

2026 USRowing Central Youth Championships Athlete and Coaches Pre-Regatta Meeting

USRowing

April 28, 2026 - 7:00pm CDT



Welcome & Introductions

USRowing is excited to welcome everyone to the 2026 USRowing Central Youth Championships on May 1-3 in Oklahoma City, OK.

USRowing: Jake Robinson, Matt Collins, & Meg Gaba

LOC: Gena Terrill

Chief Referee: Rebecca Thompson

Deputy Chief Referee: Blake Ebright-Jones



Agenda

USRowing

Key Takeaways

Review of Registration & Venue Schedule

Pre-Arrival Checklist

Membership & Compliance

Chief Referee

Referee Welcome

Traffic Pattern(s)

USRowing Rules of Rowing

On Land & Water

Unsportsmanlike Conduct

USRowing, LOC, Chief Referee

Heat Safety Guidelines

Venue Information

Evacuation/Safety Plan

Youth Nationals Declaration & Bid Management

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!**



Registration and Venue Schedule

- **Trailer Arrival Window**
 - Trailers can park at the venue starting on April 30th at 8:00 a.m.
 - Trailers are not allowed to park before this time.
- **USRowing Registration (First Floor Finish Tower)**
 - Thursday, April 30, 1:00 pm - 6:00 p.m.
 - Friday, May 1, 7:00 a.m. - End of racing
 - Saturday, May 2, 6:30 a.m. - End of racing
 - Sunday, May 3, 6:30 a.m. - End of racing
- **Practice**
 - Friday, May 1, 8:00 a.m. - 12:00 p.m.
 - The last launch being 11:30 a.m.
 - All boats must be off the water by 12:00 p.m.



Pre Arrival Checklist

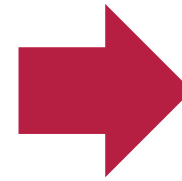
- 1. Have you reviewed the USRowing Code of Conduct?**
- 2. Have you reviewed the event entry packet?**
- 3. Are your athletes up to date on their USRowing memberships?**
- 4. Are your athletes, coaches, and support staff compliant with their SafeSport training requirements?**
- 5. Are your coaches/support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



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

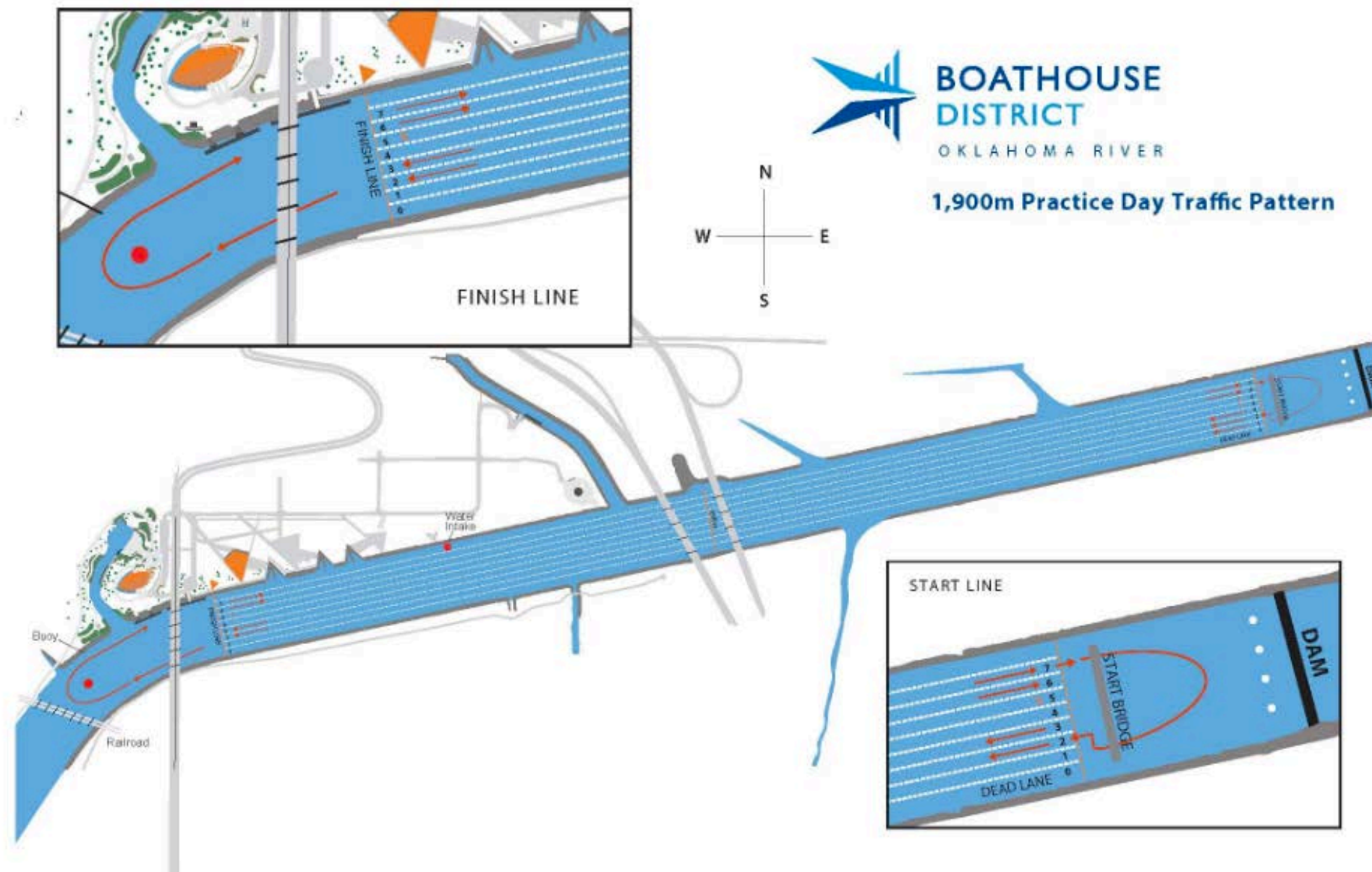
- **Current Championship Membership**
- **Signed Waiver**
- **Completed Self Attestation (18+)**
- **Current SafeSport training (18+)**



Referee Welcome

- Referee Introductions
 - Referees from from the Central, Southeast, and Midwest regions.
 - The Referees are here for everyone's safety and fairness.

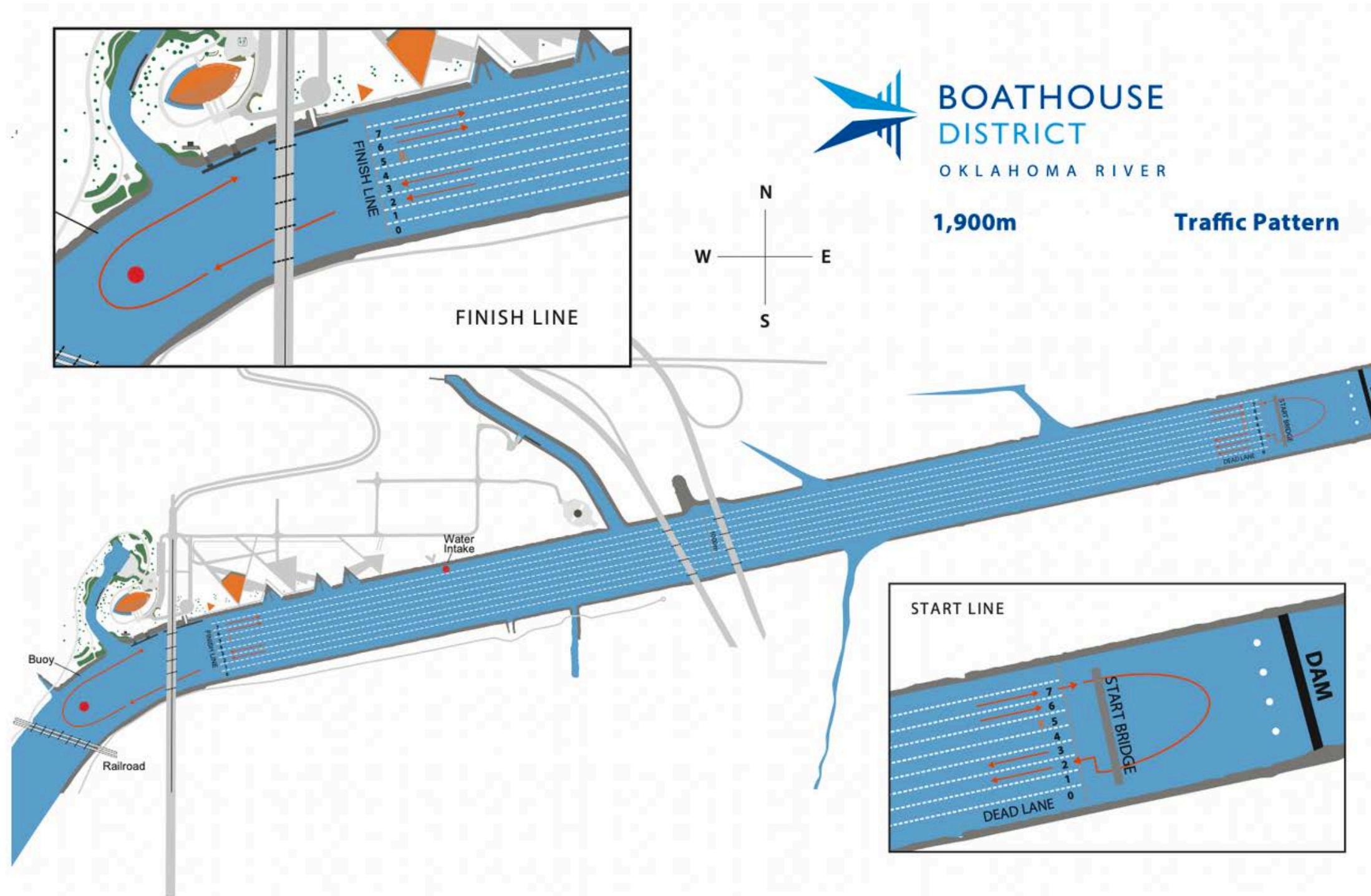
Traffic Pattern: Practice



- Crews will travel up lanes 6 & 7.
- Lanes 4 & 5 are closed lanes.
- Crews will turn into lanes 1, 2 & 3 and row down the course.
- There is no turning on the course at any time.
- After completing the row down the course, crews will row to the railroad bridge and turn before returning to the dock. All crews must go around the orange buoy.



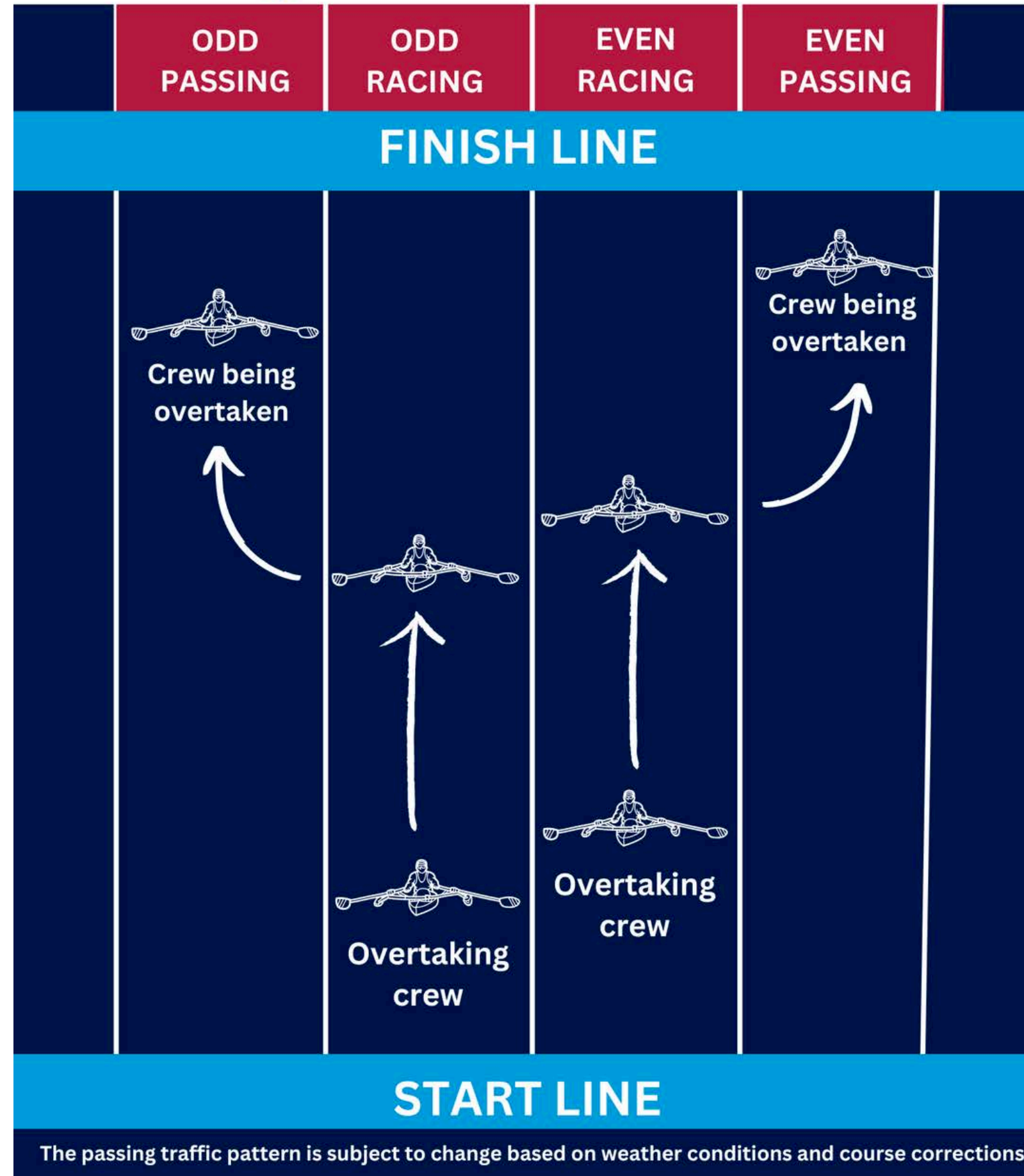
Traffic Pattern: Time Trial



- Crews will travel up lanes 6 & 7. Lane 5 is a closed lane.
- Crews will move around the start bridge in Bow # order.
- Crews will row to the start via the south end of the start dock.
- Crews will turn into lanes 2 & 3 and row down the course.
- After crossing the finish, crews will row to the railroad bridge and turn before returning to the west end of the dock to recover. All crews must go around the orange buoy.



Time Trial Passing Procedure



USRowing Rules of Rowing

- It is your responsibility to know and understand the 2026 USRowing Rules of Rowing.
- Equipment
 - All equipment must meet the rules - heel ties 3" and bowball is firmly affixed.
 - Rowers should be able to release themselves from their shoes **with a single hand motion**
 - Equipment checks will be conducted at control.
- Know your event number, bow number, and race start time when launching.
- Broken Equipment - alert the nearest referee and if possible, we will work with you.
- Unless otherwise communicated by USRowing through official regatta communication channels, the regatta will proceed according to the posted final schedule.



Control Commission

- All athletes must wear USRowing wristbands during the regatta weekend. You will not be allowed to launch without your wristband.
- Do not arrive at Control Commission with equipment that does not meet the USRowing Rules of Rowing.
- Hot seating equipment and athletes is done at your own risk. Races will not be held for hot seating crews.
- For sprint racing, if crews are using the additional warm-up space, the recommended launch time is 45 minutes prior to the first race.



On Water - 1

- If a referee gives you an instruction, **coxswains / bow seat must acknowledge with a hand so we know you heard us.**
- **In proximity of the course**
 - If a race is in progress, you should stop rowing until the race passes.
 - Do not stop on the start line or where you will drift into the way of the aligner, or the following referees.
 - Do not sit at the finish line after your race as you will block the camera for the next finish.
 - Do not do power strokes/sequences along the race course as a race is approaching you.
 - Follow the Traffic Pattern - know what it is each day.
- **Time Trial Starts**
 - Please be in the starting area 7 min before your event time.
 - There will be a series of referees helping you get into bow number order above the start. Pay attention to each referee along the way.
 - You will have 100 meters to get up to speed and to the start line.
 - Referees will be staggered along the course for safety and to monitor fairness.
 - Yield to the empty lane next to you if being overtaken.
 - If you have an objection at the end of the race, raise your hand and speak with the Finish Marshal.



On Water - 2

- **Sprint Starts**

- Once directed by the starter, you may enter the course.
- If you have to turn in your lane to attach to starting platform, do it close to the platform **know how to scull your point once attached to the stake platform.**
- You **must** be locked on 2 minutes prior to your race; failure to be locked on will result in a warning for late to start.
- The race may Start at **any time after the 2 minute notice.**
- Hands will not be recognized during the Start.
- Crews will be announced in a steady cadence, then **"Attention"** along with a dropped starter flag (**red with white cross**) with the command: **"Go" - go on movement of the flag!**
- If the Starter is interrupted, crews will hear **"As you were"** and the cadence will begin again
- What to do if you aren't ready – don't row
- If you leave the start, you have accepted the start and can no longer object to it.
- Breakage zone is 100m
- At the starter's discretion we may move to a Quick start. Quick Start will be announced by the Starter and the starting sequence will be **"Quick Start, Attention, Go"**. Crews will not be announced.



On Water - 3

- **Sprint Racing**

- In the event a Chase Official needs to direct your crew for safety or fairness reasons, they will move behind the boats and use the white flag to direct your shell while calling your crew name - using the stroke to communicate to the coxswain.

- **Finish**

- Hear the horn.
- Row through the large orange buoys at the finish line.
- Any / all objections must be raised on the water, before the referee displays the white flag to the finish tower.
- If there is a question of fairness or another issue, please have one person raise their hand at the finish and talk to the referee. Please have in mind:
 - **What happened to you.**
 - **What impact it had on you.**
 - **What resolution you are seeking.**
- After your conversation, let the referee know if you plan to submit a protest.
- The written protest is due within 1 hour from the end of the race in which the incident occurred, along with a \$50 fee. Submit all written protests at Registration. Your protest will be given to the Chief Referee for investigation and resolution.



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.



Heat Safety Guidelines

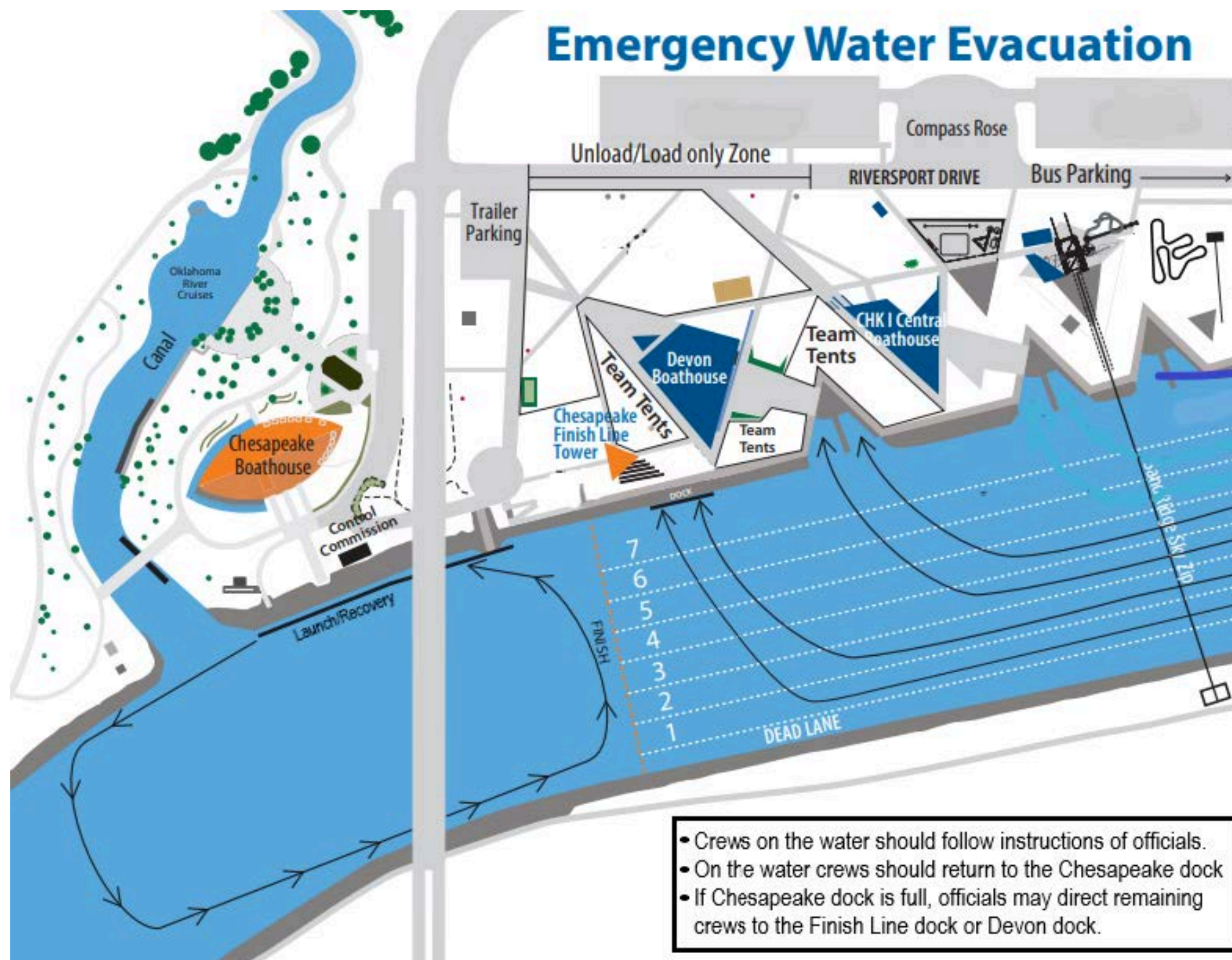
- USRowing, in consultation with World Rowing Medical staff and the USRowing Medical Committee, created Heat Safety Guidelines to provide heat related illness mitigation guidance for those who attend rowing events.
- Risk Assessment: We will monitor the Wet Bulb Globe Temperature (WBGT) to determine 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.



Venue Map



Safety on the Water - Evacuation Plan



Safety on the Venue - Medical Aid

- **Medical Locations:**

- Finish Line Tower Floor 1.
 - Near launch & recovery, in the tent outside of the Community Boathouse (formally known as the Chesapeake Boathouse).
- If medical is needed on the water, contact the nearest official for assistance.



Youth Nationals Bid Management Process

- All teams must submit a declaration form during the standard registration period in order to be eligible for the 2026 USRowing Youth National Championships.
- Automated bid management & notification system on the RegattaCentral platform.
- This system will also manage roll-down bid allocations based on specific qualification requirements.
- Bids **MUST** be accepted within the allocated time frame listed in the entry packet.



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.
- Launch drivers and stakeboat holders needed!



Disability Accommodation Request Form

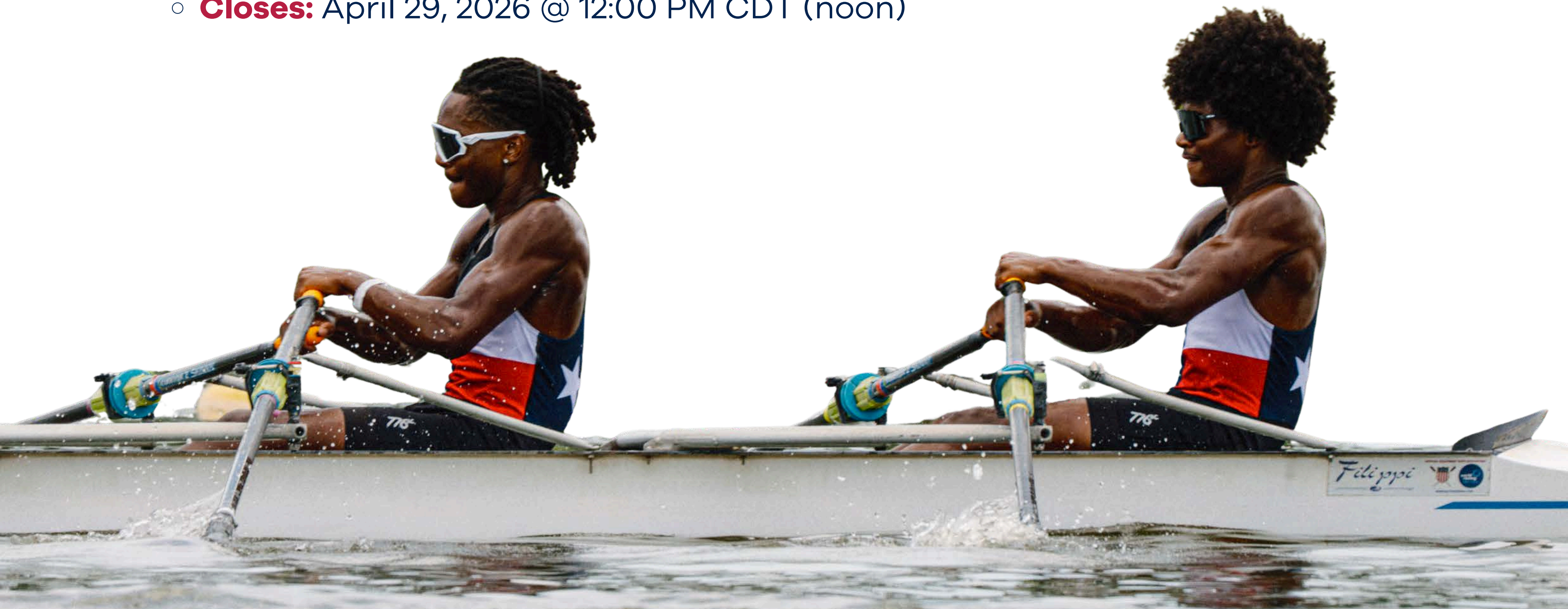
- USRowing makes every effort to follow best practices for accommodating people with disabilities at our events. We appreciate you contacting our team well in advance of the event so we can best serve you.
- The Disability Accommodation Request can be found on the USRowing Central Youth Championships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



Deadline Reminders

- **Late Registration Period**

- **Opened:** April 28, 2026 @ 12:00 PM CDT (noon)
- **Closes:** April 29, 2026 @ 12:00 PM CDT (noon)



For real-time regatta updates, scan the QR Code below and text **#CEN26 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:

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Competition Associate

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Gena Terrill

Riversport Rowing Regatta Director

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