

# 2026 USRowing Northeast Youth Championships

## Athlete and Coaches Pre-Regatta Meeting



**May 12, 2026 - 7:00pm EDT**



# 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



# Welcome & Introductions

**USRowing is excited to welcome everyone to the 2026 USRowing  
Northeast Youth Championships on May 16-17  
in West Windsor, NJ.**

**USRowing:** Jake Robinson, Meg Gaba, and Matt Collins

**LOC:** Kris Grudt and Eboni Harris

**Chief Referee:** Susan Schmidt

**Deputy Chief Referee:** Steve Bohler



# 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 15, 2026. If a team needs special arrangements, please contact [krisgrudt@rowpnra.org](mailto:krisgrudt@rowpnra.org).

- **USRowing Registration**

- Registration is located in the tent by the launch docks
  - Friday, May 15, 12:00 pm - 6:00 p.m.
  - Saturday, May 16, 6:30am - End of racing
  - Sunday, May 17, 6:30am - End of racing

- **Practice**

- Friday, May 15, 3:00 p.m. - 6:30 p.m. ET
- Launch docks will shut down at 6:00 p.m



# Pre Arrival Checklist

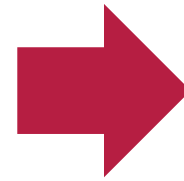
- 1. Have you reviewed the USRowing Code of Conduct?**
- 2. Have you reviewed the event entry packet?**
- 3. Are your athletes up to date on their USRowing memberships?**
- 4. Are your athletes, coaches, and support staff compliant with their SafeSport training requirements?**
- 5. Are your coaches/support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

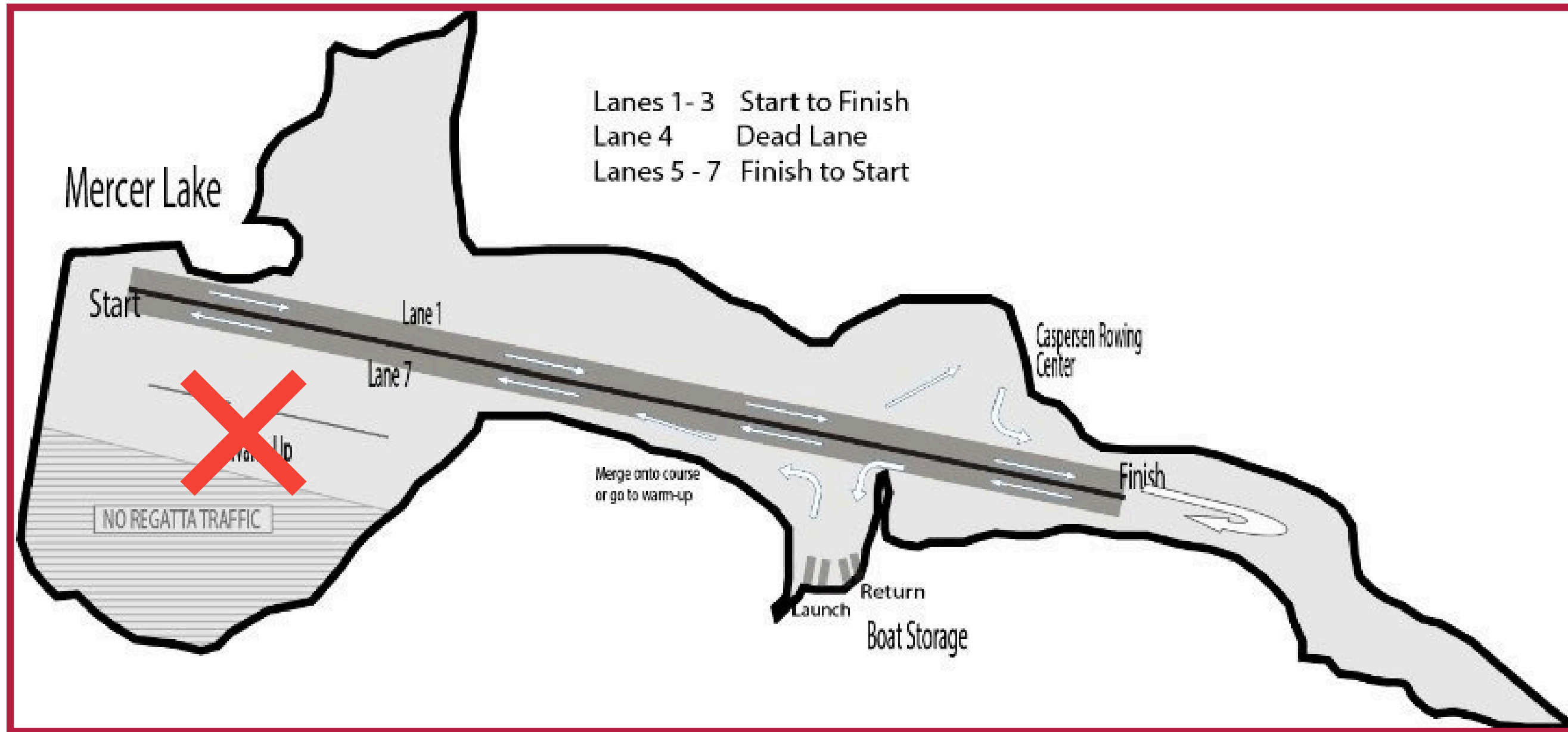
- Referee Introductions
  - Referees from the Northeast, Mid-Atlantic, Southeast, and Southwest.
  - The Referees are here for everyone's safety and fairness.

# 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



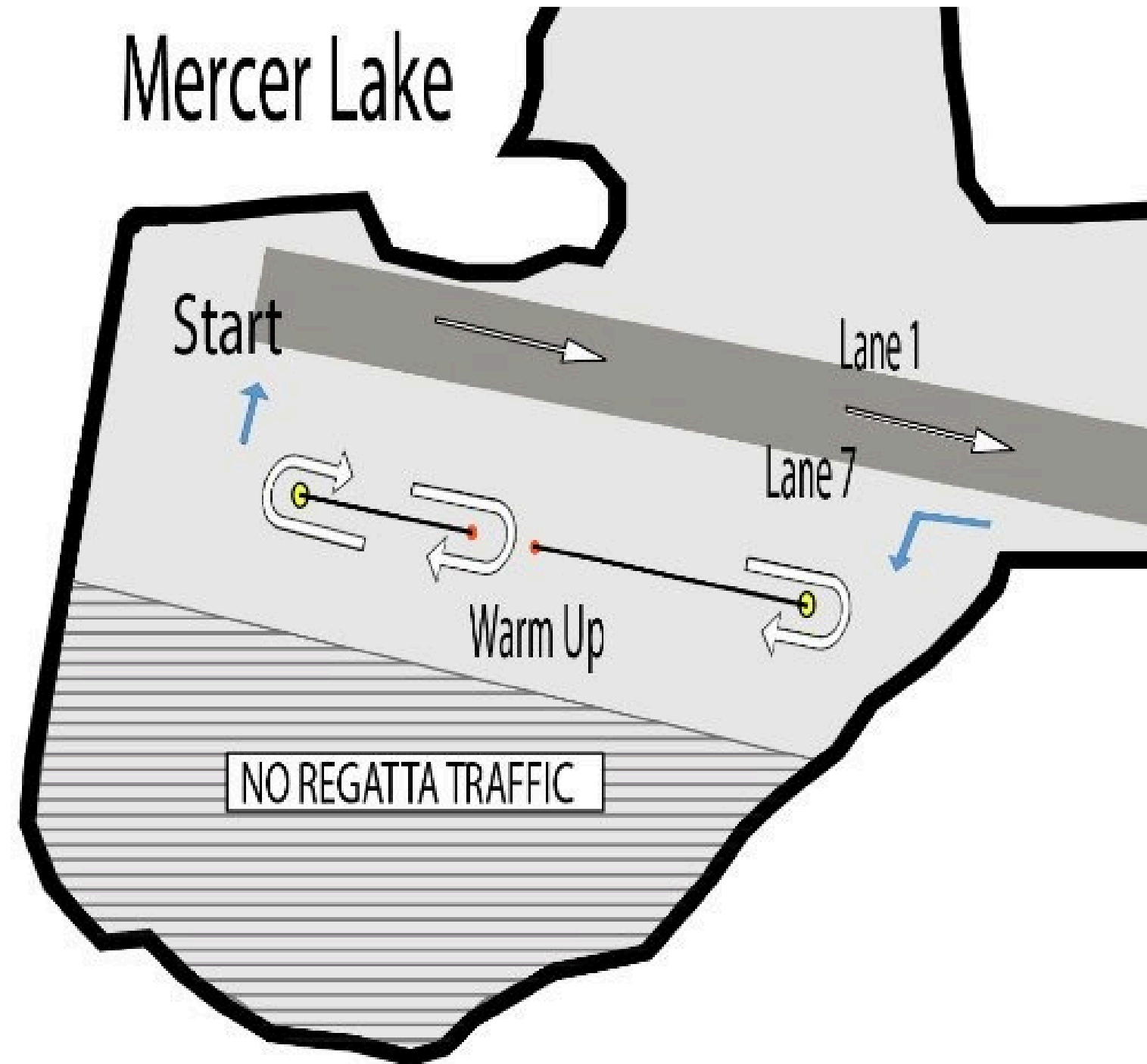
# Traffic Pattern: Race Warm-Up

**Follow the clockwise traffic pattern.**

**Stay near warm-up line.**

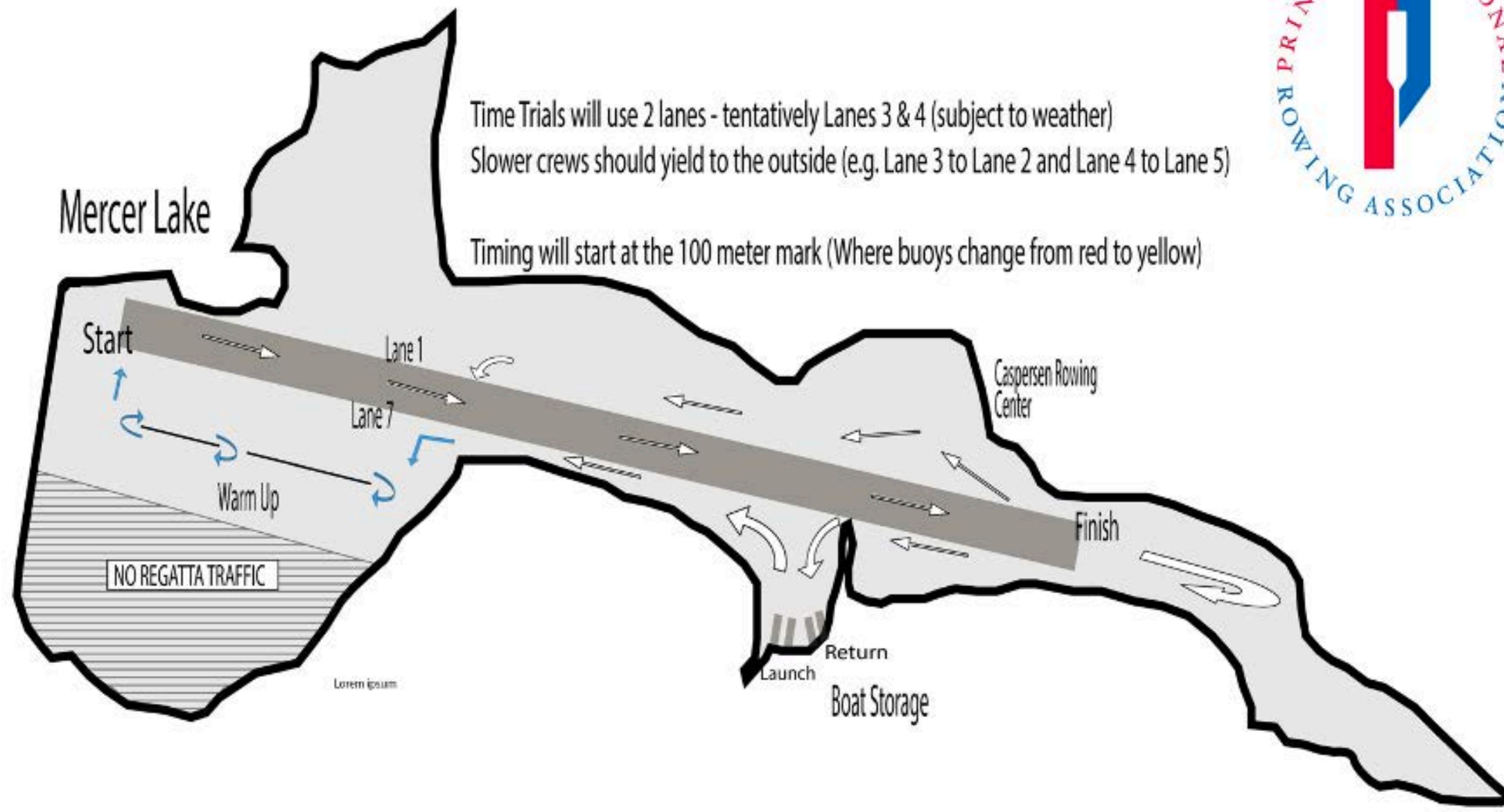
**Do NOT enter the No Regatta Traffic zone.**

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

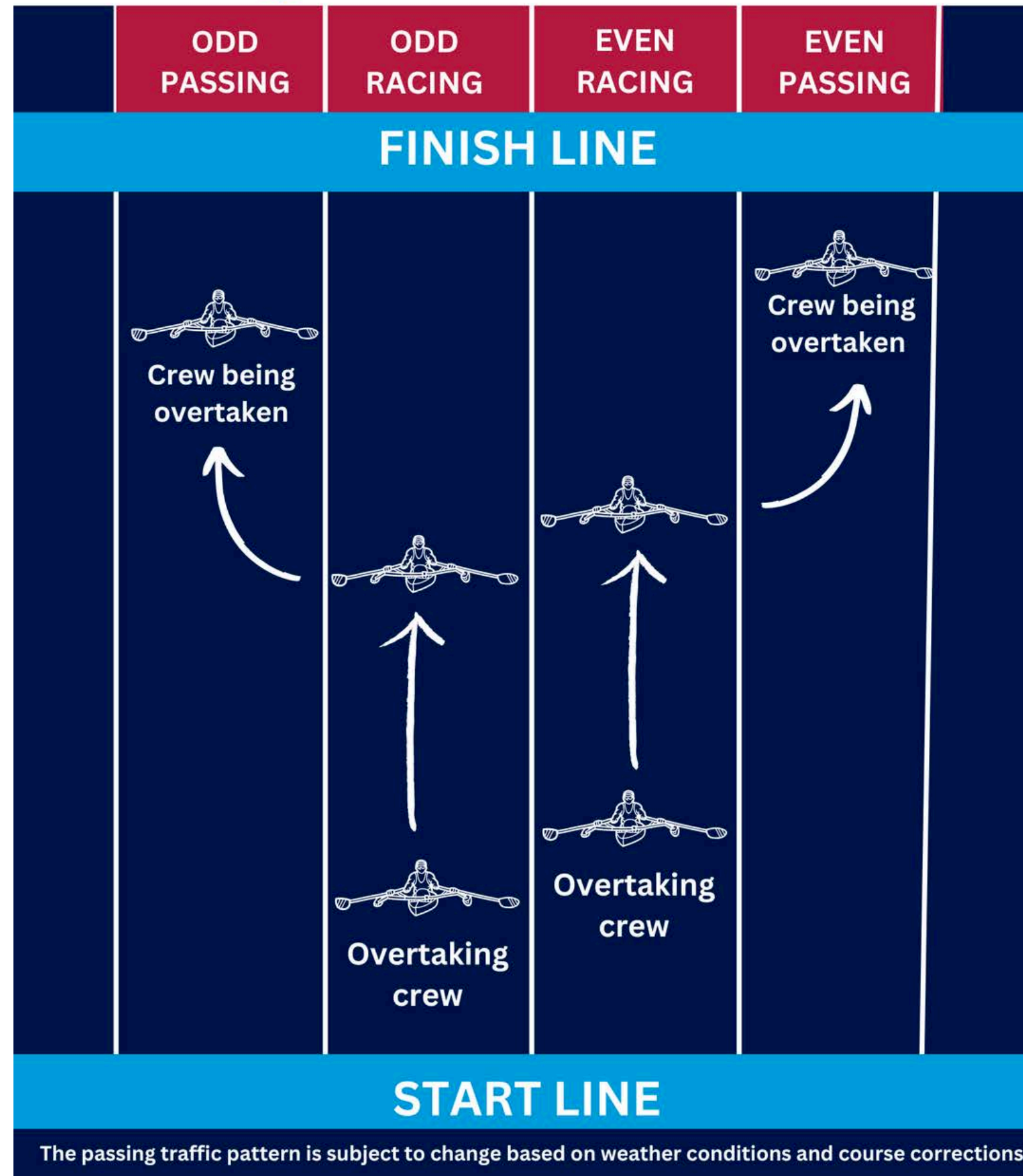


# Traffic Pattern: Time Trial

## Regatta Time Trial Race Traffic Pattern

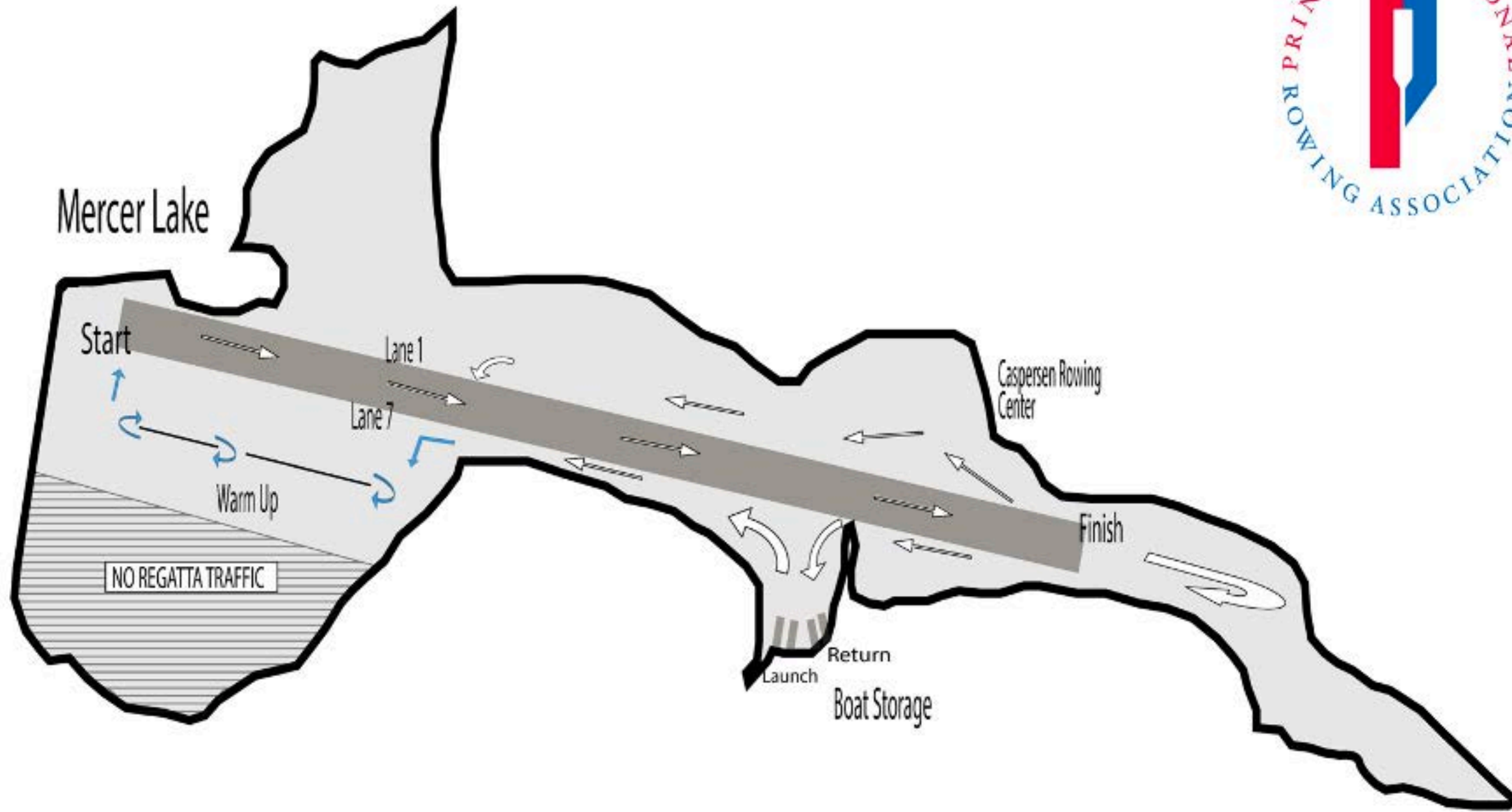


# Time Trial Passing Procedure

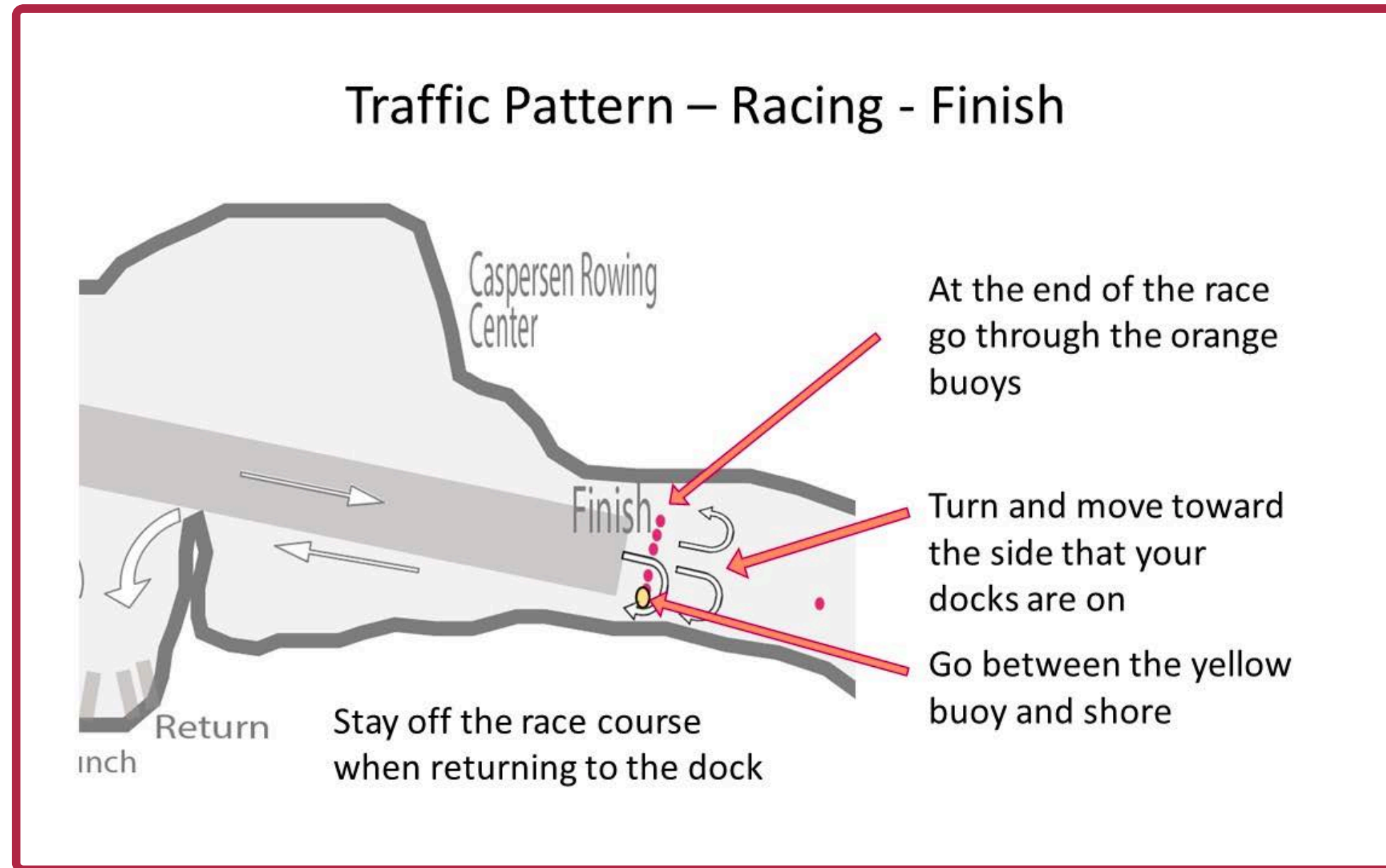


# Traffic Pattern: Sprint Racing

## 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**



# Launching & Landing

- Time trial bow numbers will be given to coaches in your registration packets.
- Sprint racing bow numbers will be picked up at Control Commission.
- Know your **event number, time** and **bow number** when you launch.
- 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.**



# On Water

Follow all instructions from Referees when your crew is on the water.

When rowing in the proximity of the racecourse:

- Do not row past an active race. Stop, wait for the race to pass, then proceed.
- No power practice strokes alongside an active race.
- Stay alert in the Start Line area: stay away from the aligning line of sight and Referee traffic
- After your race, stay clear of the finish line. When returning to the recovery dock, pass quickly through the finish area. Do not pass through the finish area during an active race

## WARM UP

Follow the Traffic Pattern - know what it is each day.

Do not row outside of the posted warm up area. Start Marshals will **NOT** come to find you for your race.



# Time Trials

## TIME TRIALS – START AREA

- Please be in the starting area and ready to race at least 10 min before your event time.
- Time Trial bow numbers are sequential. Once in the start area, sort yourself into order with the crews around you and await instructions from the Start Marshal.

## TIME TRIALS – THE RACE

- The Start Marshal will instruct you to move into your racing lane, close to the starting platform. The Referee at the Start will indicate when you should begin your time trial, leaving appropriate spacing between each crew.
- **Your official race time will begin at the 100-meter mark.** Use this 100m approach to get up to racing speed.
- Referees will be staggered along the course for safety and to monitor fairness.
- **Yield to the outside lane next to you if being overtaken.** Referees may ask you to yield. **Return to your racing lane** after yielding to the crew.
- If you feel that your opportunity for a fair race was compromised, raise your hand to object and speak to the Finish Marshal on the water.



# Sprint Racing - The Start

It is your responsibility to be in the Start Area 10 minutes prior to your race time. When instructed, enter the racecourse and lock onto your stakeboat. **You must know in advance** how to:

- **Execute a tight spin** in your racing lane and back into your stakeboat
- **Scull your boat** while locked on to maintain your racing point

Boats unable to lock onto their stakeboats before the 2-minute time call may receive a warning from the Starter. Crews arriving after their posted race time may be excluded from racing.

**This racecourse utilizes a lights system at the Start.** Following the polling of the crews by the Starter, the start sequence will be:

- The Starter will say ***“Attention”***
- The light system will be armed with a **red light**
- There will be a brief but variable pause
- The **green light will illuminate and a beep will sound**, indicating the start of the race.

**If you do not feel ready to race, do not row.** If you leave the Start area you can no longer object to the Start.

Know the **Rules of Rowing at the Start** (Rules 2-300 thru 2-311). These include procedures for:

- Alignment
- Starting Commands, including the use of a Quick Start at the discretion of the Starter
- False Starts
- Broken Equipment / Breakage (100m)



# Sprint Racing - The Race

- Your Race will be followed by two Referees. **Observe and follow any instructions** that the Following Referees may issue to your crew.
- **It is your responsibility to maintain a safe racing line.** If you deviate from your racing line or impede the progress of another crew, the Following Referee may direct your crew using a white flag and audible commands.
- At the Finish Line, you will hear a horn indicating that your race has concluded. Row through the large orange buoys after the finish line before making any turns. Be aware of other crews crossing the finish line with your race.
- After your race, **stay clear of the finish line.** When returning to the recovery dock, pass quickly through the finish area. Do not pass through the finish area during an active race.



# Sprint Racing - Objections

If you feel that your opportunity for a fair race was compromised, raise your hand and get the attention of the Following Referee. **All objections must be raised on the water.** Once your crew leaves the finish line area you can no longer object to the race.

If you object to your race, the Referee will want to know:

- What happened to you
- What impact the incident had on your race
- The resolution you are seeking

The Referee will make a determination regarding your objection on the water and communicate their decision to you.

If you do not agree with the Referee's determination, you may **submit a written protest**, on land, within 1 hour of the race's finish time. **Your protest must be submitted in writing, along with \$50, to the Chief Judge or Chief Referee.** Please notify the Following Referee if you plan to submit a written protest of their determination.



# 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

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

## On Water

- 15 Official launches, including 4 marshals and one 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 Northeast 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.



- For real-time regatta updates, scan the QR Code below and **text #NE26 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**

**[Jacob.Robinson@usrowing.org](mailto:Jacob.Robinson@usrowing.org)**