016. NEIRA crews will be notified of their petition status on June 1, 2016.

Petitions will not be accepted from athletes that are part of a boat that was excluded or disqualified while participating in that event at a qualifying regatta, unless the exclusion or disqualification is overturned.

Petitions will not be accepted from crews competing in non-qualifying events held as part of a qualification regatta.

Petitions will not be accepted from crews that have not competed in the petitioned event at an on-water competition since January 1 of the current calendar year.

Petitions will be accepted for the following reasons: Petitions that do not meet these requirements will not be considered.

- In the event the crew's qualifying regatta does not offer the event. The crew must provide evidence of speed using race results from the current racing season.
- An unfortunate event, especially something beyond the ordinary or the expected, which caused a disadvantage that precluded a crew to compete in a qualifying event.
- The petitioning crew must provide the petition committee substantiation of sufficient boat speed within the following time standards of the last qualified crew in the petitioned category at a recognized YNC qualifying regatta.
  - 8+/4+/4x: within four (4) seconds
  - 2x/2-/1x: within six (6) seconds

Petitions are required to include the contact information of the Chief Referee at the regatta in order to confirm the details of the circumstances surrounding the petition.

Petitions will be reviewed and voted on by a subcommittee of the Youth Advisory Committee. The composition of the petition committee shall include the Member At-Large, the representative from the affected district, and an Athlete Representative. The Regional Representative of the petitioning crew will offer their recommendation to the Petition Committee members, to be considered as part of the petition process.

After reviewing the petitions, the Petition Committee will notify crews of the status of their request on the dates listed above. Crews whose petitions are declined shall also receive an explanation as to why the petition was not accepted. If a crew whose petition was not accepted has compelling new information to be considered, it may request an appeal of the decision.

**The burden is on the appealing crew to provide compelling new information for consideration. Simply disagreeing with the Petition Committee's decision is not grounds for an appeal.**

The new information, and original petition, will then be voted on by the Youth Advisory Committee. The status of the appeal will be determined by the vote of the majority of the full Youth Advisory Committee.

**ATHLETE RESTRICTIONS** (See DEFINITIONS for more details)

**Limit of 2 Races per Athlete:** All athletes are restricted to two races at this year's NW District Championships. This rule does not pertain to the High School Category races or coxswains.

- An athlete may row the Varsity Quad, the Varsity Double and the High School Eight

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- An athlete may not row the Varsity Eight and the Varsity Four and the Varsity Double

**Event Class Separation:** Eights, fours, quads, doubles and singles are all considered separate event classes. An athlete may only compete in one boat for each event class with varsity level designations. Examples:

- For clubs rowing both the Varsity 8+ and Varsity 4+, the athletes in the 4+ must come from the 8+.
- For clubs rowing both the Varsity 8+ and 2V 4+, the athletes in the 4+ must come from the 8+.
- An athlete may not row both the Varsity 8+ and the 2V 8+.
- An athlete may not row in the 2V 8+ and the Varsity 4+ or the 2V 4+.
- For clubs rowing both the 2V 8+ and 3V 4+, the athletes in the 4+ must come from the 8+.
- For clubs rowing both the 2V 8+ and 4V 4+, the athletes in the 4+ must come from the 8+.
- An athlete may row the Varsity 4x and the 2V 2x as long as they already have an entry in the Varsity 2x
- An athlete may not row in the 2V 2x unless the V 2x has been entered. The same is for the 3V 2x, where there must already be a Varsity and a 2V entry

**Novice Athletes Competing in Varsity Designated Events:** There is no restriction on a novice athlete competing in both novice and varsity designated events.

**Coxswain Exemptions:** Coxswains are exempt from restrictions on the number of events per day. Coxswains may compete in more than two events per day but only acting as the coxswain. Examples:

- Jane Doe may steer the V8+, 2V8+ & 3V8+.
- NOTE: Only Novice Coxswains may steer Novice Boats.

**EVENTS WITH VARSITY DESIGNATION LEVELS**

**Organization Restrictions:** For events with varsity designations (Varsity, 2V, 3V, etc), one boat may be entered for each organization at each priority level.

**Race Restrictions:** For events with varsity level designations (Varsity, 2V, 3V, etc), a minimum of three boats from three different organizations must enter an event, or the event will be canceled. EXCEPTION: For Youth National Championships Qualifier events, if only two organizations enter the event, the event will still be run.

**Scratches Creating Straight Finals:** When a scratch eliminates the heats for an event and the event goes directly to the final, the final will be held at the scheduled race time for the "final".

**Lowest Varsity Level Designation:** These events will allow two boats from each organization. Entries should be identified with "A" or "B" designation, in order of priority: "A" being the top priority and the fastest crew. If heats are not created, "C" and "D" entries from each organization will be put on a wait list and will be included on a "space available" basis.

**Examples:**

Varsity Women's 2x	<ul style="list-style-type: none"> <li>• One boat per organization</li> </ul>
2V Women's 2x	<ul style="list-style-type: none"> <li>• One boat per organization</li> </ul>
3V Women's 2x	<ul style="list-style-type: none"> <li>• Straight Final: Two boats per organization, designate A &amp; B</li> <li>• Heats Created: Four boats per organization, designate A-B-C-D</li> </ul>

**EVENTS WITHOUT VARSITY DESIGNATION LEVELS**

**Organization Restrictions:** For events that allow multiple entries per club, those should be identified with "A" or "B" designation, in order of priority. "A" will be the top priority and the fastest crew. If heats are not created, "C" and "D" entries from each organization will be waitlisted and will be included on a "space available" basis. The Novice 4+ and 8+ will also be limited to one boat per organization.

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**Examples:**

Women's Lightweight 1x	<ul style="list-style-type: none"> <li>• Heats Created: Two boats per organization, designate A &amp; B</li> </ul>
Women's Lightweight 1x	<ul style="list-style-type: none"> <li>• Straight Final: Four boats per organization, designate A-B-C-D</li> </ul>
Nov Women's 4+	<ul style="list-style-type: none"> <li>• One boat per organization</li> </ul>
2Nov Women's 4+	<ul style="list-style-type: none"> <li>• Straight Final: Two boats per organization, designate A &amp; B</li> <li>• Heats Created: Four boats per organization, designate A-B-C-D</li> </ul>

**Race Restrictions:** For these events, a minimum of three boats representing at least two organizations must enter or the event will be canceled.

**Examples:**

Event will take place	Event will be cancelled
Lane 2: Wyoming BC "A"	Lane 2: Wyoming BC "A"
Lane 3: Wyoming BC "B"	Lane 3: Wyoming BC "B"
Lane 4: Montana RC	Lane 4: Wyoming BC "C"

**Scratches Creating Straight Finals:** When a scratch eliminates the heats for an event and the event goes directly to the final, the final will be run at the scheduled race time for the "final."

**DEFINITIONS**

- **Youth:** Rowers must be 18 years of age or younger as of December 31, 2016, or be attending high school grades 9-12.
- **Varsity:** The first boat for an organization in a boat class.
- **Junior Varsity:** (2V) The second boat for organizations competing in the varsity race of the same event. 2V Four crews will only comprise athletes from the V Eight, after a V Four has been entered.
- **Third Varsity:** (3V) The third boat for teams competing in the varsity race of the same event. 3V Four crews will only comprise athletes from the 2V Eights.
- **Fourth Varsity:** (4V) The fourth boat for teams competing in the varsity race of the same event. 4V Four crews will only comprise athletes from the 2V Eight, after a 3V Four has been entered.
- **Fifth Varsity:** (5V) The fifth boat for teams competing in the varsity race of the same event. 5V Four crews will only comprise athletes from the 3V Eight and beyond after a 4V Four has been entered.
- **Novice Sweep/Scull:** All crew must be new to competition in their respective discipline, as of May 18, 2015.
- **High School:** All crew must be attending the same high school during that school term.
- **Youth:** All crew members must be age 14 or under as of May 20, 2016.
- **Lightweight Men:** Maximum weight of 150 pounds, no average.
- **Lightweight Women:** Maximum weight of 130 pounds, no average.
- **Men's Coxswain:** Minimum weight of 120 pounds.
- **Women's Coxswain:** Minimum weight of 110 pounds.
- **Novice Coxswains:** To steer novice events, the athlete must be new to competition as a coxswain as of May 18, 2015.
- **Youth Coxswains:** In the interests of keeping the regatta on schedule, coxswains of youth events may be older (up to age 18) and may have race experience prior to May 18, 2015.

**USROWING RULES OF RACING**

USRowing 2016 Rules of Rowing govern this event. The handbook for *Rules of Rowing 2016* will be available on site for your review.

\*\*\*New Rule for 2016\*\*\*

**3-108 Footgear Release (\*)**

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Quick release foot stretchers: In all boats, the foot stretchers, shoes, or other devices holding the feet of the rowers shall be a type which allows the rowers to get clear of the boat with no delay. Where shoes or other devices holding the feet will remain in the boat, each shoe or device shall be independently restrained such that the heel will not lift more than three inches (7.5 cm) above the foot board to which it is anchored. In addition, where laces, Velcro, or similar materials must be opened before the rower can remove his or her feet from the shoes or other devices, these must be able to be released immediately by the rower with a single quick hand action of pulling on one easily accessible strap.

**The following rules will be waived or amended as follows:**

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

**ENTRY PROCESS**

**Regatta Central:** The Northwest Junior District Championship will again use this web-based service. You may submit entries and monitor regattas online and receive immediate entry verification. Each regatta has a separate “entry window” with Regatta Central. The window for the NW Youth Championships will be April 1, 2016 - May 2, 2016. Any changes to your entries after May 2, 2016 must be made in Regatta Central

**SCRATCH FEE POLICY**

- **May 2, 2016:** Organizations scratching entries before or on May 2 will receive a full refund of the entry fee.
- **May 3, 2016:** Organizations scratching entries on or after May 3 will be charged for the entry fee and a \$25.00 scratch fee.
- **Scratch Notification:** No phone scratches will be accepted. Only scratches submitted in Regatta Central will be accepted.
- **Scratching Before the Regatta / Fee Payment:** Fees must be paid by the conclusion of the Coaches and Coxswains Meeting for that organization to compete.
- **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 May 2nd or after:** will be accommodated on a “space available” basis for scheduled heats and finals. Entries will be accepted until May 14 at 5:00 p.m. at the USRowing Registration Tent.

**Late Entry Fees:** Late Fees are due with entry forms. Entries submitted without late fees will not be included in the regatta schedule. Phone entries will not be accepted.

**Team Rosters and Waivers:** Please use Regatta Central to submit your rosters and the USRowing website to submit your waivers. These documents may be mailed, but must arrive by May 2, 2016, at the USRowing office in Princeton, NJ. Otherwise, your entry will be held until the waivers and rosters arrive, and your crews will be subject to space availability and the late fee.

**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 & COXSWAINS MEETINGS**

**Friday May 20 (estimate 6:30 am)** A meeting will be held within two hours of the start of racing at the USRowing Registration tent to review regatta procedures and the race schedule. All organizations and individual competitors are required to send a representative to the meeting.

**LINE-UP CHANGES**

**Submitting Changes:** Up until May 19, 2016, line-up changes must be submitted on Regatta Central. After May 19<sup>th</sup>, all remaining lineup changes must be emailed or submitted in person to USRowing Events Coordinator, James Rawson [james@usrowing.org](mailto:james@usrowing.org). Exceptions may be made in emergency situations. Any unauthorized changes may result in an exclusion from racing at the discretion of the Regatta Director.

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**HOT SEATING**

**Hot Seating:** 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.

**MEDALS & TROPHIES**

**Returning Trophies:** Crews awarded USRowing Northwest Youth Championship Trophies in 2015 should deliver the trophies to the Awards Tent by Friday May 20 by 12:00 p.m. Any organization that does not return a trophy will be barred from racing Friday, Saturday or Sunday until the trophy is produced.

**Lost or Damaged Trophies:** If the trophy is lost or damaged, it is the responsibility of the club to purchase a replacement trophy and engrave with all winners beginning with 2003.

**Awards Ceremonies:** There will be awards ceremonies for all regatta events. Winning crews should come to the awards tent as soon as possible after the race final concludes to receive their trophy and medals.

**Medals:** First, second and third-place crews will receive medals at the awards tent. For non-qualifying events, if the first-place crew is from outside the region, that crew will receive first-place medals but no trophy. The highest placing Northwest crew will receive duplicate first-place medals, the trophy and the designation of Northwest District champion.

**Regatta Concessions:** Regatta souvenir t-shirts will be on sale at the venue. USRowing merchandise will also be available Friday through Sunday.

**VENUE GUIDELINES**

**Trailer Parking:** Trailers must enter the park through the main entrance where the tollbooth is located. Follow the signs to the right, to the trailer lot entrance, where you will be issued a Trailer Parking Lot Permit and directed to a parking spot.

Only vehicles with the Trailer Parking Lot Permit will be allowed to enter this parking lot. There is no charge for parking on Thursday; however any vehicles entering the parking lot on Friday, Saturday or Sunday will be charged a parking fee. The south entrance to the parking lot will remain open throughout the regatta. However, the teeth will be up. Please do not try to enter the trailer lot through this entrance.

- If you are arriving on either Wednesday or Thursday, you must contact Molly Evjen prior to arrival to gain entry into the park. She can be reached at [pvra.northwest@gmail.com](mailto:pvra.northwest@gmail.com)

**Trailers** may arrive during the following times, when there will be a parking attendant available:

- **Wednesday May 13**, by appointment only, e-mail PVRA Regatta Director Molly Evjen at [pvra.northwest@gmail.com](mailto:pvra.northwest@gmail.com)  
**NOTE: Trailers or equipment will not be allowed in the park until after 2:00 on Wednesday. DO NOT BRING YOUR TRAILER OR ANY OTHER EQUIPMENT TO THE PARK BEFORE 2:00 WEDNESDAY.**
- **Thursday May 14, 4:00 pm - 8:00 pm** (earlier arrival must be made by appointment with Regatta Director Molly Evjen at [pvra.northwest@gmail.com](mailto:pvra.northwest@gmail.com))
- **Friday May 15, 5:00 am – 10:00 am**
- **Saturday May 16, 5:00 am – 10:00 am**
- **Sunday May 17, 5:00 am – 10:00 am**

*Vehicles arriving on Friday or Saturday outside the times listed above will need to go to the Volunteer/Local Organizing Committee Tent and request for the gate to be opened.*

**Park Hours & Individual Parking:** The main entrance gate to the park will open at 7:00 a.m. on Thursday and Friday and will close at dusk. The main entrance gate to the park will open at 5:00 am on both Saturday and Sunday mornings and will close at dusk.

**Parking Fees and Restrictions:** There is no parking fee for the park. Please drive only on marked roads. **The Park STRICTLY PROHIBITS driving on the grass or the beach for ANY reason.** All equipment must be carried from the parking lot – hand trucks are available to borrow at the USRowing Registration Tent. All RVs must park in the overflow lot.

**Buses are no longer allowed to enter the parking lot.** Buses dropping off or picking up athletes should do so on the main road. Buses will also be allowed to park in the "Bus Parking Only" areas marked along the main road.

**Park Security:** Security will be provided at the park from 6:00 pm to 6:00 am on Wednesday, Thursday, Friday and Saturday evenings.



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**Boat Storage & Rigging:** Boat storage and rigging will again be permitted in the area to the south of the launching beach and also in the area north of the rest rooms. Storage areas will be well-marked with orange cones and caution tape. Please do not try to set up slings anywhere except in the designated boat storage areas. NOTE: Crews using the north boat storage area are still required to park their trailer in the trailer lot.

**Oar Corral:** There is not ample space on the beach to leave oars, even temporarily. The "Oar Corral" for temporary storage of oars during launching is located next to the beach, near the control commission and weigh-in area. In addition, crews should not leave oars on the beach after landing.

**Launching & Landing:** Please follow the designated launching and landing patterns and have your coxswains take direction from volunteers and beach masters. The area immediately to the north of the landing area is a public swimming area. **Coxswains should take care not to land in the swimming area.**

**First Aid:** All organizations are encouraged to provide first aid kits for their athletes, taking into consideration the special needs of their athletes. Please carry your emergency medical consent forms with you. Medical assistance will be available at the first aid tent, near the finish line tent. Crews requiring attention should go directly to the first aid tent.

**PARK USE GUIDELINES**

**Camping:** Overnight camping in the park is strictly prohibited, either in tents or RVs. Please do not contact the city or county to obtain special use permits. Park employees will patrol the park at night and anyone found camping or staying in an RV overnight will be asked to leave.

**Team Tents:** Team Tent set up begins at 2:00pm on Wednesday. Crews may bring tents to the regatta, and may use stakes that are less than 12" long to anchor tents. The park specifically prohibits air mattresses or flat-bottom (camping) tents on the lawn, but these may be set up on the beach. **DO NOT SET UP YOUR TEAM TENT OR ANY OTHER EQUIPMENT AT THE PARK BEFORE 2:00 WEDNESDAY.**

**Irrigation:** The Park maintains a regular irrigation schedule for all their grassy areas. The sprinklers may be turned on any evening during the regatta. Keep this in mind and put away anything that might be damaged by getting wet.

**Pets: NO DOGS ARE ALLOWED IN THE PARK.** From April through October, dogs are forbidden in the area of Vancouver Lake Park where we hold regattas. Regatta participants who violate this rule jeopardize future rowing events at the park. This rule will be strictly enforced. Please do not bring your dog. You will be asked to leave.

**WEIGH-IN PROCEDURES**

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)

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**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:**

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.

**SCHEDULE PUBLICATION & SEEDING**

**TBD – Seeding Polls Emailed:** The Northwest Rowing Council will email the region's junior coaches the seeding poll for this year's regatta. The poll will cover these men's and women's events:

Varsity 8+      Lightweight 8+      Varsity 4+      Lightweight 4+      Varsity 4x

**May 4 – Preliminary Event Schedule Published:** This document will be published and sent to each club's regatta contact. Please be certain your contact information on Regatta Central is accurate. All questions regarding entries and the schedule should be directed to USRowing Events Coordinator, James Rawson, (503) 473-6239 or [james@usrowing.org](mailto:james@usrowing.org).

**May 16 – Lane Draws Published:** This document will be published and sent to each club's regatta contact. Please be certain your contact information on Regatta Central is accurate. All questions regarding entries and the schedule should be directed to USRowing Events Coordinator James Rawson, (503) 473-6239 or [james@usrowing.org](mailto:james@usrowing.org).

**SCHEDULE OVERVIEW**

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**Centers:** As long as the time in schedule allows, the novice and youth events will run on 10-minute centers. All other events will run on eight-minute centers. *Coaches, please review the procedures to back shells into stake boats, how to correct lines with sculling, and other start line procedures well in advance of the championships.* A crew or sculler that is unable to lock on to the stake boat or keep a steering point may be excluded from the race at the discretion of the Starter.

**Practice Times:** Vancouver Lake will be open for practice Monday-Wednesday, as long as that crew has a coaching launch present. No participating crews will be allowed on the course all of Thursday and Friday morning prior to launch time for racing. The course is defined as the entire lake.

For crews that bring their boats to the course on Thursday from other parts of the lake, you must email the USRowing Events Coordinator, James Rawson [james@usrowing.org](mailto:james@usrowing.org), by Wednesday, 5/18 at 12:00pm to have the crews escorted from their launching area to the course. At no time on the way to the course are crews to practice the course or engage in any race warm up drills (starts, power pieces, etc.)

**The course will be closed for practice at all other times during the regatta. Crews violating any of the times when the course is closed, failing to obtain a PVRA escort, or practicing on the course without a coaching launch, will be excluded from racing at the discretion of the USRowing Events Coordinator (James Rawson).**

**Semi Finals:** In any event with 19 or more entries, the schedule will use USRowing Progression System "C" for seven lanes. Please reference rule 5-209(d). Heats, semifinals and grand finals will be scheduled to allow adequate recovery for the crews.

If either the Men's or Women's Lightweight 2x receives more than 14 entries, they will progress to the Semi Final structure mentioned above. The semi final will happen at the end of the day, the same day as the heat. If weather becomes a factor and the semi final is unable to run at that time, then the progression for the final will come out of the results from the heats.

**INCLEMENT WEATHER SCHEDULE**

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

1. Reduce race centers (all races run reduced time between race starts)
2. Timed Finals (all heats run using finish times to determine final results)
3. Scratching races (races will be canceled in this order, as prioritized by the Northwest Rowing Council Juniors Committee)