



## USRowing National Championships

July 9-14, 2019

Lake Harsha, Clermont County, Ohio

USRowing and the Clermont County Convention and Visitors Bureau are proud to bring the USRowing National Championships to Lake Harsha at East Fork State Park in Clermont County, Ohio. The venue last hosted the event from 2015-2017.

Most recently known as the USRowing Club National Championships, the event will drop “Club” from its title moving forward and be rebranded as the USRowing National Championships to reflect the re-integration of the elite-level race categories. Scheduled for July 9-14, 2019, the regatta also will be expanded to six days and will crown national champions in the U17, U19, intermediate and elite/senior categories.

Please read this packet completely as it includes information regarding entries, rules, events, qualification, eligibility, venue and other information about the policies governing this regatta. All crews competing in the USRowing Youth National Championships are responsible for the information contained in this packet.

USRowing would like to thank the Clermont County Convention and Visitors Bureau Staff for their guidance and assistance in organizing this year’s event.

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### Changes for 2019

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Below is a list of significant changes to this year’s packet that are being highlighted for your convenience. Be sure to read the entire packet, as you are responsible for all information included herein.

- Schedule Information-- Updated to reflect 6th racing day.
- Order of Events -- Added Inclusive 2x and PR1/PR2 1x events.
- Registration Process -- Lineups will be required at the time of entry. ***\*\*Revised Payment Policy - entry fee payments are due by the entry deadline, not at the time of registration. (4/16)\*\****
- **Minimum Weight of Boats -- Strongly encourage coaches to review and be familiar with the policies and procedures around boat weighing.**

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## Important Dates & Schedule Information

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### ***Important Dates/Deadlines:***

- March 1, 2019 – Entry packet posted.
- April 1, 2019 -- Online registration opens on RegattaCentral.
- June 23, 2019 – Initial online registration deadline. All entry fees become non-refundable after this deadline.
- June 24, 2019 – Initial race schedule posted.
- June 30, 2019 -- Online late entry deadline. Line-up deadline. All crews must meet the “Express

Lane” requirements by this date in order to guarantee their eligibility for this option.

- July 7, 2019 – Venue opens for trailer parking & practice. RegattaCentral re-opens for last minute lineup changes. Initial start lists for time trials and heat sheets posted.
- July 8, 2019 – On-site credential pick-up is available. “Express Lane” opens. Last day for online line-up changes via RegattaCentral. Coaches & Coxswains Meeting.
- July 9, 2019 -- U19 & U17 event time trials.
- July 10, 2019 -- U19 & U17 event semifinals.
- July 11, 2019 -- Finals for U19 & U17 events held in morning. Award Ceremonies throughout the day. College Fair begins. Practice session and arrival for Intermediate and Sr/Elite crews in afternoon.
- July 12, 2019 -- Intermediate and Sr/Elite event time trials.
- July 13, 2019 -- Intermediate and Sr/Elite event semifinals.
- July 14, 2019 -- Intermediate and Sr/Elite event finals. Award ceremonies throughout the morning.

***Schedule Information:***

[Click here to view planned regatta schedule.](#)

***This posted schedule is for illustrative purposes only. It is tentative and subject to change.***

Events with 2 or fewer entries will be removed from the schedule.

The regatta schedule will generally follow the schedule below. This outline is to assist teams with their planning, but is tentative and subject to change.

U17 & U19 Events

Tuesday: Time Trials

Wednesday: Semifinals

Thursday (AM): Finals

Intermediate & Sr/Elite Events:

Friday: Intermediate & Sr/Elite Time Trials.

Saturday: Intermediate and Sr/Elite Semifinals.

Sunday: Finals

The schedule will be finalized once entries have been received.

These time frames are contingent on the time available and number of races needed based on final entry numbers. Be aware that some rounds may spill over to the next day, if needed.

**Coaches, Coxswains, and Blind Boat Meeting:**

The Coaches and Coxswains Meeting will be held Monday, July 8, 2019, at 6:00 p.m.

The meeting will be recorded and posted on the event web page. Crews arriving for weekend racing should review this video prior to arrival.

All crews are responsible for any information disseminated at this meeting.

**Order of Events:**

Wednesday, Thursday, Friday Events	
#	Event
1	Womens U17 1x
2	Mens U19 4x
3	Womens U19 2x
4	Mens U17 2x
5	Womens U19 8+
6	Mens U19 4+
7	Womens U17 4+
8	Mens U17 8+
9	Womens U17 4x
10	Mens U19 1x
11	Womens U19 2-
12	Mens U19 2-
13	Womens U19 1x

14	Womens U19 4-
15	Mens U17 1x
16	Womens U17 2x
17	Mens U19 2x
18	Mens U19 8+
19	Mens U17 4+
20	Womens U19 4+
21	Womens U17 8+
22	Mens U19 4-
23	Womens U19 4x
24	Mens U17 4x
25	Mens/Womens/Mixed U19 Inclusion 2x
26	Mens/Womens U19 PR1 1x

<b>Friday, Saturday, Sunday Events</b>	
#	Event
30	Womens Intermediate 4x
31	Mens Intermediate 2x
32	Mens Intermediate 8+
33	Mens Intermediate Ltwt 4x
34	Mens Intermediate Ltwt 4+
35	Womens Intermediate Ltwt 2x
36	Womens Intermediate 4+
37	Mens Intermediate 2-
38	Womens Intermediate 1x
39	Mens Intermediate Ltwt 1x
40	Womens Intermediate Ltwt 2-
41	Mens Intermediate Ltwt 8+
42	Mens Intermediate 4x
43	Womens Intermediate 2x
44	Womens Intermediate 8+
45	Mens Intermediate 4+
46	Womens Intermediate Ltwt 4x
47	Mens Intermediate Ltwt 2x
48	Womens Intermediate Ltwt 4+
49	Mens Intermediate Ltwt 2-
50	Womens Intermediate Ltwt 1x
51	Mens Intermediate 1x
52	Womens Intermediate 2-
53	Womens Elite/Senior 1x
54	Mens Elite/Senior 1x
55	Womens Elite/Senior Ltwt 1x
56	Mens Elite/Senior Ltwt 1x
57	Womens Elite/Senior 2-
58	Mens Elite/Senior 2-
59	Mens Elite/Senior Ltwt 2-

60	Womens Elite/Senior Ltwt 2-
61	Mens Elite/Senior 2+
62	Womens Elite/Senior 2x
63	Mens Elite/Senior 2x
64	Womens Elite/Senior Ltwt 2x
65	Mens Elite/Senior Ltwt 2x
66	Womens Elite/Senior 4-
67	Mens Elite/Senior 4-
68	Mens Elite/Senior Ltwt 4-
69	Womens Elite/Senior 4+
70	Mens Elite/Senior 4+
71	Womens Elite/Senior Ltwt 4+
72	Mens Elite/Senior Ltwt 4+
73	Womens Elite/Senior 4x
74	Mens Elite/Senior 4x
75	Womens Elite/Senior Ltwt 4x
76	Mens Elite/Senior Ltwt 4x
77	Mens Elite/Senior Ltwt 8+
78	Womens Elite/Senior 8+
79	Mens Elite/Senior 8+
80	PR1 Womens 1x
81	PR1 Mens 1x
82	PR2 Mix 2x
83	PR2 Mens 1x
84	PR2 Womens 1x
85	PR3 Mixed 2x
86	PR3 Mixed 4+
87	PR3 Mens 2-
88	PR3 Womens 2-

***Inclement Weather Information:***

The Chief Referee, USRowing, and the LOC will work together to monitor the weather continuously during the event.

Should it be determined that schedule changes are necessary due to weather concerns, the following weather plan will be utilized:

#### *Communication Plan*

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

1. Posted on the results board at the regatta site.
2. Announced over the on-site sound system.
3. Posted online via Twitter, Facebook, RegattaCentral, and the USRowing Club Nationals event website.
4. Via text message. Coaches, athletes and parents can register to receive weather related text messages by texting "USRowing" to 313131. This service will only be used for weather-related messages.

To ensure that each crew has at least 1 representative on the texting list, USRowing will manually add the Race Day Contact listed on RegattaCentral to the texting system.

Teams are responsible for staying updated on announced schedule changes.

Please direct any questions about schedule changes to USRowing at the registration area.

#### *Schedule Changes will be made with the following priorities*

1. Delay racing either later the same day or to the next day, if time is available.
2. Begin racing earlier than previously announced. Announcement will be made no later than 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 those rounds that have been completed. If grand finals must be omitted, medals will be awarded based on the place in which crews finished in 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 run after Sunday, July 14, 2019.

#### *Weigh-in Procedures*

In instances where inclement weather causes a change in the scheduled race times for events that require the weighing of competitors (lightweights or coxswains), the time in which a competitor must be weighed will be affected as follows:

If the Scheduled Time of the first race is officially changed, then competitors may weigh-in during the original Weigh-in Window or the Adjusted Weigh-in Window.

The "Adjusted Weigh-in Window" is no less than one (1) hour and not more than two (2) hours before the new official start time of the first race in which the weight is relevant. The "Adjusted Weigh-in Window" only applies when a new official start time is published and posted. Normal regatta delays do not result in creating an "Adjusted Weigh-in Window".

In the event that a race is rescheduled to a different day, competitors competing in that event will be required to weigh-in on the newly scheduled day, during the Adjusted Weigh-in Window scheduled in accordance with the new race time.

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## Registration Information

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### ***USRowing Membership:***

The USRowing National Championships is a USRowing-owned event.

Each participant is required to be a current member of USRowing, with either a Basic membership with Add-On Regatta Package or a Championship member of USRowing in place. Each participant must also have a signed waiver on file for 2019.

**Not familiar with our brand new Add-On Regatta Package?** Learn more about our great new membership deal for current Basic members through our website FAQ. Athletes can now be compliant for USRowing-owned regattas and get our most popular benefits at a serious **discount**.

Each competing organization is required to be a current organizational member of USRowing.

Memberships can be activated or renewed by visiting <http://www.usrowing.org/join.aspx> or by calling the Membership Services Department at (800) 314-4769.

Memberships should be handled prior to arriving for the event. A current listing of your athletes, their member numbers, and expiration dates can be found on your online roster through the Membership Portal at <http://membership.usrowing.org>

### ***Waiver:***

All athletes should make sure to sign their USRowing waiver using their Basic w/ Regatta Package or Championship member number.

Please make sure the number on the athlete's RegattaCentral profile matches their current USRowing number.

### ***Credentials:***

Credentials will be issued to athletes once registration is complete, membership and waiver information is verified, and all fees are paid in full.

A coach or team representative may pick up the credentials for their team if all team members meet the above criteria and the organization's membership and regatta fees are paid in full. All team credentials must be picked up at the same time. Partial groups will not be distributed.

Athletes will be required to show credentials in order to pass through Control Commission and launch for racing sessions.

Crews will not be able to launch without showing proper credentials.



Each athlete will receive one complimentary credential as part of their registration for the event. Any replacement credentials can be purchased for \$10 at the registration desk.

***“Express Lane”:***

Any crew whose line-ups are complete, fully compliant with Membership requirements, and fully paid on all entry and other fees are eligible for the “Express Lane” on-site registration option.

These crews may collect their credentials without waiting in line to speak with a USRowing representative.

To be eligible, crews must be in compliance by June 30, 2019.

After this deadline, a list of eligible crews will be made available.

***Entry Information:***

No paper entries will be accepted for this event.

All entries for this event must be submitted through [RegattaCentral](#).

Registration will be available beginning April 1, 2019, and ending June 23, 2019.

Once the initial registration period closes, entries may be accepted in events where additional entries will not change the progression of the event.

**All entry fees must be paid in full by June 23, 2019. After this date, unpaid entries will be considered late entries, and subject to the additional fees associated with such designation.**

Crews needing to make alternate payment arrangements must contact the USRowing Regatta Director at [alvin.dominique@usrowing.org](mailto:alvin.dominique@usrowing.org).

Entry fees become non-refundable after June 23, 2019. After this date, unpaid entries may be scratched from the regatta.

Crews representing an organization with an outstanding balance from any USRowing activity will not be allowed to compete until the balance is paid in full.

***Entry Fees:***

<b>Category</b>	<b>Entry Fee</b>	<b>Late Entry Fee</b> <i>(Total Cost after initial deadline)</i>
8+	\$ 268.00	\$402.00
4x/4+	\$ 192.00	\$288.00
2x/2-	\$ 128.00	\$192.00
1x	\$ 82.00	\$123.00

***Lineups:***

All entries should include the lineup of athletes to compete as part of that entry. All entries must have names no later than June 30, 2019.

After June 30, entries without completed lineups will be considered late entries and subject to the fees and restrictions associated with such designation. Entries with placeholder names, such as “A Rower”, will be considered incomplete.

***Scratches:***

Entries may be scratched without penalty through RegattaCentral until June 23, 2019. All scratches made after this date are subject to a forfeiture of the entry fees.

Scratches made beginning the first day of racing for the regatta will be subject to a \$50 scratch fee.

Crews failing to notify USRowing of their intention to scratch prior to one hour before the race in which the crew is entered will be subject to a no-show fee of \$100 due before the organization will be allowed to compete in subsequent races.

***Lineup Changes:***

Line-ups will remain open on RegattaCentral for editing until June 30, 2019. RegattaCentral will then close for credential printing and “Express Lane” notifications.

RegattaCentral will be re-opened to accept any last minute line-up changes on July 7-8, 2019.

After July 8, 2019, crews may substitute up to one half of their line-up, as well as the coxswain.

No substitutions are allowed for single sculls after July 8, 2019, in accordance with the USRowing Rules of Rowing. Substitutions in single sculls must be completed as a scratch, followed by a late entry request for the new competitor.

Any line-up changes needed on racing days must be completed at the USRowing registration desk.

**After the first race in an event has taken place, the composition of a crew shall remain the same and no substitution shall be allowed for any subsequent races in that event, except as provided in Rule 5-207 (“Illness of Competitors”). This rule will be strictly enforced.**

***On-Site Line-up Changes:***

Any line-up change required beginning Tuesday, July 9, must be completed on-site, and will be subject to a \$5 administrative fee for processing the request.

Payment is due before a line-up change can be officially made.

On-site changes must be submitted to USRowing a minimum of one hour before the first race of an event.

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## Competition Information

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### ***Eligibility:***

Rowers may compete in a higher skill class, but not a lower skill class. For example, a Senior athlete may compete in an Elite Event, but not an Intermediate Event. Adaptive Rowers may compete in a more functional sport class than their assigned class but not in a less functional sport class. For example, a Rower classified as PR2 may compete in PR3 Events, but may not compete in PR1 Events. Rowers classified as “N/E” are not eligible to compete in Adaptive Events.

All Rowers racing in Adaptive Rowing Races shall be classified before competition, either by self-classification, or by a USA or FISA Classification Panel. If a Rower enters a Regatta and does not have a classification status, the LOC may default him or her from the final results of the Race.

A Competitor’s classification by skill shall be determined separately with respect to Sweep Events and Sculling Events. Except for the provisions of the Elite status, a Competitor’s classification in one category shall not affect his or her classification in the other. A competitor’s classification by skill shall not be determined separately with respect to open events and lightweight events, and thus a Competitor’s status as Elite, Senior, or Intermediate is applicable regardless of weight class.

A coxswain may compete in any of those categories regardless of his or her classification by skill with the exception that a coxswain who is not an amateur shall not compete in events classified by skill as Intermediate or Senior or classified by age as Youth.

A Competitor, including a Coxswain, who does not comply with Rule 4-104.1(a) (“Classification by Age”) shall not compete in a U19 or U17 event.

A Competitor’s eligibility to compete in events classified by age is not affected by his or her classification by skill.

A Rower may compete in an Adaptive Rowing Event if his or her disability meets the criteria set out in the Adaptive Rowing Classification Regulations and has been classified by a national or international Classification Panel into an eligible sport class. A Rower without a sport class or whose sport class has been withdrawn may not compete in Adaptive or Para-Rowing Events.

A Competitor shall know their eligibility, including their sport class if an Adaptive Rower or Para-Rower, and shall not compete in an Event for which they are not eligible.

There will be no protests over another Adaptive Rower’s sport class designation.

### ***Classifications:***

*Elite*

A competitor is Elite who has been a member of the USRowing Senior National Team or any country's Senior National Team as a competitor (including as a spare) or a medalist at the U23 World Championships in the category at issue.

### *Senior*

A Competitor is a Senior who has won any Intermediate or Senior 2,000 meter Event at the USRowing National Championships regatta or at the Royal Canadian Henley Regatta, and who has not advanced to the status of Elite.

### *Intermediate*

A competitor is an Intermediate who has not advanced to the status of Senior or Elite.

### *U19*

A Competitor may compete in the U19 category until December 31 of the year of his or her 18<sup>th</sup> birthday.

### *U17*

A Competitor may compete in the U17 category until December 31 of the year of his or her 16<sup>th</sup> birthday.

### *PR1 (formerly Arms & Shoulders (AS))*

Allocated to Rowers with a verifiable and permanent impairment who have minimal or no trunk function. A Rower in the PR1 sport class is able to apply force predominantly using the arms and/or shoulders. These Competitors will also likely have poor sitting balance.

### *PR2 (formerly Trunk & Arms (TA))*

Allocated to Rowers with a verifiable and permanent impairment who have functional use of the trunk and who are unable to use the sliding seat to propel the boat due to significantly weakened function or mobility of the lower limbs.

### *PR3 (formerly Legs, Trunks, & Arms (LTA))*

Allocated to Rowers with a verifiable and permanent impairment who have functional use of their legs, trunk, and arms for rowing, and who can utilize the sliding seat to propel the boat.

### *Mixed*

In Mixed Adaptive Events, half of the Rowers in a Crew shall be men and half shall be women. In the 4+, the Coxswain may be either a man or a woman and does not need to have an impairment.

## *Inclusive*

A crew entered in the “Inclusive” event must be comprised of a mixture of Classified Rowers and Non-Classified Rowers. The crew must contain an equal number of Classified and Non-Classified Rowers. The Inclusive events are open to athletes that have been classified in the PR-3, PR-2, or PR-1 sport classes included in the Rules of Rowing. The sport class requirement pertains only to the Rower who has been classified.

### ***Classifications for Adaptive Athletes***

All Rowers racing in Adaptive Rowing Races shall be classified before competition, either by self-classification or by a USA or FISA Classification Panel.

Self-classification is permitted at this event. Classifiers will not be present at the regatta. For more information on the classification process, visit the USRowing web site: [Click here for Classification information on the USRowing web site.](#)

There will be no protests over any classified rower’s sport class designation during a U.S. regatta

### ***Inclusive and Adaptive Events:***

The Inclusive category is open to crews comprised of a mixture of Classified Rowers and Non-Classified Rowers. The crew must contain an equal number of Classified and Non-Classified Rowers.

The Inclusive events are open to athletes that have been classified in the PR-3, PR-2, or PR-1 sport classes included in the Rules of Rowing.

The PR1/PR2 1x events are open to athletes that have been classified in the PR2 or PR1 categories. Rowers may compete in a more functional sport class than their assigned sport class but not in a less functional sport class. For example, a Rower classified as PR2 may compete in PR3 Events, but may not compete in PR1 Events.

A rower may compete in an Adaptive or Para Rowing event if his or her disability meets the criteria set out in the Adaptive Rowing Classification. Self classification is permitted, and crews should be familiar with the category requirements in the Rules of Rowing.

In Inclusive events, the sport class requirement pertains only to the Rower who has been classified.

At all times when on the water during practice, warm up, cool down, and competition from the opening day of the Course until completion of the final Race of their competition, all Rowers who row in Adaptive Rowing Races must row with the prescribed equipment which must be used according to the boat and sport class. Equipment in this context refers to strapping and pontoons.

The Inclusive events are listed as a combined event. Crews consisting of Men, Women, or Mixed lineups may enter. Races may be separated by category if the number of entries necessitates separation.

The P1/PR2 Mens/Womens 1x events are listed as a combined event. Mens and Womens crews classified as PR1 or PR2 are eligible to enter. Races may be separated by category if the number of 11 entries necessitates separation.

***Affiliation:***

A competitor shall represent only one organization at a regatta

***Composite Crews:***

Crews made up of representatives from different clubs must be entered as composite crews. The affiliation of each member of the crew must be submitted when the crew is registered.

Competitors are allowed to represent one organization at this regatta.

Composite crews are not required to wear matching uniforms, or have matching oar blade designs.

Composite crews are not eligible to earn points toward team point trophies.

***Foreign Crews:***

Foreign crews, including single scullers, must be current members of their nation's recognized governing body for the sport of rowing to be eligible to compete.

Foreign crews will be allowed to progress through an event based on their finish.

If a crew entered by a foreign club or rowing federation, or a foreign unaffiliated single sculler, places first, second, or third in a national championship event, it shall receive special gold, silver, or bronze medals memorializing the accomplishment, but the national championship medals and the designations and entitlements of national champion, shall be given only to domestic crews according to order of placement.

Foreign crews are ineligible to receive team point trophies.

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## **Rules**

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USRowing's Rules of Rowing will govern this event.

An online version is available at <http://www.usrowing.org/About/RulesofRowing.aspx>

Be sure to take note of the approved rule changes, listed on page 1 of the rulebook.

USRowing licensed referees will officiate the event to ensure safety and fairness.

### ***Time Trial Procedures***

All crews must have their assigned number securely fastened to the bow of their shell.

Time trials, when needed, will be conducted over a 1,900 meter distance. The top 100 meters of the course will be used as the starting area.

Odd numbered crews will row in lane 4, even numbered crews will row in lane 5.

Crews will be started in alternating lanes every 20 seconds, leaving a 40-second gap between boats in the same lane.

#### ***The Starting Area:***

A marshal will be positioned near the 2,000 meter start to direct crews to either enter the course or the warm-up area.

Crews are responsible for staying in numerical order, staying behind crews with lower numbers and in front of crews with higher numbers.

Crews are responsible for maintaining their proper order, and distance within the chute. Crews are also responsible for ensuring they remain in the chute as they approach the start line. Crews failing to maintain their proper position may be delayed, moved to the end of the starting order, penalized, or excluded.

The starter will tell you that you are approaching the start line.

A crew's race time begins once their bow ball crosses the start line.

#### ***Passing:***

A crew being overtaken must yield to the outside lane to allow the overtaking crew to pass.

Any crew failing to yield will be excluded.

A crew is deemed to be overtaking another crew when it has moved to within one length of open water of the crew ahead.

Referees will give instruction in accordance with the USRowing Rules of Rowing. If it is necessary to exclude a crew during a race, a referee will raise a white flag and instruct the crew to "stop". A crew so instructed shall quickly move out of its lane so as not to interfere with any other crew.

#### ***Broken Equipment:***

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

If breakage happens within the first 100 meters of the race, the crew will be given 30 minutes to attempt to repair the damage. If the repair is completed within the 30 minute window, the crew will be allowed to restart. Race time rescheduling will be at the discretion of the Starter and/or Chief Referee. If breakage happens outside of the first 100 meters, the crew should attempt to continue travelling down the race course, to the finish line, without hindering racing crews. The crew will not be given the opportunity to restart the event.

***Bow Numbers:***

Time trial bow numbers must be picked up at the USRowing registration desk. Crews competing in Friday time trials should pick up their numbers Thursday.

***Equipment:***

All equipment used in competition must meet the USRowing Rules of Rowing requirements for equipment.

Each organization is responsible for ensuring that their equipment meets these standards.

Bow numbers will be provided to crews throughout the regatta. Time trial bow numbers will be distributed at registration. Sprint racing bow numbers will be distributed at the docks when crews are launching to race by Control Commission.

Crews will not be allowed to launch without bow balls firmly attached and mounted on the bow, and the proper bow number securely affixed to the hull.

Crews are also responsible for ensuring their footgear meets the standards in the USRowing Rules of Rowing. "Heel ties" shall not allow the heel to raise more than three inches (7.5cm) above the foot board. Crews arriving at Control Commission with improper heel ties will have to leave the launch area to correct the issue, and pass through Control Commission for additional inspection.

Adaptive rowing equipment should conform with the standards set in the USRowing Rules of Rowing, including any necessary strapping equipment.

***Minimum Weight of Boats:***

"Boat Weighing" will be conducted in accordance with the 2019 USRowing Rules of Rowing. The rules are listed here for the convenience of the competitors and coaches. Any differences in the language listed here and the 2019 Rules of Rowing is typographical, and the Rules of Rowing shall still govern these rules and procedures.

All boats shall comply with the following minimum weights:

<i>Category</i>	<i>Weight (kg)</i>
1x	14
PR1 1x	24
2x	27
PR3 2x	27
2-	27



PR3 2-	27
2+	32
PR2 2x	37
4-	50
4+	51
PR3 4+	51
4x	52
8+	96

The minimum weight of the boat shall include seats, rudders, skegs, fins, and riggers. For the purposes of determining the minimum weight of boats, the following definitions shall apply:

- “Attached” shall mean glued, taped, “Velcro-ed”, or any other form of attachment such that if the boat is picked up or turned over, the item shall not fall out.
- “Firmly Fastened” shall mean a glued, screwed, bolted, welded or any other form of fastening such that it is not possible to change or manipulate the item during the time on the water or that the equipment or boat shall be damaged by forceful removal of the item.

The minimum weight of the boat shall also include:

- Loud speakers if they are firmly fastened to the boat and associated wiring for such speakers;
- Any housings or fixings that are firmly fastened to the boat for the purpose of holding electronic or other equipment;
- Cables and wires required to connect the firmly fastened equipment, and
- Seat pads that are attached to the seat

The weight of PR1 1x and PR2 2x boats shall include the strapping which is firmly fastened to the boat, to the seat and/or to its fittings. It shall also include seat pads which are attached to the seat. Other items, whether directly related to Adaptive Rowing or not, which are not firmly fastened to the boat or seat shall not be included in the weight of the boat. Equipment that replaces a part of the body (prosthesis) even if firmly fastened to the boat or seat shall not be included as part of the weight of the boat.

If a boat is underweight, additional deadweight shall be added to bring the boat into compliance. It is the sole responsibility of the Crew that its boat has met the required minimum weight.

Crews nominated to have their boat weighed will be notified as they leave the water by a Race Official or other appointed person who shall accompany the Crew to the weighing scales.

Once the Crew has been notified, no extra weight of any description can be added to the boat until the boat has been weighed.

At the official weighing of the boat, the normal wetted surface of the boat is accepted. However, any standing water must be removed before the weighing, in particular any water between the shoulders

and under the decking. All other items not firmly fastened must be taken out of the boat before the weighing.

If a boat is below the minimum weight, it will be reweighed after the Race Official has tested the scales with a gauged weight.

The first offense penalty for having raced in an underweight boat in an Event, except for a finals Race, shall be relegation. If the Crew races again in an underweight boat in a later round of the same Event, the penalty shall be exclusion. The penalty for having raced an underweight boat in a finals Race shall be exclusion.

Test Weighing: Scales will be available during official practice sessions, beginning Sunday, July 7, 2019. Specific times will be listed in the confirmation packet sent to crews after the close of registration. Test weighing during racing sessions may be allowed at the discretion of the Chief Referee.

Weighing the boat outside of the official weigh-in for their race is done for the crew's information, and has no bearing on their official weigh-in, if selected after a race.

***Weigh-Ins:***

Competitors shall be weighed in racing uniform without shoes or other footwear. The racing uniform shall cover the torso of the competitor.

**Lightweights:**

The weight of Rowers in lightweight events shall be determined once each day during either the Weigh-in Window or the Adjusted Weigh-in Window, but not both.

Competitors who fail to weigh-in during either the Weigh-in Window or the Adjusted Weigh-in Window shall be deemed ineligible to race.

When an Adjusted Weigh-in Window is created due to a scheduling change, a Competitor may weigh-in during either the original Weigh-in Window or the Adjusted Weigh-in Window, but not both, provided the Competitor completes his or her weigh-in prior to the newly Scheduled Time of the Race and on the same day as the newly Scheduled Time of the Race.

“Adjusted Weigh-in Window”: Should Race Officials adjust or alter the racing schedule for compelling reasons, changing the amount of time between the Weigh-in Window and the newly Scheduled Time of the Race, an Adjusted Weigh-in Window shall be created. The Adjusted Weigh-in Window shall be no less than one (1) hour and not more than two (2) hours before the newly Scheduled Time of the Race.

**An “Adjusted Weigh-in Window” is only created if an adjusted schedule is officially posted or published by USRowing. Commonly occurring delays throughout the day are not considered an official adjustment to the schedule.**

**Lightweight Men:**

**Lightweight Women:**

Max: 160 lbs. (no average)

Max: 130 lbs. (no average)

Coxswains:

The weight of Coxswains shall be determined once **each day** during either the Weigh-in Window or Adjusted Weigh-in Window, but not both. In the event a Coxswain is weighed after the applicable Weigh-in Window or Adjusted Weigh-in Window but before the first Race in which the weight is relevant, the Coxswain may be subject to one of the penalties described in Rule 2-602 (“Types of Penalties”); the presumed penalty for such infraction is a Warning. Failure to weigh-in at any point in time prior to the first Race in which the weight is relevant shall constitute a violation of Rule 4-105.1 (“Coxswain’s Weight”) and result in the Coxswain being deemed ineligible to race.

When an Adjusted Weigh-in Window is created due to a scheduling change, a Competitor may weigh-in during either the original Weigh-in Window or the Adjusted Weigh-in Window, but not both, provided the Competitor completes his or her weigh-in prior to the newly Scheduled Time of the Race and on the same day as the newly Scheduled Time of the Race.

“Adjusted Weigh-in Window”: Should Race Officials adjust or alter the racing schedule for compelling reasons, changing the amount of time between the Weigh-in Window and the newly Scheduled Time of the Race, an Adjusted Weigh-in Window shall be created. The Adjusted Weigh-in Window shall be no less than one (1) hour and not more than two (2) hours before the newly Scheduled Time of the Race.

**An “Adjusted Weigh-in Window” is only created if an adjusted schedule is officially posted or published by USRowing. Commonly occurring delays throughout the day are not considered an official adjustment to the schedule.**

Coxswains who do not comply with the minimum weight standard must provide their own materials to create deadweight in accordance with the USRowing Rules of Rowing. This weight must be placed in the boat as close to the torso of the coxswain as possible, and is specifically forbidden to be distributed throughout the boat. At any time, before or immediately after the race, the Referee, another Race Official, or a member of the Control Commission may require the weight of the deadweight to be checked.

**Crews must provide their own weight making materials.**

Excess clothing, equipment, electronic systems, tools, and other utilitarian devices germane to competition shall not be considered part of the coxswain’s weight and shall not be included as part of any deadweight.

Weighted vests cannot be worn in order to achieve the minimum weight.

**Coxswain for Men’s and Mixed Events:**

Minimum: 120 lbs.

**Coxswain for Women’s Event:**

Minimum: 110 lbs.

**Unsportsmanlike Conduct:**

Unsportsmanlike conduct includes, but is not limited to, failure to heed the instructions of race officials, use of obscene language or gestures, delaying a race without just cause, intentional or flagrant disregard of principles of safety and fairness, or abusive behavior toward any official, team member, or spectator.

A crew that engages in unsportsmanlike conduct, on land or water, may be assessed a penalty by a race official.

Any team member, including a competitor, who engages in unsportsmanlike conduct at any time during the regatta may have his or her further participation at the regatta curtailed or prohibited by a race official.

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.

**Progression:**

Entries	Time Trial	Advance	Semifinals	Advance	Final
1-7	-	-	-	-	Final Only
8-14	1	6	-	-	Grand Final
15-30	1	12	2	3	Grand Final
31+	1	18	3	2	Grand Final

Only Grand Finals will be run at the 2019 USRowing National Championships.

**Outside Assistance:**

Crews are reminded that they are not to receive outside assistance during a race except from the unaided voice.

**Medals:**

Entries	Medals Awarded		
	Gold	Silver	Bronze
0-2	Event Scratched from Schedule		
3	X		
4	X	X	
5+	X	X	X

Medals will be awarded at the Awards Stage on a rolling basis on Thursday and Sunday. Crews should come to collect their medals when their crew is available and their race has been marked “Official”.

Medals will not be awarded until after the Finals race is marked “Official”.

**Team Point Trophies:**

Team point trophies will be awarded to the teams that earn the most points in men’s and women’s events, respectively.

Points shall be awarded as follows:

Boat Class	Points for 1 <sup>st</sup> Place in Grand Final
1x	10
2x, 2-	15
4+, 4-, 4x	20
8+	30

# Boats in Final	Percentage of 1 <sup>st</sup>				
	2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup>
2	20%				
3	40%	20%			
4	60%	30%	5%		
5	80%	40%	10%	5%	
6+	80%	40%	20%	10%	5%

Composite crews and foreign crews are not eligible to earn points toward team point trophies.

Crews affiliated with USRowing Development Camps, Pre-Elite Camps, or similar entities are ineligible to receive team point trophies.

**In order to be eligible for the Overall Team Points Trophy, the total points earned by an organization in the events of one gender shall not comprise less than 33% of the total points awarded.**

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## **Venue Information**

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***Venue: Lake Harsha at East Fork State Park, Bethel, Ohio***

Course: The course is a 2,000 meter, seven-lane, fully-buoyed course with a starting platform. Crews must be able to back into a stakeboat.

### ***Trailer Parking and Boat Storage***

*The first thirty (30) trailers will be given a slot to back into. Each space is clearly marked and each space will be designated to a team on a first come-first served basis. Teams are expected to either keep their boats on the trailer for storage or if they remove them, to remain within their designated, marked trailer slot.*

*Trailers that arrive after all thirty (30) slots are filled will be directed to the first parking area on the west side of the parking lot and permitted to park diagonally there. After this area is filled, trailers will be*

*directed to unload their boats onto the lawn where boat trees are available to use outside the designated trailer area and then move their trailer to the park office.*

*Boat trees will be available on the lawn near the recovery dock for crews that are car topping their boats and are in need of boat storage.*

### **Parking Information**

***Parking will be regulated by Ohio Department of Natural Resources Law Enforcement Officers and a group of law enforcement students. We ask that you please respect these officers and obey their directions on-site.***

*Team Busses will be permitted to drop athletes off at the beach area and then will be directed to park at the park office. It will be the only lot available to busses at the rowing venue. Busses can remain at the venue in the designated bus lot.*

*Cars will be allowed to enter the beach area and park as long as there is space available. Overflow parking is available in outlying lots. Shuttles will be available to provide rides to the beach area from those outlying lots. Once all outlying lots are full, vehicles will be directed to park at the Grant Career Center in Bethel, OH and shuttled back to the venue.*

*Cars wanting to unload supplies for the Team Tent area will be directed to the western lots in the parking area at the venue. If there is no parking available but you still need to unload, the venue will allow temporary double parking in those lots. Cars would then have to be moved to a lot with open parking.*

**NO PARKING IS ALLOWED ON THE GRASS ANYWHERE WITHIN EAST FORK STATE PARK.**

### **Venue & Traffic Pattern Maps:**

Location:

East Fork State Park - Beach

Park Rd 2

Bethel, OH 45106

Click here for a Google Map: <https://goo.gl/maps/bNXsHx9u85A2>

### **Directions to Lake, East Fork State Park – using Rt. 125**

- From I-75 or I-71 southbound, take I-275 East (South) to Beechmont Ave. – Rt. 125E
- From I-75 or I-71 northbound, take I-275 East (North) to Beechmont Ave. – Rt. 125E.
- I-275 East/North to Beechmont Ave. – Rt. 125. Exit (#65).

- Follow Beechmont Ave – Rt. 125 East – for 9.5 miles. You will pass through Withamsville, Amelia and Mt. Holly. The road will change names – Stay on Rt. 125 East.

Note: As you pass through Amelia watch for 25 mph zone, it is closely patrolled, even at 6am!

The park turnoff is about 2 miles past the traffic light at Wal-Mart and Bob Evans restaurant.

Go to the second light past that point, to **Bantam**. At **Bantam** there is a light – turn left onto **Bantam**. Look for ‘welcome rowers’ sign. Drive 0.5 miles to the East Fork State Park entrance. Turn left into the park, and follow the signs to the Beach.

Drive about .9 mile, passing a cemetery and church on the left. Turn left where the park signs indicate the Beach and continue on for .6 mile to the lake. You will go down a small hill, and the lake will be in front of you. The park is roughly 30 minutes east of Cincinnati.

#### ***Tent and Team Space Policy:***

**This year, the Clermont County CVB, as the host of the National Championships has been asked by the Ohio Department of Natural Resources to take a closer look at safety, especially in regards to temporary structures on-site like tents and trailers. Therefore, to ensure safety standards regarding fire, wind and load, larger tents are required to be rented from the approved and exclusive site vendor (see information below). NO other tents will be permitted in the Team Tent Area and NO other tent vendors may be used.**

**Please note: 10x10 pop up tents will be permitted in the Team Trailer parking area due to the heat, but NO cooking or grilling is permitted in the Team Trailer area. No tents will be permitted in grass islands in between the parking stalls.**

**Teams wishing to rent tents may do so by contacting:**

**Academy Rental Group**

**513-772-1929 / [Info@academyrents.com](mailto:Info@academyrents.com)**

**Please arrange for tent rental prior to June 14, 2019. Packages for varying size tents are available.**

**Tables and Chairs are also available for rent at an additional cost.**

#### ***Lodging Information:***

USRowing has partnered with EMC Meetings and Events to provide accommodation options for teams and spectators travelling to the 2019 USRowing National Championships.

Rooms are now available at a variety of hotel properties near the venue.

[Click here to secure rooms through EMC Venues.](#)

**Event Drone Policy:**

Drones are not permitted to fly at the Lake Harsha venue, due to Army Corps of Engineer requirements.

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.

**Practice:**

Official practice sessions will be available on Sunday, July 7, and Monday, July 8 at the times listed below.

During official practice sessions, crews will have access to the rowing course, athlete scales, and boat scales.

- Sunday, July 7 -- 1:00 pm-6:00 pm (last launch at 5:30pm, all crews must be off the water by 6:00pm).
- Monday, July 8 -- 8:00am-12:00pm (last launch at 11:30am, all crews must be off the water by 12:00pm).
- Monday, July 8 -- 2:00 pm-5:30 pm (last launch at 5:00pm, all crews must be off the water by 5:30pm).

Crews are responsible for knowing and following the practice traffic pattern during all practice sessions. Practice marshals may issue penalties to crews causing unsafe conditions by not following the traffic patterns. These penalties will apply to the offending crews next scheduled race.

The course will not be available for practice prior to racing or during lunch breaks during competition days.

Practice times may be available at the conclusion of each racing day, time permitting. If available, these practice times will be listed in the Confirmation packet distributed to teams at the close of registration.

Teams are not permitted to launch from the venue or practice on the course outside of posted practice times.

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## Contacts and Organizers

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**Contact Information:**

USRowing Regatta Director:

AJ Dominique III

Senior Events Manager, USRowing

[alvin.dominique@usrowing.org](mailto:alvin.dominique@usrowing.org)

609-786-9018

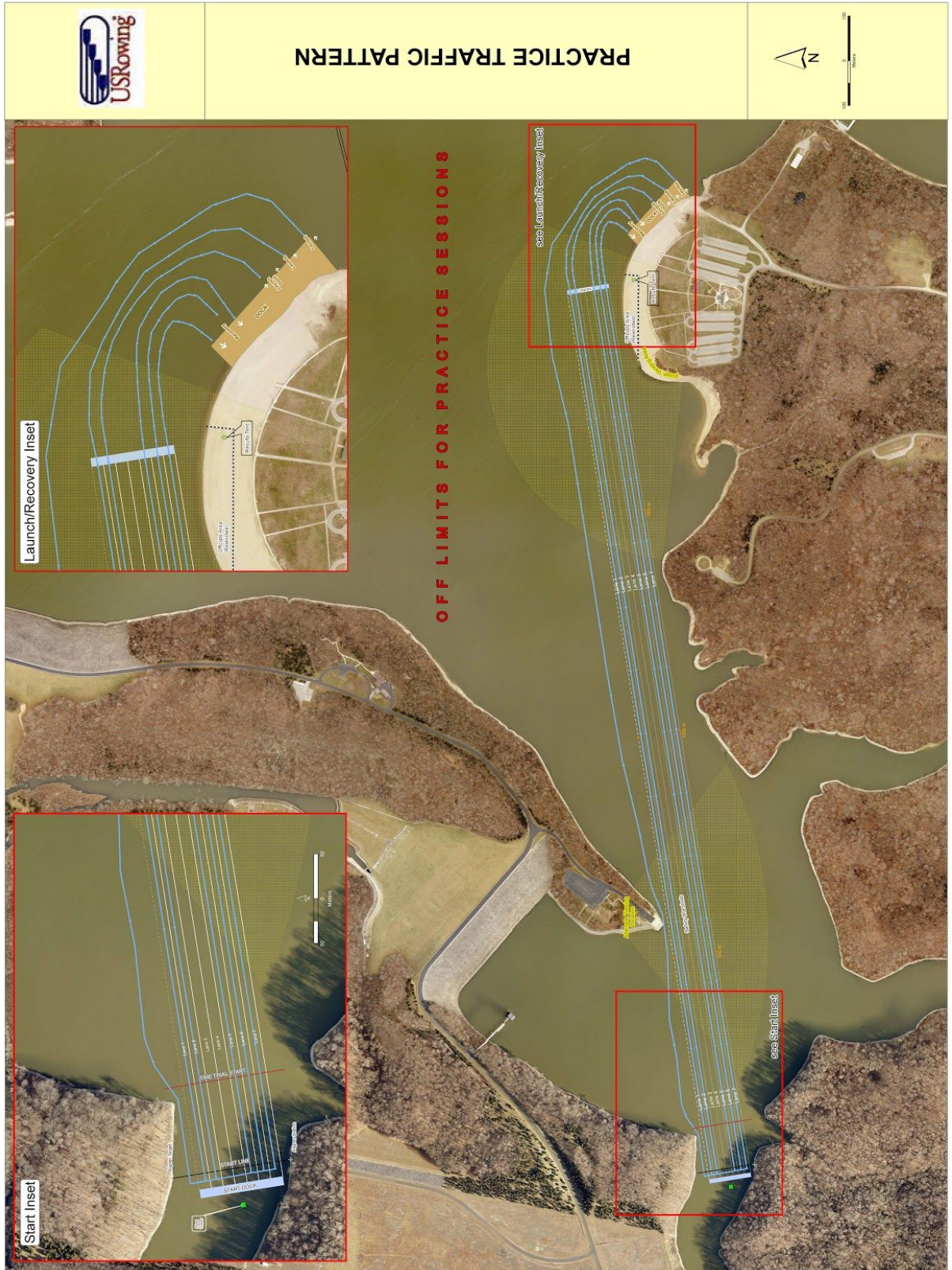
Clermont County Convention and Visitors Bureau (Venue, team tent, parking, etc.):

Joel Barnhill



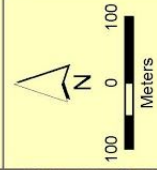
Director of Sports, Clermont County Convention and Visitors Bureau  
[joel@visitclermontohio.com](mailto:joel@visitclermontohio.com)

# Course Maps





# TIME TRIAL TRAFFIC PATTERN





# VENUE PLAN - RACE COURSE

