Welcome to the 2020 USRowing Virtual Youth Regional Championships,

USRowing is proud to present the first ever, USRowing Virtual Youth Regional 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 within each region to continue to race along a similar structure to the past Regional Qualifiers, with the ability to qualify for the USRowing Virtual Youth National Championships

Please read this packet completely as it includes information regarding entries, rules, events, Virtual Youth National Championships qualification 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
Overview

Using RegattaCentral’s new virtual racing registration and results platform, USRowing will run seven, individual regional virtual championships, including Central, Mid-Atlantic, Midwest, Northeast, Northwest, Southeast and Southwest, which will all be qualifiers for the USRowing Youth National Virtual Championships. This virtual opportunity allows for a spring championship season for 2020.

Races will be conducted over 2,000 meters via Concept2 ergs. Participants are required to be USRowing Basic + Regatta Package or Championship members.

Important Dates & Schedule Information

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>May 1, 8:00 a.m. (EDT)</td>
<td>First Day Regatta Central allows entries, lineups and 2,000-meter ergometer scores input for the regatta.</td>
</tr>
<tr>
<td>May 15, 11:59 p.m. (EDT)</td>
<td>Deadline to input entries, lineups and 2,000-meter ergometer scores for the regatta. All USRowing Memberships and compliance waivers must be up to date prior to this deadline.</td>
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<tr>
<td>May 17, 11:59 p.m. (EDT)</td>
<td>If proof is requested of 2,000-meter erg results, they must be turned in via email by this date.</td>
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<tr>
<td>May 18 (EDT)</td>
<td>Virtual Regional Regatta Results are made live to each Results page 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 Regional and National Championship Events

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<thead>
<tr>
<th></th>
<th>Event Name</th>
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<tbody>
<tr>
<td>1</td>
<td>Men’s Youth 1x</td>
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<td>3</td>
<td>Men’s Youth Lightweight 1x</td>
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<td>Category</td>
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<td>Men’s Freshman 2-/2x</td>
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<td>16</td>
<td>Women’s Freshman 2-/2x</td>
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<td>17</td>
<td>Men’s U15 2-/2x</td>
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<td>18</td>
<td>Women’s U15 2-/2x</td>
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<td>19</td>
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<td>Women’s Youth 4+/4x/4- : Weight Adjusted*</td>
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<td>Women’s U15 4+/4x</td>
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<td>41</td>
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</tbody>
</table>

*Please refer to the weight adjusted requirements and equation.
Registration Information

**USRowing Membership:**

If a competitor is not up to date with their USRowing Membership or Waiver by May 15, 2020 at 11:59 p.m. (EDT), the athlete and associated boat will not be able to compete in the 2020 USRowing Virtual Youth Regional Championships, and therefore not eligible to qualify for 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:**

All competitors must be associated with a U.S.-based organization and in good standing with their USRowing Membership. Organizations must enter the region that they would have entered for the previously scheduled outdoor Youth Regional Championships.

Unaffiliated entries are welcome in the Men’s and Women’s Youth 1x events, as long as competitors meet the Youth definition.

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

All events will be run, even if there are less than three entries.

**All entries and lineups must be submitted by May 15 at 11:59 p.m. (EDT). No edits to lineups will be allowed after this date. The 2,000-meter results submission will open on May 1 at 8:00 a.m. (EDT) and will close on May 15 at 11:59 p.m. (EDT) All competitors must have a 2,000-meter ergometer time associated with their name on Regatta Central. If this is not complete, the boat entry will be scratched and not provided with a boat average or results ranking.**

Boat averages will not be visible to other competitors until Monday, May 18, 2020.

Coaches or the team representative that are submitting entries will go to Regatta Central, enter their lineups per event. After lineup submission, you will be directed to a payment page. If payment is required, you must pay here. After payment, you must go back to “My Entries” and enter in the associated 2,000-meter ergometer time and any other necessary information, in the following format: (Example -7:10.1). The lineups and 2,000-meter ergometer scores will be available to edit until the deadline closes on May 15, 2020 at 11:59 p.m. The individual scores and averages will not be available to view by the public, until races are made final on Monday, May 18, 2020.

**Entry Fees:**

There are no entry fees for the 2020 USRowing Virtual Youth Regional Championships. The 2020 USRowing Virtual Youth National Championships entry fees are $20 per person, creating the following structure.

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

*Coxswains are not included in the virtual racing.*
**Entry Limits**

Each organization can enter up to two boats per event.

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.

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.

**Late Entries**

No late entries are accepted for the 2020 USRowing Virtual Youth Regional Championships. All entries and lineups must be submitted by May 15 at 11:59 p.m. (EDT).

**Scratches:**

All entries can be scratched up until May 15 at 11:59 p.m. If each athlete in the associated event does not have a 2,000-meter ergometer time associated with their name by May 15 at 11:59 p.m., posted by the designated coach or team representative, USRowing will scratch the boat from the results, and this boat will not be allowed to compete in the 2020 USRowing Virtual Youth National Championships.

**Lineup Changes:**

All entries must have lineup changes complete by May 15 at 11:59 p.m. (EDT). If there is a need for a lineup change after this deadline and an athlete can no longer participate, the associated boat will be scratched.

Email lineup changes will not be accepted. All lineup changes must be done by the coach or team representative through the Regatta Central Site for your region.
Competition Information

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

Definitions:

- **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 for these virtual events. For more information on the classification process, visit the USRowing web site: [Click here for Classification information on the USRowing web site](#).

**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 PR3, PR2, or PR1 sport classes included in the Rules of Rowing.

The PR1/PR2/PR3 1x events are open to athletes that have been classified in the PR3, 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.

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 Men’s/Women’s 1x events are listed as a combined event. Men’s and Women’s crews classified as PR1 or PR2 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 score. USRowing will adjust the time to be weight adjusted following the below diagram/equation. 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**

\[
= (\text{Athlete weight} + 40/310)^{0.2222222} \times \text{raw time}
\]

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

\[
= (\text{Athlete weight} + 30/230)^{0.2222222} \times \text{raw time}
\]

The weight adjusted results will be posted on May 18 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.

**USRowing Virtual Youth National Qualification Rules:**

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.)

**USRowing Virtual Youth National Championships Bid System**

- **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

USRowing will be establishing an All-Region and All-American awards program to recognize the top athletes across the country. Results from the Virtual Youth Championship Series regattas will be included as part of the selection process for these awards. More details on these two programs will be available on www.usrowing.org.

**Affiliation:**

A competitor shall represent only one organization at this virtual regatta.

**Composite Entries:**

Composite entries are not accepted at the 2020 USRowing Virtual Youth Regional Championships.

**Additional Rules**

**Lightweight 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

**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 Regional and National Championships.

**Proof of Results:**

The 2,000-meter ergometer piece must be completed between May 1 and May 15, 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 May 17 at 11:59 p.m. EDT. If proof is not submitted via the sent email by then, the boat will be scratched from results. The coach or team administrator who is submitting scores, must ensure that an updated email is provided when prompted. This email is the only email that will be used to ask for proof.

USRowing will be spot checking and asking for proof for random competitors. All virtual national qualifiers will be asked to provide proof of their 2,000-meter ergometer piece from the competition window.

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

**Medals:**

Medals will not be awarded during the 2020 USRowing Virtual Youth Regional Championships. Gold, silver and bronze medals will be awarded to the top three boats in each event in the 2020 USRowing Virtual Youth National Championships.

No team trophies are awarded in the 2020 USRowing Virtual Youth Regional and National Championships.
All participants in both the 2020 USRowing Virtual Youth Regional and National Championships will have the opportunity to purchase select gear as a momento for competing in the first-ever, USRowing Virtual Youth Championship Series.

**Graduation Ceremony:**

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:
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sarah.mcauliffe@usrowing.org  
P: (508) 488 0868