



**USRowing**

**2022 USRowing Summer National Championships**

**July 6-9, 2022**

**Princeton National Rowing Association, West Windsor, N.J.**

USRowing and Princeton National Rowing Association are proud to bring the 2022 USRowing Summer National Championships to Mercer Lake in West Windsor, New Jersey.

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 Summer National Championships are responsible for the information contained in this packet.

Best,

USRowing



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## Important Dates & Schedule Information

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

- June 20, 2022 – Online registration opens on RegattaCentral.
- June 29, 2022 – Initial online registration deadline. All entry fees become non-refundable after this deadline.
- June 30, 2022 – Initial race schedule posted.
- July 1, 2022 – 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 3, 2022 – Initial start lists for time trials and heat sheets posted.
- July 5, 2022 – On-site credential pick-up is available.

### ***Schedule Information:***

Click here for the draft schedule. **This is for illustrative purposes only and will change once registration has closed.** This schedule is tentative and subject to change.

Events with two or fewer entries will be removed from the schedule with the exception of Trials events.

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. If the Adverse Weather Policy needs to be used, the Fairness Committee may alter the order of events in accordance with that policy.

Under 23 & Open Events:

Wednesday: Time Trials

Thursday: Semifinals

Friday (ending ~ 12 p.m.) & Saturday (ending ~ 12 p.m.): 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.

### ***Trials Boats:***

The following boat categories will be contested as U.S. National Team Trials Events (“Trials Events”). International competitors are NOT eligible to enter events classified as Trials Events.



LM1x, LW1x, LM2-, LW2-, LM4x, LW4x, PR1M1X, PR1W1X, PR2 Mix2x, PR2 M1x, PR2 W 1x, PR3 M2-, PR3 W2-, PR3 Mix2x

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

The Coaches and Coxswains Meeting will be held Sunday, July 3, 2022, at 6:00 p.m ET via Zoom.

The meeting will be recorded and posted on the [event web page](#). All crews are responsible for any information disseminated at this meeting. [Click here](#) to register.



**Order of Events:**

<b>U23 and Open Event List</b>	
1	Men's Under 23 2x
2	Women's Under 23 2x
3	Men's Under 23 2-
4	Women's Under 23 2-
5	Men's Under 23 Ltwt 1x
6	Women's Under 23 Ltwt 1x
7	Men's Under 23 Ltwt 2x
8	Women's Under 23 Ltwt 2x
9	Men's Under 23 Ltwt 2-
10	Women's Under 23 Ltwt 2-
11	Women's Under 23 4x
12	Men's Under 23 4x
13	Men's Under 23 Ltwt 4x
14	Women's Under 23 Ltwt 4x
15	Men's Under 23 8+
16	Women's Under 23 8+
17	Men's Under 23 4+
18	Women's Under 23 4+
19	Men's Under 23 Ltwt 4+
20	Women's Under 23 Ltwt 4+
21	Men's Under 23 Ltwt 8+
22	Women's Under 23 4-
23	Men's Under 23 4-
24	Men's Under 23 1x
25	Women's Under 23 1x
26	Women's Ltwt 1x (Trials Event)
27	Men's Ltwt 1x (Trials Event)
28	Men's Ltwt 2- (Trials Event)

29	Women's Ltwt 2- (Trials Event)
30	Women's Ltwt 4x (Trials Event)
31	Men's Ltwt 4x (Trials Event)
32	PR1 Women's 1x (Trials Event)
33	PR1 Men's 1x (Trials Event)
34	PR2 Mixed 2x (Trials Event)
35	PR2 Men's 1x (Trials Event)
36	PR2 Women's 1x (Trials Event)
37	PR3 Men's 2- (Trials Event)
38	PR3 Women's 2- (Trials Event)
39	PR3 Mixed 2x (Trials Event)
40	Women's 8+
41	Men's 8+
42	Women's 1x
43	Men's 1x
44	Women's 2-
45	Men's 2-
46	Women's 2x
47	Men's 2x
48	Women's Ltwt 2x
49	Men's Ltwt 2x
50	Women's 4-
51	Men's 4-
52	Women's Ltwt 4-
53	Men's Ltwt 4-
54	Women's 4+
55	Men's 4+
56	Women's Ltwt 4+
57	Men's Ltwt 4+
58	Women's 4x



59	Men's 4x
60	Women's Ltwt 8+
61	Men's Ltwt 8+
62	PR3 Mixed 4+

***USRowing Adverse Weather Conditions Policy:***

The USRowing Chief Referee, USRowing regatta director, and the LOC will work together to monitor the weather continuously during the event. Should USRowing determine that schedule changes are necessary due to weather concerns, the following weather plan will be utilized:

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. Announcements will be made no later than three 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.
  - a. Trials events will take priority. Non-trials events rounds will be omitted prior to omitting a trials round.
5. Run only events that have not had a previous racing round completed, if time allows.
6. Cancel all events that are not trials events.
7. Cancel regatta.

Under no circumstances will races be run after Saturday, July 9, 2022, under any circumstances.

USRowing will announce the communication plan in the event confirmation packet.

***Anti-Doping Information:***

All athletes participating in the 2022 USRowing Summer National Championships are subject to the USADA, IOC, USOC, WADA, FISA, and USRowing rules, decisions, policies, and procedures relating to banned substances, including drug testing administered by representatives of the USADA or FISA and obtaining and maintaining current therapeutic use exemptions.

Athletes who violate USADA, IOC, USOC, WADA, FISA, or USRowing rules, decisions, policies, or procedures relating to banned substances will be subject to penalties as established by the respective organization. Athletes are responsible for calling the USADA drug hotline (800.233.0393) prior to taking any medications and making sure the medication they are taking is not on the banned list. A complete guide to banned substances is available by contacting USADA Drug Control and Education Program (800.233.0393) or USRowing (609.751.0714).



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## Registration Information

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

#### ***U.S. Competitors***

All U.S.-based organizations must hold active organizational membership with USRowing. Organizations can join or renew at <https://membership.usrowing.org> or by contacting Member Services at [members@usrowing.org](mailto:members@usrowing.org). Individual competitors representing a U.S.-based organization must hold one of the following types of membership *and* have a current waiver on file to participate in this event:

- Basic + Regatta Package
- Basic + Coaches Package
- Legacy or Lifetime
- Championship

U.S.-based athletes competing as Unaffiliated must be individual Championship members. Individual competitors can join USRowing at <https://membership.usrowing.org/individual/join> or by contacting the Member Services at (609) 751-0700.

Competitors can renew an expired membership and/or check their current membership status by logging in to their member profile at <https://membership.usrowing.org/individual/login>.

#### ***International Competitors:***

International competitors must join USRowing as Basic - International members at no cost. International competitors are NOT eligible to enter events classified as Trials Events.

#### ***ECG & Pre-Competition Health Screening Policy (Trials Only):***

All athletes competing for selection in a Trials event must adhere to the USRowing ECG & PreCompetition Health Screening Policy viewable here:

[https://usrowing.org/sports/2016/6/28/6225\\_132107073872030039](https://usrowing.org/sports/2016/6/28/6225_132107073872030039)



## ***Safesport***

Member safety and well-being are priorities 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. Effective January 1, 2022, all participants 18 years of age or older are now required to take SafeSport Adult Athlete training on an annual basis. If SafeSport training is not completed prior to attending a regatta, an adult participant will not be allowed to participate.

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

**PARTICIPANTS:** All adult participants (defined [here](#)) must complete SafeSport Adult Athlete training and be in good standing by the lineup entry deadline. If this is not the case, and/or a lineup changes and the substituted adult participant is not compliant, this adult participant will not be eligible to compete and will not be allowed on site.

**COACHES & SUPPORT STAFF:** USRowing requires all coaches and support staff who need access to the team restricted areas to also register for this event on RegattaCentral. When logging in, you will select "***Safesport***" on the registration page, where you will input coach and support staff names, and then SafeSport compliance will be checked. **All coaches and support staff must be on this list prior to the start of practice and must be compliant with the Safesport requirements to receive accreditation wristbands upon arrival to the venue.** Athletes and coaches/support staff will not be allowed into the "team restricted area" if they do not have their wristbands on.

Click [here](#) for the Athlete Safety Procedures for USRowing Events document.

Click [here](#) for more information on SafeSport.

### ***Entry Information:***

No paper entries will be accepted for this event. All entries for this event must be submitted through RegattaCentral.

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 27, 2022. After this date, unpaid entries will be considered late entries, and subject to the additional fees associated with such designation.

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:***

Entry fees can be found on the 2022 USRowing Summer National Championships RegattaCentral page.

***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 29, 2022 at 11:59 p.m. ET.

After June 29, 2022, 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 29, 2022. All scratches made after this date are subject to 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 29, 2022. RegattaCentral will then close for credential printing. After this date, crews may substitute up to one half of their line-up, as well as the coxswain, per rule 5-206.

RegattaCentral will be re-opened to accept any last minute line-up changes from June 29-July 3, 2022, until the start of the Coaches & Coxswains meeting.

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 Wednesday, July 6, 2022, 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 an older age classification, but not a lower age classification. For example, a U19 athlete may compete in a U23 Event. Adaptive/Para 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 Para/Adaptive Rowing Races (non-trials events) 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 exclude him or her from the final results of the Race.

All Rowers racing in Para Trials races shall be classified before competition by a USA or FISA Classification Panel.

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 website.](#)

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

A Competitor, including a Coxswain, who does not comply with Rule 4-104.1(a) (“Classification by Age”) shall not compete in a U23 event.

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

### ***Coxswains***

The gender of the coxswain shall be open so that a men’s crew may be coxed by a woman and a women’s crew by a man. Age categories shall apply to coxswains.

### ***Classifications:***

***Open:*** Any competitor may enter an open event. There will be no status-changing events at the 2022 USRowing Summer National Championships.

***U23:*** A Competitor may compete in the U23 category until December 31 of the year of their 22<sup>nd</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 composed 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.

***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.

***International Crews:***

International crews, including single scullers, must be current members of their nation’s recognized governing body for the sport of rowing and must be an USRowing Basic - International member to be eligible to compete in non-Trials Events.

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



If a crew entered by an international club or rowing federation, or an international unaffiliated single sculler, places first, second, or third in an 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.

International 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 **except as specified in this packet.**

An online version is available at [https://usrowing.org/sports/2016/6/19/911\\_132107067100117334.aspx](https://usrowing.org/sports/2016/6/19/911_132107067100117334.aspx)

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

Complete Trials Rules and Selection Procedures can be viewed by clicking [here](#).

### ***Fairness Committee:***

The Fairness committee's composition will be the Chief Referee, Trial Chief Referee, the Regatta Director, and the designated athlete representative. Along with the role outlined in the Adverse Weather Procedure, the committee also will be authorized to adjust lane assignments, schedule of racing, delays/postponements of the schedule, and other procedural matters in an effort to provide the fairest possible conditions for selection results.

### ***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.

Crews will be assigned lanes by the Starter and start 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. It is the crew's responsibility to be at race pace when crossing 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. It is important to note that there is no provision within the Rules to modify the time of the crew that was interfered with.

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.

*Bow Numbers:*

Time trial bow numbers must be picked up at the USRowing registration desk.



### **Misadventure (These rules apply to Trials Events only)**

#### Policy for Misadventure Occurring During Time Trials

1. A crew believing that they have suffered any misadventure during their time trial race and desiring relief from the effect of this misadventure **MUST** stop rowing, move to the outside of their time trial lane, signal to the referees, and wait until assistance is rendered by the referees. The referee will determine if misadventure has occurred.
2. Upon confirmation of misadventure by the referee, the crew will be offered a second opportunity to complete the time trial under either of the following circumstances:
  - a. Return to the starting area and commence their re-row after a suitable interval, but not later than one hour after conveying their decision to the referee on the water.
  - b. Return to the dock, correct any issue causing or incident to the misadventure, and commence their re-row not later than one hour after returning to the dock.
3. The Chief Referee may make reasonable exceptions to the time limits above, based on prevailing circumstances.
4. A crew deciding to finish the time trial may not claim misadventure after finishing.
5. A crew completing the time trial under the above procedure in a time that would have been sufficient to qualify in the original race will be placed into one of the lowest-seeded open slots in the heats.

Any other crew affected by the above procedure, whether suffering misadventure or not, may upon showing good cause petition the Chief Referee to be advanced. The petition must be filed no later than one hour after the race results have been declared official.

#### Misadventure During a Side-by-Side Race

- A. The referee following a race may order that a race in progress be stopped, whenever he or she judges that some misadventure draws into question the validity of the race in determining the most competitive crew. Such misadventure need not be otherwise recognizable under USRowing Rules of Rowing. In particular, a race in progress may be stopped when a crew that is in contention to win or advance capsizes, suffers broken equipment, or suffers injury or illness, at any time during the race.
- B. A race stopped before completion under subsection
  - (a) above shall be re-rowed from the start with all the original crews participating, after a suitable interval has elapsed.

#### **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.

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 the Control Commission with improper heel ties will have to leave the launch area to correct the issue, and pass through the 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:***

All boats are required to be at weight according to the World Rowing Rules of Racing. It is the responsibility of the athletes and/or their coaches to have their boats at weight.

All boats will be subject to “weight checks” during the course of the Regatta. Any crew whose boat is found to be under the minimum weight as a result of a weight check following the conclusion of a race will be subject to relegation in that race.

If the crew races again in an underweight boat in a later round of the same event, then the penalty will be the exclusion of the crew. If a boat is underweight in a final, the penalty will be the exclusion of the crew. A scale will be provided at the course during official practice sessions, beginning July 5, 2022, as well as throughout the remaining business hours of the Regatta.

Athletes are strongly encouraged to weigh their boats well in advance of the start of their race. Test weighing during racing sessions will 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.

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. Splashing water into the boat following completion of a race may be deemed Unsportsmanlike Conduct resulting in Relegation or a Warning at the discretion of the Race Official.

### ***Weigh-Ins:***

Weigh-ins will be conducted under the World Rowing Rules of Racing for this regatta.

Lightweight Men: The team boats must each average 70 kgs, with no individual rower weighing more than 72.5 kgs.

Lightweight Women: The team boats must each average 57 kgs, with no individual rower weighing more than 59 kgs.



Coxswains: Coxswains shall be weighed in racing uniform. The minimum weight for a coxswain wearing the racing uniform is 55 kg. Coxswains may carry up to 15 kg of deadweight; this weight shall be placed as close as possible to his or her torso and shall remain in the boat throughout the duration of the race.

An official scale will be provided at the course prior to racing. The weigh-in shall take place on each day no less than one hour and no more than two hours before the scheduled time of the first race of each Event for which the athlete is scheduled to compete on that day.

Competitors shall be weighed in racing uniform, without shoes or other footgear. If two rounds of the same Event take place on the same day of competition and some rowers in the second round do not have to race in the first round of that day, then these rowers in the second round shall be weighed at the same time as the rowers in the first round.

A reserve for a lightweight crew may be weighed with the crew as if they are a member of that crew. The recorded weight then applies to that specific crew in the event of a substitution in that crew under Rule 59 or 60. If a crew has officially weighed in without a reserve, a replacement rower under the provisions of Rule 59 or 60 may be weighed at any time before the next race of the crew.

The individual weight and the crew’s average weight, using the weight of the replacement rower and the recorded weights of the remaining crew members, must comply with the Trials Weight Requirements.

If the weigh-in window for an Event has opened and the Event is subsequently postponed, the weigh-in window does not move with the rescheduled Event. If an Event is rescheduled prior to the weigh-in window opening, the weigh-in window moves in accordance with the rescheduled Event.

***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
1-6	-	-	-	-	Final Only
7-12	1	6	-	-	Grand Final
13-30	1	12	2	3	Grand Final
31+	1	18	3	2	Grand Final

Only Grand Finals will be run at the 2022 USRowing Summer National Championships.



**Changes in the Form of Progression**

Once the form of progression has been published according to the number of entries received, it may be changed under the following circumstances:

- By USRowing staff, no less than two hours before the time of the first race in the event if, due to scratches, the reduced number of entries would call for a different form of progression under the applicable progression system. The two hour rule may be waived in the case of a withdrawal, exclusion, or disqualification occurring before the start of the first heat, the start of the first repechage, or the start of the first semifinal in a round of racing that would create an imbalance between the number of crews racing in each heat.
- By USRowing staff any time before the first race in the specific event if, due to scratches, the event would be reduced to a final only, with no heats, under the applicable progression system.
- Entries may be added up to 6 p.m. the day prior to the start of racing if it does not change printed progressions from the close of entries.

**Outside Assistance:**

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

**Medals:**

Crews will be awarded first, second and third place medals in all events.

More information regarding the awards ceremony will be available after entries close.

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%
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Composite crews and international 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. The Colgan Cup will be awarded at the 2022 USRowing Youth Summer Nationals, as it will be a combination of efforts from both regattas.**

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## **Venue Information**

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***Venue: Mercer County Park, West Windsor, New Jersey***

Course: The course is a 6-lane, fully-buoyed course with stakeboats.

Trailer parking information will be posted to RegattaCentral.

***Parking:***

Parking information will be available leading up to the event.

***Event Drone Policy:***

Drones, other than those operated by USRowing, are prohibited 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:***

Tuesday, Jul 5, 2022 : Practice will be held at the following times:

9:00 a.m. - 12:00 p.m.

6:00 p.m. - 7:15 p.m. , with the last launch at 6:45 p.m.

Wednesday, Jul 6, 2022 : Practice will take place 30 minutes after racing concludes and will not go longer than 1.5 hours.

Thursday, July 7, 2022: Practice will take place 30 minutes after racing concludes and will not go longer than 1.5 hours.

Friday, Jul 8, 2022 : Practice will take place 30 minutes after racing concludes and will not go longer



than 1.5 hours.

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## Additional Trials Rules

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### ***Additional Trials Rules Eligibility Requirements:***

The USRowing National Team selection process is open to all athletes who meet all the following criteria. Athletes must comply with these criteria through the date of the completion of the World Championships:

- A. All athletes must be Championship or Basic+ Regatta Package members of, and be in good financial and other standing with, USRowing.
- B. All athletes must abide by the Athlete Selection Procedures and the USRowing Bylaws, Rules of Rowing, and other USRowing rules, requirements and regulations.
- C. All athletes must hold United States citizenship and a current and valid United States passport by the date of selection to the team. Please note: Many countries require a passport valid for six months past the date of return to the U.S. Passports are need for FISA entries even when competition is in the United States.
- . All athletes participating in selection for the National Team must be in compliance with United States Anti-Doping Agency (USADA), IOC, USOC, WADA, FISA and USRowing rules, decisions, policies, and procedures relating to banned substances, including but not limited to obtaining and maintaining current therapeutic use exemptions as needed. A complete guide to banned substances is available on USADA's website at <http://www.usantidoping.org/> . USRowing may implement additional eligibility requirements related to banned substances as necessary in order to maintain compliance with USADA, IOC, USOC, WADA, and FISA rules, policies, and procedures; any such additional requirements will be incorporated herein and published as soon as practicable.
- E. All candidates must adhere to the USRowing ECG & Pre-Competition Health Screening Policy viewable here:  
[https://usrowing.org/sports/2016/6/28/6225\\_132107073872030039.aspx?id=138](https://usrowing.org/sports/2016/6/28/6225_132107073872030039.aspx?id=138)
- F. All athletes must meet eligibility rules to compete for the United States under IOC, USOC, and IF governance.

National Team Compliance requirements can be found here:

<https://usrowing.org/sports/2020/1/31/national-team-compliance-page.aspx>

### Additional Information:

- A. The trials format will be a 6-lane progression as outlined above.
- B. The winning boat in the World Championship Trials events will represent the United States at the World Rowing Championships.
- C. The athletes in that boat must satisfy the minimum eligibility criteria and declare their intent



to compete in the World Rowing Championships in writing to the USRowing Chief High Performance Officer, or their designee, no later than two hours after the finals race has been declared official.

D. Should the winning boat's athletes decline, fail to declare their intent or fail to meet the minimum eligibility criteria, the second-place finisher will be given the option to take the spot as outlined under Appendix A: General Trials Rules- "Declaration of Intent to Compete". If second place also declines or fails to meet the minimum eligibility criteria, the Nominating Committee reserves the right to decline to send a boat to the World Rowing Championships for the boat class in question.

E. Upon winning, each winning boat is required to nominate a coach who is required to travel with the crew for the length of the World Rowing Championships. Exceptions to this rule may only be granted by the Chief High Performance Officer. Nominated Coaches must meet the requirements in Appendix D – Coaches.

F. Each boat that wins at Trials, and their respective named coach, are required to pay, at the trials site, the 2022 Fees covering local travel, support, and room and board expenses.

a. The 2022 Fees exclude athlete(s) and named coach airfare, boat and oar rental, and boat transportation costs; these costs and associated logistics are the responsibility of the athlete(s) and coach.

b. The 2022 Fee will be \$3,899.

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## Contacts and Organizers

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### **Contact Information:**

USRowing Regatta Director:

Paul Wilkins

Events Associate

[Paul.Wilkins@usrowing.org](mailto:Paul.Wilkins@usrowing.org)