Welcome to the 2020 USRowing Virtual Youth National Championships,

USRowing congratulates you on qualifying for the first-ever USRowing Virtual Youth National Championships. In these unprecedented times, USRowing is impressed by the determination of our youth athletes, coaches, and teams to continue to work in the sport we love with the strong desire to compete. These virtual events offer opportunities for crews to continue to race, with a similar structure to the past Spring Youth Series, allowing the ability to stand out as a 2020 USRowing Virtual Youth National Champion.

Please read this packet completely as it includes information regarding entries, rules, events, and eligibility, and other information about the policies governing this regatta.

USRowing would like to thank the Regional Youth Coaches Councils and the determined youth athletes out there for the assistance in creation of these events.

Stay Safe and Healthy,

USRowing Staff
Important Dates & Schedule Information

Important Dates/Deadlines:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 18, 2020</td>
<td>2020 Virtual Youth National Championship bids will go out to all qualifiers.</td>
</tr>
<tr>
<td>May 22, 2020</td>
<td>All petitions should be made by Noon (EDT) on Friday, May 22. We will accept</td>
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<tr>
<td></td>
<td>petitions by close of business on Friday, so they can be entered into the</td>
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<td>Regatta Central system for the opening of registration starting May 25 at 8:00 a.m.</td>
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<tr>
<td>May 25, 8:00 a.m.</td>
<td>First Day Regatta Central allows input of entries, lineups and 2,000-meter</td>
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<tr>
<td>(EDT)</td>
<td>ergometer scores for the Virtual Youth National Championships.</td>
</tr>
<tr>
<td>June 12, 11:59 p.m.</td>
<td>Deadline to input entries, lineups and 2,000-meter ergometer scores for the</td>
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<tr>
<td>(EDT)</td>
<td>Virtual Youth National Championships. All memberships and waivers must be up-to-date and complete. All payments are due.</td>
</tr>
<tr>
<td>June 14, 11:59 p.m.</td>
<td>If proof is requested of 2,000-meter erg results, they must be turned in via</td>
</tr>
<tr>
<td>(EDT)</td>
<td>email by this date.</td>
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<tr>
<td>June 15, 2020</td>
<td>Virtual Youth National Championships results are made live to the results page</td>
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<tr>
<td></td>
<td>on Regatta Central.</td>
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</tbody>
</table>

Event List:

USRowing offers virtual racing in the following categories at both the regional and national virtual regattas. Sculling and sweep rowing events have been combined into one. Coxswains will not be included in any racing.

2020 Virtual Youth National Championship Events

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<thead>
<tr>
<th></th>
<th>Event</th>
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<tr>
<td>1</td>
<td>Men’s Youth 1x</td>
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<tr>
<td>2</td>
<td>Women’s Youth 1x</td>
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<td>3</td>
<td>Men’s Youth Lightweight 1x</td>
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<td></td>
<td>Category</td>
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<td>5</td>
<td>Men’s U17 1x</td>
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<td>Women’s U17 1x</td>
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<td>7</td>
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<td>8</td>
<td>Women’s U15 1x</td>
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<td>9</td>
<td>Men’s Youth 2- / 2x</td>
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<tr>
<td>10</td>
<td>Women’s Youth 2- / 2x</td>
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<tr>
<td>11</td>
<td>Men’s Youth Lightweight 2x</td>
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<tr>
<td>12</td>
<td>Women’s Youth Lightweight 2x</td>
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<td>13</td>
<td>Men’s U17 2- / 2x</td>
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<td>14</td>
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<td>15</td>
<td>Men’s Freshman 2-/2x</td>
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<td>Women’s Freshman 2-/2x</td>
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<td>17</td>
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<td>18</td>
<td>Women’s U15 2-/2x</td>
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<tr>
<td>19</td>
<td>Men’s Youth 4+/4x/4- : Weight Adjusted*</td>
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<tr>
<td>20</td>
<td>Women’s Youth 4+/4x/4- : Weight Adjusted*</td>
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<td>21</td>
<td>Men’s Youth Lightweight 4+</td>
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<tr>
<td>22</td>
<td>Women’s Youth Lightweight 4+</td>
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<td>Men’s U17 4+ / 4x</td>
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<td>Women’s U17 4+ / 4x</td>
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<td>25</td>
<td>Men’s Freshman 4+/4x</td>
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<td>Women’s Freshman 4+/4x</td>
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<td>Women’s U15 4+/4x</td>
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<td>Men’s Youth 8+</td>
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<td>Event Description</td>
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<td>Women’s Youth 8+</td>
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<td>Men’s Youth 8+ : Weight Adjusted*</td>
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<td>33</td>
<td>Men’s Youth Lightweight 8+</td>
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<tr>
<td>34</td>
<td>Women’s Youth Lightweight 8+</td>
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<td>Men’s U17 8+</td>
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<td>36</td>
<td>Women’s U17 8+</td>
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<td>Men’s U15 8+</td>
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<td>Women’s U15 8+</td>
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<td>42</td>
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<td>43</td>
<td>Women’s 4-/4x-/4+ ** (Rowers Choice)</td>
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*Please refer to the weight adjusted requirements and equation on Page 9.

** The top three finishers in the junior men’s and junior women’s tournament brackets from the 2020 U.S. Virtual National Championships presented by Rowers Choice will be named the 2020 USRowing Virtual Youth National Champions in the men’s and women’s 4-/4x/4+ events (non weight-adjusted). These two events will not be run during the Virtual Youth Series at either the regional or national levels. Athletes who competed in the U.S. Virtual National Championships presented by Rowers Choice will be allowed to race in one event (in addition to the Rowers Choice tournament) in the USRowing Virtual Youth Series regattas.
Registration Information

**USRowing Membership:**

If a competitor is not up-to-date with their USRowing Membership or Waiver by June 12, 2020, at 11:59 p.m. (EDT), the athlete and associated boat will not be able to compete and will be scratched in the 2020 USRowing Virtual Youth National Championships.

Only U.S.-based competitors and U.S.-based organizations are eligible to race in the USRowing Virtual Youth Championship Series events. All organizations must hold active organizational membership with USRowing. Organizations can join or renew at [https://membership.usrowing.org](https://membership.usrowing.org) or by contacting Member Services at (609) 751-0706.

Individual competitors representing a USRowing member organization or who are Unaffiliated must hold one of the following types of memberships and have a current waiver on file to participate in this event:

- Basic + Regatta Package
- Championship

Individual competitors can join USRowing at [https://membership.usrowing.org/individual/join](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](https://membership.usrowing.org/individual/login).

For more information about individual membership with USRowing, visit the Become an Individual Member page under the Members heading on our website at [https://usrowing.org](https://usrowing.org).

To avoid delays at registration, teams should make sure all competitors have met these membership requirements prior to signing up for the event.

A current listing of your athletes, their member numbers, and expiration dates can be found on the online team roster through the USRowing Membership Portal at [https://membership.usrowing.org](https://membership.usrowing.org).

**Entry Information:**

Crews will be notified of their qualification status no later than Monday, May 18, 2020, following their qualification regatta. Regional results also will be posted by Monday, May 18, 2020, on the “Results” page of each individual 2020 USRowing Virtual Youth Regional
Championship Regatta Central site. At the time of notification, qualified crews will have the necessary permission to submit their entries for the Virtual Youth National Championships via Regatta Central’s online registration page. No paper entries will be accepted for this event.

All petitions should be made by Noon (ET) on Friday, May 22. We will accept petitions by close of business on Friday, so they can be entered into the Regatta Central system for the opening of registration starting May 25 at 8:00 a.m. Crews may only submit petitions based on their time (see petition information later in the packet), but a petition must be submitted in order to be considered. This process is not automated.

**All entry fees are due when entries are submitted.** Crews needing to make alternate payment arrangements must contact the USRowing Regatta Director at sarah.mcauliffe@usrowing.org prior to June 12.

Entry fees become non-refundable after June 12, at 11:59 p.m (EDT). 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:**

The 2020 USRowing Virtual Youth National Championships entry fees are $20 per person, creating the following structure. All entry fees must be submitted by June 12, 2020, at 11:59 p.m. If payment has not been submitted and no previous arrangement has been made, the qualifying boat will be scratched from the 2020 USRowing Virtual Youth National Championships.

- 1x $20
- 2x/2- $40
- 4+/4x/4- $80
- 8+ $160

*Coxswains are not included in the virtual racing.*

**Entry Limits:**

The qualifying boats for the 2020 Virtual Youth National Championship will be posted as of May 18, 2020.

Each individual athlete can only enter in one event, and if the organization has two boats in one event, the athlete can not race in both boats.

Athletes who competed in the U.S. Virtual National Championships presented by Rowers Choice will be allowed to race in one additional event in the USRowing Virtual Youth Series regattas.

**Scratches:**

A crew that receives a 2020 Virtual Youth National Championship bid from a recognized
qualification event and registers in an event shall be required to submit a new 2,000- meter ergometer piece, that took place between May 25, 2020, 8:00 a.m. (EDT) and June 12, 2020, 11:59pm (EDT).

**Lineup Changes:**

All entries must include the line-up of athletes to compete as part of that entry.

A maximum of 50 percent substitutions (not including coxswains, as coxswains do not race during the Virtual Youth Series) will be allowed in the boat line-up that has qualified at a recognized qualification regatta. Substituted athletes must meet all eligibility and affiliation rules in order to compete.

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**Competition Information**

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**Eligibility:**

The USRowing Virtual Youth National Championships is an invitational championship regatta. Crews must qualify for a Virtual Youth National Championship bid by attending a recognized qualification regatta, placing in one of the Virtual Youth Regional and National Championship events, and receiving a bid.

Bids are awarded to crews in specific events. Organizations are not eligible to enter events in which they did not receive a bid.

Crews from outside of the United States are not eligible to compete at this event.

**Classifications:**

- **Youth:** A Youth is a competitor who in the current calendar year does not attain the age of 19, or who is and has been continuously enrolled in secondary school as a full-time student seeking a diploma. A competitor thus ceases to be a Youth after December 31 of the year of his or her 18th birthday, or of the year in which he or she completes the 12th grade of secondary school, having been a full-time student, whichever is later.

- **Freshman:** A Freshman is a competitor who is currently completing their 9th grade year in the current 2019-2020 school year. Athletes that are in 9th grade or below may compete in this event.

- **U17:** A competitor may compete in the U17 category until December 31 of the year of their 16th birthday.

- **U15:** A competitor may compete in the U15 category until December 31 of the year of their 14th birthday.
- **PR1**: [formerly AS (Arms and shoulders)]: 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 likely have poor sitting balance.

- **PR2**: (Formerly TA or Trunk and Arms): 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 significant weakened function or mobility of the lower limbs.

- **PR3**: (Formerly LTA, or Leg, Trunk and Arms) Physical Impairment (PI), Visual Impairment (VI) and Intellectual Disability (ID). This sport class is for rowers who have the use of their legs, trunk and arms, who can utilize the sliding seat. Note that PR3-ID is not an eligible impairment for FISA events.

- **PR3 (D)**: Dwarfism - Rowers who have a medical or genetic condition resulting in short stature.

- **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 PR3, PR2, or PR1 sport classes included in the Rules of Rowing. The sport class requirement pertains only to the Rower who has been classified.

- **Unaffiliated**: Competitors may compete as “unaffiliated” in single sculls only, as composite entries are not accepted for this event. “Unaffiliated” competitors must meet the individual membership requirements listed in this packet.

### 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 for the Virtual Youth Series Regattas. For more information on the classification process, visit the USRowing website: [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

### Inclusive and Adaptive Events:

The Inclusive category is open to crews 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 PR1/PR2/PR3 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/PR3 Mens/Womens 1x events are listed as a combined event. Mens and Womens crews classified as PR1, PR2 and PR3 are eligible to enter. Races may be separated by category if the number of 11 entries necessitates separation.

**Weight Adjusted Events**

The Virtual Youth Regionals and National Championships offer Men’s and Women’s 8+ and Men’s and Women’s 4+/4x/4- events that will be weight adjusted.

In these event categories, the coach or designated team representative who is entering the 2,000-meter race times will enter in the athletes raw 2,000 meter ergometer score. USRowing will then adjust the time to be weight adjusted following the below equations, depending on the event. The coach or designated team representative who is entering the race times will be prompted to enter the weight of each athlete competing in these events.

**Men’s/Women’s 8+ Weight Adjusted 2,000-meter Ergometer Score**

\[(\text{Athlete weight} + 40/310)^{0.222222} \times \text{raw time}\]

**Men’s/Women’s 4+/4x/4- Weight Adjusted 2,000-meter Ergometer Score**

\[(\text{Athlete weight} + 30/230)^{0.222222} \times \text{raw time}\]

The weight adjusted results will be posted on June 15 with the rest of the results.
Altitude adjustments are accepted for teams/competitors that complete their 2,000-meter ergometer race at 5,400 ft or higher, to allow for fair competition. Ten seconds will be subtracted from the athletes score. Teams/competitors must submit their 2,000-meter ergometer scores with the altitude adjustment of -10 already applied.

**Virtual Youth National Qualification Rules:**

USRowing will recognize seven youth districts, each with its own qualification regatta to qualify for the USRowing Virtual Youth National Championships.

Teams may petition USRowing to permanently change their appointed district affiliation due to a hardship within their current district. Teams are not permitted to change qualification districts annually. These petitions will be reviewed by USRowing.

No competitor shall enter more than one event, and one boat at the Virtual Youth National Championships.

Crews shall only be allowed to qualify for the Youth Nationals Championships from a qualifying regatta within their individual districts.

Crews receiving bids will be notified no later than the Monday following their qualification regatta.

**USRowing Virtual Youth National Championships Bid System**

Teams that have received permanent changes to their appointed district affiliations for the outdoor USRowing Youth Series Regattas should compete in that district/region in the virtual regatta (i.e. the region in which they would have participated in the outdoor event.)

- **Central Virtual Regional Championship** (2 open bids per event)
  - Arkansas, Colorado, Louisiana, Kansas, Missouri, Nebraska, New Mexico, Oklahoma, and Texas

- **Mid-Atlantic Virtual Regional Championship** (3 open bids per event + top 2 Philly City crews, + top 2 VASRA crews)
  - Delaware, District of Columbia, Maryland, New Jersey, Pennsylvania (Eastern), and Virginia

- **Midwest Virtual Regional Championship** (3 open bids per event + top 1 Midwest Scholastic crews)
  - Illinois, Indiana, Iowa, Kentucky, Michigan, Minnesota, Ohio, Pennsylvania (Western), West Virginia, and Wisconsin

- **Northeast Virtual Regional Championship** (3 open bids per event + top 2 NYSSC crews + top 2 NEIRA Crews)
  - Connecticut, Maine, Massachusetts, New Hampshire, New York, Rhode Island, and Vermont

- **Northwest Virtual Regional Championship** (3 open bids per event)
○ Alaska, Idaho, Montana, North Dakota, South Dakota, Oregon, Washington, and Wyoming
- **Southeast Virtual Regional Championship** (3 open bids per event)
  ○ Alabama, Florida, Georgia, Mississippi, North Carolina, Puerto Rico, South Carolina, Tennessee, and US Virgin Islands
- **Southwest Virtual Regional Championship** (3 open bids per event)
  ○ Arizona, California, Hawaii, Nevada, and Utah

**Petitions:**

USRowing will accept petitions to the USRowing Virtual Youth National Championships based on time considerations only.

Petitions must be submitted no later than by Noon (EDT) on Friday, May 22. Petitions for crews can only be submitted based on time, and crews must petition in order to be considered.

**NO LATE PETITIONS WILL BE ACCEPTED.**

Petitions must be submitted via the online form on the Virtual Youth National Championship web page.

Petitions will only be accepted from a coach or team administrator. Parents, athletes, referees, and others who do not act as a coach or official administrator to the crew submitting the petition are not eligible to submit a petition on a crew’s behalf.

Crews will be notified of their petition status by COB on Friday, May 22.

Petitions will be accepted for the following reason **ONLY**. Petitions that do not meet the criteria will not be considered.

- The petitioning crew must show sufficient speed within the following time standards of the last qualified crew in the petitioned category at a USRowing Virtual Youth Regional Championship regatta
  ○ 8+/4+/4-/4x: within three (3.00) seconds
  ○ 2x/2-/1x: within five (5.00) seconds

A link to the virtual regional results used to substantiate boat speed must be provided with the submitted petition.

Petitions will be reviewed and bids will be extended based solely on whether the time standard is met.

After reviewing the petitions, USRowing will notify crews of the status of their request on the dates listed above. Crews whose petitions are declined shall also receive an explanation as to why their petition was not accepted.

**Affiliation:**

Affiliation with only one program, which he/she is registered with as of the first competition (registered/ non-registered) for the duration of the spring season, defined between January 1 and June 12 of that current calendar year, to participate in the USRowing Virtual Youth National
Championship Regatta.

For the purposes of qualifying for the USRowing Virtual Youth National Championships in an individual event, the athlete must still represent the club (entered under the club’s name) with which he/she began the season or race as unaffiliated.

Rules

Equipment:

All 2,000-meter races should be conducted on Concept 2 Ergometers.

Sliders or any other additional equipment, other than the stand alone, Concept 2 Ergometer, are not permitted for the 2,000-meter ergometer races in the USRowing Youth Virtual National Championships.

Weigh-Ins:

No lightweight weigh-ins will be conducted for these virtual events. All athletes that enter into a Lightweight Event, must have already gone through the new Junior Lightweight Protocol and submitted paperwork to USRowing by the designated date. If an athlete enters in a lightweight event without being compliant with the lightweight protocol, the boat will be scratched. For all questions regarding the lightweight protocol and if you qualify, please email Chris Chase at chris.chase@usrowing.org

Proof of Results:

The 2,000-meter ergometer piece must be completed between May 25- June 12, 2020. After each athlete completes his or her 2,000-meter ergometer piece during the competition window, the athlete must take a picture of their results on the Concept2 ergometer. The 2,000-meter piece must be time stamped with either the day and time located on the ergometer, or if the date is not correct, a picture of a phone with the day and time in the background.

Proof must be submitted by June 14 at 11:59 p.m. EDT , if requested by email. If proof is not submitted by the deadline, the boat will be scratched from the results. The coach or team administrator who is submitting scores must ensure that an updated email is provided when prompted. This email will be the only email used to request proof.
USRowing will be spot checking and asking for proof from random competitors. All medal-winning crews will be asked to provide proof of their 2,000-meter ergometer piece from the competition window.

If proof of results is asked for and not received for any reason, the associated boat will be scratched from the race and the results will not count.

**Medals:**

Medals will be awarded to the first, second and third-place crews in each event. Medals will be shipped to the placing boats after the 2020 Virtual Youth National Championships. Each team must provide an address that will receive shipment of medals of won. Medals will not be shipped to individual athletes with the exception of Unaffiliated single scullers, and teams must provide one contact.

**Trophies:**

Youth National Championships Event Trophies will not be awarded for the 2020 USRowing Virtual Youth National Championships.

USRowing understands and sympathizes with the graduating seniors who had their season cut short. USRowing will be hosting a virtual graduation ceremony for these graduating senior athletes. More information will be posted on [www.usrowing.org](http://www.usrowing.org)

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**Contacts and Organizers**

**Contact Information:**

USRowing Regatta Director:

Sarah McAuliffe  
Senior Events Manager, USRowing  
sarah.mcauliffe@usrowing.org  
508.488.0868