

2026 USRowing Mid-Atlantic Youth Championships

Athlete and Coaches Pre-Regatta Meeting



May 5, 2026 - 8:30pm EDT



Welcome & Introductions

**USRowing is excited to welcome everyone to the 2026 USRowing
Mid-Atlantic Youth Championships on May 9-10
in Windsor, NJ.**

USRowing: Jake Robinson, Meg Gaba, and Matt Collins

LOC: Kris Grudt and Eboni Harris

Chief Referee: Larry Edwards

Deputy Chief Referee: Xander Price



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**

- 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.

- **Virtual Check-in Hours**

- 8am - 5pm EST on Thursday, May 7
- 8am - 12pm EST on Friday, May 8



- **USRowing Registration**

- Registration is located in the tent by the launch docks
 - Friday, May 8, 12:00 pm - 6:00 p.m.
 - Saturday, May 9, 6:30am - End of racing
 - Sunday, May 10, 6:30am - End of racing

- **Practice**

- Friday, May 8, 3:00 p.m. - 6:30 p.m. ET
- Launch docks will shut down at 6:00 p.m



Pre Arrival Checklist

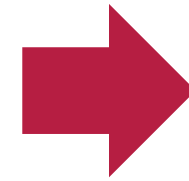
- 1. Have you reviewed the USRowing Code of Conduct?**
- 2. Have you reviewed the event entry packet?**
- 3. Are your athletes up to date on their USRowing memberships?**
- 4. Are your athletes, coaches, and support staff compliant with their SafeSport training requirements?**
- 5. Are your coaches/support 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

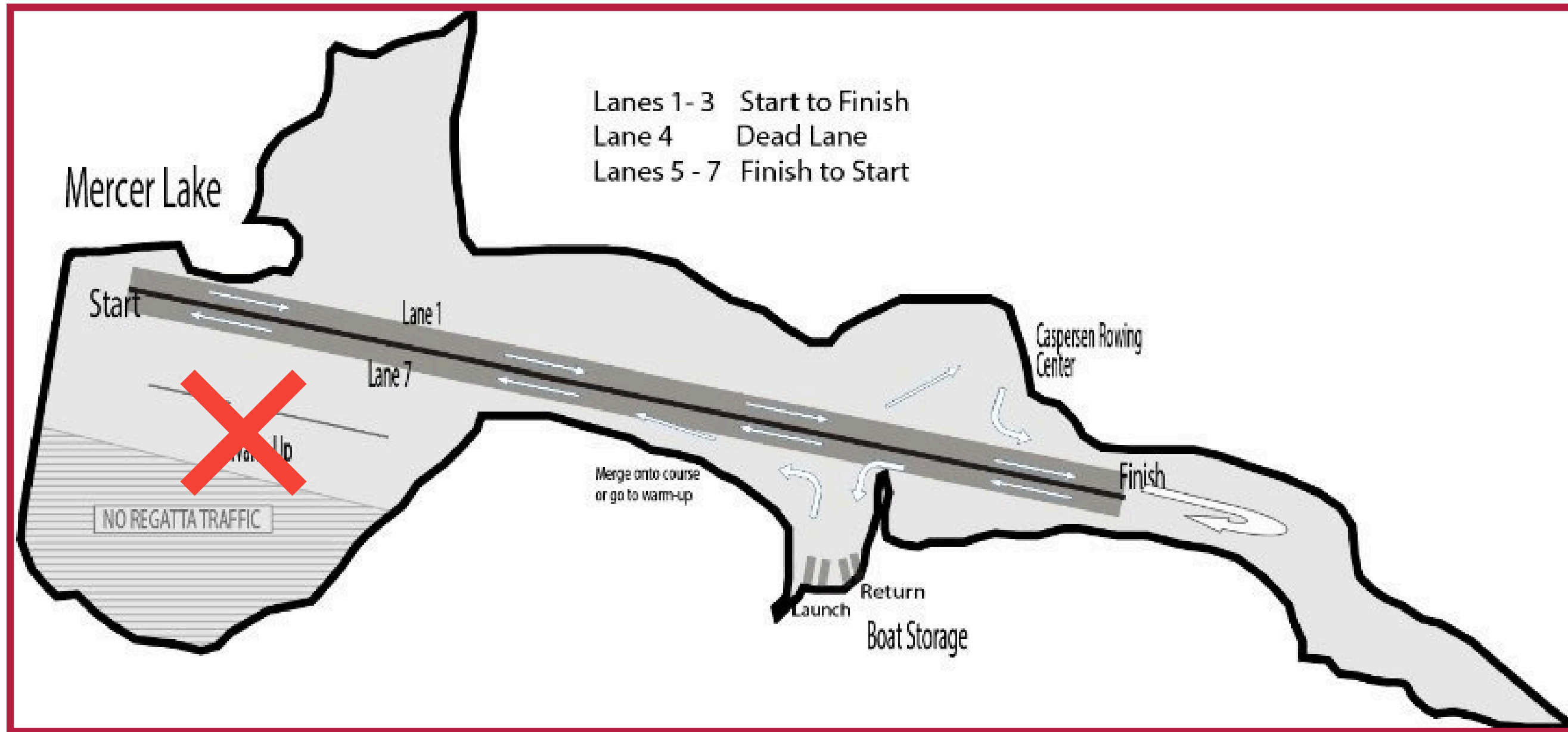
- Referee Introductions
 - Referees from the Mid-Atlantic & Northeast.
 - The Referees are here for everyone's safety and fairness.

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, as possible.
- Unless otherwise communicated by USRowing through official regatta communication channels, the regatta will proceed according to the posted final schedule.

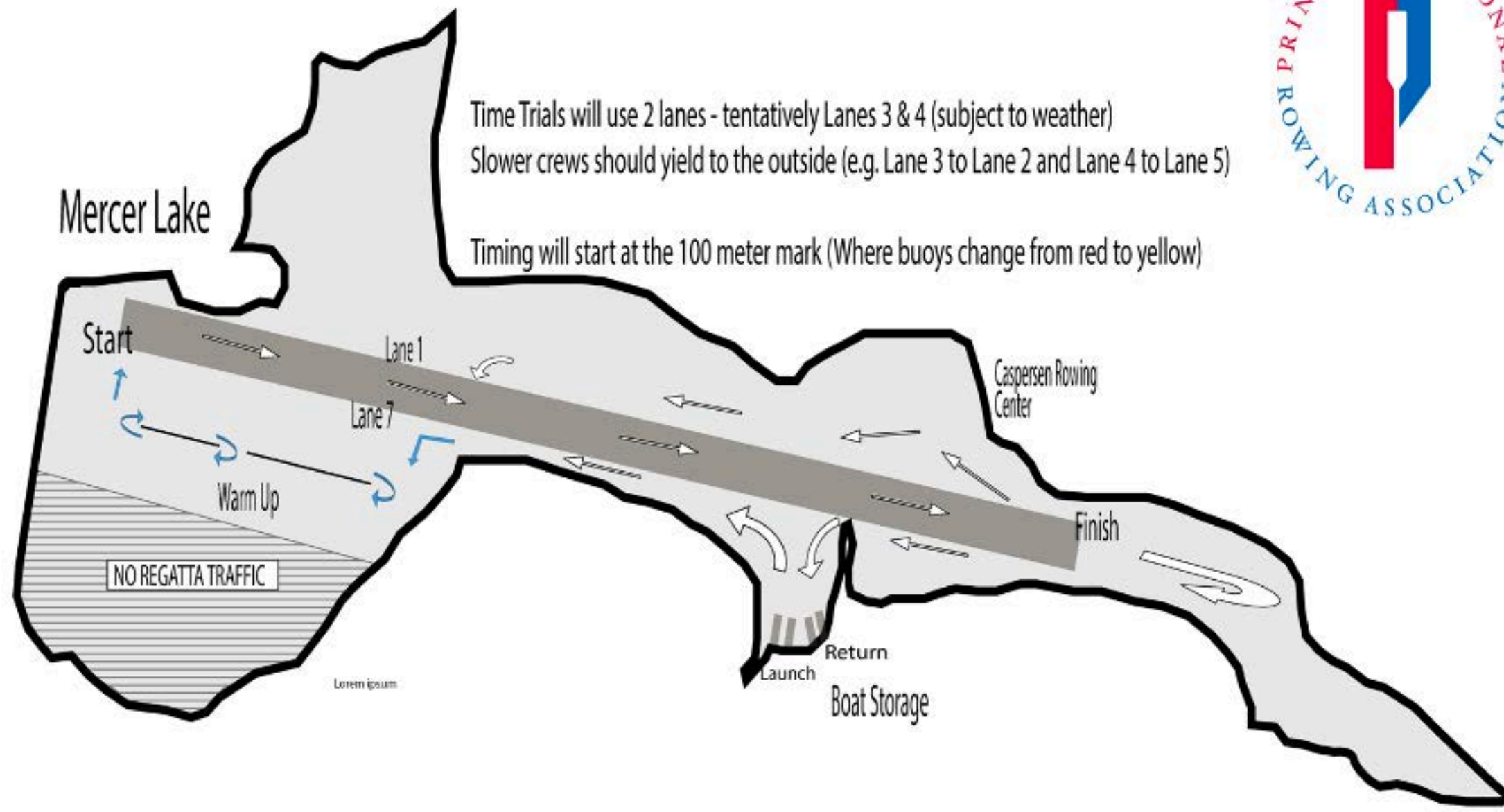


Traffic Pattern: Practice

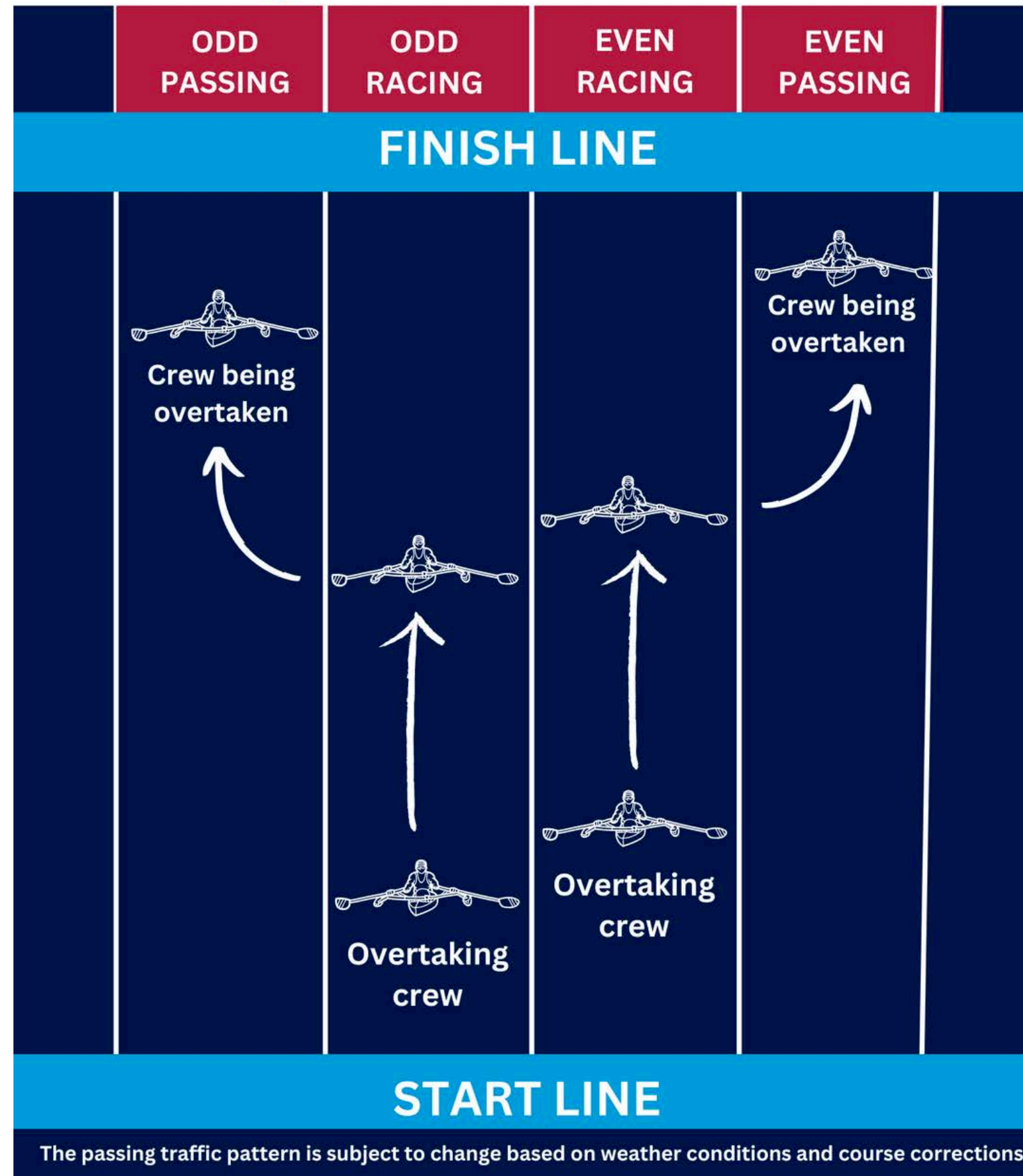


Traffic Pattern: Time Trial

Regatta Time Trial Race Traffic Pattern



Time Trial Passing Procedure



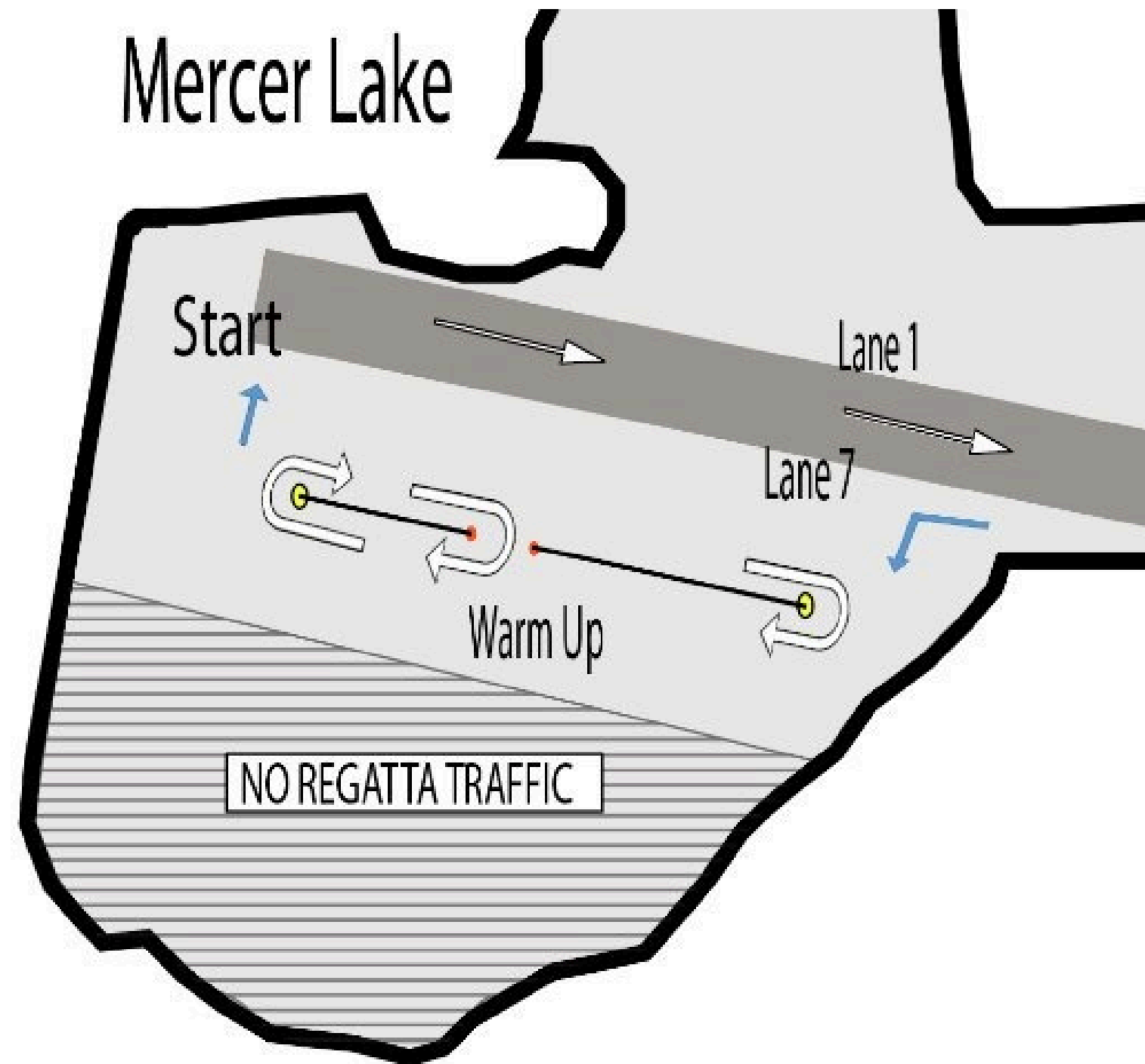
Traffic Pattern: Race Warm-Up

Follow the clockwise traffic pattern.

Stay near warm-up line.

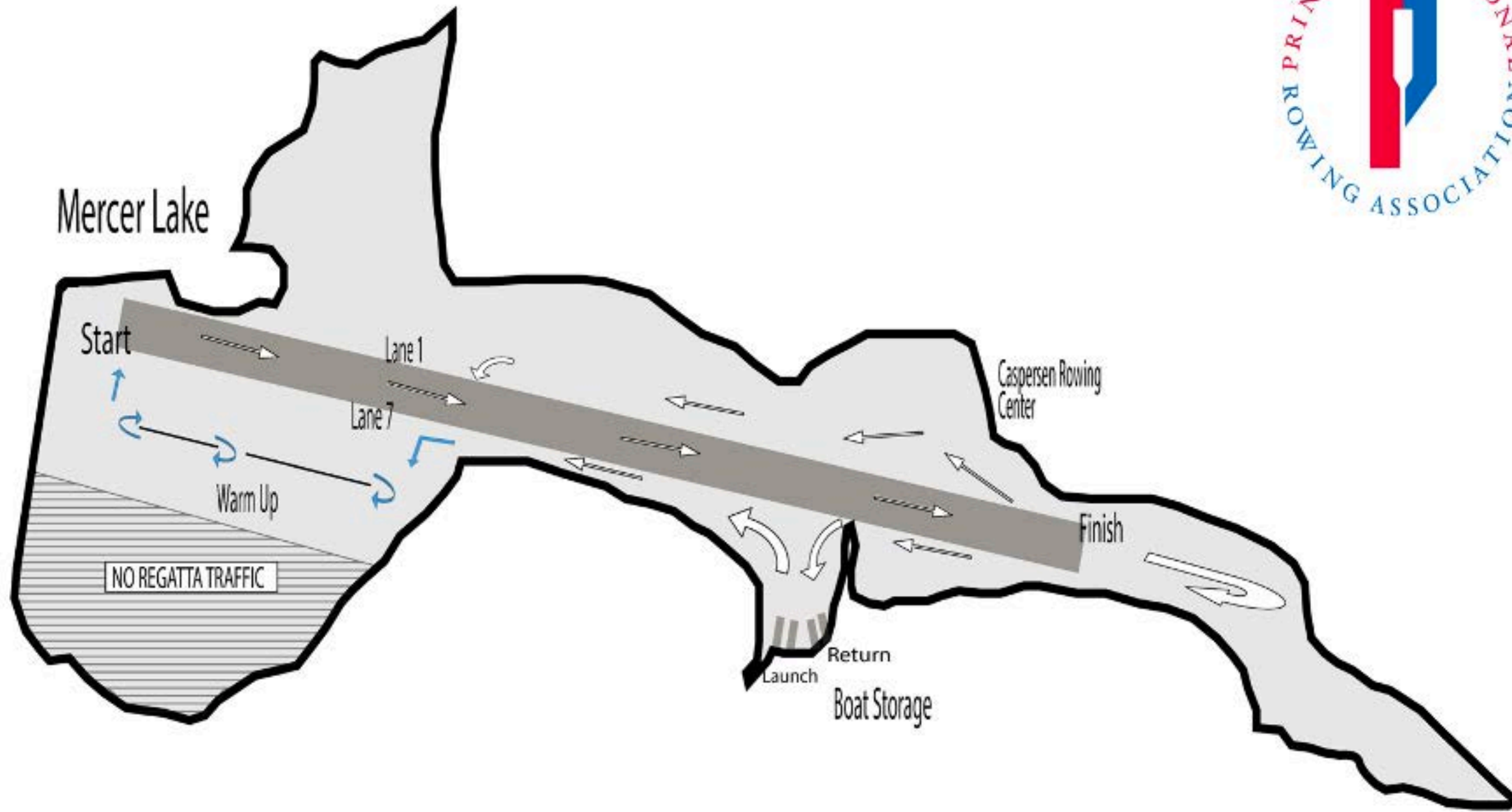
Do NOT enter the No Regatta Traffic zone.

Enter the Start area ready to race 10 min before your race.

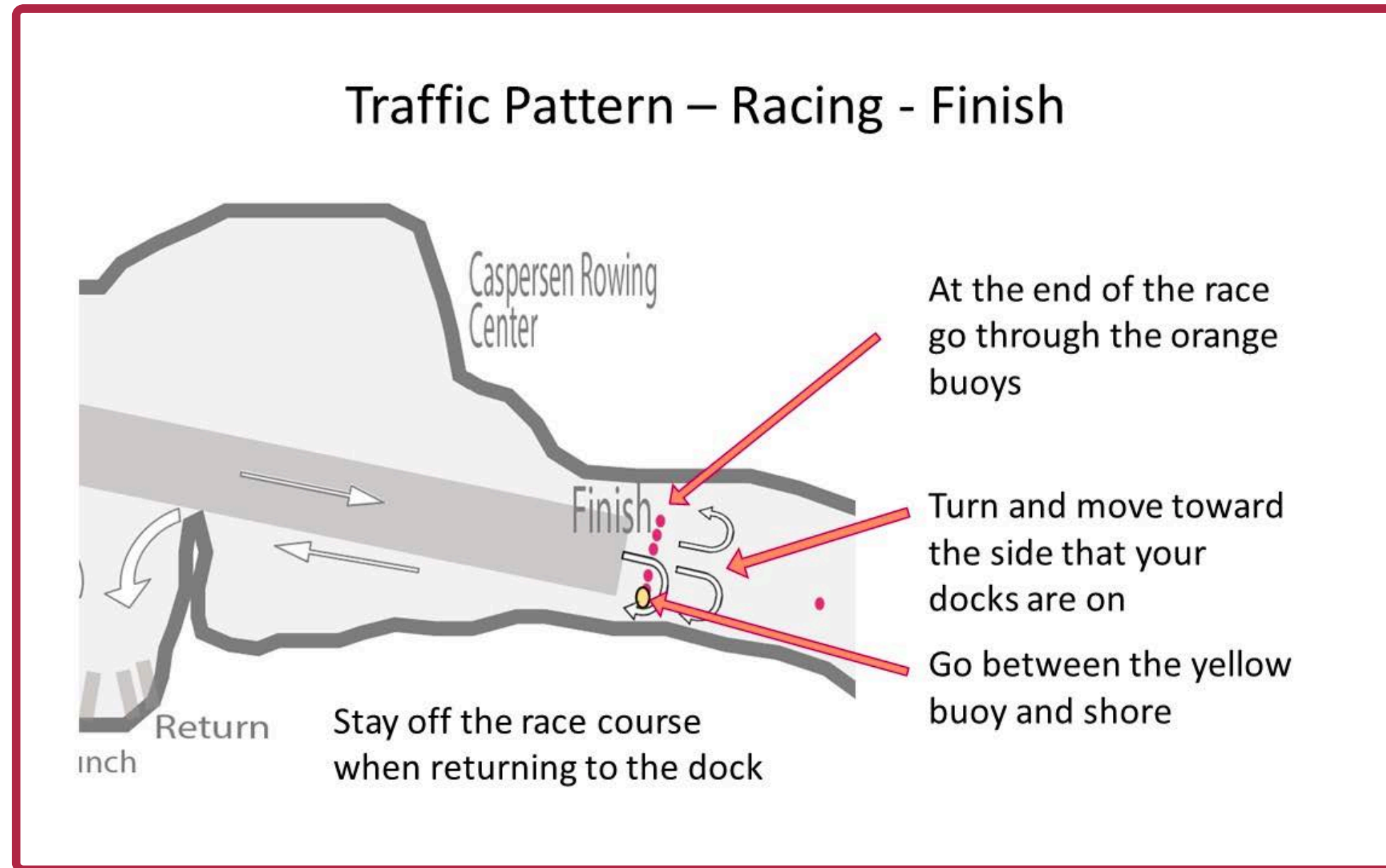


Traffic Pattern: Sprint Racing

Regatta Race Traffic Pattern



Returning to the Docks



When finishing the race, all crews must go through line of orange buoys!

Go between the yellow buoy and shore. Stay off the race course when returning to the dock



On Land

- Time trial bow numbers will be given to coaches in the bow packets.
- Sprint racing bow numbers will be picked up at Control Commission.
- Coxswains, you need to know the event number and time of your race.
- Caspersen Rowing Center crews will need to pick up bow numbers in the morning from Control Commission.
- Return all bow numbers to the volunteers at the Recovery Dock.
- Hot Seating: **Racing will not be delayed to accommodate hot seating of equipment or athletes.** If you have a concern about a quick turnaround, please inform Control Commission **in advance of your race time.**
- Each program is responsible for ensuring its athletes are on-site and prepared to race at their scheduled start times, including when schedule adjustments are made due to weather.



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.
- **Warm Up**
 - Follow the Traffic Pattern - know what it is each day.
 - Do not row beyond the warm-up buoys - the start marshals will NOT come looking for you at race time.
- **Time Trial Starts**
 - Please be in the starting area 10 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; Referees may ask you to yield.
 - 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**

- If directed by the starter, you may enter your lane.
- If you have to turn in your lane to attach to stakeboats, do it close to the stakeboat - know how to scull your point once attached to the stakeboat
- 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”**
 - **Red light will come on**
 - **Red light goes off**
 - **Green light comes on, and a simultaneous tone which indicates the start.**
- 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 or 20 sec.
- 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**

- Chase Official 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 a horn
- The large orange buoys are 20 meters beyond the finish line. Row through them before making any turns.
- Any / all objections must be raised on the water, before the referee displays the white flag to the finish tent.
- 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.
- You will need to submit the protest in writing. The written protest is due within 1 hour along \$50. Protests should be submitted to the Chief Judge or Chief Referee. Rule 2-604 thru 2-606, USRowing Rules of Racing 2026



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 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.



Safety on the Venue - Evacuation Plan

In the event of an emergency situation requiring the evacuation of the rowing course:

- **ALL LAUNCHING WILL STOP**
- Control Commission will **open launch docks for recovery as needed**
- The Chief Referee or Regatta Director will make the decision if docks on both sides of the lake should be used to evacuate crews. **Crews on water will be directed to the safest recovery point by Referees on the water.**
- The Starter shall be responsible to ensure that the starting platform and warm-up area are evacuated. **All Referees on the water shall assist in escorting crews to safety and clearing the course.**



Safety on the Venue - Medical Aid

- **On Land**

- EMS units will be located at the Boathouse and the Marina Building

- **On Water**

- 15 Official launches, including 4 marshals and 1 lifeguard.
- If someone in your crew needs medical attention on the water, flag down the nearest official for assistance.





Venue Information

- **Team Tents** - Tents can be set up starting Friday morning, Teams that would like a tent in the spectator area must register for a spot.
- **Spectator Parking** - All spectators must park in the designated parking area indicated in brown on the Event Venue Map. Parking is \$10 per car, per day.
- **Team Bus Parking** - Team Vans may park in the “West Picnic” lot. Team Buses may **NOT** enter the parking lot area and must drop off athletes on Paxson Ave next to the boat trailer field. After dropping off athletes, buses must park in the designated parking area as indicated on the Event Venue map.
- **Boat Trailers** - may arrive at the venue no earlier than noon on Friday.
 - Trailers can park in the designated grass lot indicated in green on the Event Venue map



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.
- New 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.



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 Mid-Atlantic Youth Championships home page.
- For more information please contact: **community@usrowing.org**



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.



Deadline Reminders

- **Late Registration Period**

- **Opened:** May 5, 2026 @ 12:00 PM EDT (noon)
- **Closes:** May 6, 2026 @ 12:00 PM EDT (noon)



- For real-time regatta updates, scan the QR Code below and **text #MA26 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:

Jake Robinson

Competition Associate

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