

# 2026 USRowing Southwest Youth Championships Athlete and Coaches Pre-Regatta Meeting

**USRowing**

**April 28, 2026 - 7:00pm PDT**



# Welcome & Introductions

**USRowing is excited to welcome everyone to the 2026 USRowing Southwest Youth Championships on May 1-3 in Gold River, CA.**

**USRowing:** Jake Robinson & Meg Gaba

**LOC:** DeDe Birch, Brian Dulgar, Cindi Dulgar, Heather Wilhelmi and Russell Moran

**Chief Referee:** Taylor Gooch

**Deputy Chief Referee:** Shelley Kerr



# Agenda

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## **USRowing**

Key Takeaways

Review of Registration & Venue Schedule

Pre-Arrival Checklist

Membership & Compliance

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## **Chief Referee**

Referee Welcome

Traffic Pattern(s)

USRowing Rules of Rowing

On Land & Water

Unsportsmanlike Conduct

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## **USRowing, LOC, Chief Referee**

Heat Safety Guidelines

Venue Information

Evacuation/Safety Plan

Youth Nationals Declaration & Bid Management

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## **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**

- **MUST ARRIVE** between 7:00 a.m. and 12:00 p.m. PDT - Thursday, April 30 (the park will be locked at dusk.) Trailer parking will be pre-assigned.

- **Buses Arrival Window**

- Buses **WILL NOT** be allowed into Nimbus Flat State Park until 1:00 p.m. on Thursday, April 30.
- Buses will only be permitted to drop off/pick up ***(there are 22 team buses. Buses need to be quick and will not be permitted to sit)***

- **Unloading & Rigging**

- Teams may not start unloading or rigging boats until 1:00 p.m.

- **Practice**

- Thursday, April 30, from 2:00 p.m. - 6:00 p.m. Last launch at 5:30 p.m.



# Boat Washing

**Crews that are required to have boats washed will be done by appointment.**

Team/Club Name	Arrival Time
River City Rowing Club	Wednesday 6:30 PM
Pacific	Thursday 7:00 AM
NorCal	Thursday 7:30 AM
Oakland Strokes, Inc	Thursday 8:00 AM
Tempe Junior Crew	Thursday 8:00 AM
North Bay Rowing Club	Thursday 9:00 AM
Redwood Scullers/PACJC	Thursday 9:00 AM
Marin Rowing Association	Thursday 10:00 AM
Los Gatos	Thursday 10:00 AM
Berkeley High Crew	Thursday 11:00 AM
Channel Islands Rowing Club	Thursday 11:00 AM
Delta Sculler	Thursday 11:15 AM
East Bay Rowing Club	Thursday 12:00 PM
Junipero Serra	Thursday 12:00 PM
Humboldt	

**Boats will be washed at the Aquatic Center**



**All other crews will need to have their boats quickly inspected by Aquatic Center staff and will be zip tied on the bow ball**

**ALL BOATS MUST HAVE ZIP TIE TO LAUNCH**



# Registration and Venue Schedule

- **USRowing Registration & Team Packet Pick Up**

- April 30 from 1:00 p.m. – 6:00 p.m. (at the Aquatic Center)
  - **New for 2026** there will be a registration pickup schedule. Contact LOC with any questions.
- If athlete wristbands are not picked up by Thursday, athletes will not be permitted to enter the park on Friday for racing. A coach must go to the finish line Friday to pick up wristbands and take to the athletes.

- **USRowing Registration at the finish line tent**

- Friday, May 1, 6:30 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
- All days, 7:00pm Nimbus Flat State Parks is closed!



# Pre Arrival Checklist

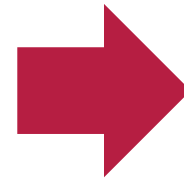
- 1. Have you reviewed the USRowing Code of Conduct?**
- 2. Have you reviewed the event entry packet?**
- 3. Are your athletes up to date on their USRowing memberships?**
- 4. Are your athletes, coaches, and support staff compliant with their SafeSport training requirements?**
- 5. Are your coaches/support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

# Sacramento State University

## (Minors on Campus)

### ID Scan Requirement

- All coaches who will be onsite for the regatta must present a valid state-issued photo ID to be processed through the Sac State Aquatic Center RAPTOR system
- Coaches must complete this step before their teams are permitted to compete.
- Coaches will not be issued their wristbands until they have been scanned and cleared thru the RAPTOR system.
- The coach checking in can bring all coaches ID's to be scanned.
- The process is expected to take no more than five additional minutes during check-in at the Aquatic Center.
- You will check in at the Aquatic Center, complete your ID scan for ALL coaches and then proceed upstairs for check in.

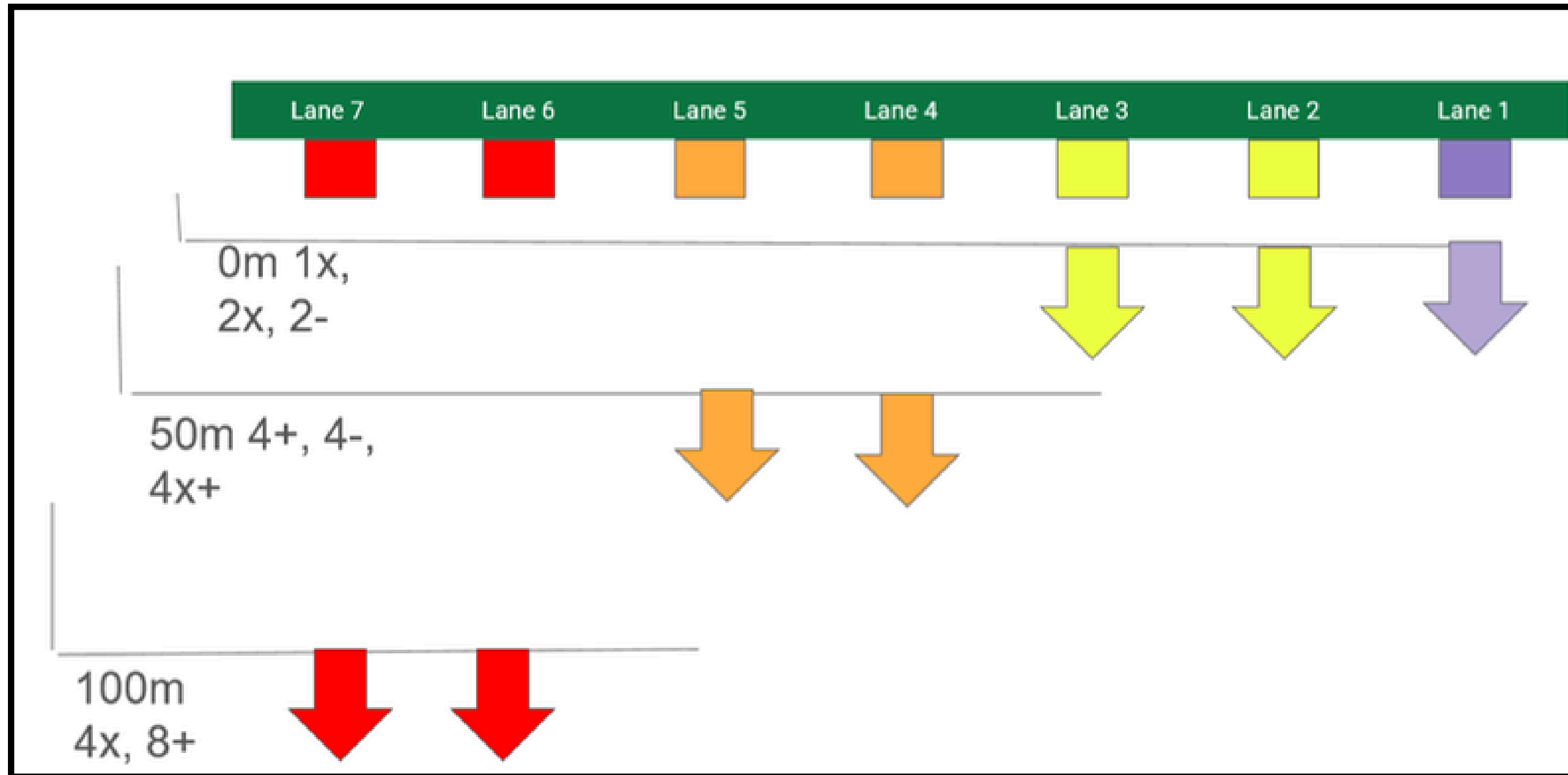




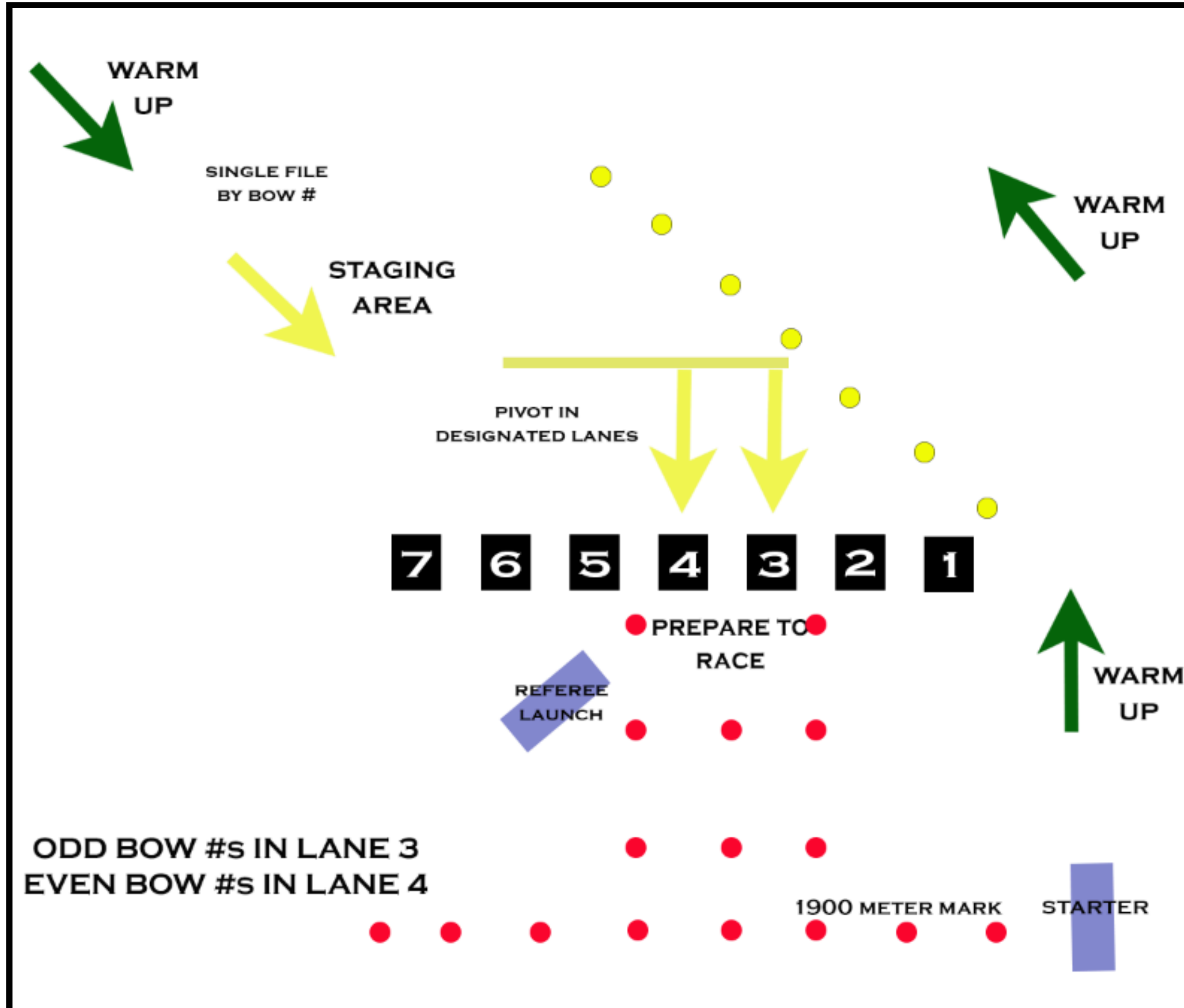
# Referee Welcome

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

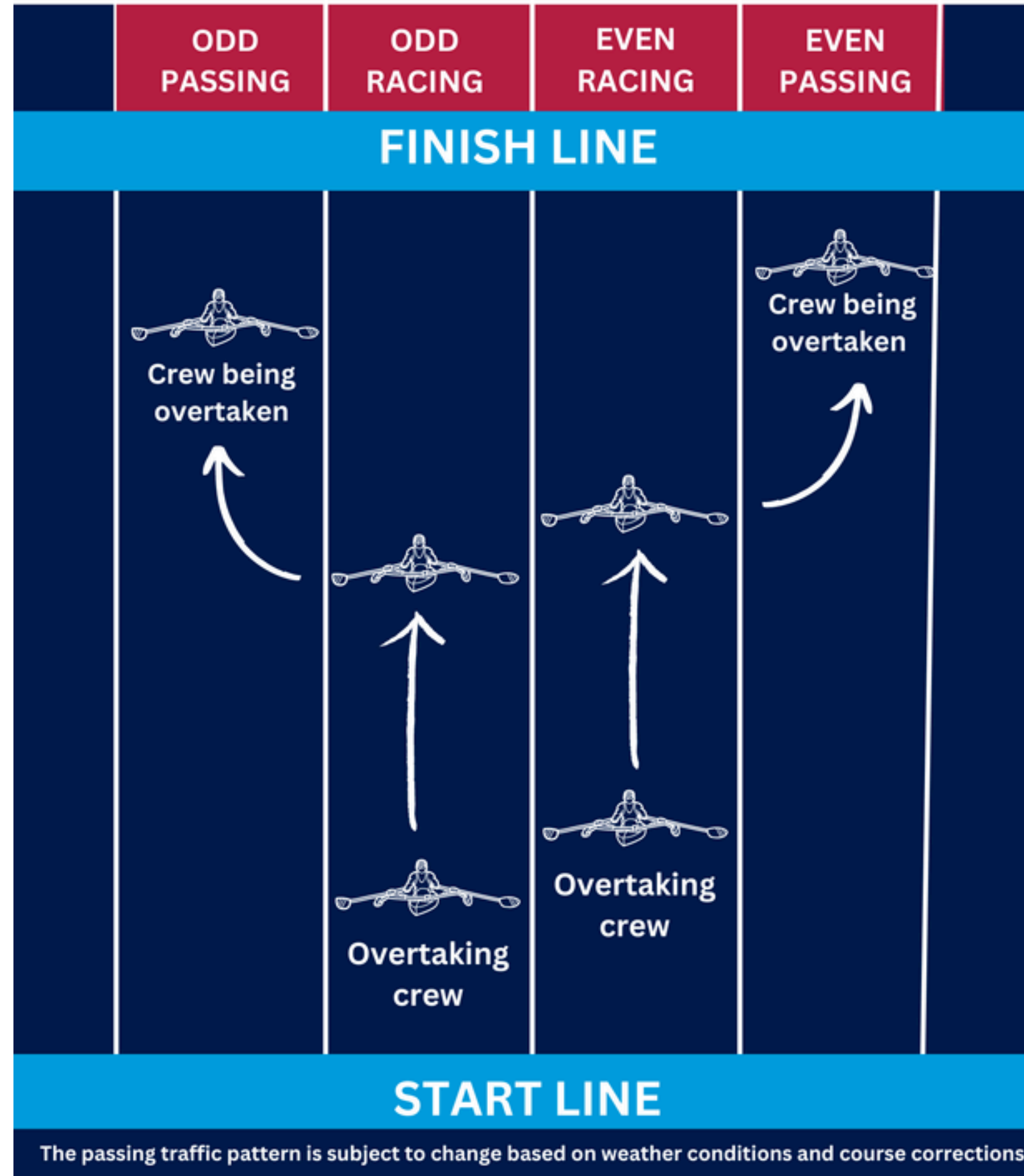
# Traffic Pattern: Practice



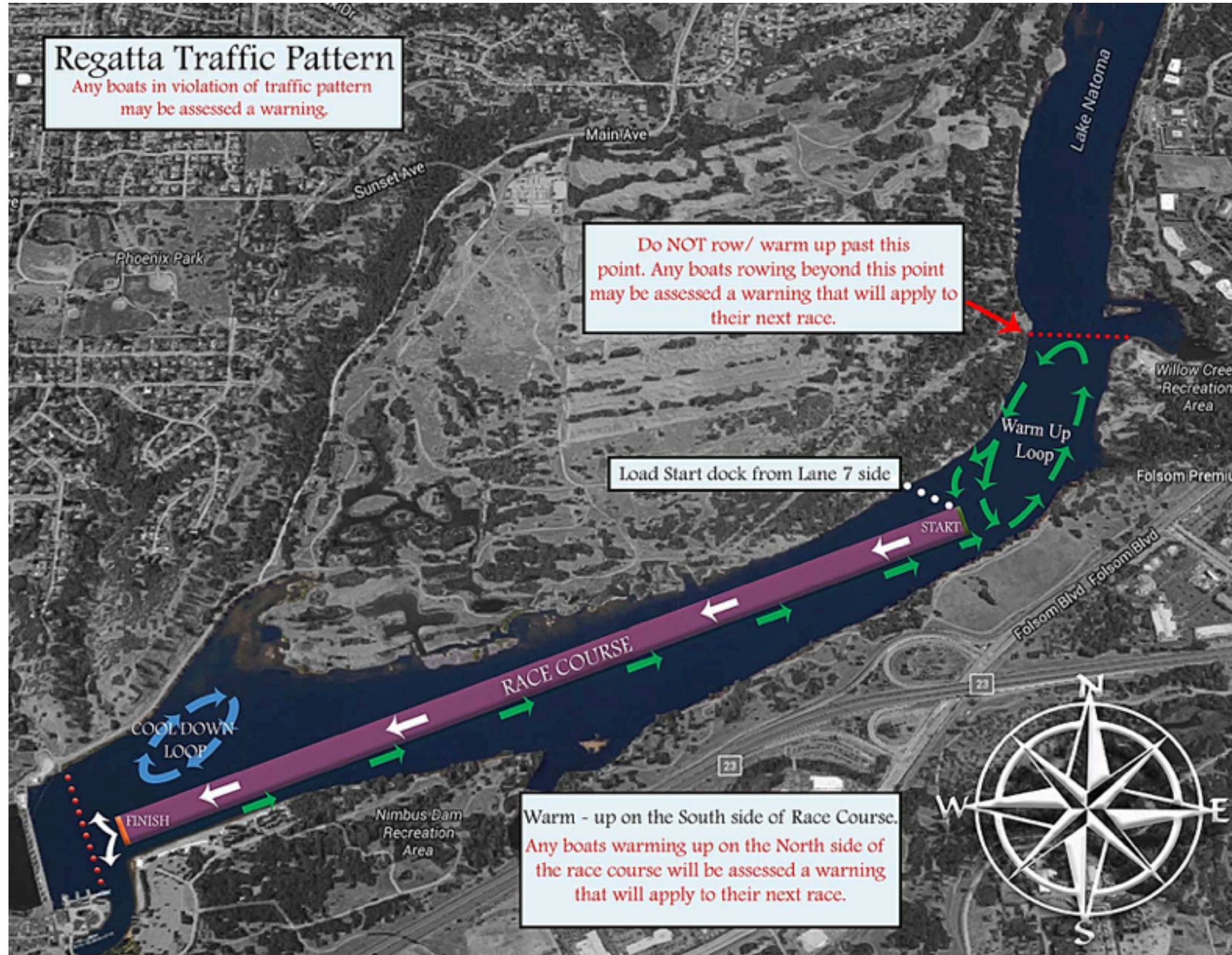
# Traffic Pattern: Time Trial



# Time Trial Passing Procedure



# Traffic Pattern: Sprint Racing



# 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.



# On Land

- Coaches will pick up time trial bow numbers at registration. Sprint racing bow numbers will be picked up at the finish line tent.
- Check in with Control Commission, athletes will need to know the event # and time of your race.
- Lake Natoma is beach launching - **no docks**; make sure you walk your boat out into the lake to your knees or so, so when rowers get in you don't damage the fin and rudder.
- Return bow numbers when recovering.
- Coaches - check with Control for hot seating requests and arrangements - **PLEASE NOTE:** we will not hold races.



# Hot Seating

- One hour before launch, give referee at control commission notice.
- Hot seating will take place at the stairs.
- Coaches need to have new bow number with you.
- We will not hold races for hot seating crews.



# 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; 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



# On Water - 2

- **Sprint Starts**

- Once directed by the starter, you may enter the course. Please ensure the prior race has started and cleared the lane. Enter from the lane 7 side.
- 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 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.
- 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 to a Referee 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.**



# Practicing Outside of Designated Practice Times

**Any boat on the water at a time that the LOC has designated the course to be closed will be automatically excluded from their next race. Referees may rely on facts made known to them by the LOC and USRowing staff in enforcing this rule as if those facts were made known to them by a referee.**

**Rules 2-205, 2-202, 2-602(c)**



# 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.



# REGATTA EMERGENCY ACTION PLAN AND COMMUNICATIONS

1. Officials including start and finish line have assigned and checked out Two Way handheld Radios.
2. Aquatic Center Core Regatta Staff communicate via Nextel direct connect 2- way radio or cellular service among each other and the Aquatic Center.
3. Finish Line, an Aquatic Center Representative is stationed at the starting platform as well as the finish line tent.
4. Parking Staff, the parking staff communicates via Nextel direct connect 2-way radio among themselves, the Aquatic Center and Core Aquatic Center Regatta Staff.

**COMMAND CENTRAL:** The 60' Finish Line Tent is Command Central.

All Emergency situations are relayed to a designee at the Finish Line Tent – or Command Central.

DeDe Birch- Aquatic Center Event- Rowing Liaison-Finish Line-916-496-2168

**SACRAMENTO STATE AQUATIC CENTER: WILL MAKE ALL 911 CALLS 916-353-0911**

In the case of an emergency whether is be on water or on land, the details of the emergency are communicated to the finish line tent where an EMT is on standby with backboard, oxygen, and communication.

In the event that an emergency situation warrants a 911 call to FIRE/PARAMEDICS, a phone call will immediately be made to the Aquatic Center. The Aquatic Center's front office personnel will call 911 from the Aquatic Center.

Local EMS have been briefed to enter the 1) Nimbus Flat State Park, Willow Creek (SRA), and will be met and escorted by designated Aquatic Center Parking Staff Person to the location point of the emergency.

In the case that a PARAMEDIC needs to have water access, a launch will be dispatched to the boat launching ramp and taken to the scene.



# Venue Map

**The venue and trailer maps can be found in the USRowing Southwest Youth Championship entry packet, linked on the overview page of RegattaCentral.**

**As a reminder, please leave fire lanes clear!**



# Venue Notes - Transportation & Parking Details

- Parking is \$15 a day (Thursday, Friday, Saturday, Sunday)
- Cash preferred
- Spectator admission is \$15 per day (Friday, Saturday, Sunday)
- For event parking directions and admissions info, please see: Sacramento State Aquatic Center
- All event parking will be at: 11797 Foundation Place, Gold River CA

## Shuttle Information

- **Thursday, April 30**
  - Shuttle starts: 1:00 PM - last shuttle at 6:45 PM
- **Friday, May 1 & Saturday, May 2**
  - Shuttle starts: 6:00 AM - last shuttle at 7:00 PM
- **Sunday, May 3**
  - Shuttle starts: 6:00 AM - last shuttle at 5:30 PM



# Venue Information - Nimbus Flat

- No private shade tents are allowed in the spectator or boat storage area.
- Keep your boat storage areas compact so that there is plenty of room for all teams.
- Due to the high number of small boats, please keep small boats on your trailers.
- Do not leave boat covers on the ground.
- Rope Swings and Cliff Jumping prohibited.
- Please do not feed the geese.



# 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 and the QR code below.**



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



For real-time regatta updates, scan the QR Code below and text **#SW26 to +1 (609) 354-7711.**

After texting, remember to click the link to add your contact information to our community list.



# Deadline Reminders

- **Late Registration Period**

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



# USRowing

## GET READY TO RACE



**Questions? Please contact:**

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

**DeDe Birch**  
LOC - Finish Line  
[dbirch@csus.edu](mailto:dbirch@csus.edu)

**Heather Wilhelmi**  
LOC - Trailer Parking and Team Tents  
[hheieck@csus.edu](mailto:hheieck@csus.edu)