

**2026 USRowing Beach Sprint Trials, Speed Order, and
National Championships
Athlete and Coaches Pre-Regatta Meeting**

August 4th, 2026 - 6:30pm EDT



Welcome & Introductions

USRowing is excited to welcome everyone to the 2026 USRowing Beach Sprint Trials, Speed Order, and National Championships on August 7-9 at East Beach in New Bedford, Massachusetts.

USRowing Regatta Director: Mike Zimmer

USRowing Competition Team: Sarah McAuliffe, Jake Robinson, Matt Collins, Morgan Cody, Emily Goldsmith, Stephanie Fryer

LOC: Rick Porteus

Chief Referee: Ruth Macnamara

Athlete Rep: Grace Latz

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

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

- USRowing Regatta Operations Tent
 - Open throughout the regatta
- Beach Sprint Orientation
 - Thursday, August 6, – See RegattaCentral Page for Schedule.
- Practice
 - Thursday, August 6, – See RegattaCentral Page for Schedule.

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

MINOR ATHLETE ABUSE PREVENTION POLICY

MAAPP

**Thank you for helping ensure
all athletes are safe, supported,
and strengthened.**

Learn more about the MAAPP.



Referee Welcome

- 7 of the the most talented and experienced referees from across the country, representing all six USRowing regions.
- 2 major objectives - Ensure your safety and the fairness of each and every race.

**THIS IS YOUR CHAMPIONSHIP &
WE ARE HERE FOR YOU!**

Referee Reminders

- This is NOT a rules clinic (some rules cited)
- Additional info found in the World Rowing Rules [here](#) and the Regatta Packet.
- Purpose of this A&C is to highlight issues specific to this venue, and to remind you of some standard regatta practices.
- It is your responsibility to know and understand the 2026 WR Rules - Coastal & Beach Sprints.

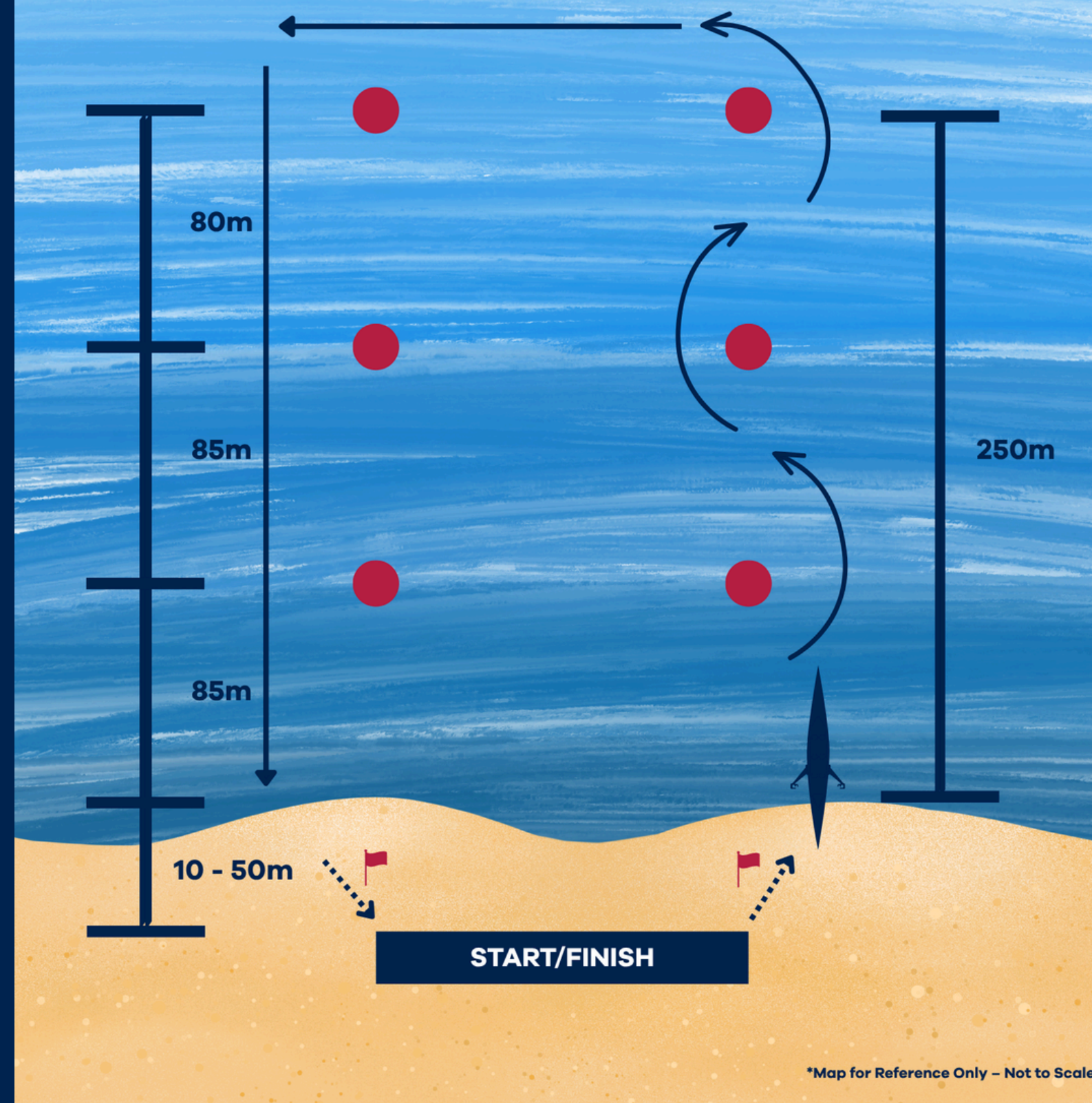
The Start (Sprint Racing)

- 3 Minutes To Start
 - Starter - "THREE MINUTES"
- 2:45 - 1:45 Minutes To Start
 - Announcer - Crews that are racing are presented to the audience
- 60-45 Seconds To Start
 - Starter - "ONE MINUTE"
 - Starter - "PUT YOUR BOATS IN THE WATER"
- 30-20 Seconds To Start
 - Announcer/LOC - Music stops
 - Starter - "GET READY"
 - Starter - "ATTENTION"
 - Starter - Raise Red Starter Flag (red flag w/white cross)
- NOTES
 - All crew members in Start Zone under the control of the Starter
 - After the introduction the crews, the athletes should turn immediately back to their position
 - Runner should be ready behind Start Line

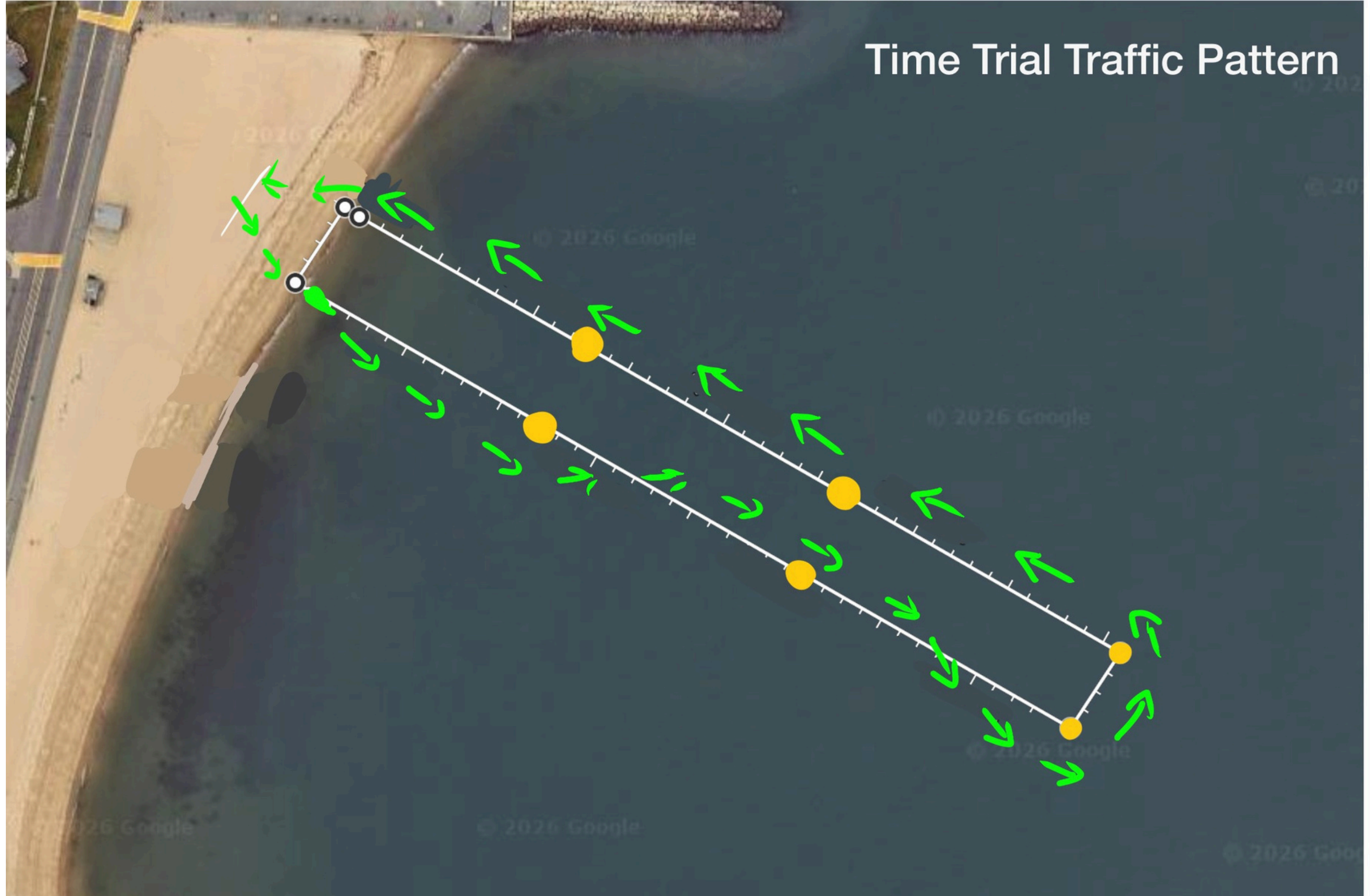


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TRAFFIC PATTERN TIME TRIAL



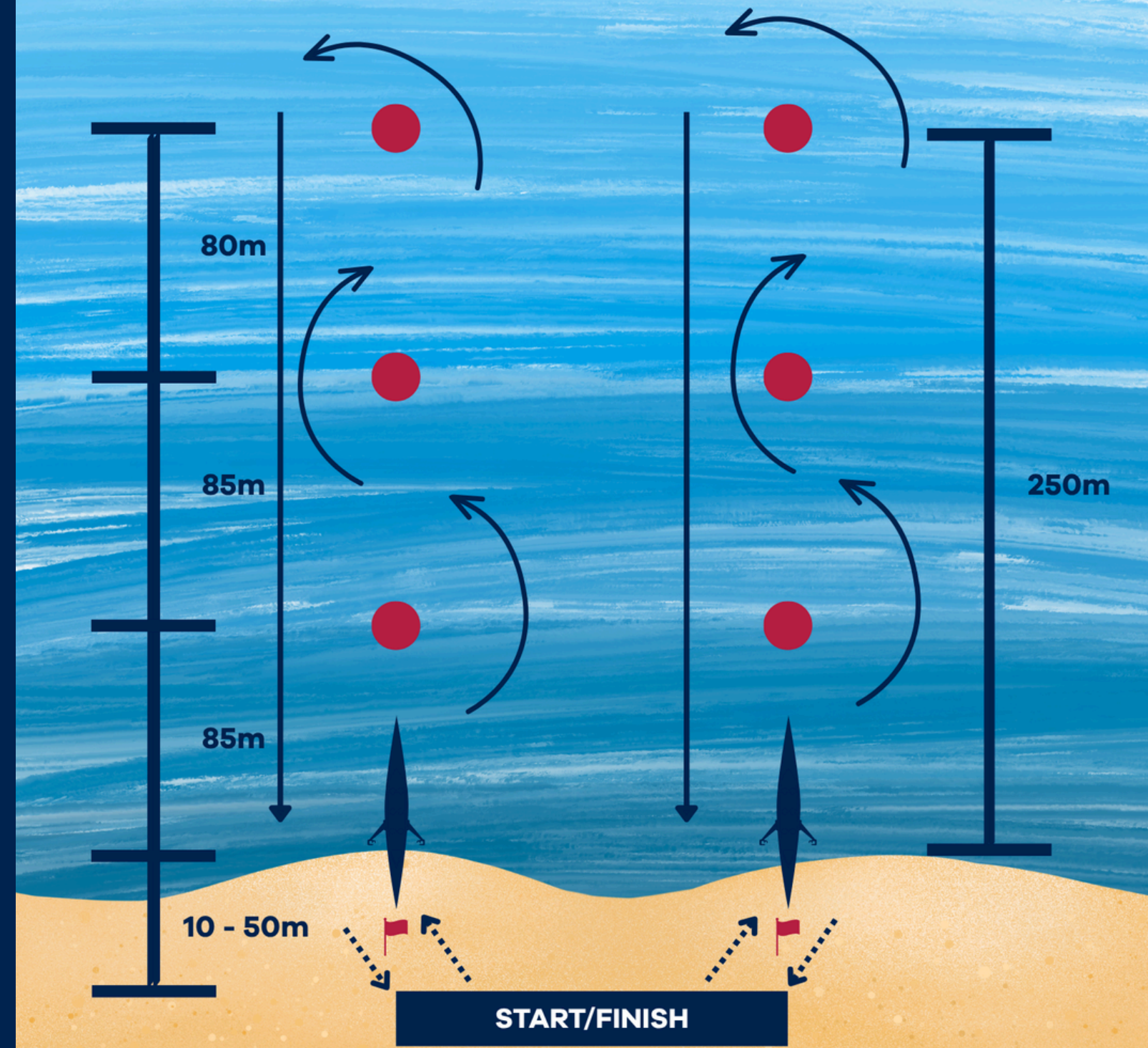
Time Trial Traffic Pattern





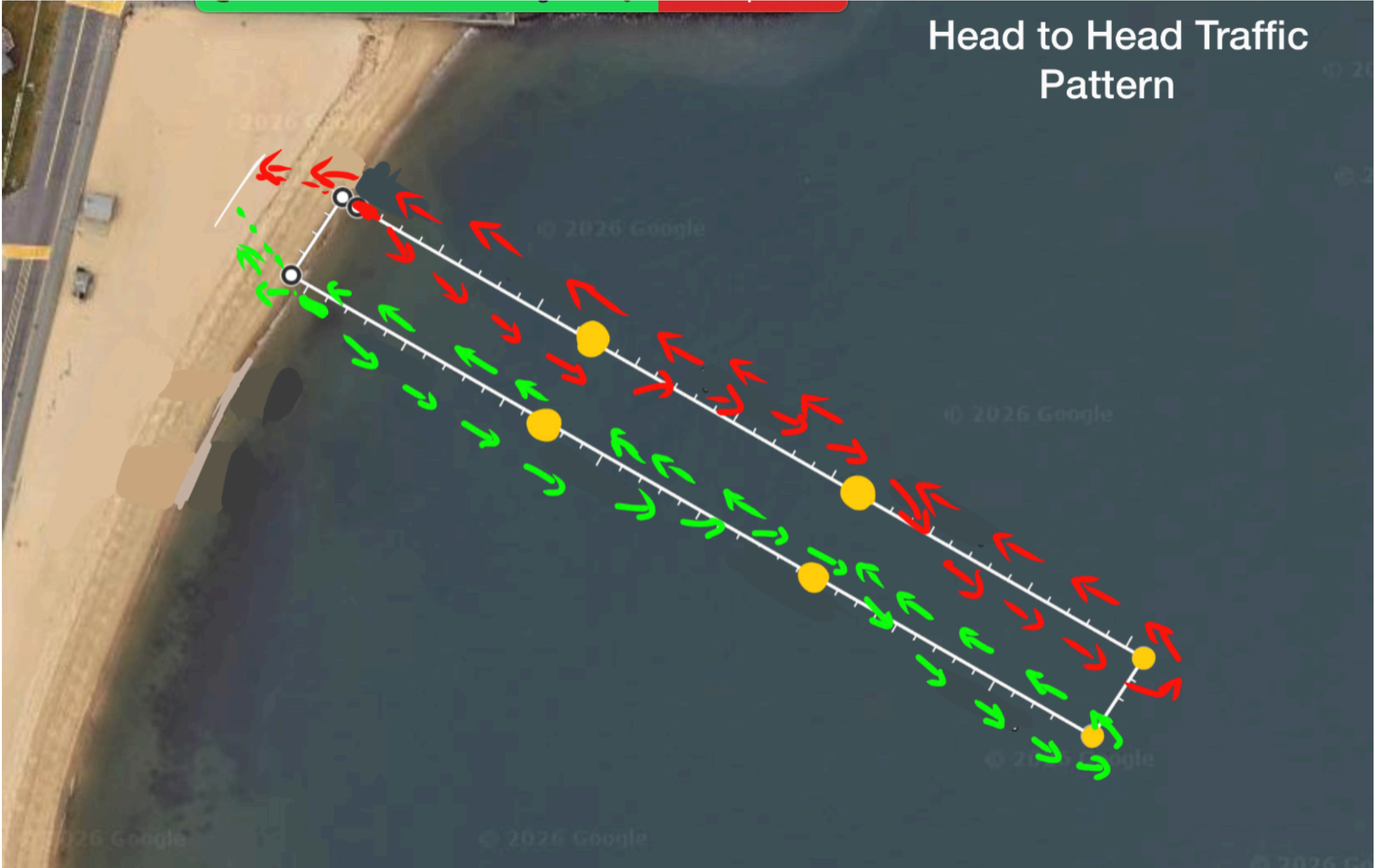
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TRAFFIC PATTERN SPRINT RACING



*Map for Reference Only - Not to Scale

Head to Head Traffic Pattern



The Start (Time Trial and Sprint Racing)

- A false start occurs when before the start command:
 - A runner's foot is across the start line
 - A crew member starts to board their boat or any part of their torso or legs are in or on the boat
- The Judge at the Start is the only one to call a false start.
- If so, they'll raise the red flag and the starter will stop the race in usual manner: with red flag and hooter.
- Consequences for the crew will be a Yellow Card
 - If a crew is awarded 2 yellow cards for the same race a crew will be excluded with a Red Card

The Body of the Race (Time Trial and Sprint Racing)

- A processional time trial will be used
 - Each crew will leave approximately every 2 minutes for singles, and 3 minutes for doubles and quads.
 - Do a slalom on the way out
 - Go around BOTH the turning buoys
 - Return back straight
 - Run outside the course marker and proceed to the Finish Line!
- Sprint Racing will be head to head
 - 2 crews
 - Both will do slalom out in their respective lanes
 - Turn around the 250m turning buoy, keeping it to your port
 - Return straightaway
 - Run outside the course marker and Proceed to the Finish Line!
- We'll be following World Rowing Beach Rules. If you miss a buoy, you'll be excluded from that event. So make sure you follow the course pattern.

Boat Handlers

- Each crew shall have TWO boat handlers.
- The Chief Referee may decide to allow more if the waves are big.
- The boat handlers shall be chosen by the athletes team, however if the crew does not have enough boat handlers the LOC can help.
- The boat handlers can wear a team uniform.
- Boat handlers can direct their crew with their hands and body. Wearing of special colored gloves or sleeves is OK but they cannot hold things in their hands to direct the crews.
- Boat handlers cannot go in water deeper than their shoulders,

Finish

- The runner for the first portion does not have to be the same runner to finish the race.
- The athlete must cross the finish line in order to finish the race.
- If there is interference, the Referees will take action to restore fairness.
- If you feel your opportunity to win, place or advance was negatively impacted, please bring your concern to the Challenge Umpire to make them aware of your situation and a jury may be convened.

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 or based on information deemed reliable by a Race Official may have their participation at the Regatta curtailed or prohibited by the Chief Referee.

These rules apply both on and off the water.

Venue Map



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.

Medical & Weather

MEDICAL

- EMS will be stationed at the beach
- Many medical issues can be avoided by staying hydrated and reduce exposure.

WEATHER

- Monitoring weather radar
- Weather could interrupt racing
- Could knock out a round or rounds of racing
- Row each race like it matters - as if it is a final!

Always follow the Referees' instructions

Safety on the Venue - Evacuation Plan

- USRowing and the Chief Referee Initiates “suspend”, “cancel”, “resume” rowing plans.
- USRowing will provide direction based on the severity and urgency so everyone evacuates in a safe manner.

Beach Sprint Orientation

- On Thursday, August 6, we'll conduct a mandatory beach orientation for all athletes and boat handlers. You may come to any of the sessions scheduled- there will be three. You must do this **BEFORE** you practice!
- You will need to go into the water up to your waist, familiarize yourself with the water conditions and beach slope.
- After, and only after, you've participated in orientation will you receive your credentials.

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 2026 USRowing Beach Sprint Trials, Speed Order, and National Championships home page.
- For more information please contact: community@usrowing.org

Regatta Texting System



For real-time regatta updates, text **#usrowingbeach26** to **+1 (609) 354-7711!** After texting, remember to click the link to add your contact information to our community list.

GET READY TO RACE!



For Additional Questions, Please contact :

Mike Zimmer

Director of Sport Operations

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