

2026 USRowing Southeast Youth Championships Athletes and Coaches Pre-Regatta Meeting

USRowing

May 5, 2026 - 7:00pm EDT



Welcome & Introductions

USRowing is excited to welcome everyone to the 2026 USRowing Southeast Youth Championships on May 9-10 in Sarasota, FL.

USRowing: Jake Robinson & Meg Gaba

LOC: Sarah Hartz

Chief Referee: Sue Farabaugh

Deputy Chief Referee: Jon Gibbs



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**

- Trailer parking will be available on a first come first serve basis starting at 8:00 a.m. on Friday, May 8.

- **USRowing Registration**

- Registration is located in the Nathan Benderson Park building located at the north end of the primary trailer yard.
 - 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, 1:00 p.m. - 5:00 p.m. EDT
- Last launch will be at 4:30 p.m.



Pre Arrival Checklist

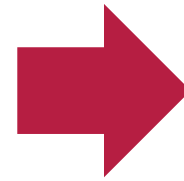
- 1. Have you reviewed the USRowing Code of Conduct?**
- 2. Have you reviewed the event entry packet?**
- 3. Are your athletes up to date on their USRowing memberships?**
- 4. Are your athletes, coaches, and support staff compliant with their SafeSport training requirements?**
- 5. Are your coaches/support 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 Southeast, Midwest, and Southwest regions.
 - 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 nearest referee without delay and we will do what we can to assist.
- Unless otherwise communicated by USRowing through official regatta communication channels, the regatta will proceed according to the posted final schedule.

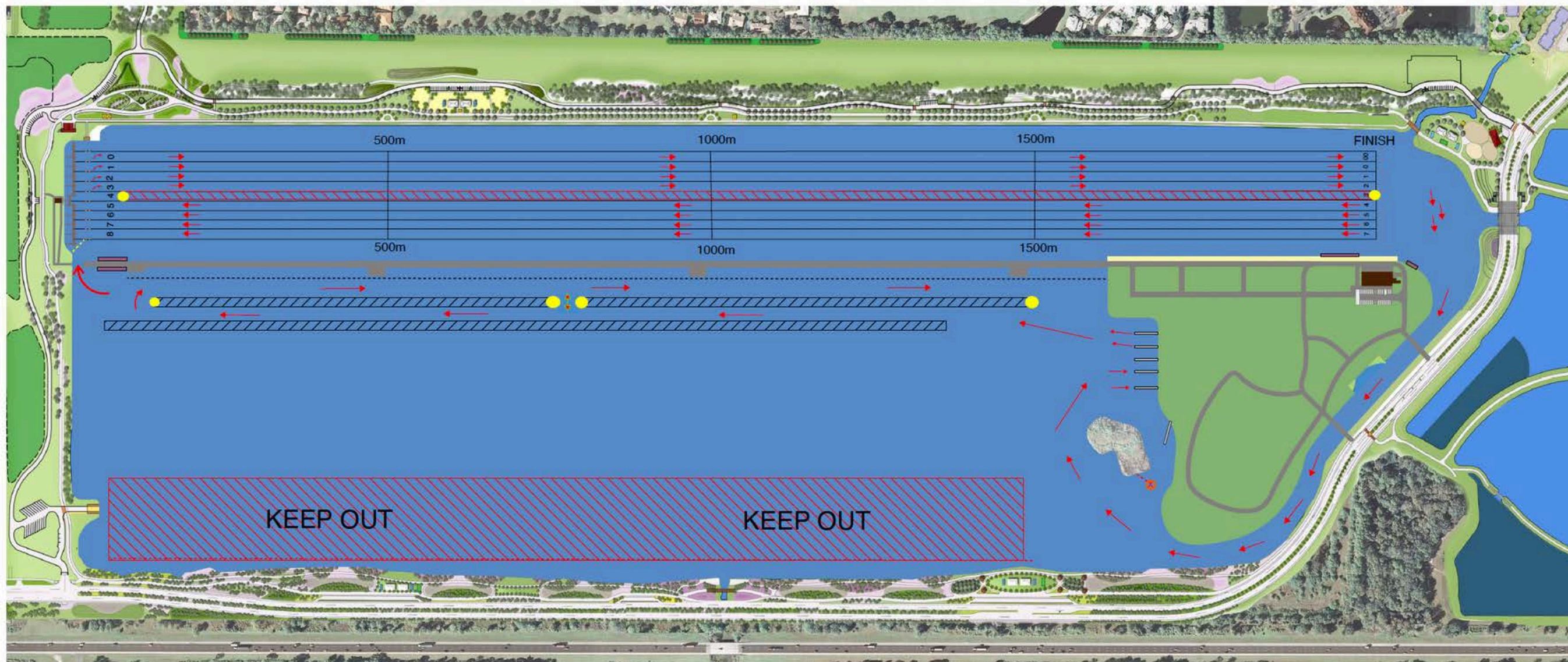


Venue & Traffic Pattern: Practice



Nathan Benderson Park

PRACTICE DAY TRAFFIC PATTERN

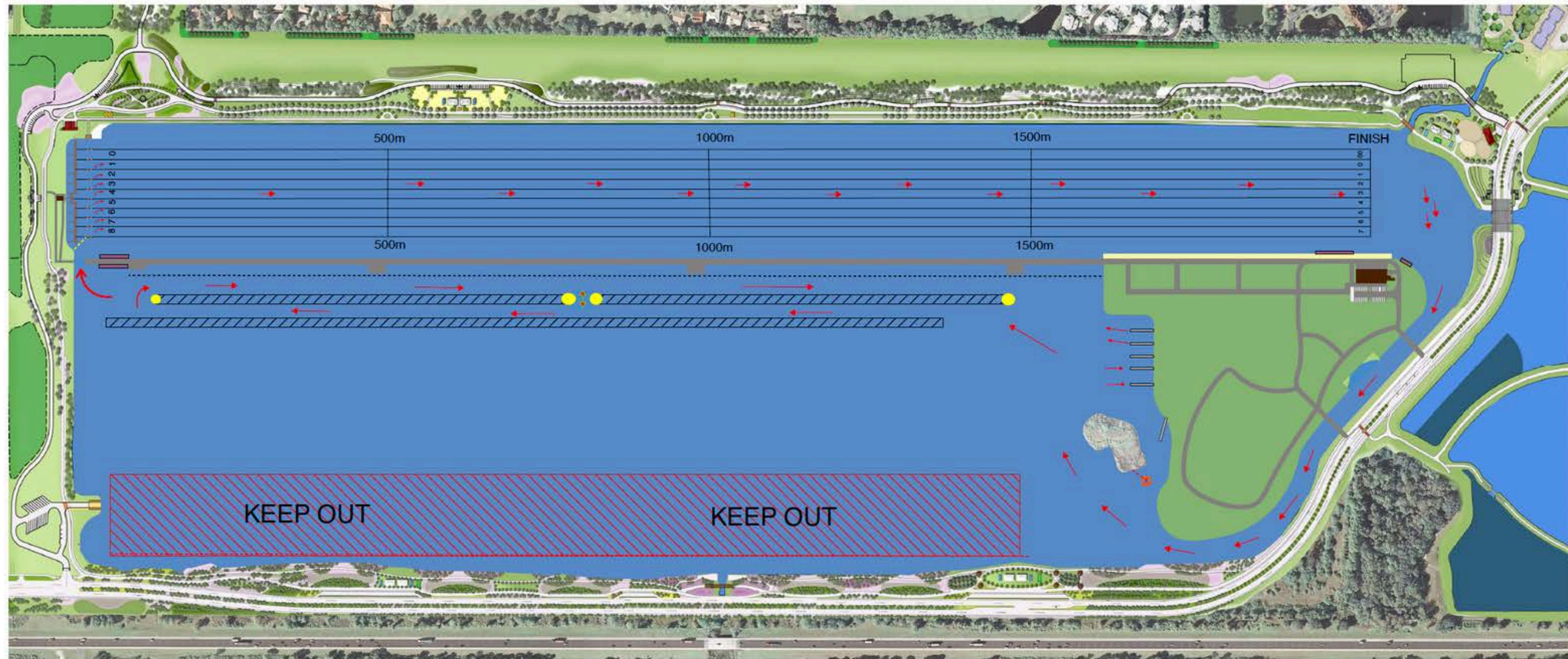


Traffic Pattern: Time Trial

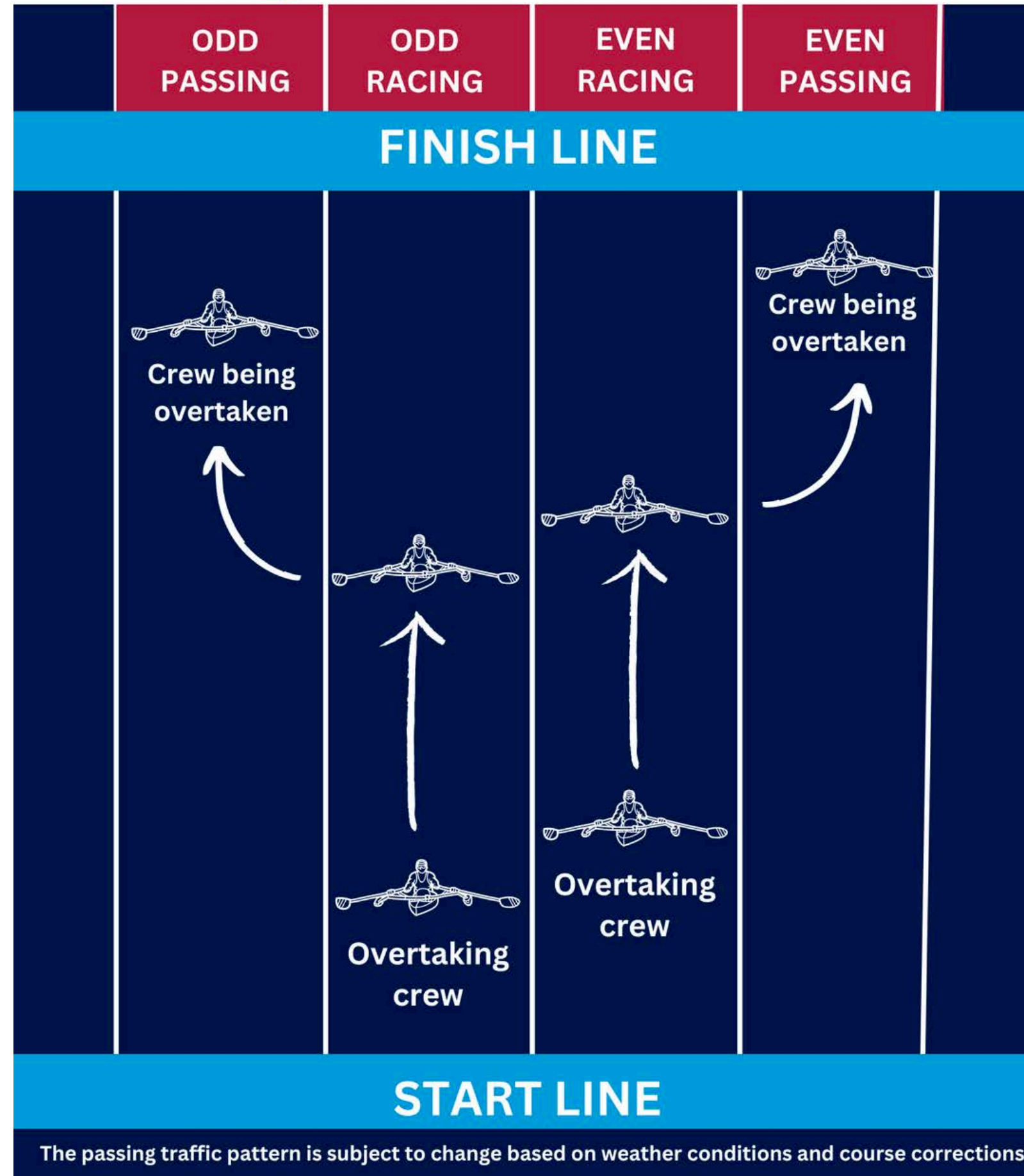


Nathan Benderson Park

TIME TRIAL TRAFFIC PATTERN



Time Trial Passing Procedure

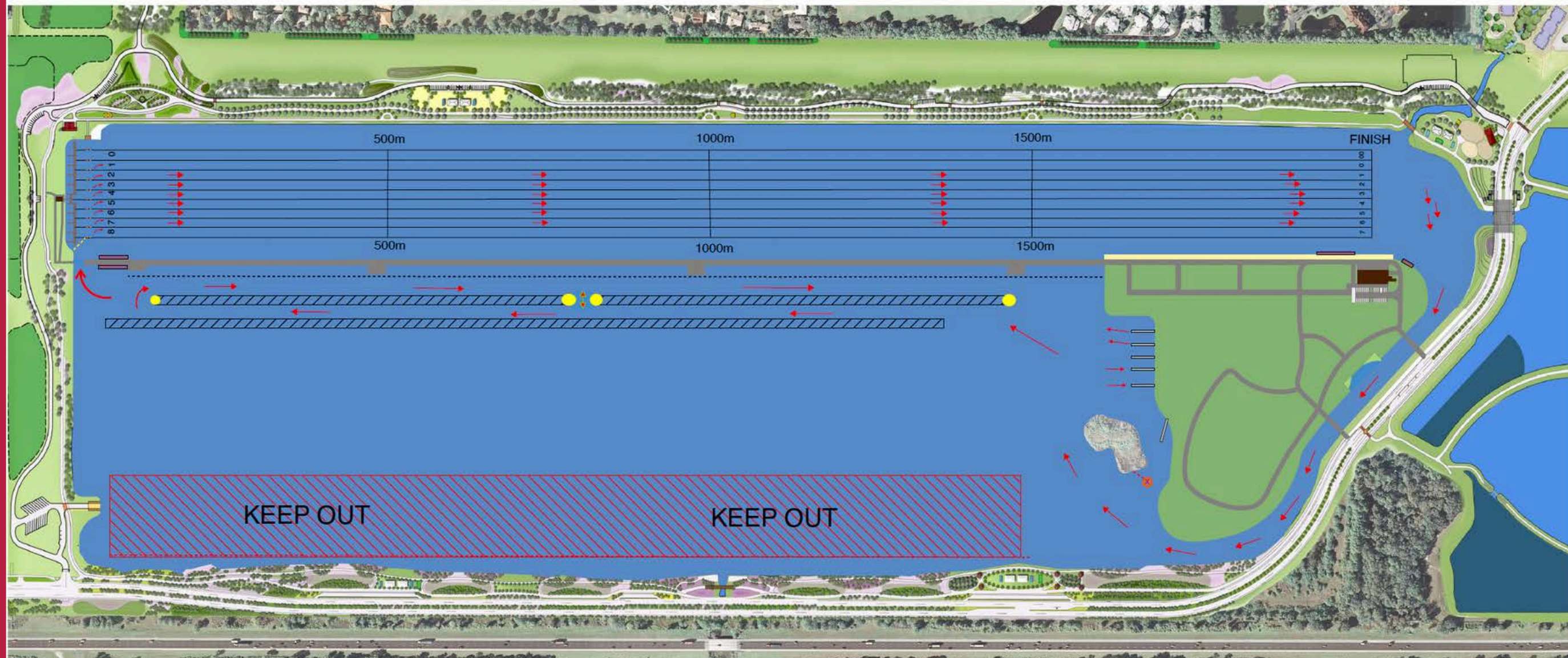


Venue & Traffic Pattern: Sprint Racing



Nathan Benderson Park

RACE DAY TRAFFIC PATTERN



Control Commission

- All athletes **MUST** have USRowing wristbands on at all times.
- Coaches will pick up time trial bow numbers at registration. Sprint racing bow numbers will be picked up at launch.
- Recommended launch time before first race is 45 minutes.
- Hot seating equipment and athletes is at your own risk. Races will not be held for hot seating crews.
 - You **MUST** check-in with a referee at Control Commission if you are planning on hot seating.
 - Middle dock is reserved for medical and hot seating.



On Water - 1

- If a referee gives you an instruction, **coxswains / bow seat must acknowledge with a hand so we know you heard us.**
- **Warm Up**
 - Follow the Traffic Pattern - know what it is each day.
 - Report to the start marshal 7 min before your event time - the start marshals will **NOT** come looking for you at race time.
- **Time Trial Starts**
 - 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.
 - Failure to yield will result in a penalty. Referees will not ask, they will direct you to yield.
 - **Note:** If a referee has to direct you to yield, expect to incur a penalty. The presumed penalty for Failure to Yield is exclusion.
 - 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**

- The start marshal on the bridge will direct crews to enter the Start Area.
- Turn your boat close to the start platform. Once attached to the stakeboat, know how to scull your bow.
- Failure to be locked on 2 minutes prior to the start of the race will result in a penalty. Failure to be locked on by the time of the race MAY result in exclusion.
- The race may Start at any time after the 2 minute notice.
- Hands will not be recognized during the Start.

- Start Light System

- Crews will be announced **"Attention"**
- Lights go **red**
- Lights go **green** with an audible noise.

- If the Starter is interrupted, crews will hear **"As you were"** and the cadence will begin again
- 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.
- If you leave the start area, you have accepted the start and can no longer object to it.
- Breakage zone is 100m.
- If any equipment breaks, stop rowing and raise your hand.
 - Jumped slides or open gates are **NOT** breakage.



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**

- Listen for the horn. Whether you hear it or not, row all the way through the large orange buoys.
- Do not sit at the finish line after your race as you will block the camera for the next finish.
- 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 when the crew reaches land, along with a \$50 fee. Submit all written protests to a Referee at Registration. Your protest will be given to the Chief Referee for investigation and resolution.



Unsportsmanlike Conduct

- A crew that engages in Unsportsmanlike conduct, witnessed by or on information deemed reliable by a Race Official, may be assessed by a Race Official with one of the penalties described in Rule 2-602 (“Types of Penalties”), regardless of whether such conduct otherwise constitutes a violation of these rules. If another Crew’s opportunity to win, place, or advance is affected by such conduct, the Race Official shall take appropriate action to restore that opportunity, pursuant to Rule 2-603 (“Restoring Opportunity of 31 Winning, Altering Results”).
- These rules apply both on and off the water.
- The presumed penalty for unsportsmanlike conduct is either exclusion or disqualification.



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 be 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 Venue - Evacuation Plan

- Evacuation of the Course

- When the announcement is made to evacuate the course, the following will occur:

1) Control Commission and the dock master will stop launching and all docks will become recovery docks.

2) Crews on the water should listen for instructions from the nearest referee as instructions may run counter to traffic patterns and alternate landing areas may be used.

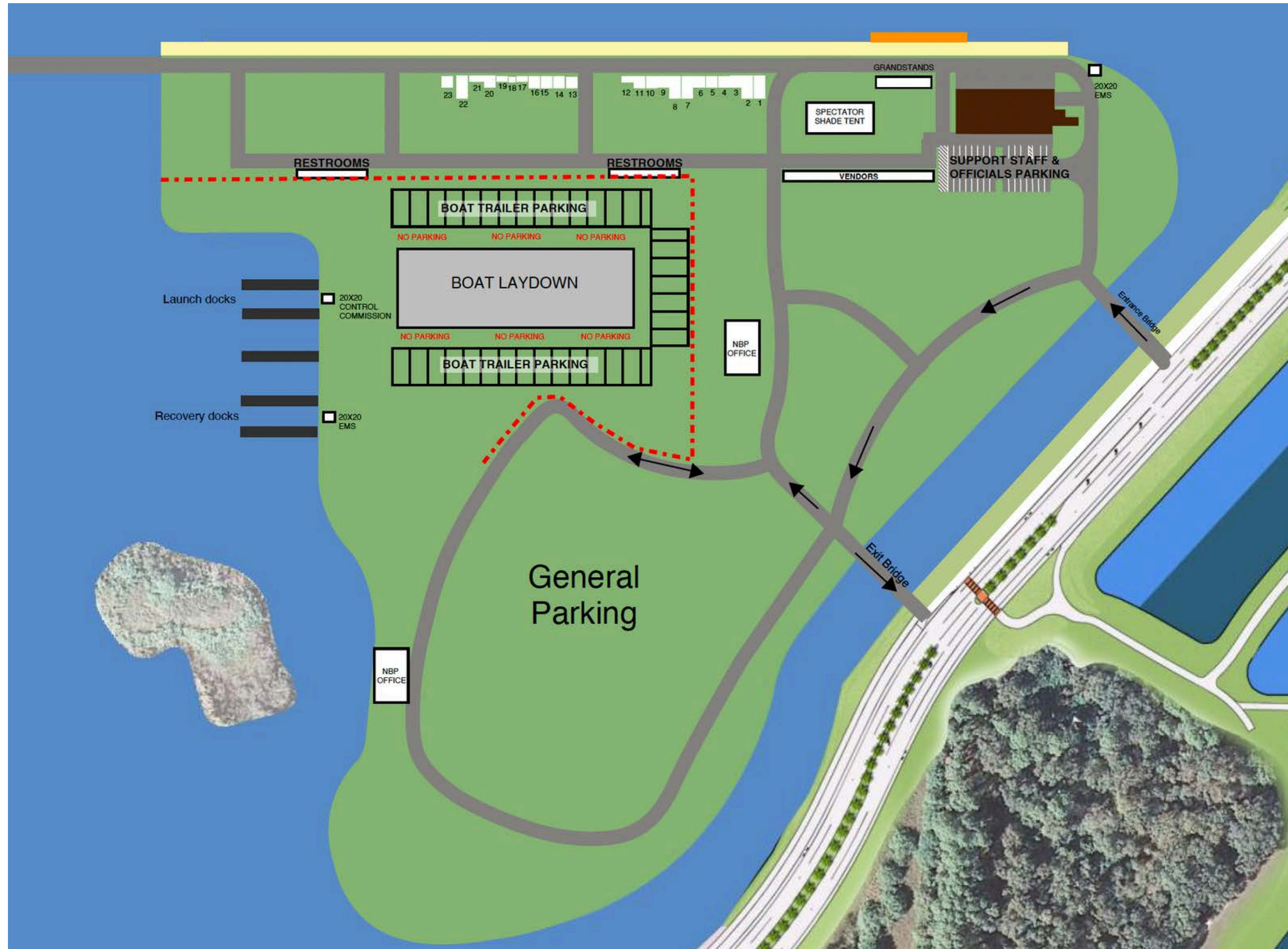


Safety on the Venue - Medical Aid

- Medical will be located at two locations
 - **Finish line tower**
 - **Launch & Recovery**
- If medical is needed on the water, notify the nearest official for assistance.



Venue Map



Spectator & Trailer Parking

- **Spectator Parking**

- Spectator parking will be available for \$15 per day, per vehicle on Regatta Island.
- Once that lot is full, overflow parking will be located just South of the Homewood Suites Hotel, a short walk from Regatta Island.

- **Trailer Parking**

- Trailers can arrive on venue at Nathan Benderson Park starting at 8:00 a.m. on Friday May 8.
- If your trailer needs to arrive at an earlier time, please contact Sarah Hartz at skupiec@nathanbendersonpark.org or 941-358-7275.
- Security personnel will be present at the venue overnight on both Friday, May 8 and Saturday, May 9.



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.



Disability Accommodation Request Form

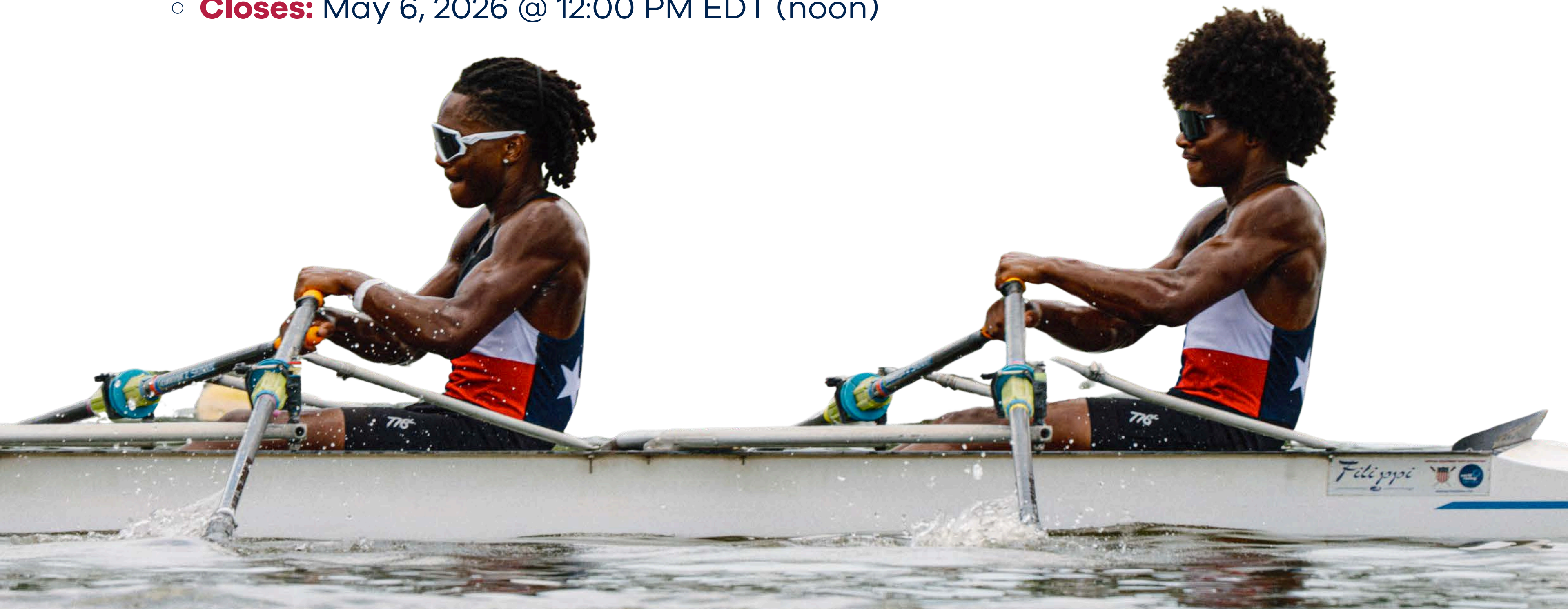
- USRowing makes every effort to follow best practices for accommodating people with disabilities at our events. We appreciate you contacting our team well in advance of the event so we can best serve you.
- The Disability Accommodation Request can be found on the USRowing Southeast Youth Championships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



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 #SE26 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