

2014 USRowing Northeast/Mid-Atlantic Masters Regional Championships

June 28, 2014

Merrimack River, Lowell, Mass.

USRowing and the Merrimack River Rowing Association are proud to introduce the first USRowing Northeast/Mid-Atlantic Masters Regional Championships.

The goal of the regatta is to provide crews from these areas with an additional summer sprint racing opportunity.

Venue Information

Venue – Merrimack River, Lowell, Mass.

Location: 500 Pawtucket Blvd., Lowell, MA 01854

Driving directions are available online: <http://www.merrimack-river-ra.org/festival-hotels-directions>

Course: A course map is included at the end of this packet, and on the MRRRA web site:

<http://www.merrimack-river-ra.org/festival-maps>

The course will be a 1,000 meter, 6-lane course using stakeboats at the start.

USRowing Membership:

The USRowing Northeast/Mid-Atlantic Masters Regional Championship is a USRowing-owned event.

Each participant is required to be a current, “Championship” member of USRowing. Each participant must also have a signed waiver on file for 2014.

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 at the event.

Pre-Registration “Championship” Membership	On-Site Registration “Championship” Membership
\$65 (ages 27+) \$45 (ages 26 and under)	\$70 (ages 27+) \$50 (ages 26 and under)

If you have questions regarding the status of your organizational or individual memberships, please contact our Membership Services department at (800) 314-4769 or members@usrowing.org

A current listing of your athletes, their member numbers, and expiration dates can be found on your online roster: <https://rosters.usrowing.org>

Waiver:

All athletes should make sure to sign their USRowing waiver using their Championship Member number.

Credentials:

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

Each competitor must report to the USRowing desk to secure his or her individual credential. Coaches and team representatives will not be allowed to collect multiple credentials for their crews.

Each competitor will receive a wristband with his or her name, affiliation, and list of events. This wristband must be fastened by a USRowing representative. Wristbands should not be removed until a competitor has completed all events for the regatta.

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

Lost credentials may be replaced at the USRowing registration table and are subject to a \$10 administrative fee.

Eligibility:

Master: A master is a competitor who has attained or will attain the age of 21 during the current calendar year. A competitor's age is determined as of December 31 of the current calendar year, rounded down to the nearest whole number. A competitor thus becomes a master on January 1 of the year of his or her 21st birthday. A masters crew shall be comprised exclusively of masters rowers, but the coxswain need not be a master.

Though this is a regional championship regatta, crews from outside of the Northeast and Mid-Atlantic regions are welcome to enter.

A rower who is a member of the current year's national team shall not be eligible to compete in the current year at this regatta.

Entry Information:

No paper entries will be accepted for this event. All entries must be made online at [RegattaCentral](#). Initial registration will be available beginning April 20, 2014, and ending Sunday, June 15, 2014. No refunds will be given once the initial registration period has ended.

All entry fees must be paid in full by Sunday, June 15, 2014. After this date, unpaid entries will be considered late entries and subject to the additional fees associated with such designation. Payment arrangements may be made by contacting alvin@usrowing.org prior to the deadline.

Crews with an outstanding balance will not be allowed to compete until the balance is paid in full.

Entry Fees:

Boat Class	Amount	Late Entry Fees (Applicable June 16)
8+	\$120	\$135
4+/4x	\$100	\$115
2x/2-	\$65	\$80
1x	\$45	\$60

Entry fees become non-refundable on June 16, 2014.

Late Entries:

Beginning June 16, 2014, late entries may be accepted in events where additional entries will be considered in events where additional entries will not create additional flights.

Crews interested in competing in an event that is full should place their desired entry on the "Waitlist" for that event. If crews from at least 3 different organizations are on the waitlist for an event, and time is available on the schedule, an additional flight may be created.

Late entries must be submitted via RegattaCentral until Sunday, June 22, 2014.

No flights will be added to the schedule, or late entries accepted, after the Coaches, Coxswains, and Blind Boat Meeting.

All late entries must be submitted with complete, visible line-ups, including the date of birth for each crew member.

Scratches:

Entries may be scratched without penalty until the end of the initial registration period on June 15, 2014.

Beginning June 16, 2014, no refunds will be given for entries that are scratched.

E-mail notification will be accepted until the Coaches, Coxswains, and Blind Boats Meeting.

A \$50 scratch fee will apply to all scratches made after the Coaches, Coxswains, and Blind Boats Meeting.

Crews that fail to notify USRowing of a scratch at least one hour prior to the scheduled start time of the race in question may have the scratch fee assessed to the RegattaCentral account that submitted the entry.

Lineup Changes:

Beginning June 22, 2014, only 50% of a crew's lineup, not including the coxswain, may be substituted, with the exception of single sculls.

Substitutions cannot be made for single scull entries except for cases of illness or injury as described in the USRowing Rules of Rowing.

No lineup changes will be accepted via e-mail.

All substitutions must be made by submitting a change form to the USRowing registration desk.

A crew submitting a substitution is responsible for ensuring that the average age of the crew remains within the bounds of the event in which it is participating.

Each lineup change requires that the incoming and outgoing competitors, including coxswains, have their credentials updated by a USRowing representative.

Affiliation:

A competitor shall represent only one organization at a regatta.

Composite Entries:

Composite entries are allowed to compete at this event.

Composite entries must include the affiliation of each member of the crew. These affiliations must comply with the affiliation rule listed above.

Crews may row under their club name with a coxswain from a different club (the boat will not be considered composite). Crews must provide the accurate name of that coxswain.

Composite crews will receive an exception from being required to wear matching uniforms.

Foreign (non-American) Crews

All foreign competitors shall be individual members of their national rowing federation recognized by FISA or its national Olympic committee.

If a crew entered by a club or rowing federation from outside of the United States, or an unaffiliated single sculler from outside of the United States, places first, second, or third in an event, it shall receive a medal based on its order of finish. However, the top three crews from the United States will also receive medals to designate their order of finish compared to other crews in the regions.

Mixed Events:

A crew competing in a mixed event must be 50% male and 50% female, not including the coxswain.

Rules:

USRowing's 2014 Rules of Rowing will govern this event. All member organizations should have received a copy of the 2014 Rules of Rowing.

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

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

The following rules will be waived for this event:

- Rule 3-104 Minimum Weight of Boats

Weigh-Ins:*Lightweights*

Lightweight weigh-ins will occur once a day, no more than two hours and no less than one hour before the competitor's first race.

Competitors shall be weighed in racing uniform, without shoes or other footgear.

Athletes must have their credentials in order to be allowed to weigh-in.

Lightweight Men:

Max 160 lbs. (no average)

Lightweight Women:

Max 130 lbs. (no average)

Coxswains

Coxswains will be weighed in once during the event. Coxswains will be allowed to weigh in any time after receiving their racing credential, but must weigh in no later than one hour prior to their first race of the regatta.

A weigh-in must be observed and conducted by a USRowing referee in order for it to be applicable.

Coxswains shall be weighed in racing uniform, without shoes or other footgear.

Coxswains must have their credentials in order to be allowed to weigh-in.

Coxswains failing to meet the minimum weight standards listed below must carry deadweight to make up the difference in accordance with the 2014 USRowing Rules of Rowing.

Weighted vests cannot be worn as deadweight.

Coxswain for Men's and Mixed Events

Minimum 120 lbs

Coxswain for Women's Event

Minimum 110 lbs

Age Categories:

Category	Ages
AA	21-26
A	27-35
B	36-42
C	43-49
D	50-54
E	55-59
F	60-64
G	65-69
H	70-74
I	75-79
J	80+

The age category of a masters crew shall be determined by the average age of the rowers in the crew, rounded down to the nearest whole number. The age of a coxswain shall not be counted. The ages of individual rowers need not fall within the age category, so long as each rower is a master and so long as the average age of the crew falls within the applicable category.

Individuals whose age places them in the AA category (age 21-26) may compete in any age category where the average age of the boat falls within that specific age category.

A masters crew may compete in a lower (younger) age category but not in a higher (older) category.

Handicaps:

In events with crews from multiple age categories, the handicaps listed on page 51 in the USRowing Rules of Rowing will be used.

The time handicap for each crew shall be calculated by subtracting the handicap for the youngest crew in the event from the handicap that applies to each crew.

Equipment:

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

Crews must provide their own bow balls. Bow balls must meet the requirements set forth in the USRowing Rules of Rowing.

Crews must provide their own bow numbers. The correct bow number must be properly affixed to the shell in order for a crew to be allowed onto the race course.

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

Outside Assistance:

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

Coaches, Coxswains, and Blind Boat Meeting:

The Coaches, Coxswains, and Blind Boat Meeting will be held at 6:30 a.m. on Saturday, June 28, 2014.

Schedule Information:

Racing will take place all day on Saturday, June 28, 2014.

In order to allow for the most participation opportunities, every event will be run as a final-only flight.

Inclement Weather Policy:

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

- a. Weather-related schedule changes will be announced utilizing the following media.
 - i. Posted on the results board at the regatta site.
 - ii. Announced over the on-site sound system.
 - iii. Posted online via Twitter, Facebook, RegattaCentral, and the USRowing National Championships event website.
 - iv. Via text message. Coaches and athletes can register to receive weather related text messages by texting "USRowing" to 313131. This service will only be used for weather related messages.

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

- Delay racing later the same day, if time is available.
- 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.
- Combine events within the same boat class, but across age categories.
- Cancel regatta.

At any point, race centers may be shortened in order to try to accommodate as many races as possible.

Under no circumstances will races be run after June 28, 2014.

Medals:

Gold, silver, and bronze medals shall be awarded regardless of the number of entries in the event.

Order of Events:

#	Event
1	Mixed Masters AA-D 4x
2	Mens Masters E-J 4x
3	Mens Masters AA-C 8+
4	Womens Masters D-E 8+
5	Mixed Masters F-J 8+
6	Mens Masters D-E 4+
7	Womens Masters AA-C 4+
8	Mixed Masters AA-D 2x
9	Mens Masters Ltwt AA-D 1x
10	Womens Masters C-D 1x
11	Mens Masters E-F 1x
12	Womens Masters Ltwt E-J 1x
13	Mens Masters AA-D 2x
14	Womens Masters AA-D 2x
15	Mens Masters F-J 4+
16	Mixed Masters AA-D 4+
17	Womens Masters F-J 4+
18	Mens Masters Ltwt E-J 1x
19	Mens Masters AA-J 2-
20	Womens Masters Ltwt AA-J 2x
21	Mens Masters C-D 1x
22	Womens Masters E-J 2x
23	Mixed Masters E-J 2x
24	Mens Masters G-J 1x
25	Womens Masters G-J 1x

26	Mens Masters D-E 8+
27	Mixed Masters AA-C 8+
28	Womens Masters F-J 8+
29	Mixed Masters E-J 4x
30	Womens Masters AA-D 4x
31	Mens Masters Ltwt E-J 4+
32	Womens Masters D-E 4+
33	Mens Masters E-J 2x
34	Womens Masters Ltwt AA-D 4+
35	Mens Masters AA-B 1x
36	Womens Masters E-F 1x
37	Mixed Masters E-J 4+
38	Womens Masters Ltwt E-J 4+
39	Mens Masters Ltwt AA-D 4+
40	Womens Masters Ltwt AA-D 1x
41	Womens Masters AA-B 1x
42	Mens Masters AA-C 4+
43	Womens Masters AA-J 2-
44	Mens Masters Ltwt AA-J 2x
45	Womens Masters AA-C 8+
46	Mixed Masters D-E 8+
47	Mens Masters F-J 8+
48	Womens Masters E-J 4x
49	Mens Masters AA-D 4x

Contact Information:

AJ Dominique III
Events Manager, USRowing
alvin@usrowing.org
(609) 751-0705

Regatta Course - RACE

