

2026 USRowing Northwest Masters Championships Athletes and Coaches Pre-Regatta Meeting

June 22, 2026 - 6:00pm PDT



USRowing

Agenda

USRowing

Key Takeaways

Review of Registration & Venue Schedule

Pre-Arrival Checklist

Membership & Compliance

Chief Referee

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On Land & Water

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USRowing, LOC, Chief Referee

Heat Safety Guidelines

Venue Information

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Welcome & Introductions

USRowing is excited to welcome everyone to the 2026 USRowing Northwest Masters Championships on June 26-28 in Lowell, Oregon.

USRowing: Matt Collins and Meg Gaba

LOC: Chris Shirley

Chief Referee: Bob Willenbring

Deputy Chief Referee: Jeannine Axelson

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 on Thursday, June 25 from 9:00a.m. – 8:00p.m.

- **USRowing Registration**

- Registration is located in the tent by the launch docks
 - Thursday, June 25 3:00pm – 6:00pm
 - Friday, June 26, 7:00 am – End of racing
 - Saturday, June 27, 6:30am – End of racing
 - Sunday, June 28, 6:30am – End of racing

- **Practice**

- Practice will not be available

- **Weigh In Windows**

- Friday: 8:00 AM – 11:00 AM
- Saturday: 6:00 AM – 9:00 AM
- Sunday: 6:00 AM – 9:00 AM

Handicaps

- Every attempt will be made to provide crews with racing opportunities against others in the same age category.
- In events with crews from multiple age categories, the handicaps in the USRowing Rules of Rowing will be used.
- The finish time for each Crew shall be calculated by subtracting the handicap from the unadjusted actual time for each Crew.
- “Older” crews racing in events where the average crew age is older than the highest boundary for the event will receive the highest handicap for the highest age listed for the event. Example: If an “F” crew enters the D-E 8+, that crew will receive the highest handicap available for an “E” crew.

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

	Membership Tier	Waiver	Self-Attestation	SafeSport Training	Background Check
Athlete	Championship	Required	Required (18+)	Only required if you regularly row with an athlete who is 17 years old or younger.	Not Applicable
Coach	Basic	Required	Required	Required	Required
Supporter	Supporter	Required	Required	Required	Not Applicable

Register Coaches & Support Staff



USRowing Northwest Masters Championships

Jun 26, 2026 To Jun 28, 2026 » sprint » Dexter Lake » Lowell, OR (USA)

Hosted By: USRowing » USRowing Owned

718
Entries

34
Clubs

Register

INFORMATION

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Rules & Eligibility

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Coaches & Support Staff

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Compliance

TRAVEL & LODGING

Directions & Parking

View Edit



Welcome to the 2026 USRowing Northwest Masters Championships!

The 2026 USRowing domestic regatta entry packets were posted for a comment period to all members from December 1 to December 31, 2025. The final entry packet for the 2026 USRowing Northwest Masters Championships was published February 1, 2026.

For the final entry packet, click [here!](#)

For real-time regatta updates, text #NWMasters26 to +1 (609) 354-7711.

Schedule, Draw, & Results

Click [HERE](#) for the updated Phase 1 draft schedule. This schedule is tentative and may change after the Phase 2 registration deadline.

Athletes & Coaches Pre-Regatta Meeting

The Athletes & Coaches Pre-Regatta meeting will take place on June 22, 2026 at 6:00 p.m. PST. Register for the webinar [HERE](#).

Venue Information & Traffic Pattern Maps

All venue information can be found in the entry packet linked, [here](#).





Referee Welcome

- Referee Introductions
 - Referees from Northwest, Southwest and Southeast Regions as well as Canada.
 - 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)
- 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.

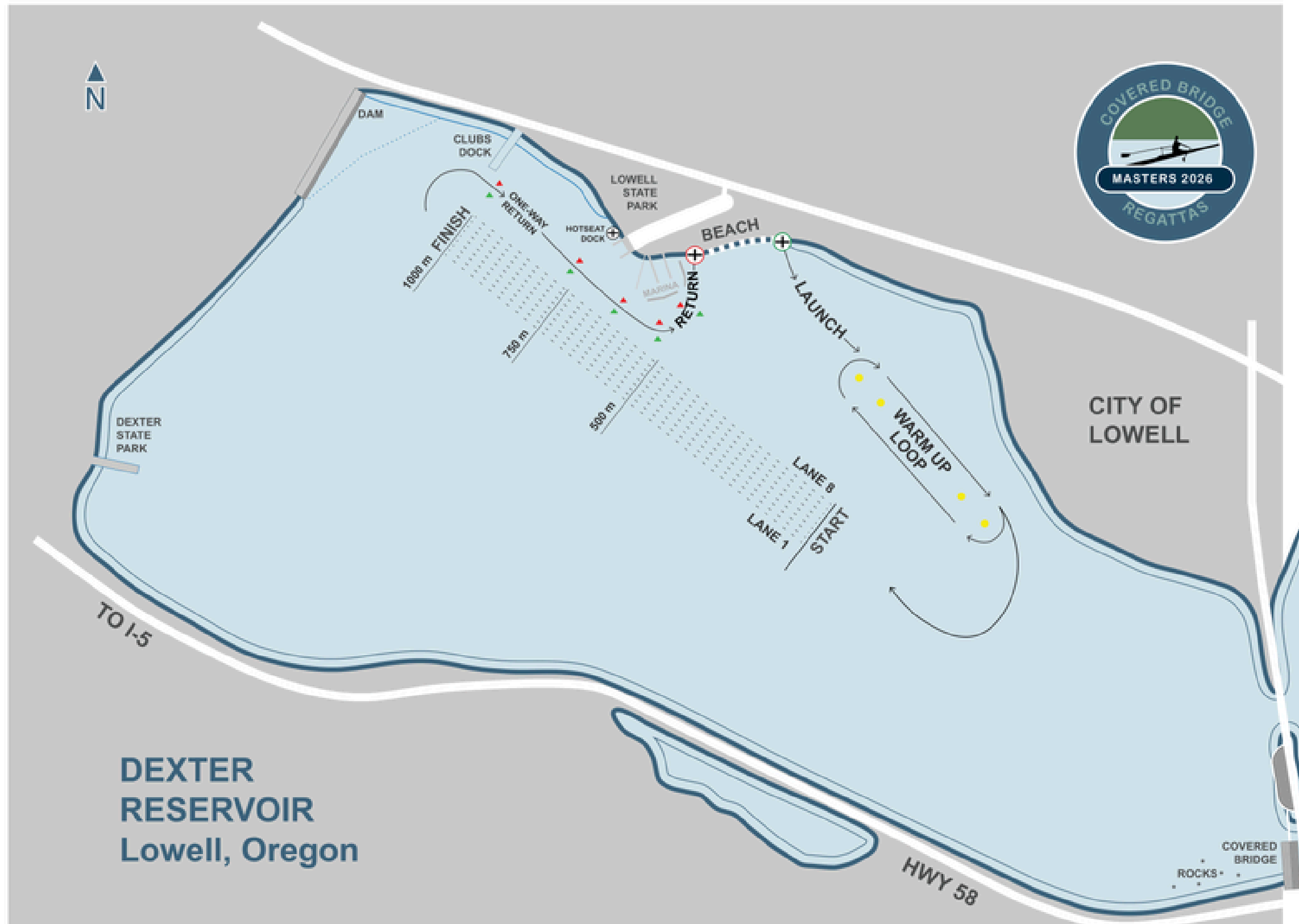
On Land - weigh-ins

Weigh-in rules (entry packet page 28-29 as corrected below)

- set time each day:
 - Friday: 8 AM to 11 AM
 - Saturday: 6 AM to 9 AM
 - Sunday: 6 AM to 9 AM
- 160 or 130 pounds max for rowers
- +1 pound rule
- 120 or 110 minimum for coxswains

If rowers fail to make weight, they can switch to an open event if it does not add a heat

Traffic Pattern



On Land - 2

- All crews that are not hot seating will be wet launching
 - Walk boat into lake to your knees to avoid skeg damage when rowers get in
- Bow numbers are picked up at Control Commission.
 - Launch up to 45 minutes before your race
- Know your **event number, time** and **bow number** when you launch.
- Return all bow numbers to the volunteers at the Recovery Dock.
- Hot Seating: use the hot seat dock near the boat ramp. 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.

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.

When rowing in the proximity of the racecourse:

- Do not row past a race. Stop, wait for the race to pass, then proceed.
- Don't stop and sit on the start line or finish line

Sprint Racing - The Start

Be in the Start Area 5 minutes prior to your race time. When instructed, enter the racecourse and lock onto your stakeboat.

You should know how to:

- Maneuver and back into your stakeboat
- Scull your boat while locked on to maintain your racing point

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)

[Hands will not be recognized; they will be noticed](#)

Sprint Racing - The Race

- Follow any instructions that the 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 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.

Sprint Racing - Objections

If you feel that your opportunity for a fair race was compromised, raise your hand at the finish and get the attention of the Referee.

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 decide regarding your objection on the water and communicate their decision to you.


If you do not agree with the Referee's decision, you may submit a written protest, on land, within 1 hour of the race's finish time. Please notify the Referee if you plan to submit a written protest. Written protests are submitted to the Chief Judge (finish line) or Chief Referee (pavilion).

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.

Predicted Weather at Lowell, OR

FRI
6/26  **65°** /50° 🌧️ 85%


Plenty of clouds with a couple of showers; cooler

RealFeel*	66°	Wind	WSW 6 mph
RealFeel Shade™	64°	Hours of Precipitation	2
Max UV Index	2.0 (Low)	Hours of Rain	2

SUN
6/28  **66°** /52° 🌧️ 57%

Considerable clouds; a little morning rain followed by a couple of showers in the afternoon

RealFeel*	69°	Wind	W 6 mph
RealFeel Shade™	64°	Hours of Precipitation	2
Max UV Index	4.0 (Moderate)	Hours of Rain	2

SAT
6/27  **61°** /51° 🌧️ 87%

Considerable cloudiness with a couple of showers; cool

RealFeel*	62°	Wind	WSW 7 mph
RealFeel Shade™	62°	Hours of Precipitation	3
Max UV Index	2.0 (Low)	Hours of Rain	3

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 areas for recovering.**
- **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 - Evacuation Plan



Safety on the Venue - Medical Aid

On Land

- EMS will be located on site

On Water

- 14 Official launches.
- If someone in your crew needs medical attention on the water, flag down the nearest official for assistance.

Venue Map



Venue Information - Parking

- Oregon State Parks recently imposed a \$10 per day parking fee at Lowell State Recreation Area/Dexter Lake. Oregon State Parks considers a tow vehicle + trailer to be one vehicle. Parking passes may be purchased daily at the site.
 - 4 day pass for \$40 per tow vehicle
 - Contact Christine Shirley by text (541-914-9669) by June 22.
- Daily parking passes are purchased at the site using a QR code, your phone and a credit card. An annual pass may be purchased on the Oregon State Park website: <https://oregonstateparks.reserveamerica.com/posProducts.do?contractCode=OR&posFilterCat=598053577>. Teams who already have an annual Oregon State Parks parking pass may use it at the event.
- Teams will be limited to parking only tow vehicles and trailers on site. Teams may drop supplies and rowers at the site at no charge, but must park additional vehicles at Lowell High School (free), or across the street from the venue, at a private parking area, for a \$10 daily fee. Handicap parking is available at the venue; Oregon State Park fees apply.
- More info on Regatta Central

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 Masters 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.



Contact Christine if you are able to tow a wakeless launch on Thursday from Corvallis to the venue.

- For real-time regatta updates, scan the QR Code below and **text #NWMasters26 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:

Matt Collins

Competition Associate

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