USROWING SMALL BOAT NATIONAL CHAMPIONSHIPS PRESENTED BY THE MCNABB FAMILY

REGATTA ENTRY PACKET



Welcome to the 2026 USRowing Small Boat National Championships Presented by the McNabb Family

USRowing is excited to announce the inaugural USRowing Small Boat National Championship Presented by the McNabb Family, a reimagined national event that will bring together the country's top collegiate, senior, and Para athletes for two days of championship racing on November 14-15, 2026, at Mercer Lake in West Windsor, N.J.

Formerly known as the Fall Speed Order, the event has traditionally served as an evaluation opportunity for senior athletes pursuing national team selection. In recent years, however, the regatta has attracted some of the nation's top collegiate programs, including crews from Dartmouth College, Harvard University, and the University of Washington. Building on that momentum, USRowing has transformed the event into a true national championship while continuing to support the U.S. High Performance pathway.

Please review the packet in full, as it contains essential details regarding entries, rules, events, and eligibility requirements, venue logistics, and policies governing the regatta. All crews participating in the 2026 USRowing Small Boat National Championships Presented by the McNabb Family are responsible for understanding and complying with the information outlined in the packet.



TABLE OF CONTENTS

To easily navigate the entry packet, click a section header or subsection to jump directly to that content.

IMPORTANT DATES & SCHEDULE INFORMATION

- IMPORTANT DATES
- ATHLETES & COACHES PRE-REGATTA MEETING
- EVENT LIST & TENTATIVE SCHEDULE
- PRACTICE
- INCLEMENT WEATHER INFORMATION
- HEAT SAFETY GUIDELINES
- COMMUNICATION PLAN
- SCHEDULE CHANGE PRIORITY SYSTEM

REGISTRATION INFORMATION

- USROWING COMPLIANCE
- SAFESPORT
- CREDENTIALS
- ENTRY INFORMATION
- LINEUPS & LINEUP CHANGES
- ENTRY FEES
- ENTRY FEE REIMBURSEMENTS
- ENTRY LIMITS
- SCRATCHES

COMPETITION & RULES INFORMATION

- DEFINITIONS
- PROGRESSION
- AWARDS
- RULES
- UNSPORTSMANLIKE CONDUCT
- BOW NUMBERS
- EQUIPMENT

VENUE INFORMATION

- VENUE
- PARKING
- TRAFFIC PATTERN MAPS
- TRAILER PARKING
- EVENT LIVESTREAM
- ACCESSIBILITY, INCLUSION AND ACCOMMODATIONS
- EVENT DRONE POLICY
- TEAM POINTS



4

IMPORTANT DATES & SCHEDULE INFORMATION

IMPORTANT DATES

SEPTEMBER

NOVEMBER

SEPTEMBER 11, 2026
Registration opens on RegattaCentral.

October 30, 2026
Deadline to input entries for the regatta without paying late fees.

Last day to scratch entries and receive a full refund of the entry fee.

November 12, 2026
Draw completed and final schedule posted.

November 13, 2026
Athletes & Coaches Pre-Regatta Meeting

November 14-15, 2026
Racing days.

ATHLETES & COACHES PRE-REGATTA MEETING

The Athletes & Coaches Pre-Regatta Meeting, **required for all coaches & athletes**, will take place on **November 13** at **4:00 p.m.** This meeting will be held virtually, via zoom.



EVENT LIST & TENTATIVE SCHEDULE

1	Men's 1x
2	Men's Youth 1x
3	Women's 1x
4	Women's Youth 1x
5	Men's 2-
6	Men's Youth 2-
7	PR3 W1x
8	Womens 2-
9	Women's Youth 2-
10	PR1 M1x
11	PR1 W1x
12	PR2 M1x
13	PR2 W1x
14	PR3 M1x

SCHEDULE

Click **HERE** for the tentative schedule. The final schedule and draw will be posted on **November 12, 2026.**

PRACTICE

Practice will be available to all competitors on **November 13, 2026.** For the latest practice schedule, please click **HERE.**

Practice will not be available to any crews competing after November 13, 2026.

INCLEMENT WEATHER INFORMATION

USRowing, Chief Referee, Regatta Director, and the Local Organizing Committee will work together to monitor the weather continuously during the regatta.

Should it be determined that schedule changes are necessary due to weather concerns, the weather plans below will be utilized.

HEAT SAFETY GUIDELINES

USRowing is pleased to announce that we have developed **Heat Safety Guidelines** to help identify and mitigate heat illness risk in our sport. The guidelines were developed from the World Rowing Heat Safety Guidelines, the recommendations of the Stringer Institute, and with the USRowing Medical and Safety Committees. All USRowing Owned regattas will follow these guidelines.

Click **HERE** for the USRowing Heat Safety Guidelines that will govern this event.

AIR QUALITY INDEX GUIDELINES

USRowing is pleased to announce the development of Air Quality Index (AQI) Guidelines designed to help identify and reduce the risk of AQI-related illness in our sport.

These guidelines were developed by USRowing, with guidance from the Medical and Safety Committees, to complement the existing Safety and Heat Safety Guidelines.

We will be incorporating these guidelines into our owned regattas.

Air Quality Guidelines



COMMUNICATION PLAN

Weather-related schedule changes will be announced utilizing the following mediums:

- Announcement will be made on the public address system at the venue.
- Online via RegattaCentral.
- Via text message.
  - To sign-up for real time text alerts, click **HERE**.

Crews are responsible for staying updated on all announced schedule changes.

SCHEDULE CHANGE PRIORITY SYSTEM

1. Delay racing either later the same day or to the next day, if time is available.
2. Begin racing earlier than previously announced. Announcements will be made no later than three (3) hours before racing or 9:00 p.m. the evening before in the case of morning racing.
3. Utilize a time-trial system for a round of the event.
4. Omit a round of the event. The composition of the next round will be determined on the basis of the results of the results of those rounds that have been completed. If Grand Finals must be omitted medals will be awarded based on the results of the last completed round of the event.
5. Run only events that have not had a previous racing round completed, if time allows.
6. Cancel regatta.

Under no circumstances will races be rescheduled for a date later than November 15, 2026.





9

REGISTRATION & COMPLIANCE INFORMATION

REGISTERING COMPETITORS

BEFORE REGISTERING

Ensure all competitors are members of USRowing. New members can register **HERE** and team leaders can review their roster **HERE** before making entries.

TEAM LEADERS

1. Log into RegattaCentral, if you don't have a login, you must create one.
2. Select your club from drop down or click 'new club' if your club is not listed. Unaffiliated entries are accepted if you do not wish to race under a club name.
3. Input your country and search club from search box
4. Pick the club if it exists, if not, suggested is unaffiliated, and it will show up as Unaffiliated [country name].
5. Follow RegattaCentral prompts to manage line ups.
6. If the athlete exists in the system meaning individuals have created memberships **BEFORE** coach makes entries **AND** they are on appropriate roster, the name will appear when coach is entering name. If not, coach will enter name, DOB, email, gender while making entries.



USROWING COMPLIANCE

ORGANIZATIONS

All U.S. based organizations must hold active organizational membership to be in good standing. For more information on organizational requirements, visit our website **HERE.** Organizations can review their team accounts by logging in **HERE** using their RegattaCentral username and password.

ATHLETES

For individuals to be compliant and eligible to compete in USRowing owned events, all the following criteria must be met:

- Hold an active USRowing Championship Membership*
- Electronically signed USRowing Membership Agreement and Waiver
- Completed SafeSport self-attestation
- Current with SafeSport training

Competitors can renew an expired membership or check their current membership status by logging in to their member profile using their member number **HERE.** For more information on the compliance requirements, visit our website **HERE.**

To avoid delays at registration, teams should make sure all competitors meet all membership requirements prior to arriving at the event. A current list of your athletes, their member numbers and compliance statuses can be found on the online team roster through the USRowing Membership Portal **HERE.**

United We Row Support: If you have athletes who are in need of financial assistance for the membership requirement, please apply for a Bridge Membership or United We Row scholarship **HERE.**

COACHES AND SUPPORT STAFF

All coaches and support staff attending the regatta must be registered for the regatta and meet their role-based compliance requirements below to ensure the safety of all participants.

To register attending coaches and support staff, log into RegattaCentral **HERE,** select the USRowing Championship Regatta, and click Coaches & Support Staff from the sidebar menu. When prompted, select your team and search for the respective coaches and support staff to register from your roster. **Note:** Coaches listed as a boat coach are not automatically pulled into this area as a registered event coach.

COACH COMPLIANCE REQUIREMENTS

- An active USRowing Membership (Basic or higher tier)
- Current signed USRowing membership agreement and waiver.
- Completed SafeSport self-attestation.
- Current with SafeSport training.
- Cleared and current USOPC approved background check through NCSI.

SUPPORT STAFF COMPLIANCE REQUIREMENTS

- An active USRowing Membership (Supporter or higher tier)
- Current signed USRowing membership agreement and waiver.
- Completed SafeSport self-attestation.
- Current with SafeSport training.

In compliance with USRowing regulations, organizations participating in USRowing owned and/or sanctioned events may undergo random selection for audit. This audit will focus on ensuring that all adult participants with the organization have completed necessary SafeSport training and have current USOPC approved background checks if required by USRowing policies.

SAFESPORT

The physical and psychological well-being of all Participants is a priority for USRowing, and education is critical to prevent the harm that misconduct causes our members. In partnership with the U.S. Center for SafeSport, USRowing provides training on how to identify and prevent the various forms of misconduct. Those who are required to take SafeSport training must complete the training on an annual basis. If training is not completed prior to attending a regatta, the Participant will not be allowed to participate.

As a member organization of the U.S. Olympic & Paralympic Committee (USOPC), USRowing and USRowing Member Organization's members, employees, contractors, volunteers, officials, board members, committee members and other designees (collectively "Participants") are required to comply with the U.S. Center for SafeSport Code of the U.S. Olympic and Paralympic Movement.

As a registered Participant in a USRowing event, you are required to adhere to USRowing's Abuse Prevention and Response Policy. Additionally, reporting misconduct is vital to protecting athletes and preventing further incidents. Sexual Misconduct must be reported to the U.S. Center for SafeSport at U.S. Center for SafeSport at https://uscenterforsafesport.org/report-a-concern/. To report other forms of misconduct, including violations of the Athlete Abuse Prevention Policies, refer to the reporting protocols, including how to report a violation.

Click **HERE** for the Athlete Safety Procedures for USRowing Event Organizers.
Click **HERE** for information regarding USRowing's Abuse Prevention and Response Programs.

CREDENTIALS

A coach or team representative may pick up the credentials for their team onsite at registration. Regatta registration fees must be paid in full prior to credential distribution. Credentials will be withheld for any noncompliant athletes, coaches, or support staff and can be picked up at registration once compliance is met.

Athletes, Coaches, and Support Staff will be required to show credentials in order to pass through Control Commission and launch for racing sessions. Crews may not be able to launch without showing proper credentials. Credentials can be worn on either wrists or ankles.

ENTRY INFORMATION

No paper entries will be accepted for this event. All entries must be made online at RegattaCentral.

All crews/teams, both unaffiliated and those representing an organization, with an outstanding balance will not be allowed to compete at a USRowing owned or sanctioned regatta until the balance is paid in full.

LINEUPS & LINEUP CHANGES

The deadline for submitting the final identity of members of the crew for ALL entry lineups must be finalized by **October 30, 2026.**

All entries must include a full lineup of athletes to compete as part of that entry, at the time of registration on RegattaCentral.

Any lineup changes needed after **October 30, 2026** must be completed at the USRowing registration desk one hour before the first race in the event.

ENTRY FEES

Entry fees for the 2026 USRowing Small Boat Championships are below.

Entry fees are due and payable in full by no later than entry closing. No refunds will be given under any circumstances. Any unpaid amounts as of entry closing remain due and payable and will not be waived or forgiven under any circumstances, even if the regatta is postponed, delayed, rescheduled, or canceled for any reason.

2026 USRowing Small Boat Championships - Entry Fee	$30-per-seat fee

ENTRY FEE REIMBURSEMENTS

Entry fees are due and payable in full by no later than entry closing. No refunds will be given under any circumstances. Any unpaid amounts as of entry closing remain due and payable and will not be waived or forgiven under any circumstances, even if the regatta is postponed, delayed, rescheduled, or canceled for any reason.



*ENTRY LIMITS

Each athlete may compete in only one (1) event.

*SCRATCHES

Entries may be scratched without penalty until the end of the initial registration period on **October 30, 2026.**

Beginning October 31, 2026, no refunds will be given for entries that are scratched.

Scratches must be made on RegattaCentral until October 30, 2026. After this time, scratches must be made in person at the regatta site in order to avoid the additional "No Show Fee".

A $50 scratch fee will apply to all scratches made after RegattaCentral closes for scratches on October 30, 2026.

Any crew failing to submit a completed "Scratch Form" to the USRowing desk after USRowing one hour prior to the event race time, will also be subject to a $100 "No Show Fee" along with any other applicable fees.

All fees are due at the time of the scratch. Crews from an organization with outstanding "Scratch" or "No Show" fees may be prevented from competing until outstanding fees are paid in full.





15

COMPETITION INFORMATION

DEFINITIONS

WOMEN'S EVENTS: This category is limited to athletes who were assigned a sex at birth of female.

MEN'S EVENTS: This category is for rowers of any sex and gender.

UNAFFILIATED: Crews entered as "Unaffiliated" are not considered to be representing a club or organization for this regatta. Competitors may compete as "unaffiliated". "Unaffiliated" competitors must meet the individual membership requirements listed in this packet.

YOUTH: A Youth is a competitor who in the current calendar year does not attain the age of 19, or who in the current calendar year does not attain the age of 20 and has been continuously enrolled in secondary school as a full-time student seeking a diploma. A Competitor thus ceases to be a Youth after December 31 of the year of their 18th birthday (U19), or upon completion of the 12th grade of secondary school, having been a full-time student within the year of their 19th birthday (U20). Athletes older than U20 are never eligible to compete as Youth.

COLLEGIATE: A competitor who, at the time of the regatta, is either (1) enrolled as a full-time undergraduate student at an accredited two-year or four-year college or university, including a community college; or (2) enrolled as a graduate student and remains eligible to compete for their institution under applicable NCAA or IRA eligibility rules. Graduate students who have exhausted their collegiate athletic eligibility are not eligible for Collegiate awards. In crew events, all athletes must independently meet these requirements for the entry to be eligible for Collegiate awards.

PROGRESSION

# Entries	Time Trials	Semifinals	Finals
1-2			Final A
3-6	All to Final A.		Final A
7-8	All to Semifinals A/B.	Semifinals A/B. Last crew to Final B. Rest to Final A.	Final A, B
9-12	All to Semifinals A/B.	Semifinals A/B. Top 3 to Final A. Rest to Final B.	Final A, B
13	All to Semifinals A/B/C.	Semifinals A/B/C. Top 2 to Final A. Slowest 2 last crews to Final C. Rest to Final B.	Final A, B, C
14-18	All to Semifinals A/B/C.	Semifinals A/B/C. Top 2 to Final A. Next 2 to Final B. Rest to Final C.	Final A, B, C
19+	Top 18 to Semifinals A/B/C. Remainder to lower Finals	Semifinals A/B/C. Top 2 to Final A. Next 2 to Final B. Rest to Final C.	Final A, B, C, D, E...

AWARDS & QUALIFICATION

Medals will be awarded to the top three finishers in each event in the following categories:

- **National Championship:** 1st, 2nd, and 3rd place
- **Collegiate:** 1st, 2nd, and 3rd place among eligible collegiate entries
- **Youth:** 1st, 2nd, and 3rd place among eligible youth entries

Athletes may receive recognition in more than one category.

Crews with international athletes are ineligible to receive any invitations or qualifications related to this regatta.

RULES

World Rowing's 2026 Rules of Racing will govern this event. Licensed referees will officiate the event to ensure safety and fairness.

UNSPORTSMANLIKE CONDUCT

The 2026 USRowing Small Boat Championships does not tolerate unsportsmanlike conduct and follows the World Rowing's Rules of Racing for guidance for the act.

If you or one of your athletes witnesses unsportsmanlike conduct of any kind, please refer to the USRowing **Code of Conduct** on how to escalate the matter.

BOW NUMBERS

All time trial and sprint racing bow numbers will be distributed to crews at the launch docks.

BROKEN EQUIPMENT

A crew experiencing broken equipment during the race should move to the outside lane.

EQUIPMENT

All equipment used in competition must meet the World Rowing's Rules of Rowing requirements for equipment, with the exception of the waived rule listed above. Each organization is responsible for ensuring that their equipment meets these standards.

Any equipment not meeting these standards, or judged to be unsafe by a USRowing official, will not be allowed onto the water.

COMPOSITE ENTRIES

Composite entries will be accepted at the USRowing Small Boat National Championships Presented by the McNabb Family.



18

VENUE INFORMATION

VENUE

MERCER LAKE
334 S POST RD, WEST WINDSOR TOWNSHIP, NJ 08550

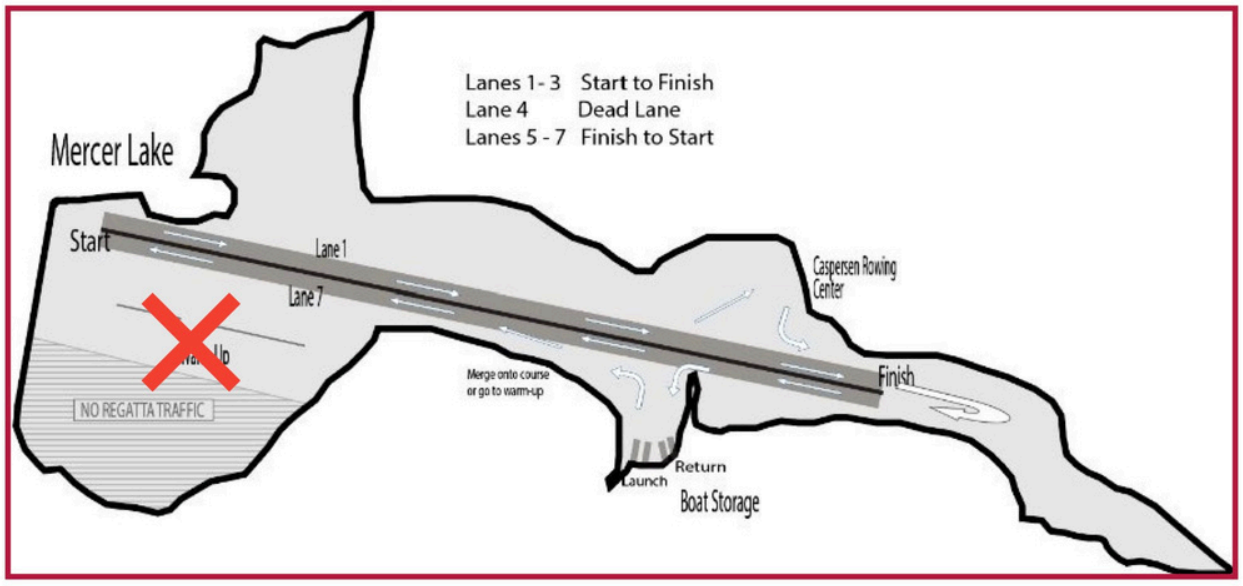
COURSE: The course is a 2,000 meter, 7-lane, buoyed course using a full start bridge.

EVENT PARKING

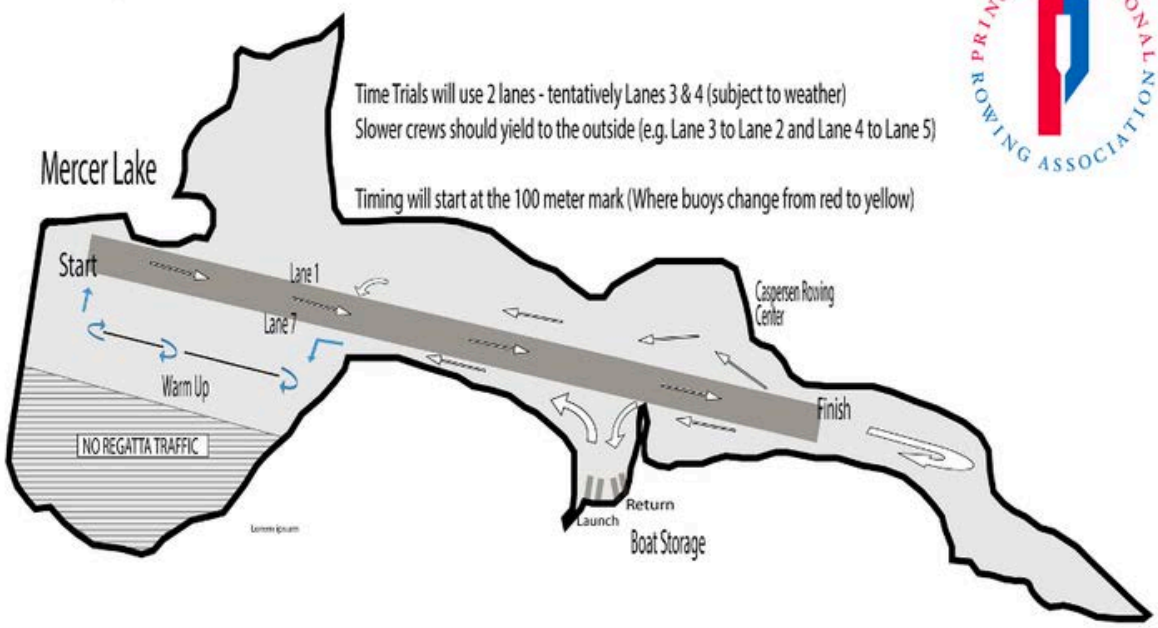
Parking will be availible at Mercer Lake Park: 334 S Post RD, West Windsor Township, NJ 08550

VENUE & TRAFFIC PATTERN MAPS

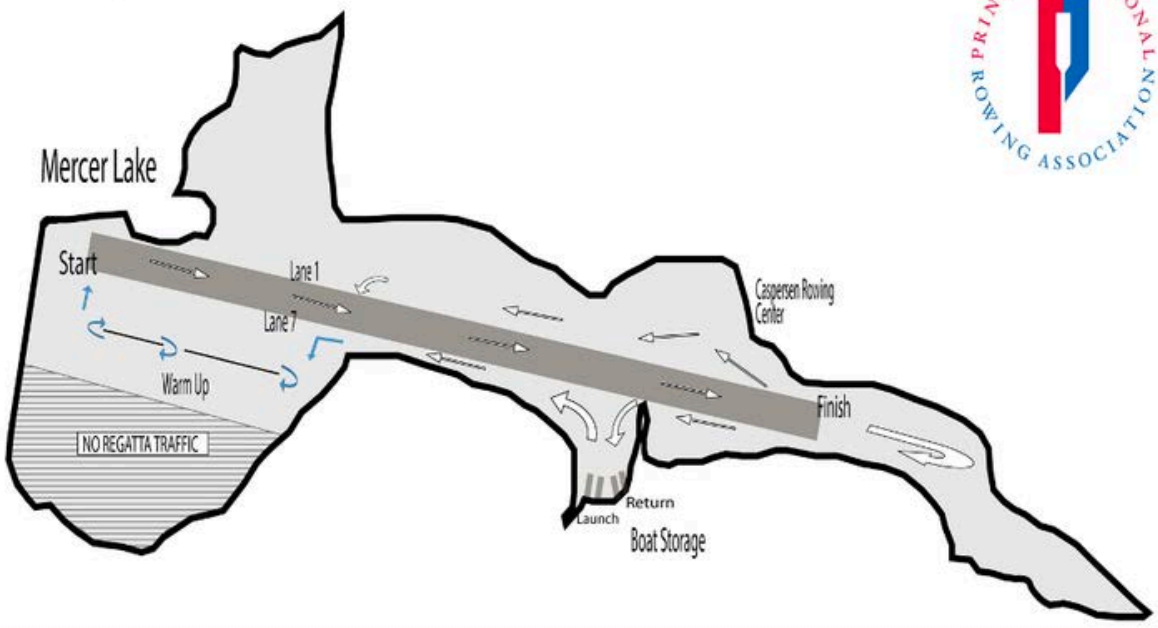
Traffic Pattern: Practice



Regatta Time Trial Race Traffic Pattern



Regatta Race Traffic Pattern



TRAILERS & BOAT STORAGE

All trailers must be registered prior to arriving on site. Please fill out the trailer arrival form **HERE** if you are planning on transporting a trailer.

Trailers may arrive and park on the venue on the following dates:

- Thursday, November 12 **- No Parking Prior to 12pm**
- Friday, November 13
- Saturday, November 14

EVENT LIVESTREAM

Find the event livestream on www.Overnght.com.

ACCESSIBILITY, INCLUSION AND ACCOMODATION

USRowing USRowing is committed to accessible and inclusive events for all. All spectator, competition, awards, and parking areas are accessible. If you or someone in your organization needs an additional accommodation for a disability, please fill outthe link **HERE** as soon as possible.

EVENT DRONE POLICY

In accordance with USRowing's drone policy, anyone interested in utilizing a flying drone at the regatta venue must receive approval from USRowing and the Local Organizing Committee.

Unapproved drones are not permitted anywhere on the regatta venue. Continued use of unapproved drones may result in penalties to the associated crew, and the operator may be subject to removal from the venue.

A crew may be subject to an "unsportsmanlike conduct" penalty if a person affiliated with their organization, including spectators and parents, engages in the use of an unapproved drone at the regatta venue.



TEAM POINTS

USRowing will calculate team points for this championship using the Modified Barnes-style Team Points System to determine the overall team points champion.

First Place Points Values	
Boat Class	**First Place Points**
1x	10
2-	15

Percentage of 1st-Place Points

All subsequent finishing positions will receive a percentage of the first-place point value, based on the number of boats competing in the grand final.

Boats In Final	2nd	3rd	4th	5th	6th	7th
2	20%	-	-	-	-	-
3	40%	20%	-	-	-	-
4	60%	30%	5%	-	-	-
5	80%	40%	10%	5%	-	-
6+	80%	40%	20%	10%	5%	2%

Team Points Eligibility

If an organization has multiple crews competing in the same grand final, all crews from that club that compelte the race and place will earn points.

To be eligible to win the overall team points trophy, clubs must be in good standing with USRowing.