



FINAL ENTRY PACKET



Welcome to the 2026 USRowing Mid-Atlantic Youth Championships!

USRowing and Princeton National Rowing Association are excited to present the 2026 USRowing Mid-Atlantic Youth Championships! This event provides crews from the region with the opportunity to qualify for the 2026 USRowing Youth National Championships.

Please review this packet carefully, as it contains essential information about entries, rules, events, Youth Nationals qualification criteria, eligibility, and the policies governing this regatta.

USRowing would like to thank PNRA and the Mid-Atlantic Youth Coaches Council for their guidance in organizing this year's event.

Be well and row fast,
USRowing



NOTE: Sections marked with an asterisk (*) have wording unique to the specific Youth Series event.

NOTE: This entry packet was posted for comment to all USRowing members from December 1-31st.
The final entry packet was posted on February 2, 2026.

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IMPORTANT DATES & SCHEDULE INFORMATION

IMPORTANT DATES

MARCH

APRIL

MAY

1

MARCH 9, 2026

Registration opens on RegattaCentral.

2

APRIL 28, 2026

Deadline to input entries for the regatta without paying late fees. Last day to scratch entries and receive a full refund of the entry fee.

APRIL 28, 2026

Declaration deadline.

3

MAY 4, 2026

Event schedule published.

MAY 5, 2026, 8:30 PM EDT

Athletes and Coaches Pre-regatta Meeting (virtual)

MAY 5-6, 2026

Late entry period.

MAY 6, 2026

Deadline for lineup changes to be entered into RegattaCentral.

MAY 7, 2026

Time Trial Order/Lane Draws Posted.

MAY 9-10, 2026

Racing days.

MAY 13, 2026

Bid Acceptance Deadline.

***ATHLETES & COACHES PRE-REGATTA MEETING**

The Athletes and Coaches Pre-Regatta meeting will be scheduled for May 5, 2026 at 8:30pm EDT. This meeting will take place virtually, via zoom.

All competitors and coaches are responsible for all information given at this meeting. A recording will be posted to the website two days after the completion of the Athletes and Coaches Pre-Regatta meeting.

Click [**HERE**](#) to register for the Athletes and Coaches Pre-Regatta meeting.

***SCHEDULE INFORMATION**

"Head Race" style time trials for Youth National Championship Qualification events will be held Saturday morning.

Heats for Non-Youth National Championship Qualification events will follow time trials, on Saturday afternoon. Non-qualification events will be seeded by a random draw, seeding the "A" entries from each program first, followed by random assignments for the "B" entries from each program.

Semifinals for Youth National Championship Qualification events will be run as permitted by the schedule and available time. Semifinal races may be scheduled on Saturday and/or Sunday. Non-Youth National Championship qualification events will not have semifinal races.

Grand Finals for all events will be run Sunday.

Please click [**HERE**](#) for a draft schedule. This is for illustrative purposes only and will likely change once registration has closed. The draft schedule is based off the 2025 regatta schedule.

This schedule is tentative and subject to change.

*REGISTRATION TENT CHECK IN

To ensure a smooth start to the regatta and provide the best possible support to all teams, **USRowing will be requiring teams to use our virtual check-in on Thursday, May 7, 2026, or Friday, May 8, 2028.** This is designed to prevent long lines on Saturday morning and to manage each team's questions as efficiently as possible.

During the Thursday and Friday virtual check-in, we will verify compliance, make any final lineup edits, and address any additional questions. Teams will still be required to visit the USRowing Registration Tent to pick up the registration packet and time trial bow numbers.

Virtual Check-In Hours

8am - 5pm EST on Thursday, May 7

8am - 12pm EST on Friday, May 8

On-Site Registration Hours

1pm - 6:30pm EST on Friday, May 8

6:30am EST - closes 30-min after racing on Saturday, May 9

6:30am EST - closes 30-min after racing on Sunday, May 10

*EVENTS OFFERED

Bold events are designated as Youth National Championship qualifying events.

The order of events for the Youth National Championship qualification events will match the order approved for use at the current year's Youth National Championships. Any changes made to the national championship order will be reflected in the order at this event. The schedule of races will be determined based on the number of entries at the close of registration.

YOUTH NATIONAL QUALIFICATION EVENTS			
1	Men's Youth 1x	23	Men's U16 8+
2	Women's Youth 1x	24	Women's U16 8+
3	Men's Youth 2-	25	Men's U17 1x
4	Women's Youth 2-	26	Women's U17 1x
5	Men's Youth 2x	27	Men's U17 2x
6	Women's Youth 2x	28	Women's U17 2x
7	Men's Youth 4+	29	Men's U17 4+
8	Women's Youth 4+	30	Women's U17 4+
9	Men's Youth 2V 4x	31	Men's U17 4x
10	Women's Youth 2V 4x	32	Women's U17 4x
11	Men's Youth 4x	33	Men's U17 8+
12	Women's Youth 4x	34	Women's U17 8+
13	Men's Youth 4-	35	Men's Youth PR1 1x
14	Women's Youth 4-	36	Women's Youth PR1 1x
15	Men's Youth 2V 8+	37	Men's Youth PR2 1x
16	Women's Youth 2V 8+	38	Women's Youth PR2 1x
17	Men's Youth 8+	39	Mixed Youth PR2 2x
18	Women's Youth 8+	40	Mixed Youth PR3 2x
19	Open Gender Youth 2x	41	Mixed Youth Inclusive PR3 4+
20	Open Gender Youth 4+ - NEW for 2026	42	Men's Youth Inclusive 2x
21	Men's U16 4x+	43	Women's Youth Inclusive 2x
22	Women's U16 4x+	44	Mixed Youth Inclusive 2x

NON-QUALIFYING EVENTS			
45	Men's U15 4x+	52	Men's Youth 2V 2x
46	Women's U15 4x+	53	Women's Youth 2V 4+
47	Women's Youth Novice 4x	54	Men's Youth 2V 4+
48	Men's Youth Novice 4x	55	Women's Youth Novice 8+
49	Women's Youth Novice 4+	56	Men's Youth Novice 8+
50	Men's Youth Novice 4+		
51	Women's Youth 2V 2x		

***INCLEMENT WEATHER INFORMATION**

USRowing, Chief Referee, Mid-Atlantic Youth Council Representatives 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 below weather plans will be utilized.

HEAT SAFETY GUIDELINES

USRowing is pleased to announce that we have developed **Heat Safety Guidelines** to help identify and mitigate heat illness risk in our sport. The guidelines were developed from the World Rowing Heat Safety Guidelines, the recommendations of the Stringer Institute, and with the USRowing Medical and Safety Committees. All USRowing Owned regattas will follow these guidelines.

Click **HERE** for the USRowing Heat Safety Guidelines that will govern this event.

COMMUNICATION PLAN

Weather-related schedule changes will be announced utilizing the following mediums:

- Announcement will be made on the public address system at the venue.
- Online via **RegattaCentral**.
- Via text message. More information on this will be provided in April 2026.

Crews are responsible for staying updated on all announced schedule changes.

SCHEDULE CHANGE PRIORITY SYSTEM

1. Delay racing either later the same day, to the next day, or move racing from Sunday to Saturday if time is available.
 - a. If racing is to be moved from Sunday to Saturday, the announcement must be made by Friday at 9:00 p.m.
2. Begin racing earlier than previously announced. Announcement will be made no later than 9:00 p.m. the evening before in the case of morning racing.
3. 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.
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.
 - a. 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 Youth National Championship qualification events that have completed at least one round of racing.
6. Cancel regatta.

Under no circumstances will races be rescheduled for a date later than May 10, 2026.





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REGISTRATION INFORMATION

USROWING MEMBERSHIP

All U.S. based organizations must hold active organizational membership to be in good standing. For more information on organizational requirements, visit our website [HERE](#). Organizations can review their team accounts by logging in [HERE](#) using their RegattaCentral username and password.

For individuals to be compliant and eligible to compete in USRowing owned events, all the following criteria must be met:

- Hold an active USRowing Championship Membership
- Electronically signed USRowing Membership Agreement and Waiver
- Completed SafeSport self-attestation (if 18 years old or older)
- Current with SafeSport training (if 18 years old or older)

Competitors can renew an expired membership or check their current membership status by logging in to their member profile using their member number [HERE](#). For more information on the compliance requirements, visit our website [HERE](#).

To avoid delays at registration, teams should make sure all competitors meet all membership requirements prior to arriving at the event. A current list of your athletes, their member numbers and compliance statuses can be found on the online team roster through the USRowing Membership Portal [HERE](#).

United We Row Support: If you have athletes who are in need of financial assistance for the membership requirement, please apply for a Bridge Membership or United We Row scholarship [HERE](#).

COACHES AND SUPPORT STAFF:

All coaches and support staff attending the regatta must be registered for the regatta and meet their role-based compliance requirements below to ensure the safety of all participants.

To register attending coaches and support staff, log into RegattaCentral [HERE](#), select the USRowing Championship Regatta, and click Coaches & Support Staff from the sidebar menu. When prompted, select your team and search for the respective coaches and support staff to register from your roster. **Note:** Coaches listed as a boat coach are not automatically pulled into this area as a registered event coach.

COACH COMPLIANCE REQUIREMENTS

- An active USRowing Membership (Basic or higher tier)
- Current signed USRowing membership agreement and waiver.
- Completed SafeSport self-attestation.
- Current with SafeSport training.
- Cleared and current USOPC approved background check through NCSI.

SUPPORT STAFF COMPLIANCE REQUIREMENTS

- An active USRowing Membership (Supporter or higher tier)
- Current signed USRowing membership agreement and waiver.
- Completed SafeSport self-attestation.
- Current with SafeSport training.

In compliance with USRowing regulations, organizations participating in USRowing owned and/or sanctioned events may undergo random selection for audit. This audit will focus on ensuring that all adult participants with the organization have completed necessary SafeSport training and have current USOPC approved background checks if required by USRowing policies.

VOLUNTEER POLICY

USRowing implements a volunteer policy at all USRowing-owned events. For every USRowing-owned championship 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.

NEW for 2026: Teams that have not registered for their required volunteer shift by the final day of the entry deadline may be prevented from competing at a USRowing-owned regatta until a volunteer shift is signed up for.

Please click [**HERE**](#) for the full USRowing Volunteer Policy.

SAFESPORT

The physical and psychological well-being of all Participants is a priority for USRowing, and education is critical to prevent the harm that misconduct causes our members. In partnership with the U.S. Center for SafeSport, USRowing provides training on how to identify and prevent the various forms of misconduct, all Adult Participants within the Olympic & Paralympic Movement who have **(i)** Regular Contact with amateur athletes who are a minor, **(ii)** authority over amateur athletes who are a minor, or **(iii)** are employees or board members of USRowing or Member Organizations as well as **(iv)** adult athletes who have regular contact with amateur athletes who are a minor are required to take the SafeSport Trained Core course or its relevant refresher training on an annual basis. If an Adult Participant has not completed the SafeSport training that they are required to prior to attending a regatta, the Participant will not be allowed to participate.

As a member organization of the U.S. Olympic & Paralympic Committee (USOPC), USRowing and USRowing Member Organization's members, employees, contractors, volunteers, officials, board members, committee members and other designees (collectively "Participants") are required to comply with the U.S. Center for SafeSport Code of the U.S. Olympic and Paralympic Movement.

As a registered Participant in a USRowing event, you are required to adhere to **USRowing's Abuse Prevention and Response Policy**. Additionally, reporting misconduct is vital to protecting athletes and preventing further incidents. Sexual Misconduct must be reported to the U.S. Center for SafeSport at **<https://www.safesport.org/report-a-concern>**. To report other forms of misconduct, including violations of the Athlete Abuse Prevention Policies, refer to the **reporting protocols, including how to report a violation**.

IMPORTANT: All Adult Participants who are required to take SafeSport Training must complete the applicable training and be in good standing by the start of the regatta.

Click **HERE** for the Athlete Safety Procedures for USRowing Event Organizers.

Click **HERE** for information regarding USRowing's Abuse Prevention and Response Programs.

CREDENTIALS

A coach or team representative may pick up the credentials for their team onsite at registration. Regatta registration fees must be paid in full prior to credential distribution. Credentials will be withheld for any noncompliant athletes, coaches, or support staff and can be picked up at registration once compliance is met.

Athletes, Coaches, and Support Staff will be required to show credentials in order to pass through Control Commission and launch for racing sessions. Crews may not be able to launch without showing proper credentials. Credentials can be worn on either wrists or ankles.

***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**](#). Standard registration will be available beginning March 9, 2026, and ending April 28, 2026. No refunds will be given once the initial registration period has ended.

All crews/teams, both unaffiliated and those representing an organization, with an outstanding balance will not be allowed to compete at a USRowing owned or sanctioned regatta until the balance is paid in full.

ENTRY FEES

Entry fees for the 2026 USRowing Youth Series will be per-athlete rather than per-boat entry. Athletes will be charged once for the entire regatta, not by the number of events they are entered in.

Any athlete receiving waived or discounted USRowing Championship membership fees through our Bridge membership programs will not pay entry fees to participate in the 2026 USRowing Youth Series.

All late entries will be charged an additional \$50 per boat during the late entry period.

2026 USRowing Mid-Atlantic Youth Championships - Entry Fee	\$85 per athlete/coxswain
2026 USRowing Mid-Atlantic Youth Championships - Late Fee	\$85 per athlete/coxswain + \$50 fee for a late boat submitted.

***ENTRY LIMITS**

Each organization may submit a maximum of two (2) entries in all Youth National Championships qualifying events.

An organization's top crew should be designated as its "A" entry. Organizations submitting multiple entries should designate their second crew as its "B" entry. This is important for seeding purposes.

Each of these entries is eligible to receive separate bids for Youth Nationals, meaning an organization can earn a maximum of two bids in these events.

Entries in non-qualification events are taken on a first-come, first-served basis. Due to scheduling concerns, there will be a 21-boat cap on all non-Youth National qualifying events.

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 (including age eligibility) and classification requirements for each event being entered.

***LATE ENTRIES**

Late entries will be accepted from May 5-6, 2026 on **RegattaCentral**. A late entry fee will be assessed to all late entries. Entries will be accepted in events where additional entries do not change the progression or exceed any listed entry maximums.

Crew members for late entries must meet all membership and eligibility requirements, and payment must be made in full before a late entry may be placed into an event.

***SCRATCHES**

Entries may be scratched without penalty until the end of the initial registration period on April 28, 2026.

Beginning April 29, 2026, no refunds will be given for entries that are scratched.

Scratches must be made on **RegattaCentral** until April 28, 2026. After this time, scratches must be made in person at the regatta site in order to avoid the additional "No Show Fee".

A \$50 scratch fee will apply to all scratches made after **RegattaCentral closes for scratches on April 28, 2026.**

Any crew failing to submit a completed "Scratch Form" to the USRowing desk after USRowing one hour prior to the event race time, will also be subject to a \$100 "No Show Fee" along with any other applicable fees.

All fees are due at the time of the scratch. Crews from an organization with outstanding "Scratch" or "No Show" fees may be prevented from competing until outstanding fees are paid in full.

***LINEUPS & LINEUP CHANGES**

All entries must include a full lineup of athletes to compete as part of that entry, at the time of registration on [**RegattaCentral**](#).

The deadline for submitting the final identity of members of the crew for ALL entry lineups must be finalized by May 6, 2026.

Any entry without lineups after the regular entry deadline will be treated as a late entry. Lineups with placeholder names such as "A. Rower" will be considered incomplete and will also be considered late entries. This means they are subject to "Late Entry" fees, and the entry restrictions associated with late entries. Along with the late entry fees, these crews may face an additional charge for printing corrected credentials on-site.

Any lineup changes needed after May 6, 2026 must be completed at the USRowing registration desk one hour before the first race in the event. Email lineup changes will not be accepted.

***ON-SITE LINEUP CHANGES**

Any lineup change required at the USRowing registration desk will be subject to a \$5 administrative fee for processing the request. Payment is due before a lineup change can be officially made.

ACADEMIC SUBSTITUTION POLICY

In accordance with the USRowing Rules of Rowing, all substitutions must comply with rule **5-206: Substitutions**.

To assist student-athletes who may experience academic conflicts, USRowing provides a Student-Athlete Academic Support Letter, which coaches and athletes may share with school administrators to request flexibility in testing or academic scheduling when necessary. The Student-Athlete Academic Support Letter can be found [**HERE**](#).

ENTRY FEE REIMBURSEMENTS

After the standard entry period closes, no refunds will be given in any circumstances.





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COMPETITION INFORMATION

***ELIGIBILITY**

The USRowing Mid-Atlantic Youth Championships are open to youth competitors from Delaware, The District of Columbia, Maryland, New Jersey, Pennsylvania (Eastern) and Virginia that meet the membership requirements stated above. Crews from outside of the United States are not eligible to compete at this event.

DEFINITIONS

From December 1–31, 2025, USRowing conducted the annual Domestic Regatta Entry Packet Comment Period. As part of this process, a proposal was released outlining potential changes to the Youth Series Age Categories & Definitions. Following the formal review process, the 2026 & 2027 USRowing Youth Series will continue to adopt the Youth Definition and subsequent age categories that were in place in 2025. To learn more about the proposal and final decision, click [**HERE**](#). Thank you to everyone who shared feedback during this process.

YOUTH: A Youth is a competitor who in the current calendar year does not attain the age of 19, or who in the current calendar year does not attain the age of 20 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 their 18th birthday (U19), or upon completion of the 12th grade of secondary school, having been a full-time student within the year of their 19th birthday (U20). Athletes older than U20 are never eligible to compete as Youth.

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

U16: A Competitor may compete in the U16 category until December 31 of the year of their 15th birthday.

U15: A Competitor may compete in the U15 category until December 31 of the year of their 14th birthday.

SECOND VARSITY: (2V) The Second Varsity event is open to crews entered in addition to a program's Varsity entry or entries in the same category. A 2V entry represents the next eligible crew(s) after the Varsity boat(s), as permitted by the regatta's entry limits.

THIRD VARSITY: (3V) The Third Varsity event is open to crews entered in addition to a program's Varsity and Second Varsity entries in the same category. A 3V entry or entries represents the next eligible crew(s) after the Second Varsity boat(s), as permitted by the regatta's entry limits.

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.

WOMEN'S EVENTS: This category is limited to athletes who were assigned a sex at birth of female.

MEN'S EVENTS: This category is for rowers of any sex and gender.

MIXED: Boat entries in this category must consist of 50% athletes of any gender and 50% athletes assigned as female at birth.

OPEN GENDER EVENTS: This category is for rowers of any sex and gender. Rowers who participate in this category may compete in either the Women's or Men's competition category if they qualify for such category.

NOTE: The intention behind this category is to create space for non-binary and gender diverse athletes to compete if they wish to do so outside of the binary events, but all are welcome to compete here.

2V/3V BOATS

Athletes entered in Second Varsity (2V) or Third Varsity (3V) events may compete in other Youth National Championships events, provided they do not race in the Varsity event of the same category. Varsity boat(s) should represent a program's fastest crew(s) at the time of entry submission, with the Second Varsity (2V) representing the next fastest crew(s) and the Third Varsity (3V) representing the next in order.

PARA & INCLUSION DEFINITIONS

Para events are those events designated for athletes with physical or visual impairments that meet the threshold for eligibility in the Paralympic sport classes of PR1, PR2, or PR3.

INCLUSION: A crew entered in the "Inclusion" event must be comprised of an equal number of Para and non-Para Rowers.

PR1: A Competitor who has a US or International PR1 sport classification. ([USRowing Para Classification Information](#))

PR2: A Competitor who has a US or International PR2 sport classification. ([USRowing Para Classification Information](#))

PR3 VI (VISUAL IMPAIRMENT) OR PR3 PI (PHYSICAL IMPAIRMENT): A Competitor who has a US or International PR3 sport classification. ([USRowing Para Classification Information](#))

CLASSIFICATION FOR PARA ATHLETES

All rowers racing in USRowing-owned Para events shall be classified. Adaptive rowers who have not yet been classified must have the required FISA Medical documentation submitted at least 45 days prior to the event in which they intend to compete as a Para rower.

Click [HERE](#) for an overview of the USRowing Para Classification Process and fill out the Classification Request Form [HERE](#). Additional questions can be answered by contacting: Classification@usrowing.org.

There will be no protests over any classified rower's sport class designation during a U.S. regatta.

Rowers may compete in a more functional sport class than their assigned sport class but not in a less functional sport class. For example, a Rower classified as PR2 may compete in PR3 Events, but may not compete in PR1 Events.

PARA & INCLUSION EVENTS

The Inclusion category is open to crews composed of 50% Para Rowers and 50% Non-Para Rowers. A crew entered in the "Inclusion" event must be comprised of an equal number of Para and non-Para Rowers.

In Inclusive events, the sport class requirement pertains only to the Para Rower.

At all times when on the water during practice, warm up, cool down, and competition from the opening day of the course until completion of the final Race of their competition, all Rowers who row in Para events must row with the prescribed equipment, which must be used according to the boat and sport class. Equipment in this context refers to hull type, strapping, and pontoons. Only PR1 and PR2 have such requirements. There are no equipment restrictions or requirements for PR3.

The Inclusive events are listed as a combined event. Crews consisting of men, women, or mixed lineups may enter. Races may be separated by category if the number of entries necessitates separation.

The P1/PR2 Men's/Women's 1x events are listed as a combined event. Men's and women's crews classified as PR1 or PR2 are eligible to enter. Races may be separated by category if the number of entries necessitates separation.

New for 2026. To ensure that all athletes entering Para and Inclusive events at qualifying regattas for the 2026 USRowing Youth National Championships meet the appropriate classification guidelines, the events listed below will now require an application.

Events Requiring an Application:

- Men's/Women's Youth PR1 1x
- Men's/Women's Youth PR2 1x
- Mixed Youth PR2 2x
- Mixed Youth PR3 2x
- Mixed Youth Inclusive PR3 4+
- Men's/Women's/Mixed Inclusive Youth 2x

Application Process & Deadlines

Applications and event registrations will follow the deadlines posted on the RegattaCentral page for the respective qualifying regatta. The application is submitted through the standard registration process and is located under **“Registration Form”** on the event’s RegattaCentral page.

All applications will be reviewed by the Regatta Director and the USRowing Para Classification team. The Classification team will then contact the individual who submitted the entry to confirm that the athlete(s) classification aligns with the event(s) entered.

For questions regarding the Para / Inclusive application process or classification requirements, please contact the USRowing Para Classification team at classification@usrowing.org.

***YOUTH NATIONAL QUALIFICATION RULES**

The USRowing Mid-Atlantic Youth Championships will offer 4 bids in each of the USRowing Youth National Championships events.

The bids will be distributed to the top 4 crews in each qualifying event that are eligible to qualify at the USRowing Mid-Atlantic Youth Championships.

Should a crew placing in the top 4 of a qualification event decide not to attend the USRowing Youth National Championships, the bid will be rolled down to the next place crew in that event. Bids will not be rolled down past the Grand Final of the event.

Bid Acceptance / Denial / Roll Down Process:

All bids earned at official qualifying regattas for the 2026 USRowing Youth National Championships will be automated on the RegattaCentral platform. Thanks to strategic partnerships and system enhancements, various timing platforms will automatically upload race results, triggering the Youth Nationals bid notification system. This system will also manage roll-down bid allocations based on specific qualification requirements (ex. a 1V 8+ entry being necessary to qualify a 2V 8+).

Teams will be notified by email when a bid becomes available. To manage the bid, click the link in the email. From there, you can view the awarded bid and either accept or decline.

After receiving a bid to the 2026 USRowing Youth National Championships, the bid must be accepted within 3 days of the qualifying regatta (The Wednesday following the qualifying championship by 11:59 p.m. (local time to your qualifying regatta)). **The deadline for the USRowing Mid-Atlantic Youth Championships is Wednesday, May 13 at 11:59 p.m. EDT.**

Once the initial bid offer period has closed for all winning bids, USRowing and RegattaCentral will notify the next-place team in the Grand Final of that event via email if they are eligible for a roll-down bid. These teams will have 24 hours to accept the bid through RegattaCentral. If the bid is not accepted within that 24-hour window, it will continue to roll down to the next eligible team in the Grand Final.

- 1.All crews from a given organization must qualify at the same qualification regatta.
- 2.Only crews competing in Youth National Championship qualifying events are eligible to receive bids.
- 3.Crews competing in non-Youth National qualifying events are ineligible to receive automatic bids.
- 4.Crews competing in non- Youth National Qualifying events are ineligible to petition to receive bids based on the results of non-qualifying races.

Full rules regarding qualification for the 2026 Youth National Championships will be available in the Youth National Championships entry packet.

Regatta Declaration

When completing registration on [RegattaCentral](#) for a USRowing Youth National Championship qualifying regatta, your coach or team representative will be given the choice to declare the club's official qualifying regatta. The declaration deadline for the USRowing Mid-Atlantic Youth Championships will be April 28.

All teams must submit a declaration form to be eligible for the 2026 USRowing Youth National Championships. The following regattas are 2026 Youth National Championships qualifying regattas:

USRowing Owned Youth National Qualifying Regattas:

- USRowing Southwest Youth Championships
- USRowing Central Youth Championships
- USRowing Mid-Atlantic Youth Championships
- USRowing Southeast Youth Championships
- USRowing Northwest Youth Championships
- USRowing Northeast Youth Championships

USRowing Partner Youth National Qualifying Regattas:

- Stotesbury Cup Regatta
- Midwest Junior Rowing Championships
- Midwest Scholastic Rowing Championships
- New York State High School Championships
- New England Interscholastic Rowing Championships

REGIONAL CHAMPIONSHIP RULES

MEN'S/WOMEN'S 2V 8+ / 2V 4X / 2V 2X / 2V 4+

MEN'S/WOMEN'S YOUTH 2ND 8+ EVENT DEFINITION: A team entered in the Youth 2nd 8+ event must also enter and race a Youth Varsity 8+

MEN'S/WOMEN'S YOUTH 2ND 4X EVENT DEFINITION: A team entered in the Youth 2nd 4x event must also enter and race a Youth Varsity 4x

MEN'S/WOMEN'S YOUTH 2ND 2X EVENT DEFINITION: A team entered in the Youth 2V 2x event must also enter and race a Youth Varsity 2x

MEN'S/WOMEN'S YOUTH 2ND 4+ EVENT DEFINITION: A team entered in the Youth 2nd 4+ event must also enter and race a Youth Varsity 4+

YOUTH NATIONAL QUALIFICATION RULES

MEN'S/WOMEN'S 2V 8+ / 2V 4X

MEN'S/WOMEN'S YOUTH 2ND VARSITY 8+ EVENT DEFINITION: A team entered in the Youth 2nd Varsity 8+ event must also qualify, enter, and race a Youth Varsity 8+ at the Youth National Championships. Please refer to substitution rules 5-206 in the USRowing Rules of Rowing for a full breakdown of substitution rules.

MEN'S/WOMEN'S YOUTH 2ND VARSITY 4X EVENT DEFINITION: A team entered in the Youth 2nd Varsity 4x event must also qualify, enter, and race a Youth Varsity 4x at the Youth National Championships. Please refer to substitution rules 5-206 in the USRowing Rules of Rowing for a full breakdown of substitution rules.

AFFILIATION

Athletes competing in any USRowing Youth National qualifier and/or the USRowing Youth National Championships must have affiliation with only one rowing program, between January 1 and the end of the Youth National Championships of the current calendar year. The athletes affiliation is with the program in which they are registered as of the first competition during the spring season. This includes USRowing registered and non-registered regattas, but does not include indoor events. Athletes cannot compete with/for two separate programs at any point between January 1 and the end of the Youth National Championships of the current calendar year.

EXCEPTION: Athletes who are members of a junior rowing club existing as a composite of athletes with no stand-alone high school rowing program may row as a single (1x) in a regatta under the name of their school where they are not permitted to enter as "unaffiliated." When permitted, a single (1x) competing as "unaffiliated" is not considered to be representing an organization, and therefore would remain in compliance with the affiliation requirement listed above. Unaffiliated athletes must still meet all USRowing compliance and membership requirements. For the purposes of qualifying for the USRowing Youth National Championships in an individual event, the athlete must still represent the club (entered under the club's name) with which the athlete began the season.

If athletes wish to compete in a team event under the name of their school with an established high school rowing program rather than as a club, USRowing organizational membership is required for that school for that purpose and the athletes must compete as this organization the entire spring season.

Masters Program Exception: A Youth athlete is allowed to compete with a Masters Rowing Program between January 1 and the end of the Youth National Championships of the current calendar year, and it will not interfere with the Affiliation rule.

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.





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RULES

USRowing's 2026 Rules of Rowing will govern this event. An online version is available [HERE](#).

USRowing licensed referees will officiate the event to ensure fairness and safety. The following rules will be waived for this event:

- Rule 3-104 Minimum Weight of Boats
- Rule 3-202 Oars, uniform throughout the crew
- Rule 4-105.1 Coxswain's Weight
- Rule 4-106 Weighing of Competitors

UNSPORTSMANLIKE CONDUCT

The 2026 USRowing Mid-Atlantic Youth Championships does not tolerate unsportsmanlike conduct and follows the USRowing Rules of Rowing guidance for the act.

If you or one of your athletes witnesses unsportsmanlike conduct of any kind, please refer to the [USRowing Code of Conduct](#) on how to escalate the matter.

***TIME TRIAL PROCEDURES**

Time trials will be conducted over a 1,900-meter course.

Bow assignments for the time trials in Youth Nationals qualification events will be seeded by the Mid-Atlantic Coaches Council. The goal is to have the faster crews assigned to earlier bow numbers in each event.

A marshal will be positioned near the start to direct crews to enter the course. Crews are responsible for staying in numerical order, staying behind crews with lower numbers and in front of crews with higher numbers.

Odd number crews will race in an odd lane, and even number crews will race in an even lane. The specific racing lanes will be determined the day of racing to ensure safety and fairness.

BOW NUMBERS

Bow numbers for time trial heats will be distributed to each crew with their athlete credentials during the on-site registration hours. Crews must collect their bow numbers from the USRowing registration desk before trying to launch for time trials. Bow numbers for sprint racing will be provided at the launch & recovery docks.



***PASSING**

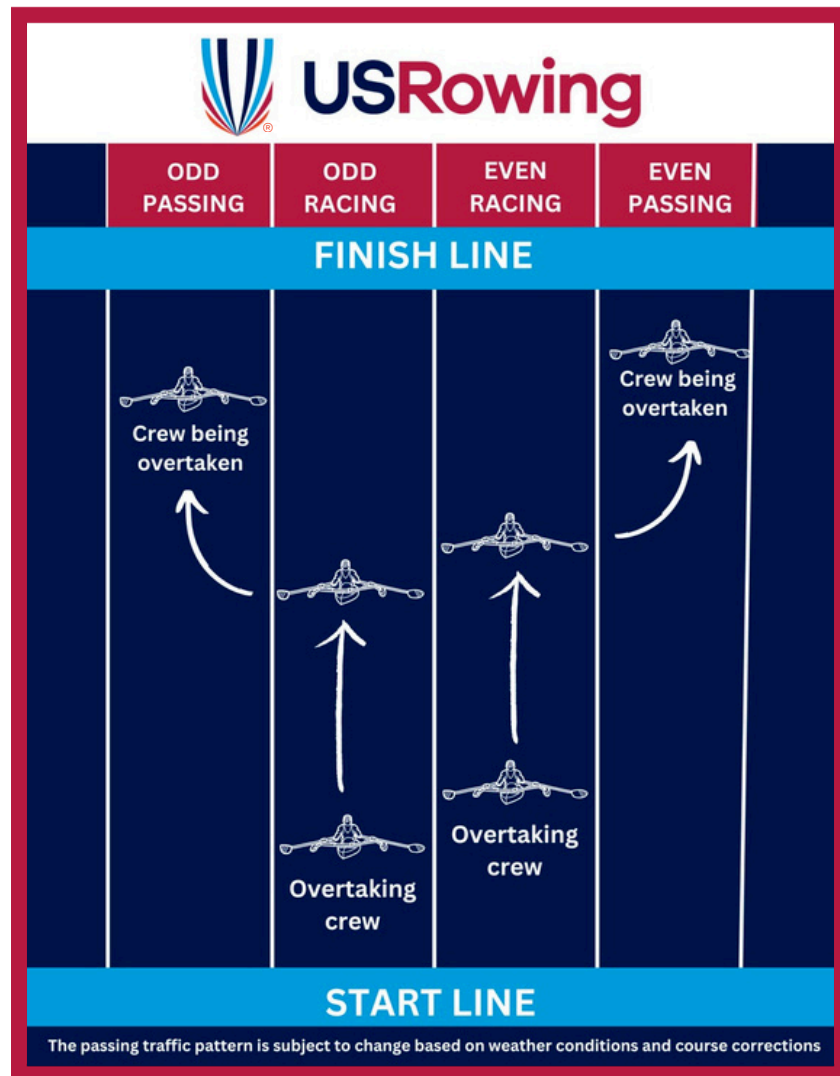
A crew being overtaken must yield to the outside lane to allow the overtaking crew to pass. Crews racing in lane 4 would move to lane 5, and crews racing in lane 3 would move to lane 2.

A crew is deemed to be overtaking another crew when it has moved to within one length of open water of the crew ahead.

In the case of interference on the water, please reference rule 2-406 Resolving Interference.

Referees will give instruction in accordance with the USRowing Rules of Rowing.

Please see the passing procedures below.



BROKEN EQUIPMENT

A crew experiencing broken equipment during the race should move to the outside lane, or the lane that the referee directs the crew to.

SEEDING

Bow assignments for the time trials in Youth Nationals qualification events will be seeded by the Mid-Atlantic Youth Coaches Council. The goal is to have the faster crews assigned to earlier bow numbers in each event.

The top 14 crews will be seeded for the 2026 USRowing Mid-Atlantic Youth Championships. All crews after the top 14 will be randomly seeded.

Non-Qualifying events will be seeded randomly, with the "A" crews seeded randomly first, followed by a random draw of the "B" crews from each organization.

WEIGH-INS

There will be no athlete or boat weigh-ins at the 2026 USRowing Mid-Atlantic Youth Championships.

***PROGRESSION**

For Youth National Championships Qualification Events Only

Modified USRowing Progression System "B"

Entries	Time Trial	Advancing	Semifinals	Advancing in each Semifinal	Finals
1-7	1 (Seeding)	7	-	-	Grand Final
8-14	1	7	-	-	Grand Final
15+	1	14	2	3	Grand Final

For Non-Youth National Championships Qualification Events Only

Modified USRowing Progression System "B"

Entries	Heats	Advancing	Finals
1-7	-	-	Final Only
8-14	2	3	Grand Final
15-21	3	2	Grand Final

Each crew is responsible for knowing the progression of their event.

Only Grand Finals will be run at the 2026 USRowing Mid-Atlantic Youth Championships.

The schedule and progression will not change after 9:00pm of the evening before racing.

IMPORTANT: Once a boat has started the progression, it must race through as many stages of that progression for which it qualifies. Failure to race in a semifinal or final for which a boat qualifies may result in that team forfeiting the right to race in that event at the subsequent year's regatta.

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.

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

DATA-READING DEVICES

Data-Reading oarlocks are not permitted at the 2026 USRowing Mid-Atlantic Youth Championships, unless the batteries are removed from the oarlock and stay removed from the time a boat launches to when they recover.

OUTSIDE ASSISTANCE & COMMUNICATIVE DEVICES

The 2026 USRowing Mid-Atlantic Youth Championships follows rule "2-409 Outside Assistance" from the Rules of Rowing. Crews are prohibited from communicating with a coach using an aided voice, once they leave the launch docks.

MEDALS

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

TEAM POINT TROPHIES

USRowing is using a standardized team point tracking system across all Youth Regional Championship events. This system will ensure consistency in how team points are calculated and awarded throughout all regionals. **Please note that team points will only be calculated for Youth National qualifying events.** All boats in a final contribute to the team's points, even if multiple boats from the same club are in the final.

- **OVERALL TEAM POINTS TROPHY:** Awarded to the team with the highest combined point total across both Men's and Women's events.
- **MEN'S TEAM POINTS TROPHY:** Presented to the team with the highest point total for Men's events.
- **WOMEN'S TEAM POINTS TROPHY:** Presented to the team with the highest point total for Women's events.
- **EFFICIENCY TEAM POINTS TROPHY:** Awarded based on aggregate points received towards the Overall Point Trophy with the fewest number of registered competitors, with a required minimum of three competitors. The efficiency rating will be calculated by dividing the total points for each club from the Overall Point Trophy by the number of registered competitors from the corresponding club.
- **SCULLING POINTS TROPHY:** Presented to the team with the highest point total in Sculling events.

TEAM POINTS REFERENCE TABLE

YOUTH EVENTS

Boat Class	Points for 1st Place In Grand Final
1x	10
2x, 2-	20
4+, 4-, 4x	40
8+	80

U17 EVENTS

Boat Class	Points for 1st Place in Grand Final
1x	8
2x	16
4+, 4x	32
8+	64

U16 EVENTS

Boat Class	Points for 1st Place in Grand Final
4x+	30
8+	60

# Boats in Final	Percentage of 1st				
	2nd	3rd	4th	5th	6th
2	20%				
3	40%	20%			
4	60%	40%	30%		
5	80%	60%	40%	30%	
6+	80%	60%	40%	30%	20%



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VENUE INFORMATION

VENUE

MERCER LAKE

334 S POST RD, WEST WINDSOR TOWNSHIP, NJ 08550

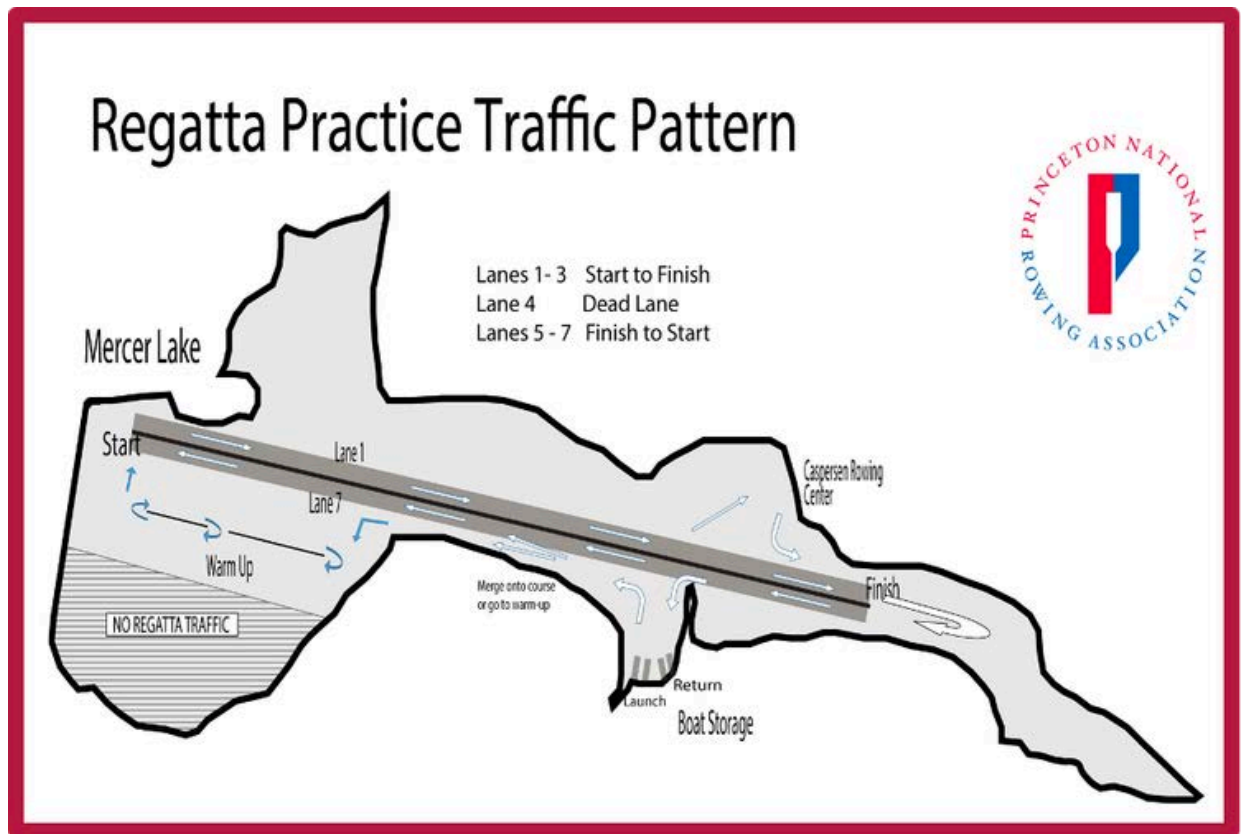
COURSE: The course is a 2,000 meter, 7-lane, buoyed course using a full start bridge.

For more information about the venue, click [HERE](#).

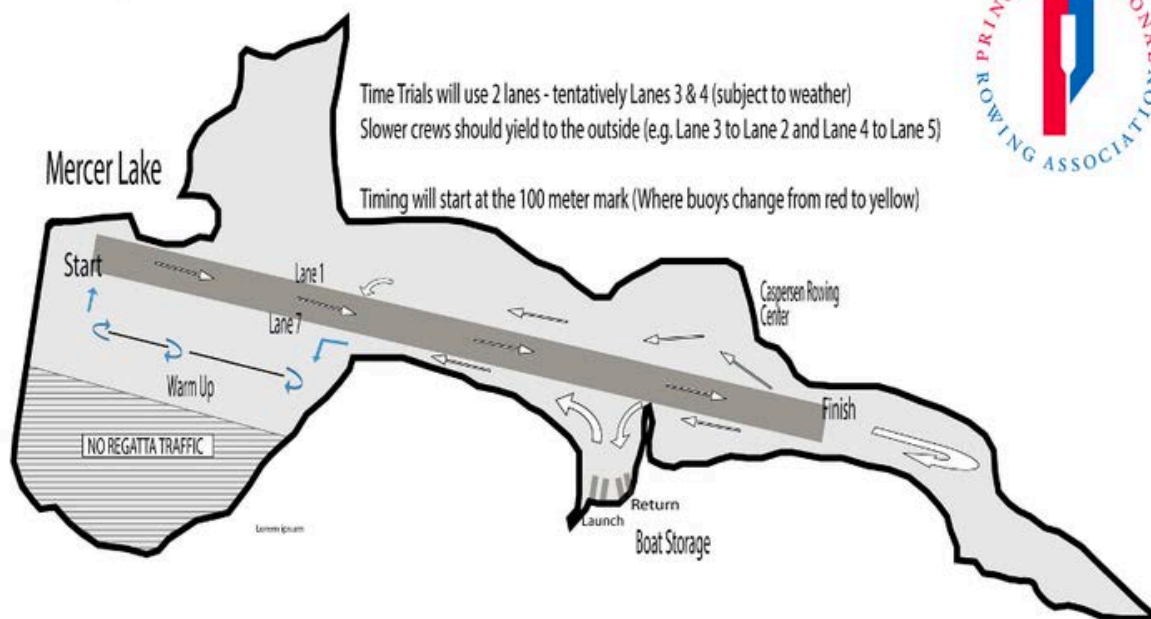
EVENT PARKING

Click [HERE](#) for all parking information.

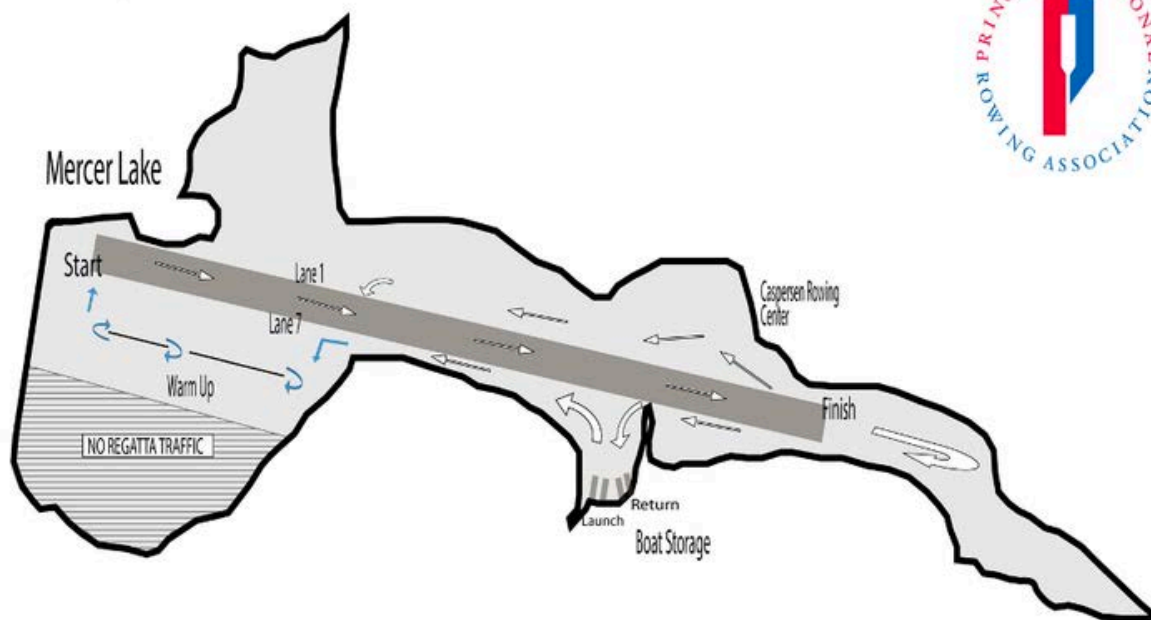
VENUE & TRAFFIC PATTERN MAPS



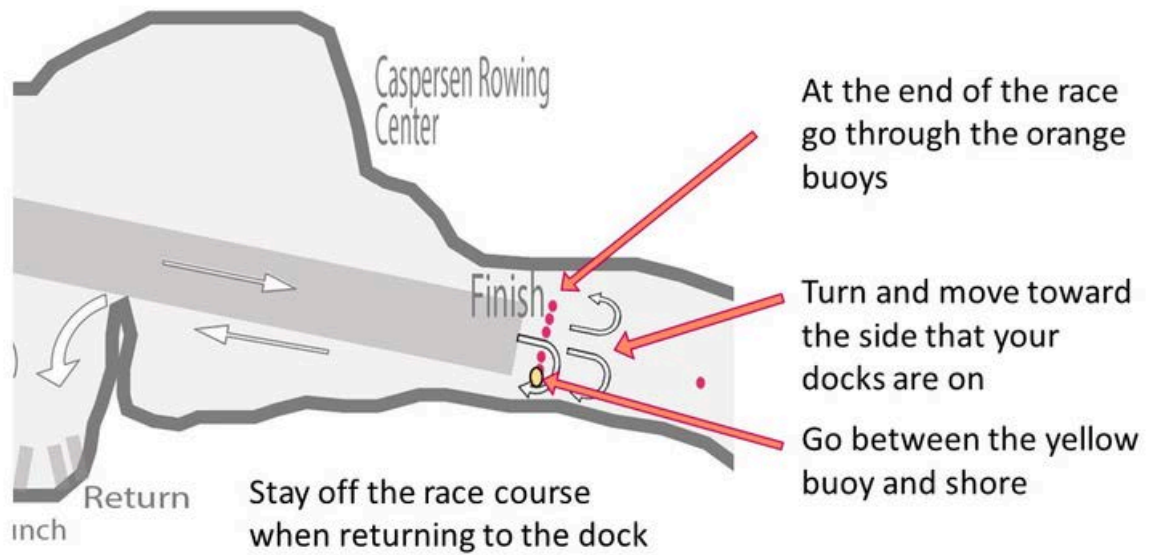
Regatta Time Trial Race Traffic Pattern



Regatta Race Traffic Pattern



Traffic Pattern – Racing - Finish



TRAILERS & BOAT STORAGE

Boat trailers may arrive on site no earlier than 12:00 p.m. ET on May 8, 2026. If a team needs special arrangements, please contact krisgrudt@rowpnra.org.

TEAM TENT INFORMATION

Click [HERE](#) for all team tent information.



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PRACTICE & ADDITIONAL INFORMATION

PRACTICE

Practice will be available to all competitors on May 8, from 3:00 p.m. – 6:30p.m. ET. Last launch will be at 6:00 p.m.

Practice will not be available to any crews competing after May 8.

EVENT DRONE POLICY

Mercer County Park has adopted a no drone or radio-controlled aircraft policy. No drones or radio-controlled aircraft will be allowed at any regatta held on Mercer Lake.

HOTEL & LODGING

New for 2026! During the registration process of RegattaCentral for the 2026 USRowing Mid-Atlantic Youth Championships, USRowing will collect a few brief lodging details. These questions help us provide accurate reporting to our County and Convention & Visitors Bureau (CVB) partners, which in turn allows us to secure the best possible grant and marketing support for the event. Thank you for your support!

- o Club or Organization Name:
- o Are you staying in paid accommodations?
- o Type of accommodations (Hotel / Motel, Airbnb / VRBO / Vacation Rental, N/A - not a paid accommodation)
- o If vacation rental, please provide full address below. If hotel/motel, please put "N/A"
- o How many nights will you stay?
- o Estimated # of rooms or units per night?
- o Name of Hotel or Motel (if applicable)



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ACCESSIBILITY, INCLUSION, & ACCOMMODATION

USRowing is committed to accessible and inclusive events for all. All spectator, competition, awards, and parking areas are accessible. **If you or someone in your organization needs an additional accommodation for a disability, please fill out this link [HERE](#) as soon as possible.**





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MID-ATLANTIC YOUTH COACHES COUNCIL

BARBARA GRUDT, Peddie School

MEGAN KENNEDY, Mount Saint Joseph Academy

ROB WELSH, Row New Jersey

SHARON KRIZ, Williamsburg Boat Club



