

The background of the entire page is a light gray gradient, decorated with numerous realistic water droplets of various sizes. The droplets are rendered with soft shadows and highlights, giving them a three-dimensional appearance. They are scattered across the page, with a higher concentration in the top and bottom corners.

Scholastic Rowing Association of America Championships

COACHES & COXSWAINS MEETING

2024

CHIEF REFEREE

RUTH MACNAMARA



AGENDA

- PRACTICE
- SAFETY
- ATHLETE WEIGH-INS
- CONTROL COMMISSION
- TRAVELING TO START AND WARMUP
- START
- RACING
- FINISH
- AWARDS

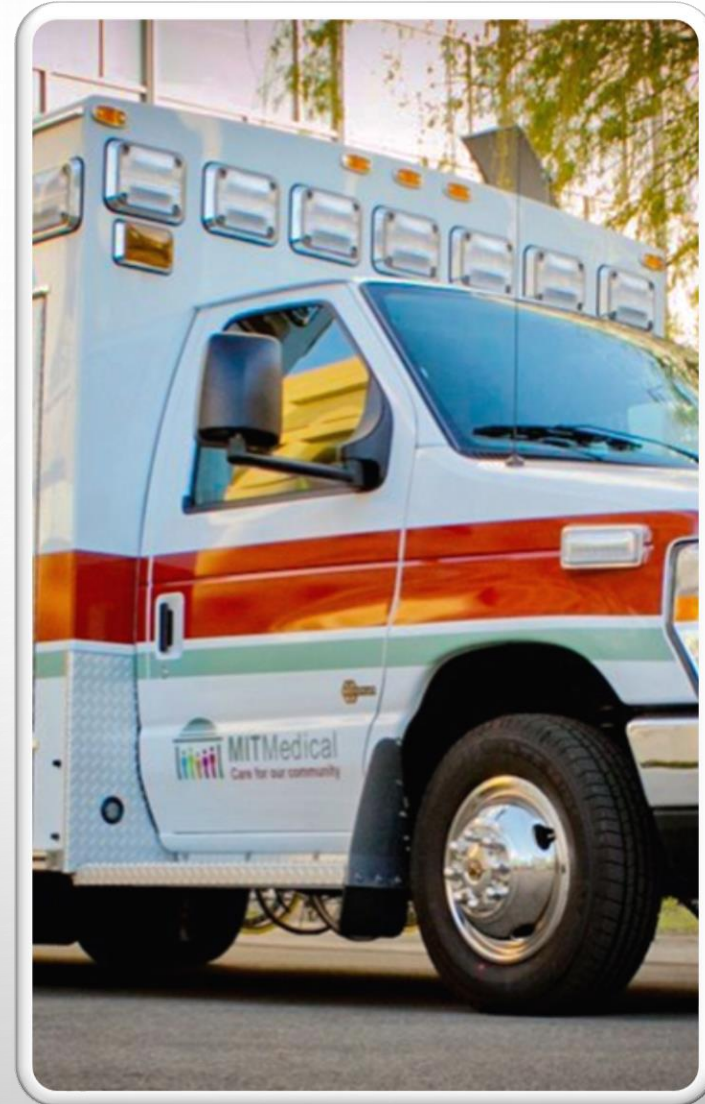
PRACTICE

- PRACTICE

- PRACTICE WILL BE OPEN ON THURSDAY FROM 12-6PM. THE LOC WILL BE STAFFING THAT
- PLEASE NOTE THE PRACTICE PATTERN BEFORE YOU GO OUT
- ALL BOATS NEED TO STAY ON THE RACECOURSE INSIDE THE BUOYS
- DO NOT GO NEAR THE STARTING PLATFORM AT THE TOP OF THE COURSE
- DO NOT GO INTO THE WARMUP AREA THAT WE WILL BE USING FOR RACING.
- THERE ARE 3 LANES UP TOWARDS THE START; THE MIDDLE LANE IS A DEAD LANE AND 3 LANES RETURNING TOWARDS THE FINISH

SAFETY

- EMS WILL BE ON SITE AT THE CUTBERTH LAUNCH SITE DURING RACING
- PLEASE MAKE SURE ATHLETES WHO USE INHALERS HAVE THEM IN THE BOAT
- NOTIFY ME IF THERE ARE ANY OTHER HEALTH CONCERNS WE SHOULD BE AWARE OF
- DRESS APPROPRIATELY FOR THE WEATHER CONDITIONS
- ENSURE YOUR EQUIPMENT MEETS THE SAFETY STANDARDS



ATHLETE WEIGH-INS

- **Weigh-Ins** will be conducted at the Camden County Boathouse, undercover of the Carport on the side of the boathouse. Please **come around to the course side of the Boathouse** and line up on the apron to be weighed under the Carport.
- Weigh-ins will be conducted
 - Thursday 3-6PM
 - Friday morning 6:30-11:30AM

Please read all the published weigh-in rules and procedures for this year's championship.

Here are some highlights I want to emphasize:

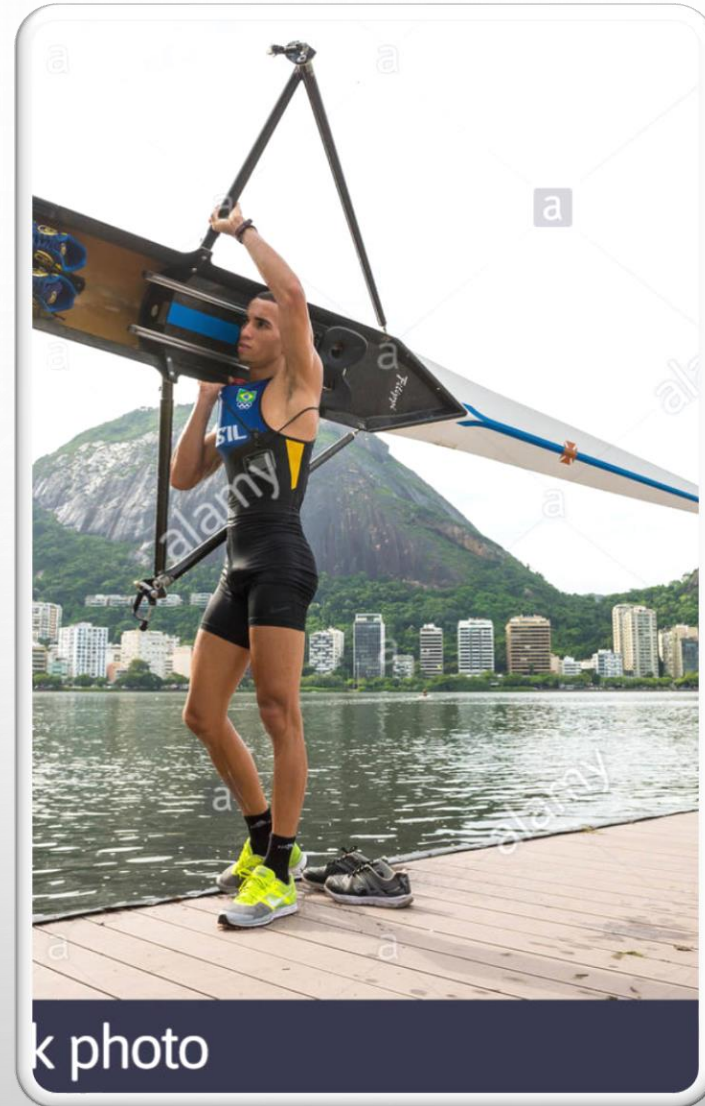
- Rowers must bring a picture ID to weigh-ins
- Weight Standards for girls 130 lbs., boys 150 lbs., no averaging. All athletes must be at or below the weight standard.
- Rowers will weigh-in once for the entire regatta.
- Your weigh-in must be completed one hour before the published race time and by the close of the weigh-in session.

ATHLETE WEIGH-INS CONTINUED

- Each Rower will have only 1 initial opportunity to weigh-in. If a rower is within 1 lb. or less of the weight standard, they will be allowed 1 re-weigh within 1 hour of the initial weigh-in or by the close of their weigh-in session, whichever comes FIRST.
- A rower whose initial weight is greater than 1 lb. above the weight standard will be ineligible to compete in a lightweight event.
- A rower whose re-weigh is above the weight standard will be ineligible to compete in a lightweight event.
- All rowers and coxswains must be present and dressed in their team uniform for weigh-ins.
- Coxswains will not weigh-in
- All substitutes will weigh-in with their boat mates dressed in their team uniform
- Rowers who make weight must attach the lightweight wristband to their outside hand or for scullers, ankle is allowed. The band must be attached before leaving the weigh-in area.
- There are no weigh-ins on Saturday.

CONTROL COMMISSION

- SRAA BOW NUMBERS – AT CONTROL COMMISSION
 - ALPHA NUMERIC
 - MANDATORY TO RETURN TO IT CONTROL COMMISSION OR YOUR TEAM WILL BE CHARGED FOR REPLACEMENT; THEY ARE NOT TO BE A SOUVENIR; PLEASE DO NOT KEEP THEM
 - ENSURE IT IS SECURELY FASSENED SO AS NOT TO LOSE ON THE WATER
- LAUNCH TIMES – BECAUSE THERE IS NOT MUCH ROOM TO WARM UP, WE ARE LIMITING HOW EARLY YOU CAN LAUNCH
 - **CUTBERTH – NOT BEFORE 35 MINUTES BEFORE RACE TIME**
 - **LASCALE – NOT BEFORE 25 MINUTES BEFORE RACE TIME**
 - **BOATHOUSE – NOT BEFORE 15 MINUTES BEFORE RACE TIME**
 - **GET YOUR WARMUP ON LAND BEFORE YOU LAUNCH**
- ENSURE ALL SAFETY CHECKS ARE IN COMPLIANCE BEFORE GOING THROUGH CONTROL COMMISSION
- ALL BOW BALLS WILL BE CHECKED FOR STURDINESS AND SAFETY
- HEEL TIES WILL BE SPOT-CHECKED
- BE QUICK ON THE DOCK; OTHERS ARE WAITING TO LAUNCH



TRAVELING TO START AND WARMUP AREA

- NO MATTER WHERE YOU LAUNCH FROM, STAY CLOSER TO THE SHORE AND AWAY FROM THE RACECOURSE
- STEER CLEAR OF THE FINISH LINE
- PINCH POINT AT 500M
- AROUND THE PINCH POINT, CONTINUE TO FOLLOW SHORE
- COUNTER-CLOCKWISE LOOP IN TOP 400M WARMUP AREA
- ENTER THE RACECOURSE AT APPROXIMATELY 100M
- YOU WILL BE CALLED DOWN TO THE STARTING LINE WHEN THE RACE BEFORE YOU IS ON THE LINE
- OPTIMAL WOULD BE FOR A RACE ON THE STARTING LINE, THE NEXT RACE AT 400 METERS (100 METERS BEFORE THE START) BY THE 2-MINUTE CALL FOR THE RACE BEFORE YOU; AND ANOTHER RACE MOVING FROM 100 METERS TO 400 METERS WHEN THE FIRST RACE GOES OFF.
- ON 5 MINUTE CENTERS WE NEED EVERYONE TO BE ON TIME
- WE WILL NOT WAIT FOR ANY LATE CREWS

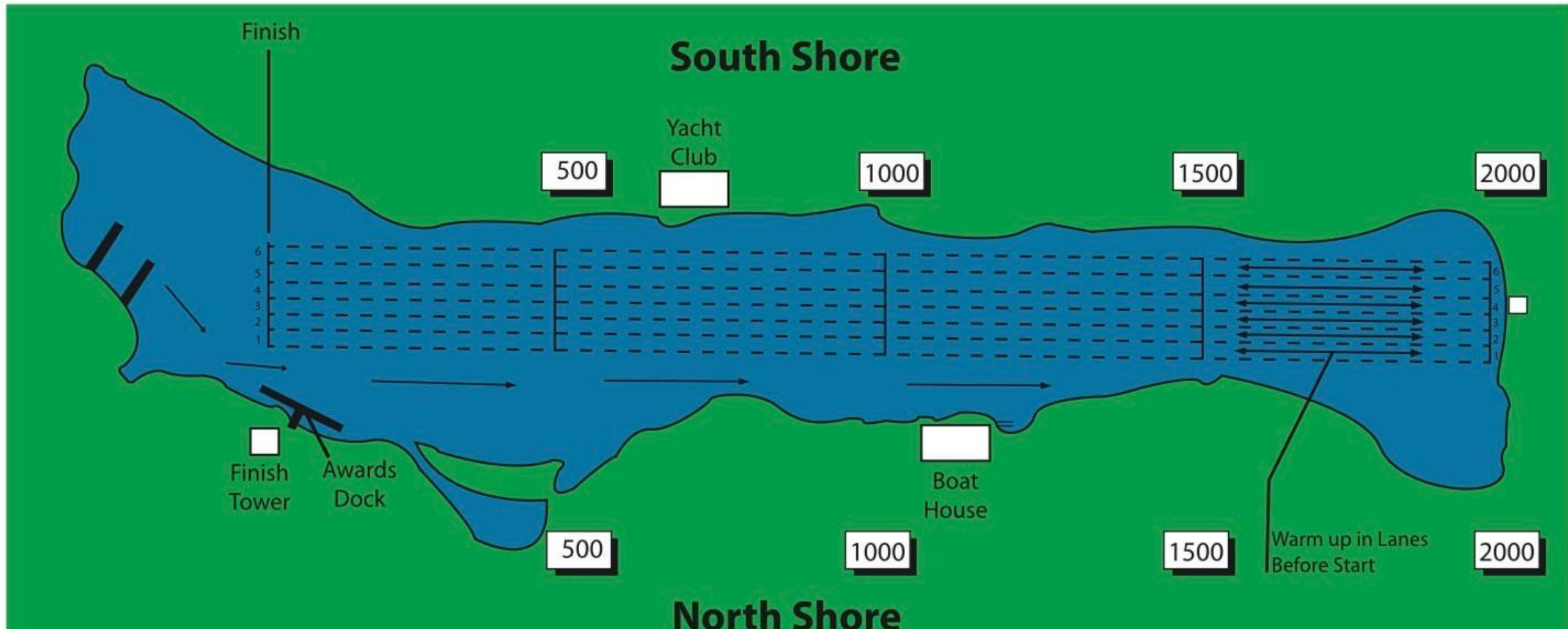
MAP OF RACECOURSE NEXT SLIDE

- THE NEXT SLIDE IS A MAP OF THE RACECOURSE
- IT IS NUMBERED BACKWARDS – IN OTHER WORDS THE START IS 0 METERS, 500, 1 000, 1 500 AND 2000 IS THE FINISH; BUT THEY HAVE IT NUMBERED THAT THE FINISH IS 0 METERS AND START IS 2000
- ON THE WAY TO THE START – YOU HAVE TO GO SINGLE FILE BY THE FINISH LINE AND ALSO WHEN GOING BY THE 500-METER MARK (1 500 ON THIS MAP) WHICH IS WHERE YOUR RACE WILL START.
- DO NOT SIT IN THE TRAVEL LANE BY THE START; NO ONE CAN GET BY YOU
- YOU HAVE TO ENTER THE RACECOURSE AT THE 100-METER MARK, NOT RIGHT AT THE STARTING LINE

Cooper River Rowing Course

Traffic Rules- Racing

Cuthbert Boulevard



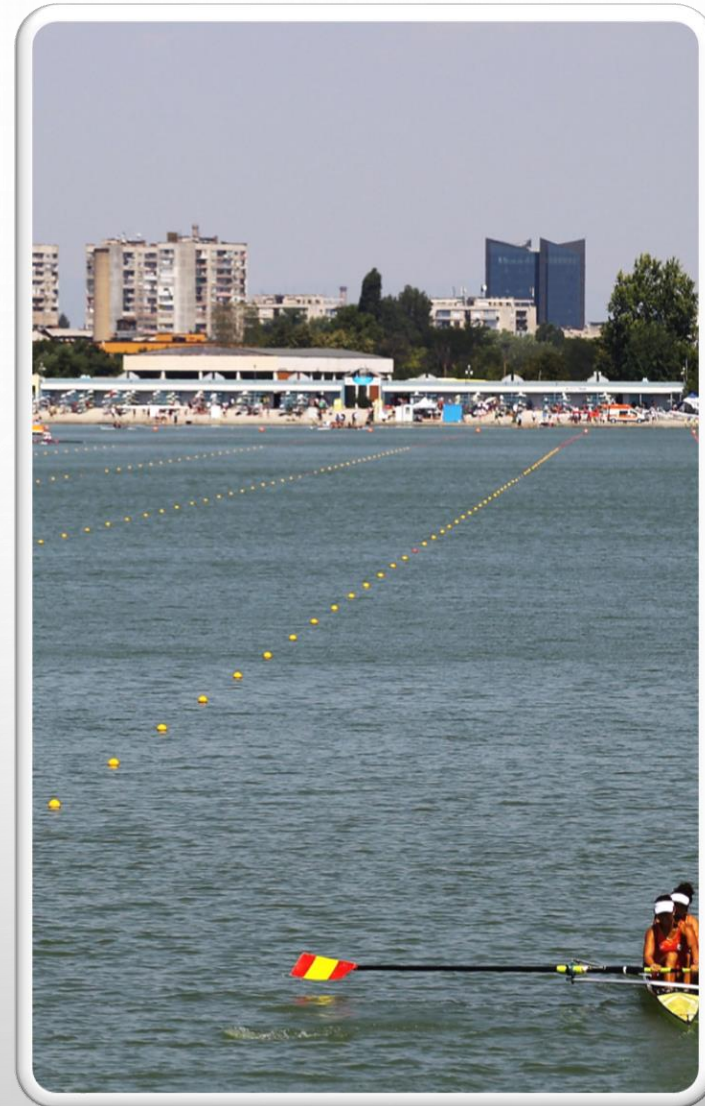
START

- CUE UP BEHIND THE START AS MENTIONED IN PREVIOUS SLIDE
- YOU ROW THROUGH THE PONTOONS, YOU DO NOT NEED TO GO AROUND THEM
- BE LOCKED ON AT YOUR RACES 2-MINUTE CALL
- SCULL TO MAINTAIN YOUR POINT SO AS NOT TO PULL OFF THE STARTING PONTOONS
- SILENT ALIGNMENT FROM SHORE
- WILL USE ANNOUNCING START;
 - IF CONDITIONS ARISE – WILL USE QUICK START
- (YOUR JOB IS TO OPTIMIZE YOUR POINT; THE STARTERS JOB IS TO START WHEN IT IS SAFE AND FAIR)
- AGAIN – WE WILL NOT WAIT FOR ANY LATE CREWS!!!!



RACING

- KEEP BOAT & OARS WITHIN YOUR BUOY LINE
- REFEREES WILL FLAG WHEN YOU ARE AT RISK OF INTERFERING WITH ANOTHER CREW (OR IN DANGER, I.E. AN UNKNOWN OBSTACLE)
- LAST 250M ARE MARKED WITH RED BUOYS
- LARGE ORANGE BUOY EVERY 500M



FINISH

- KEEP YOUR BOAT TO STARBOARD, AWAY FROM CREWS LAUNCHING AND TRAVELING TO THE START; DO NOT CROSS THE LINE OF RED BUOYS DELINEATING THE LINE FOR CREWS HEADING TO THE START
- KEEP YOUR ROWERS SITTING UPRIGHT – WE THINK MEDICAL EMERGENCY
- IF YOU HAVE AN OBJECTION – RAISE YOUR HAND IMMEDIATELY TO GET THE ATTENTION OF FOLLOWING REFEREE
- EXPLAIN WHAT HAPPENED, WHERE IT HAPPENED & THE REMEDY YOU WOULD LIKE
- THE REFEREE WILL MAKE A DECISION ON THE WATER
- IF YOU DISAGREE WITH REFEREE'S DECISION, YOU MAY PROTEST THEIR DECISION –LET THE REFEREE KNOW; YOU HAVE 1 HR FROM THE TIME YOU LAND TO SUBMIT A WRITTEN PROTEST TO ME THE CHIEF REFEREE, OR TO THE CHIEF JUDGE AT THE FINISH WITH \$50 IN CASH
- STAY IN FINISH AREA UNTIL THE REFEREE SHOWS FLAG



THIS IS YOUR CHAMPIONSHIP

good luck have fun 

AWARDS

- AWARDS WILL BE GIVEN OUT BEHIND THE FINISH TOWER
- YOU MAY PICK THEM UP ANY TIME AFTER YOUR RACE
- CONGRATULATIONS TO ALL MEDALIST