

# 2026 USRowing Northwest Youth Championships Athletes and Coaches Pre-Regatta Meeting

# USRowing

May 12, 2026 - 7:00pm PDT



# Welcome & Introductions

**USRowing is excited to welcome everyone to the 2026 USRowing Northwest Youth Championships on May 15-17 in Vancouver, WA.**

**USRowing: Jake Robinson & Meg Gaba**

**LOC: Conor Bullis**

**Chief Referee: Rachel Le Mieux**

**Deputy Chief Referee: Dorothy Kim**



# 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**

- Wednesday May 13: **BY APPOINTMENT REQUEST ONLY**
- Thursday May 14: 12:00 pm – 8:00 pm **(the park will be locked at dusk, trailer may not enter after dusk)**
- Friday May 15: 6:30 am – 9:30 am

- **USRowing Registration**

- Registration is located by the finish line tent
  - Thursday, May 14, 1:00 p.m. – 6:00 p.m.
  - Friday, May 15, 6:30am – End of racing
  - Saturday, May 16, 6:30am – End of racing
  - Sunday, May 17, 6:30am – End of racing

- **Practice**

- Practice will not be available at the 2026 USRowing Northwest Youth Championships.



# Pre Arrival Checklist

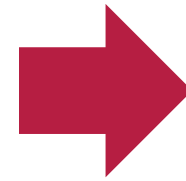
- 1. Have you reviewed the USRowing Code of Conduct?**
- 2. Have you reviewed the event entry packet?**
- 3. Are your athletes up to date on their USRowing memberships?**
- 4. Are your athletes, coaches, and support staff compliant with their SafeSport training requirements?**
- 5. Are your coaches/support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

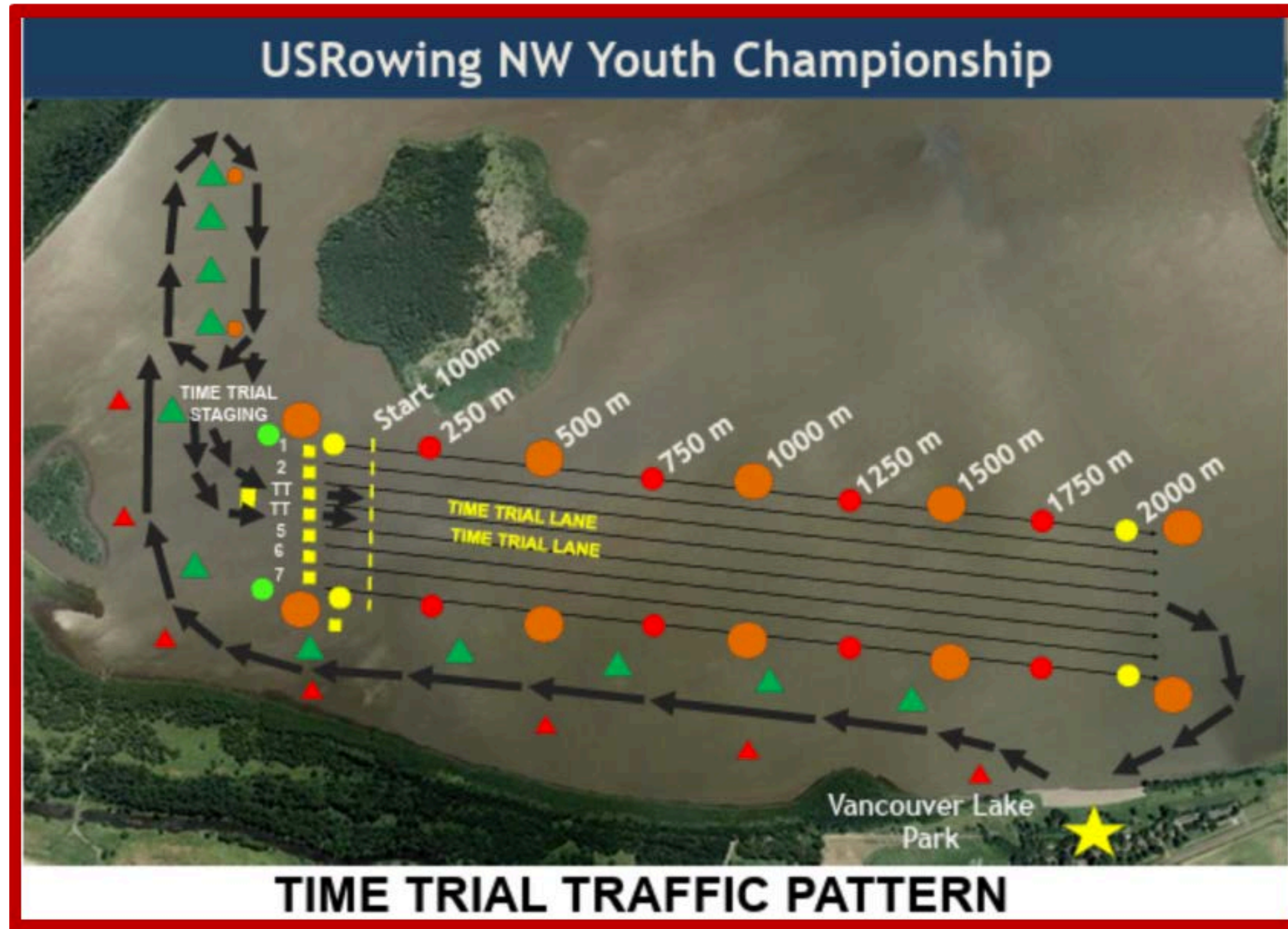
- Referee Introductions
  - Referees from the Northwest, Southwest, & Canada.
  - The Referees are here for everyone's safety and fairness.

# USRowing Rules of Rowing

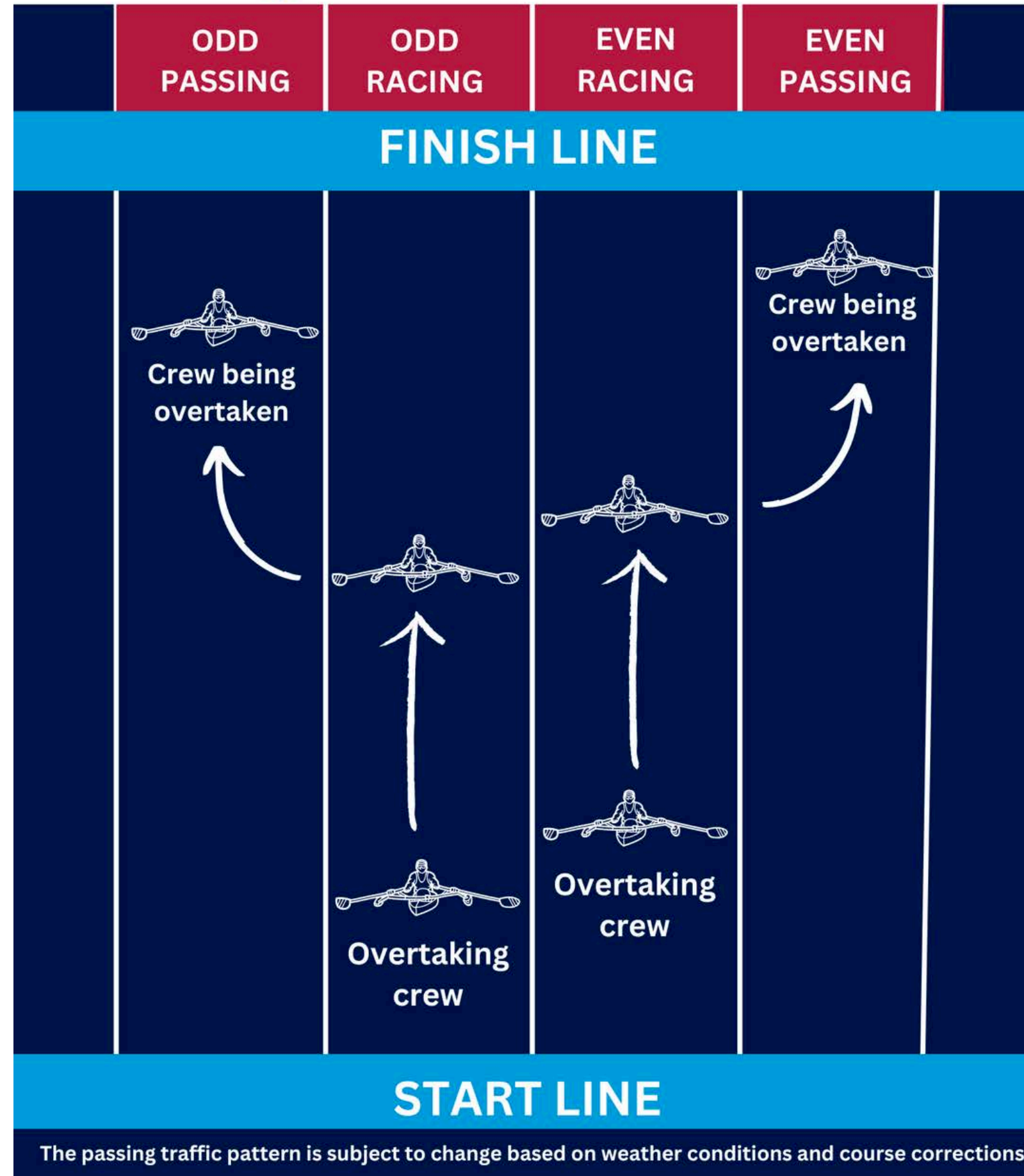
- It is your responsibility to know and understand the 2026 USRowing Rules of Rowing.
- Have your equipment prepared in advance of launching. You will not be permitted to launch without:
  - Bow Balls firmly attached (rule 3-105)
  - Heels tied to no more than 3" (rule 3-108)
- Know your event number 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.



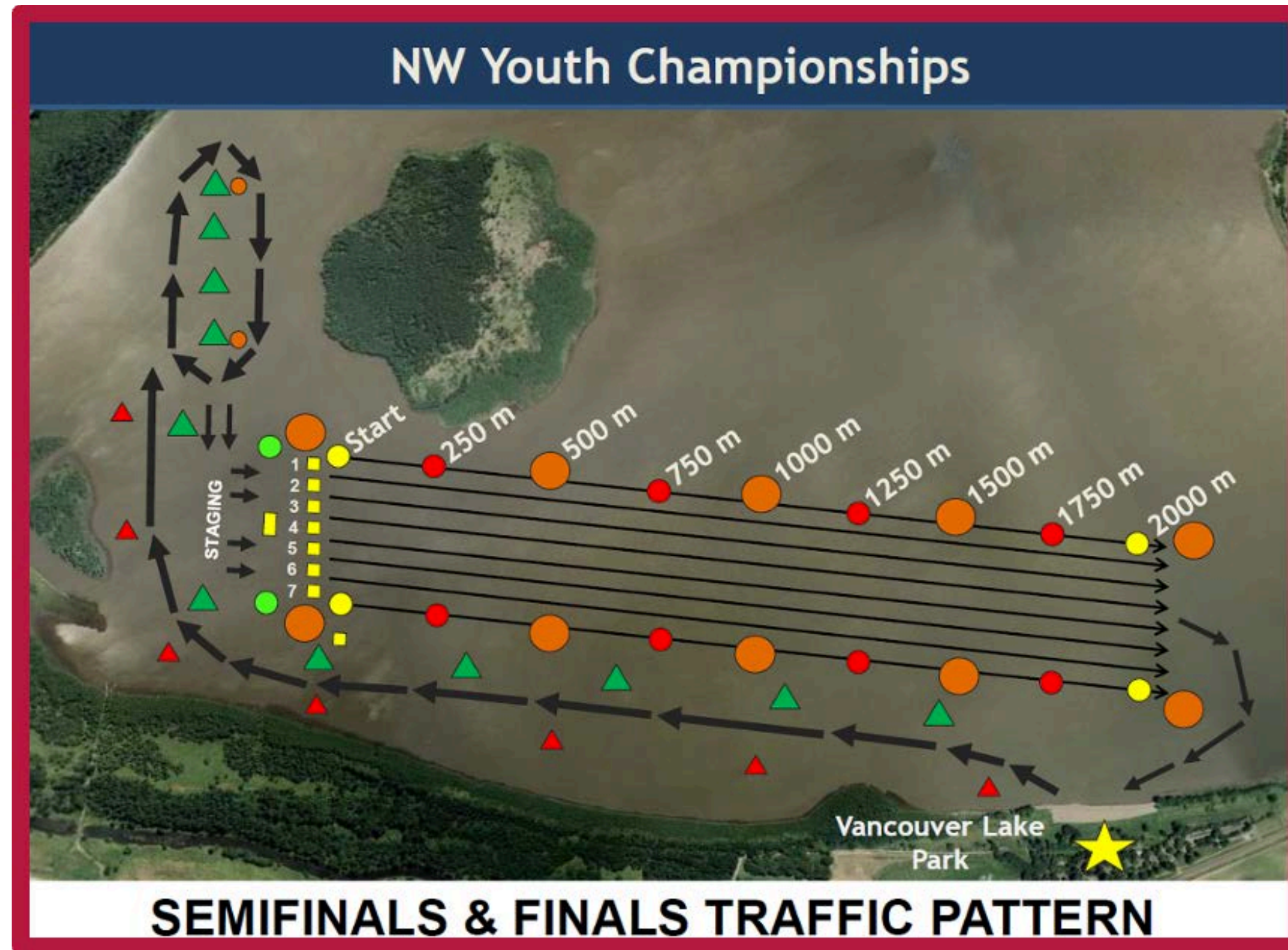
# Traffic Pattern: Time Trial



# Time Trial Passing Procedure



# Traffic Pattern: Sprint Racing



# On Land

- **Control Commission**

- Know your event, heat, and bow number
- Safety checks
- Time trial bow numbers issued at registration.
- Sprint racing bow numbers picked up at launch.
- Recommended launch time before first race is 45 minutes.

- **Beach Marshal**

- Follow their directions
- Beach launch – watch your skeg
- Return bow numbers when recovering

- Coaches - Check with Control for hot seating requests and arrangements.



# On water - Pre-Race

- **Pre-Race**

- In proximity of the course
- Stop rowing as a race passes by you.
- Do not cross in front of the aligner.

- **Warm Up**

- Follow the Traffic Pattern - know what it is each day.
- Listen to the start marshals.
- Do not row beyond the warm-up.



# On water - Time Trial

- **Time Trial**

- Be in the starting area 10 minutes before your event time.
  - Get into bow number order – marshals will help you
- The start line is at 100m
  - Use the first 100m to get up to speed.
- Racing lanes will be 3 and 4 (subject to change based on conditions)
- If you are being overtaken you must yield to the outside
  - If you are in lane 3 move to lane 2; if you are in lane 4 move to lane 5



# On water - Head-to-Head Racing

- **Head-to-Head Racing**

- As directed by the Starter, you may enter your lane after the start of the prior race.
- Starter will count down to 2 minutes.
- **You must be locked on 2 minutes prior to your race; failure to be locked on will result in a warning.**
- The race may Start at any time after the 2 minute notice.
- Once polling has begun, hands will not be recognized by the Starter.
  - Crews will be polled in a steady cadence, then **"Attention"**, then Red flag raised, variable pause, **"Go"** along with dropping the Red flag.
  - If the Starter is interrupted, crews will hear **"As you were"** and the flag is slowly lowered.
- What to do if you aren't ready – don't row.
- If you leave the start, you accept the start.
- Breakage zone is 100M, at the end of the red buoys.
- Quick start – will be announced by the Starter, No polling of the crews.



# On water - Head-to-Head Racing Cont.

- **Head-to-Head Racing**

- Chase Officials will move behind the boats and use the white flag to direct you.

- Finish

- Hear a horn

- Row through the finish

- **Any / all objections must be raised on the water,** before the referee displays the white flag.

Please have one person raise their hand at the finish and talk to the Referee.

- **What happened to you and where the incident occurred on the course.**

- **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.

Protests - In writing within 1 hour after landing along with \$50 to the Chief Referee or Deputy Chief Referee at Registration.



# On water - Finish

- **Post Race**

- Follow the directions from Referee/Marshal.
- On return, row past the finish to land.
  - Do **NOT** stop on the finish line.

Return your bow number to the beach marshal



# 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.**



# Venue Information

- Parking is \$5 a day - Please bring cash to speed up the process. Trailer Lot Permits **DO NOT** cover the fee.
- Please be mindful and park tight together in the Trailer Parking Lot.
- Please ask your teams to leave your dogs at home.
- Spectator parking available in the Overflow Parking lot.
- Team may set up a few 10x10s in their boat areas, but anything larger should be in the Team Tent area by the shelter.
- Keep your boat storage areas compact so that there is plenty of room for all teams.





# Safety on Venue - Evacuation Plan

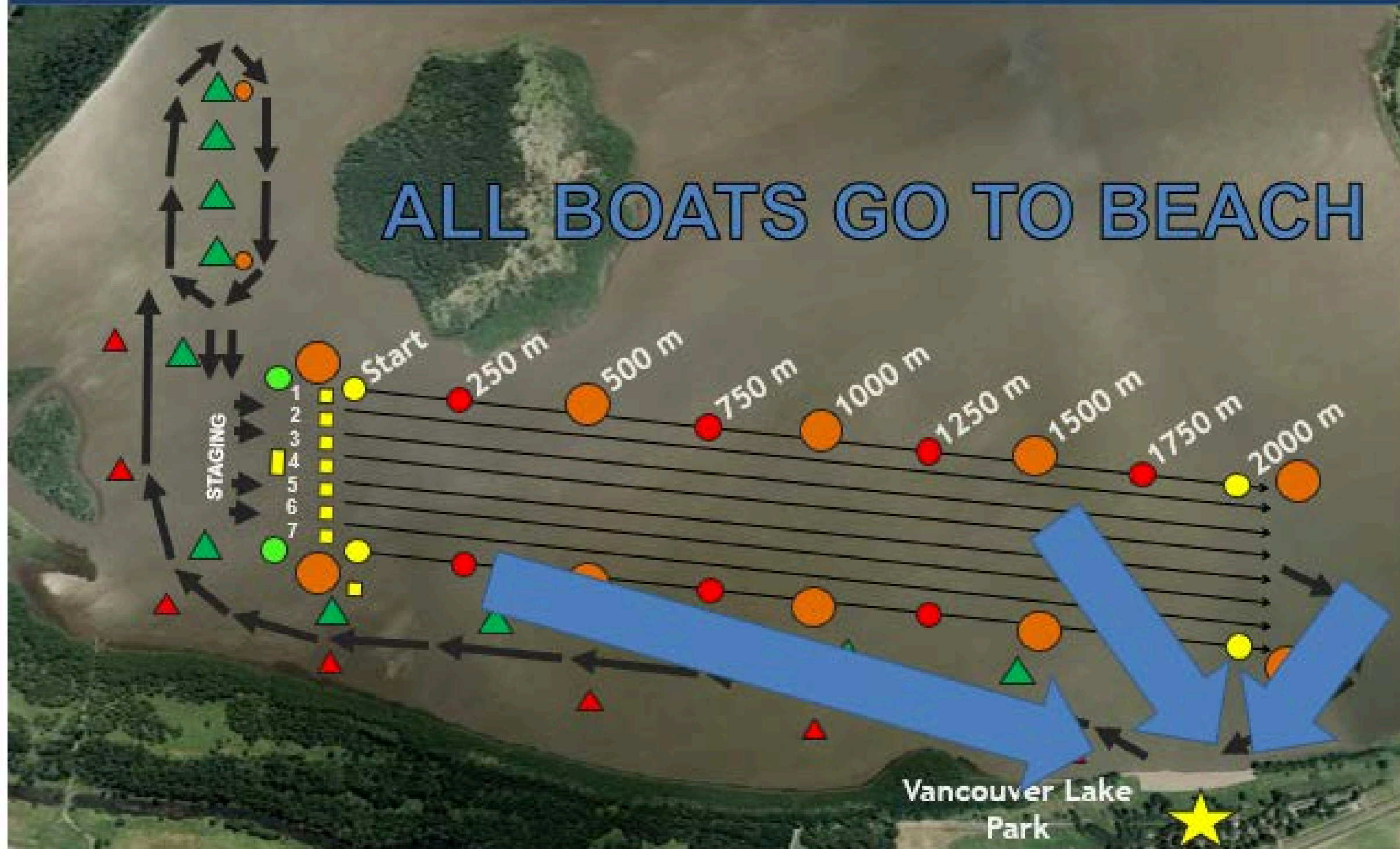
## Emergency Action Plan

### PVRA Race Course/Vancouver Lake Regional Park

- 1. Call 911**
2. Instruct EMS personnel to “report to the beach at Vancouver Lake Regional Park.” **Location: 6801 NW Lower River Rd, Vancouver, WA (see map)**
3. Provide necessary information to EMS personnel
  - Name and telephone number of caller
  - Number of victims, condition of victim
  - First-aid treatment initiated
  - Other information as requested by dispatcher
4. Once EMS has been called inform PVRA Regatta Director and Chief Referee
5. Once EMS has been called, send someone to stand at the entrance to the park.
6. Provide appropriate emergency care until the arrival of EM personnel: on arrival of EMS personnel, provide pertinent information (method of injury, vital signs, treatment rendered, medical history) and assist as requested by EMS personnel.



# USRowing NW Youth Championship



## WATER EVACUATION PLAN



# Heat Safety Guidelines & Inclement Weather Information

- USRowing, the Chief Referee, Northwest Youth Council Representatives and Local Organizing Committee will work together to monitor the weather continuously during the regatta.
- 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.



# 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.



# 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 Northwest Youth Championships home page.
- For more information please contact: **[community@usrowing.org](mailto:community@usrowing.org)**



# Volunteer Requirements

- **The Local Organizing Committee requests each club to provide a minimum of 2 volunteers each day. Without volunteers these regattas can not be run successfully.**
- **Please help us by ensuring that your club provides the support our athletes need. Volunteers are provided food and drinks for their 4–6-hour shift.**
- **Local clubs, please ask that your athletes sign up to help with teardown on Saturday afternoon/evening. Thank you!**



- For real-time regatta updates, scan the QR Code below and **text #NW26 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**

[Jake.Robinson@usrowing.org](mailto:Jake.Robinson@usrowing.org)