

# 2026 USRowing Youth National Championships Athlete and Coaches Pre-Regatta Meeting

# USRowing

**June 8, 2026 - 6:00pm EDT**



# **Welcome & Introductions**

**USRowing is excited to welcome everyone to the 2026 USRowing Youth National Championships on June 11-14 in Sarasota, FL.**

**Safety both on- and off-the-water continues to be the top priority at all USRowing events.**

**USRowing Competition: Sarah McAuliffe, Emily Goldsmith, Meg Gaba**

**Nathan Benderson Park Conservancy LOC: Sarah Hartz**

**Chief & Deputy Referees: Doug Jones & Mariah Foster**



# Agenda

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## **USRowing**

Pre-Arrival Checklist

Key Takeaways

Review of Registration & Venue Schedule

Membership & Compliance

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## **Chief Referee**

Referee Welcome

Traffic Pattern(s)

USRowing Rules of Rowing

On Land & Water

Unsportsmanlike Conduct

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## **USRowing, LOC, Chief Referee**

Heat Safety Guidelines

Venue Information

Evacuation/Safety Plan

Youth Nationals Declaration & Bid Management

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**Q&A**



# Key Takeaways



- **Safety both on- and off-the-water continues to be the top priority at all USRowing events.**
- **All teams, coaches, athletes, spectators, and other team representatives are responsible for information in this Athletes and Coaches Pre-Regatta Meeting, the regatta entry packet, and any information posted on the event website.**
- **Have fun and row hard!**



# Pre Arrival Checklist

- 1. Have you reviewed the USRowing Code of Conduct?**
- 2. Have you reviewed the event entry packet?**
- 3. Are your athletes up to date on their USRowing memberships?**
- 4. Are your athletes, coaches, and support staff compliant with their SafeSport training requirements?**
- 5. Are your coaches/support staff on the RegattaCentral Roster?**
- 6. All clubs must pay their entry fees before racing!**



# Registration and Venue Schedule

- **Trailer Arrival Window**

- Sunday, June 7 – 8:00 a.m. – 8:00 p.m.
- Monday, June 8 – 7:00 a.m. – 8:00 p.m.
- Tuesday, June 9 – 7:00 a.m. – 8:00 p.m.
- Wednesday, June 10 – 6:30 a.m. – 8:00 p.m.

- **USRowing Registration Tent**

- Tuesday, June 9 – 6:30 a.m. – 6:00 p.m.
- Wednesday, June 10 – 6:30 a.m. – 6:00 p.m.
- Thursday, June 11 - Sunday, June 14 - 6:00 a.m. to end of racing

- **Practice**

- Tuesday, June 9 - 8:00 a.m. - 6:30 p.m.
- Wednesday, June 10 - 8:00 a.m. - 6:30 p.m.
- Saturday, June 13 - 30 minutes after racing concludes for 1.5 hours.



# Practice

**Each boat must follow the practice schedule that is posted within the entry packet. Crews are not allowed to launch during another event's practice window. If you miss your practice window, you may join in at the open practice.**

- **Practice Times**

- **Tuesday, June 9 - 8:00 a.m. - 6:30 p.m.**
- **Wednesday, June 10 - 8:00 a.m. - 6:30 p.m.**
- **Saturday, June 13 - 30 minutes after racing concludes for 1.5 hours.**
- **Last launch is 30 minutes before the practice window closes.**



# Trailer Parking



# COMPLIANCE

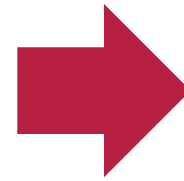


**USRowing**

# Membership & Compliance

## Coach

- **Current Basic Membership or higher**
- **Signed Waiver**
- **Completed Self Attestation (18+)**
- **Current SafeSport training (18+)**
  - **Profile must reflect a current Background Check (USOPC Approved)**



**Though the requirement of background checks is not new, we are now verifying coaches have current background checks through the USRowing membership portal/coach profile**

## Support Staff

- **Current Supporter Membership or higher**
- **Signed Waiver**
- **Completed Self Attestation (18+)**
- **Current SafeSport training (18+)**

## Athlete

- **Current Championship Membership**
- **Signed Waiver**
- **Completed Self Attestation (18+)**
- **Current SafeSport training (18+)**

# MINOR ATHLETE ABUSE PREVENTION POLICY

# MAAPP

**Thank you for helping ensure  
all athletes are safe, supported,  
and strengthened.**



**Learn more about the MAAPP.**



# RULES OF ROWING



**USRowing**

# Chief & Deputy Referees

- Referee Introductions
- Representatives from many regions nationally.
- The Referees are here for everyone's safety and fairness



# Referee Welcome

- 32 of the the most talented and experienced referees from across the country, representing all six USRowing regions.
- Referees were either appointed by their USRowing regional coordinators, or hand picked by Mariah and myself.
- 2 major objectives - Ensure your safety and the fairness of each and every race.

**THIS IS YOUR CHAMPIONSHIP &  
WE ARE HERE FOR YOU!**



# Referee Reminders

- This is NOT a rules clinic (some rules cited)
- Additional info found in USRowing Rules of Racing and the Regatta Packet.
- Purpose of this A&C is to highlight issues specific to this venue, and to remind you of some standard regatta practices.



# USRowing Rules of Rowing

- It is your responsibility to know and understand the 2026 USRowing Rules of Rowing.
- Have your equipment prepared in advance of launching. You will not be permitted to launch without:
  - Bow Balls firmly attached (rule 3-105)
  - Heels tied to no more than 3" (rule 3-108)
- Know your event number and race start time when launching.
- Broken Equipment - alert the nearest referee and we will work with you, where possible.



# Uniforms & Control Commission

- **UNIFORMS**

- Athletes must have their torso covered as soon as you step on to the Launch Dock - both during practice & while racing.
- When racing, everyone must wear matching racing uniforms (3-201)

- **CONTROL COMMISSION**

- Launch time window will be posted at control. Not allowed to launch earlier than the posted time.
- Launch window may be adjusted throughout each day. Initial launch window is 45 minutes prior to your race.
- Know your race and lane number when you arrive at control.
- You can not come early to pick up your bow number - they will be issued to you when you launch, and retrieved when you return to recovery.
- Every shell must have a securely attached white or fluorescent bow ball (3-105).
- Every seat must have adequate measures for the athlete to 'quick release' from their foot plate.
- Coxswain seats must meet opening safety size limits.
- Boats have been checked all spring - No excuse for having safety issues when you launch.
- Nothing (shoes, shirts, oars, coaches...) is to be left on the launch and recovery docks.
- Be quick on and off the dock
- Crew, coach, shoe / oar handler - nobody else on the docks with you.

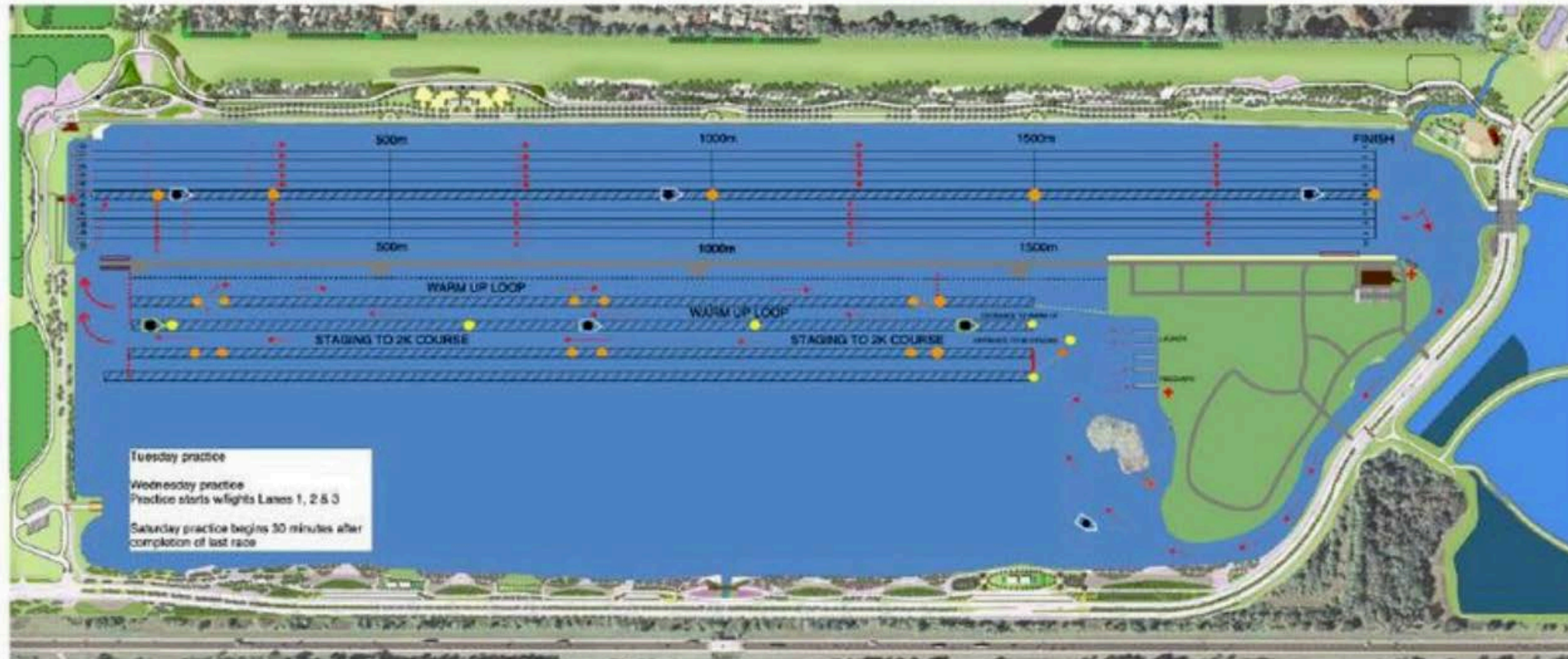


# Venue & Traffic Pattern: Practice



## Nathan Benderson Park USROWING YOUTH NATIONALS

### PRACTICE & PRACTICE STARTS TRAFFIC PATTERNS



Tuesday practice  
Wednesday practice  
Practice starts wights Lanes 1, 2 & 3  
Saturday practice begins 30 minutes after  
completion of last race

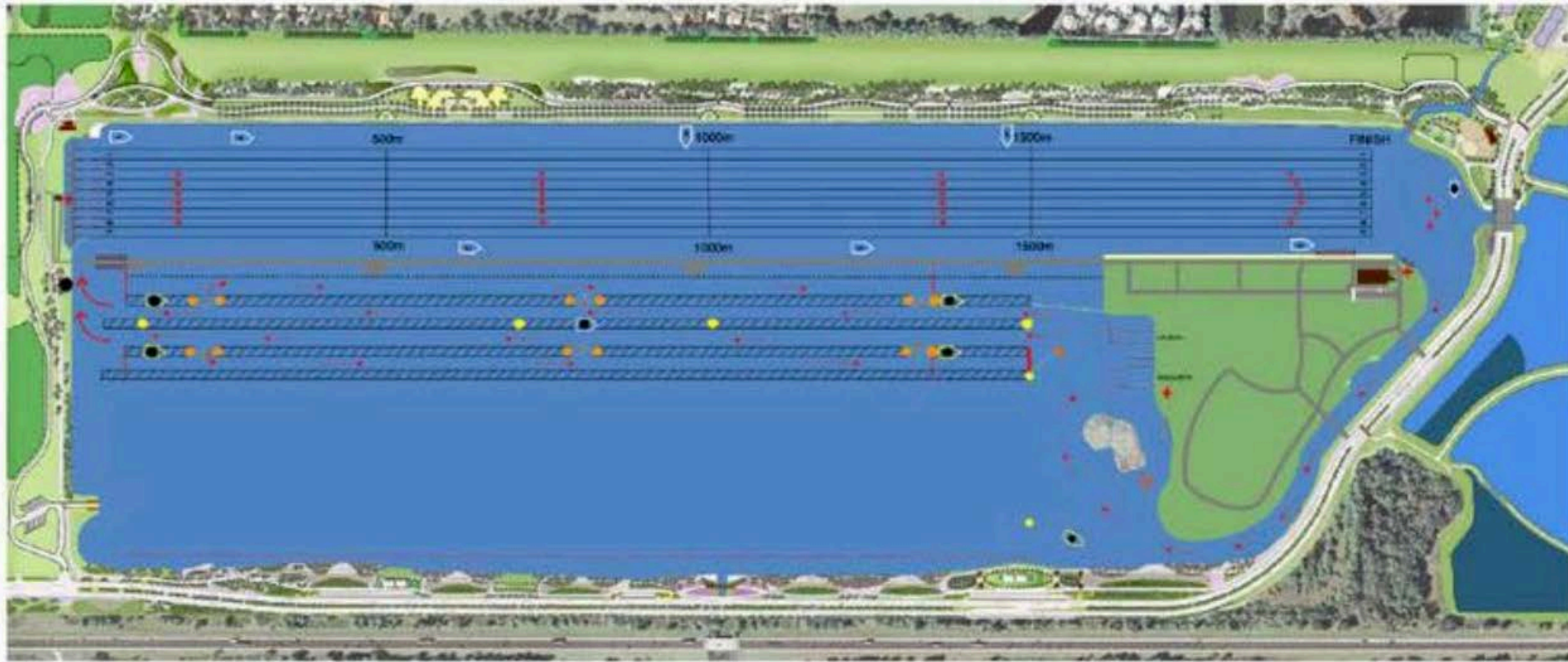


# Venue & Traffic Pattern: Time Trial



Nathan Benderson Park  
USROWING YOUTH NATIONALS

TIME TRIAL TRAFFIC PATTERN





# USRowing

ODD  
PASSING

ODD  
RACING

EVEN  
RACING

EVEN  
PASSING

FINISH LINE



Crew being  
overtaken



Overtaking  
crew



Overtaking  
crew



Crew being  
overtaken



START LINE

The passing traffic pattern is subject to change based on weather conditions and course corrections



# Traffic Pattern: Sprint Racing



# The Start (Sprint Racing)

- **We will be using the light system**
- **Standard, polled, start (2-305).**
- **At the starter's discretion we may switch to a Quick Start (2-307).**
  
- **Failure to leave the start, without a legitimate reason, will at the very least incur a warning but may result in exclusion (2-309, 2-602).**
- **Objections to the start (2-311) & claims about breakage must be made at the start (2-310d) - starts can never be challenged at the finish.**
  
- **In the event that the starting light system fails we will switch to flags, and verbal commands (2-306).**
  
- **For races with visually impaired athletes we will use the modified audible start (10-501).**

○



# Sprint Racing - On the Course

- You are responsible for your steering, not the following referee
- Heed referees' instructions - they will offer course corrections for your safety and the fairness of the other crews.

○



# Finish

- If you feel your opportunity to win, place or advance was negatively impacted, raise your hand and get the following referee's (or finish marshal's) attention.
- Only the coxswain, or bow person, should communicate the issue to the referee that arrives to hear your objection on the water.
- The referee(s) will assess your objection and make a decision on the water.
  - **Agree - WHITE flag, race is official**
  - **Disagree - RED flag, race is marked unofficial / pending review**
    - **you will have 1 hour (from the time you hit recovery) to stop by registration and bring a WRITTEN protest, along with \$50 cash, to the Chief Referee/Deputy Referee in the finish tower.**
    - **After reviewing your protest, the Chief Referee may convene a jury to adjudicate your issue(s).**
    - **You will be called in front of the jury to present your case. You may bring witnesses and evidence, as may any crews that are acting in their defense.**
    - **The jury will make a decision which will be final and binding for this event.**
- You may **NOT** file a protest if you did not raise your objection on the water following your race.
- We will only hear protests concerning races that occur at this event - we will not entertain petitions to the effect where you insist that you feel you should have won because of your previous results.
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# Unsportsmanlike Conduct

**“Unsportsmanlike conduct” shall include, but not be limited to, failure to heed the instructions of Race Officials, use of obscene language or gestures directed at a Crew/ Team or other person in attendance at the event, delaying a race without just cause, intentional or flagrant disregard of principles of safety and fairness, or abusive behavior toward a Race Official, Team member, spectator, or person at the event, as witnessed by a Race Official.**

**These rules apply both on and off the water.**



# Additional Items

- **Hawkeye** - For your safety, a person on top of finish tower watches every crew as it makes its way back to the recovery docks through the canal. Please keep your hands, feet and bodies in the boats at all times. Also, sit up so that our “eye in the sky” doesn’t think that there is a medical emergency occurring.
- **No swimming at any time.**
- **Doug, Mariah and our team of referees, are here for you.** If, at any time this week, you have any issues please find one of us in Blue and let us know what we can do to help or make things better.
- **We wish each and everyone of you the best of luck with your race.**



# SAFETY



**USRowing**

# Heat Safety Guidelines

- **USRowing, in consultation with World Rowing Medical staff and the USRowing Medical Committee, created Heat Safety Guidelines to provide heat related illness mitigation guidance for those who attend rowing events.**
- **Risk Assessment: We will monitoring the Wet Bulb Globe Temperature (WBGT) to determine what risk mitigation steps the event organizers and participants must take.**
- **USRowing will comply with both prevention and response measures per the Heat Safety Guidelines throughout the event.**



# Medical & Weather

- **MEDICAL**

- EMS will be stationed at Control Commission
- Lifeguard at the Start
- Lifeguard and medical team at the Finish Line
- Many medical issues can be avoided by staying hydrated and reduce exposure.

- **WEATHER**

- Hot & Unpredictable
- Monitoring weather radar
- Thunderstorms, Interrupt racing
- Row each race like it matters - as if it is a final!
- Always follow the Referees' instructions



# Safety on Venue - Evacuation Plan

**USRowing and the Chief Referee Initiates “suspend”, “cancel”, “resume” rowing plans.**

- **On-Water:**

- The Starter directs evacuation of the start area including crews in line behind the start. The Start Marshal and Referees closest to the start are designated to evacuate Starters, JAS/Aligner and stake boat holders to land.
  - The Referees along the race course direct the evacuation of crews on the course expeditiously and move to beach landing sites to assist crews and document recovered crews.
  - Warm-up and Pre-Start Marshals direct and escort crews in the warm-up area back to the docks.
  - Referees closest to the finish proceed to the launch and recovery docks. Use all dock for evacuation. Coordinate boats going into the docks.
- Control Commission stops launching, directs the dock master in recovering boats expeditiously and safely and documents returning crews.



# **Safety on Venue - Evacuation Plan Cont.**

**1) Referees on the water will sweep the course and follow shells to finish or launch docks.**

**2) Control Commission will direct the dock master in recovering boats and crews expeditiously and safely. Boats will be directed to both recovery and launch docks.**

## **Coaches:**

- Account for all athletes, including those athletes coming off the water.**
- Secure boats and equipment whether at the dock, alternate landing sites or trailers.**



# EXPERIENCE



**USRowing**

# Athlete Lounge

- **Fully air conditioned 40x60 tent**
- **32 Ergs**
- **16 Bike Ergs**
  - **Athletes are limited to a maximum of 30 minutes on the erg to ensure fair access for everyone who wants to use them.**
- **Large outdoor sectionals couches**
- **Large TV with the regatta live stream**



# Youth Coaches Lounge

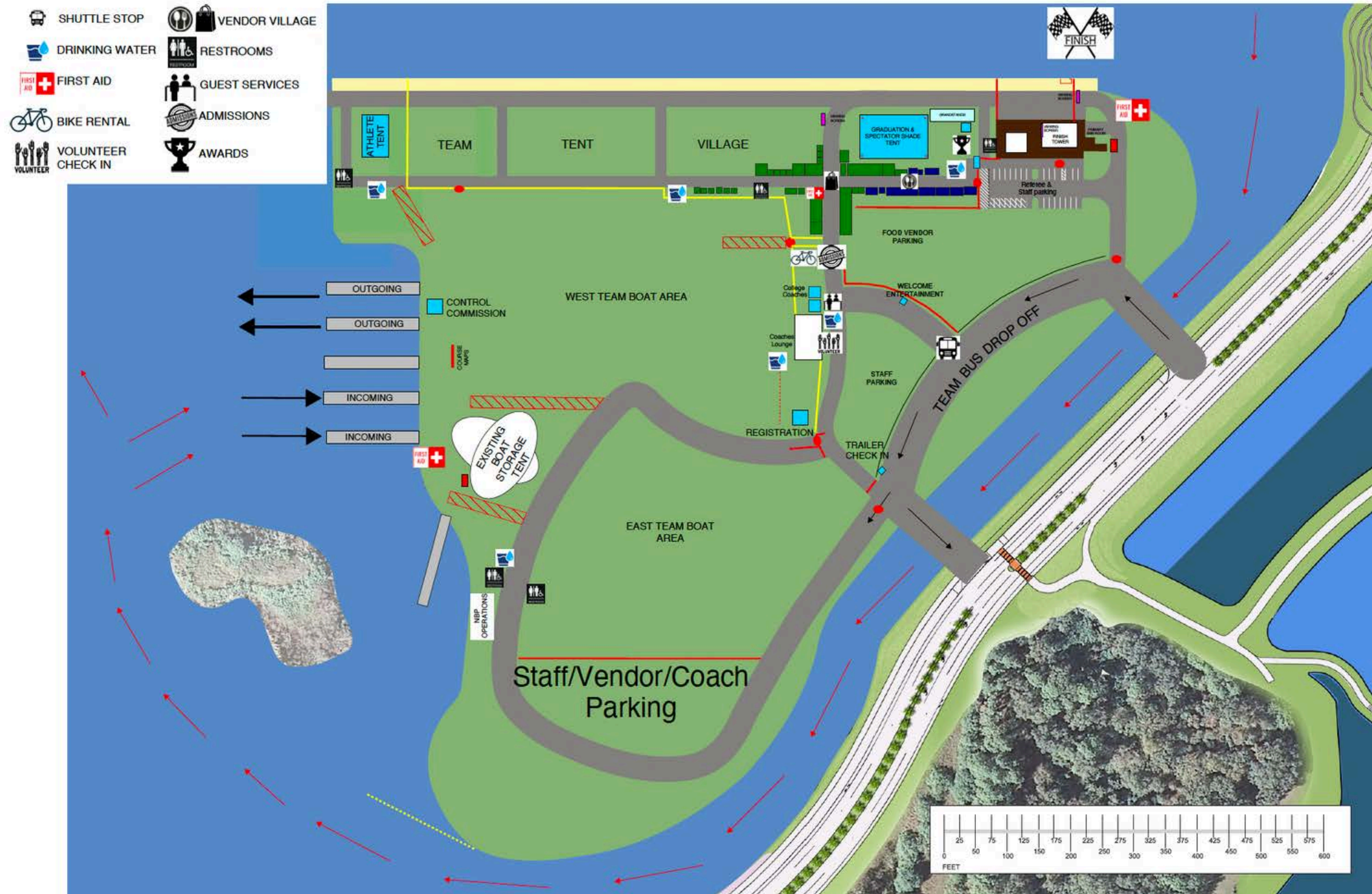
- **Trailer located next to USRowing Registration Tent**
- **Coffee, snacks, drinks will be provided each day**
- **Charging cables, tables, chairs, air-conditioning**
- **Large outdoor sectionals couches**
- **Large TV with the regatta live stream**



# Venue Map



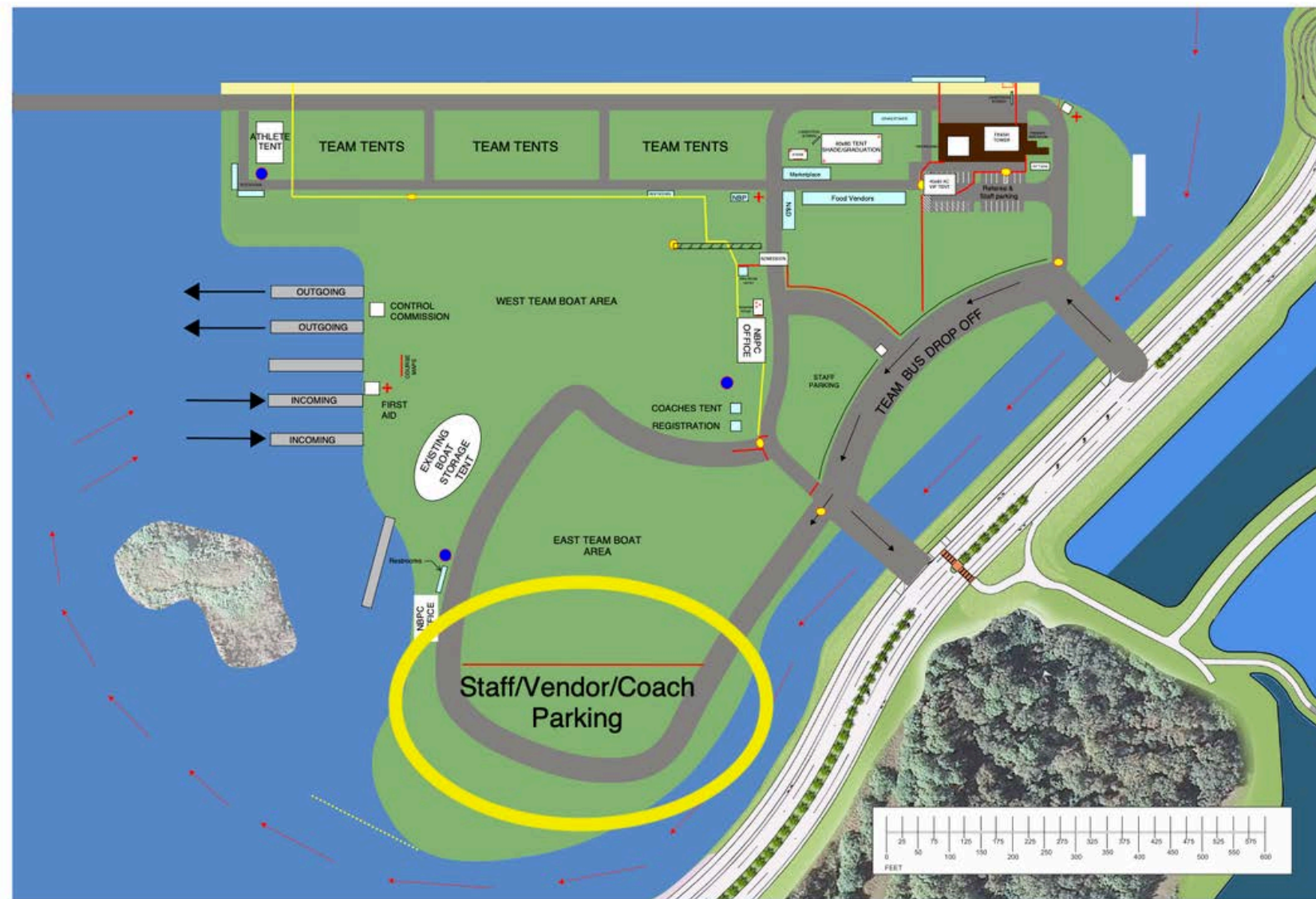
## Nathan Benderson Park REGATTA ISLAND VENUE MAP



# Spectator & Trailer Parking



Nathan Benderson Park  
REGATTA ISLAND OPERATIONS MAP



- Each team will receive one parking pass to access regatta island.
- Parking passes will be picked up at the drop off loop.
- All team vehicles must park behind the fencing in the EAST team boat area.



# Spectator & Trailer Parking

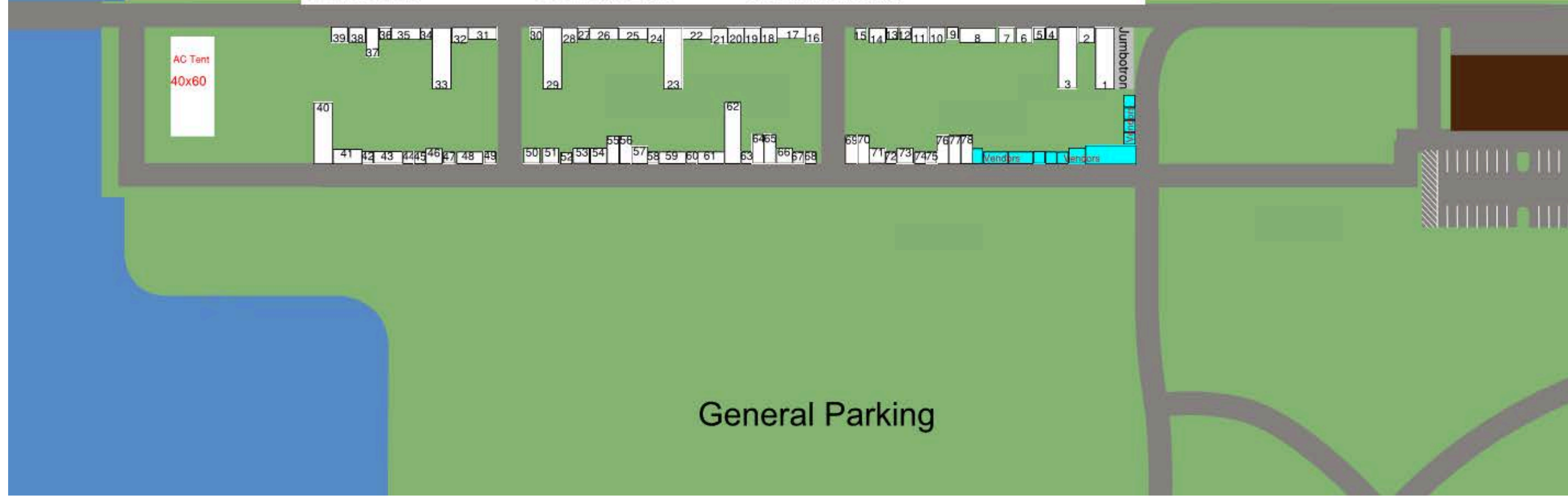


- Spectator parking is in the Mote Lot and the grass field next to the Homewood Suites
- Vehicle parking will be \$15 per day, starting Tuesday
- Athlete vans can drop off athletes in bus loop on island before parking in off site lots.
- Trolleys will be running from 6:00 a.m. to 60 minutes after last race.



# Team Tents

- |                                       |                                      |                                   |   |
|---------------------------------------|--------------------------------------|-----------------------------------|---|
| 1. Sarasota Crew                      | 21. Dallas United Crew               | 41. Cincinnati Junior Rowing Club | 61. Crew Boosters of Winter Park        |
| 2. Belen Jesuit                       | 22. Indianapolis Rowing Center       | 42. Everett Rowing Association    | 62. Chicago Rowing Foundation           |
| 3. Los Gatos Rowing Club              | 23. Greenwich Crew                   | 43. Long Lake Rowing Crew         | 63. St. Peter's Preparatory             |
| 4. Great Bay Rowing                   | 24. TBC Racing                       | 44. Hinsdale Rowing               | 64. Deerfield Academy                   |
| 5. North Bay Rowing Club              | 25. Cape Coral Rowing Club           | 45. Brunswick School              | 65. Row New York                        |
| 6. Mount Saint Joseph's Academy       | 26. Saint Ignatius Chicago Rowing    | 46. Maritime Rowing Club          | 66. Sammamish Rowing                    |
| 7. Saratoga Rowing Association        | 27. Nereid Boat Club                 | 47. Manhasset Crew                | 67. Chicago Training Center             |
| 8. Founders Rowing Club               | 28. Saugatuck Rowing Club            | 48. Orlando City Boat Club        | 68. Dallas Rowing Club                  |
| 9. Arizona Junior Rowing              | 29. Chaminade High School            | 49. Twin Cities Youth Rowing      | 69. Norcal Crew                         |
| 10. River City Rowing Club            | 30. Pittsford Crew                   | 50. Ursuline Academy of Dallas    | 70. Mile High Rowing Colorado Capital   |
| 11. Oakland Strokes Inc               | 31. Oregon Rowing Unlimited          | 51. Seattle Preparatory School    | 71. Newport Aquatic Center              |
| 12. Charlotte Youth Rowing            | 32. New Trier High School            | 52. RowAmerica Greenwich          | 72. Miami Rowing and water sport center |
| 13. Dayton Boat Club                  | 33. RowAmerica Rye                   | 53. Vancouver Lake Rowing Club    | 73. DC National Rowing Club             |
| 14. Texas Rowing Center               | 34. Huntsville-Madison County Rowing | 54. Vancouver Lake Rowing Club    | 74. U19 Selection Camp Parents          |
| 15. Williamsburg Boat Club            | 35. Lakeside School Crew             | 55. Eastside Preparatory          | 75. RowGeorgia                          |
| 16. Capital Crew Boosters Club        | 36. White Rock Boathouse             | 56. Pocock Rowing Foundation      | 76. Wayland Weston                      |
| 17. Triangle Rowing Club              | 37. Westerville Rowing Crew          | 57. Marin Rowing Association      |   |
| 18. Atlanta Junior Rowing Association | 38. Parat! Competitive Rowing        | 58. Rockland Rowing Association   |   |
| 19. Cooper Junior Rowing Club         | 39. Miami Beach Rowing Club          | 59. Vashon Island Rowing Club     |   |
| 20. Newport Sea Base                  | 40. Community Rowing Inc.            | 60. Greater Lawrence Rowing       |   |



# Experiences

## Graduation Ceremony

**Wednesday, June 10, 6:30 - 8:00 p.m.**

## Coach & Vendor Happy Hour

**Thursday, June 11, 6:30 p.m. (after racing), Oak &  
Stone**

## Toast in the Tower

**Friday, June 12, 5:30 - 7:00 p.m.**

## Awards Ceremony

**Sunday, June 14, 'Championship Sunday'**

## Bike Rentals

**Located outside of the admission tent**



# Livestream

- **Access the livestream on Overnight.com!**
- **Interviews : Athletes & Coaches may be asked throughout the regatta weekend to be interviewed for the live stream.**
- **Sunday A Finals : All 1st place crews will be interviewed for the livestream right after their race concludes. Crews will row past the medical tent, up to the awards dock and get out for a 2 minute interview. Water will be provided to all crews.**
- **All interviews will be recorded and posted on the Overnight platform after the event.**



# Volunteer Requirements

- For every USRowing-owned regatta, every registered team will be required to provide at least one (1) volunteer to work one (1) 4-6 hour shift during the regatta.
- Volunteer sign-up can be found on RegattaCentral.



# Disability Accommodation Request Form

- USRowing makes every effort to follow best practices for accommodating people with disabilities at our events. We appreciate you contacting our team well in advance of the event so we can best serve you.
- The Disability Accommodation Request can be found on the USRowing Youth Championships home page.
- For more information please contact: [community@usrowing.org](mailto:community@usrowing.org)



# Event Texting System

- For real-time regatta updates, scan the QR Code below and **text #YouthNats26 to +1 (609) 354-7711.**
- After texting, remember to click the link to add your contact information to our community list.



# USRowing

## GET READY TO RACE



Questions? Please contact:  
[Sarah.McAuliffe@usrowing.org](mailto:Sarah.McAuliffe@usrowing.org)