



2021 San Diego Crew Classic - Coach's Packet

San Diego Crew Classic
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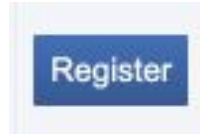
Welcome to the 2021 San Diego Crew Classic!

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Section 1: Registration

- 1.1** Visit [this link](#) and click “Register” in the blue box in the top right corner of the screen.



- 1.2** Log into your RegattaCentral account, or create a new account if needed. Next, fill out your Club, Contact Details, and Race Day Contact Details.
- 1.3** Select the event(s) you would like to participate in. Please keep in mind the age categories as well as numerous entry categories in order to select the proper race registration. Be sure to read the event descriptions in the following sections for more details. An athlete can register for as many of the LIVE events as they please.
- 1.4** Submit your entry to each event one at a time and make sure that your information is correct on the entry description page. Once you have finished submitting each entry, proceed to checkout to submit payment and finalize your entry registration.

Section 2: SDCC Rules & Regulations

All competitors are expected to adhere to the USRowing Rules as amended by the San Diego Crew Classic, Inc.

2.1 General Rules - 2021 Implications

2.1.1 Course Records

Any times submitted from the SDCC Mission Bay course, or any other course, will not be considered as a course record in 2021. Course records are only recognized with a full buoyed course and Regatta Officials during Crew Classic weekend.

2.1.2. Entries & Finish Times

Finish Times from the 2021 SDCC will be honored, and the winner from each ergometer event will be guaranteed Lane 1 in the 2022 San Diego Crew Classic.

In the event of excessive entries, SDCC reserves the right to close registration of that event in advance of the March 19th deadline.

2.2 Registration

2.2.1 Team Registration

This event is open to all competitors across the world. Registration for the LIVE event will be open from January 29 - March 19 on RegattaCentral.

Registrants for the live event will receive confirmation from RegattaCentral and instructions on live-streaming a week prior to the event.

SDCC HIGHLY RECOMMENDS rehearsing the proper procedures for how to administer the race prior to race day.

2.2.2 Individual Competition Limits

For this year only, competition limits have been removed. Please keep in mind when racing multiple races that you might have races within ten minutes of each other.

2.3 Live Erg Racing - Rules of Racing

2.3.1 Equipment

Athletes are required to race on a Concept2 ergometer with either a PM3, PM4, or PM5 monitor connected via USB to a compatible computer with WIFI connection. In order to participate in the live event, athletes must comply with all instructions from Time-Team when connecting the monitor to a computer. Please see [Time-Team Manual](#) for more details. No dynamic ergs or sliders.

2.3.2 Racing Attire

All athletes must wear appropriate racing attire while streaming on camera, including a shirt and shorts. Unisuits and bodysuits are allowed. Team coordinated attire is preferred. Attire containing offensive language or imagery will not be permitted and athletes will be disqualified if these are seen on camera.

2.3.3 Results Confirmation

All results will be available immediately by Time-Team and will be displayed on RegattaCentral. Race Officials will be monitoring and in command of each event to ensure correct times and fair racing.

2.3.4 Medical Guidelines

Participation in the San Diego Crew Classic Live Event is at your own risk. Please consult your doctor before participating. Should you feel that you are no longer able to compete in the SDCC Live Event, you can withdraw your entry by emailing bobbie@crewclassic.org

We strongly recommend you do not compete alone. At the very minimum, alert someone of your race start time and check-in with them when you finish.

2.3.5 Lightweight Classification and Weigh-Ins

The following weight limits are in conformity with USRowing Rules and are for each athlete.

Collegiate men: 160lbs max.

Junior men: 150lbs max.

Women: 130lbs max.

Weigh-ins are on the honor system and are expected to be followed and monitored by your team.

2.3.6 Racing at Altitude

For those teams, or individual athletes, competing at altitude (>5,000ft above sea level) TimeTeam and San Diego Crew Classic can make the following adjustments to your final score:

Full boat: 10 seconds

Per Athlete: 1.25 seconds.

2.3.7 Adaptive Racing Rules

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 Regulations and may self identify for the San Diego Crew Classic. A Rower without a sport class or whose sport class has been withdrawn may not compete in Adaptive or Para Rowing Events.

(1) In Inclusive Events, the sport class eligibility requirement pertains only to the Rower who has been classified.

2.4 On-The-Water - Rules of Racing

2x1500m or 2x1250 with maximum 5' rest, in opposite directions

2.4.1 Launching

Teams are strongly encouraged to practice social distancing on the docks and along the beaches and must wear a mask when not in the boat, wherever they are racing. Teams are very strongly discouraged from traveling to Mission Bay to complete their race. All teams must follow their local, County, and State Health guidelines in order to compete. (For instance, if your County guidelines are that team boats are not allowed, then you must follow these guidelines, no exceptions.)

2.4.2 Equipment

(A) Each crew is responsible for having a protective “ball” on the bow of the boat.
(B) Each crew rowing in a shell equipped with flexible sole shoes attached to the foot stretchers is responsible for making sure that the heels of the shoes are attached to the stretchers by a method that allows for quick exit in case of emergency.
(C) Teams may use any GPS device that exports .gpx, .fit, or .tcx file and register in advance with RegattaCentral to race the 2x1500m or 2x1250m course. Participants will upload their .gpx, .fit, or .tcx file to Time-Team via a personal invite that will be sent to the mail you submitted with the entry. Results will be displayed both on the Time-Team website and RegattaCentral.

2.4.3 Racing Rules

Competitors are expected to comply with their respective body of water's traffic pattern and rules.

2.4.4 Racing at Altitude

Refer to Section 2.3.6 for instructions on Racing at Altitude.

2.4.5 Row at Your Own Risk

There will be no race officials during the race week, and all athletes are expected to uphold good sportsmanship and safety precautions. Any boat or team that shows blatant disregard for safety will be severely penalized.

Section 3: On-The-Water Results Submission

3.1 Register your Team on RegattaCentral

Register for the appropriate event for your gender and age on RegattaCentral: [San Diego Crew Classic - Overview](#)

*Specific instructions on how to register are found in **Section #1: Registration**

3.2 Race Result Submission

1. For **Collegiate Teams** row at least 2x1500m and for **All Other Crews** row at least 2x1250meters on the water in an 8+ or 4+/4x/4x+ (depending on the race designation) and track your performance using a Smartphone + GPS Tracking App, GPS watch, or NK SpeedCoach with Training Pack.
2. Pieces must be done in opposite directions to create neutral conditions, with a **MAXIMUM** of 5 minutes rest in between.
 - a. These two scores will be cumulative with the lowest TOTAL time being crowned the winner.
 - b. Record forward and return piece including turning around as one GPS recording.
 - c. The return piece must be started within 5 minutes of finishing the forward piece.
 - d. The start of the return piece must be within 100m of the finish of the forward piece.
 - e. The finish of the return piece must be within 100m of the start of the forward piece.
3. Once you have completed your performance, save your session and export your performance file (either a .GPX, .FIT., or .TCX file) to a computer.
4. Submissions will be done through an email link sent directly from Time-Team to the email address used in RegattaCentral. You will receive this email within an hour after registration. If you have not received your personal link, let us know via bobbie@crewclassic.org and we will resend the link. The submission portal will open March 19th and close at 11:59pm PT on March 26.
5. Upload your session's export to the Time-Team portal and confirm your submission. Results will be displayed on <https://rowingtracker.com/>

IMPORTANT

***Our software will automatically extract the fastest continuous 1500m or 1250m from the uploaded performance file for each of your two pieces.** To ensure your submission is successful, we suggest athletes submit a performance that is slightly longer than 1500 or 1250 meters for each piece.

***Rowers choosing to submit an on-water performance from a team boat do so at their own risk, and rowers should not do so if guidelines from local government health officials do not permit it.**

Performance Tracking & Exporting Instructions:

Smartphone + GPS Tracking App - There are numerous free applications available for iOS and Android devices that enable you to track and export your performance data for submission. We recommend Strava* though most apps created for tracking running or cycling will most likely be compatible. Before deciding on an app to use, look online to see if it supports exporting a single workout session as a .GPX, .FIT, or .TCX file

*Strava is a free app on the Apple App Store for iOS and the Google Play Store for Android. While Strava offers a paid subscription service that provides additional features, no purchase is necessary to use Strava for tracking and submitting your on-water piece for the Crew Classic Digital Event.

1. [How to get your Activities to Strava](#)
2. [Strava Export Instructions](#)

GPS Watch -

- i. [Garmin Watch Support](#)
- ii. [Polar Watch Support](#)
- iii. [Suunto Movescount Support](#)
- iv. [FitBit Support](#)
- v. [Whoop](#)

NK SpeedCoach with Training Pack

- vi. [NK Link Support](#)

GPS Apps & How to Export Data

- vii. [MapMyFitness](#)
- viii. [RunKeeper](#)
- ix. [AllTrails](#)
- x. [Crew Nerd](#)

Section 4: Schedule

Schedule will be posted on [Regatta Central](#) at a future date.

Section 5: Eligibility

5.1 USRowing Membership Requirements:

The San Diego Crew Classic is a USRowing registered regatta.

5.2 U.S. based Organizations:

All U.S. based organizations must hold active organizational membership with USRowing.

Organizational membership can be renewed at [US Rowing](https://www.usrowing.org). Contact USRowing Member Services at (609) 751-0706 or organizations@usrowing.org for assistance.

5.3 Individual Competitors:

1. **Individual competitors representing U.S. based organizational members of USRowing and Unaffiliated U.S. based competitors must hold at least a [Basic Membership](#) (\$9.75) and have a current waiver on file to compete in this regatta.**

Memberships should be handled prior to arriving at the regatta. A current listing of your athletes, their member numbers, and expiration dates can be found on your online team roster through the membership portal at <https://membership.usrowing.org>.

2. Rowers may compete in a higher skill class but not a lower skill class. For example, a Novice athlete may compete in a Varsity or Junior Varsity race, but a Varsity athlete may not compete in a Novice or Junior Varsity event.

5.4 International Competitors:

All international members must become USRowing members. Athletes can register for the free international Basic membership with your club affiliation within the USRowing membership portal. A current membership in combination with a signed waiver and agreement meets the compliance requirements in order to participate.

The SDCC is requiring that line-ups be submitted online through RegattaCentral for the regatta. Entries may be saved initially without a line-up, but please be prepared to submit a final line-up.

5.5 Collegiate:

5.5.1 Collegiate institutions must formally certify the NCAA eligibility of their student athletes to compete in collegiate events. The signature of the university's athletic director or appropriate official on each page of a hard copy of the Lineup Form is required for certification. This form is submitted at Check-in.

5.6 Club:

5.6.1 “Club” shall mean any entity recognized by USRowing as an organizational member that operates or sponsors a rowing program.

5.6.2 Only Competitors who are bona fide members of a Club shall be entered by that Club, except that a composite Crew may be entered by any of the Clubs to which one of the Competitors in the Crew belongs.

5.6.3 A Competitor shall represent only one Club at a Regatta.

Section 6: Racing

For Racing details and troubleshooting assistance, please refer to the [Time Team HomeRace Manual](#)

Section 7: Frequently Asked Questions (FAQ)

Does everyone on my team need to be in the same room/venue to participate?

No. Each rower in your virtual boat can log in at your scheduled race time and participate in the race as long as they have the necessary equipment and internet connection available. Time Team will compile all the scores in real-time and show you where you stand as a team!

Do I need an account on Time-Team to participate in my event?

There is no need to create an account on the Time-Team platform before an event. Your regatta organizer will provide you with a Participant Secret Code. This code gives you access to your race during the regatta.

Do I need to download an App to be able to race?

No, there is no need to download an App. All you need is a Chrome-based web browser as explained in the manual. See page 3 of this manual for the usable web-browsers.

How do I know what the latest firmware of Performance Monitor is?

Check out the official website of Concept2 for the latest version of firmware and instructions for updating your monitor using the Concept2 Utility: <https://www.concept2.com/service/monitors>. Make sure **to close** the Concept2 Utility program after the update.

How does the start of a race work with Homerace?

Prior to the start, several messages will be posted in your race lobby. Those will keep you posted on the development of the start. 2 minutes prior to the race your erg monitor will ask you to stop rowing. Stop rowing and wait for the starting procedure on your monitor to begin.

How do I know what browser version I'm running?

You can go to <https://www.whatsmybrowser.org/> and see what version you are currently running on your computer.

Quick Note: A Windows 7 operating system is not supported. Connect to a computer with a supported operating system.

What do I see on my monitor and computer screen during the race?

Prior to and during the race, your PM monitor will be in race mode. On the top of your screen, your regular data will be shown. On the bottom part of your screen, you will see your information on the race itself, the starting procedure, or your competition depending at what stage you are of a race. The order in which you see it is as follows: Warm-up, Start, Race.


2000 _m		0 _{5/m}
:00		/500m
:00.0 _{ave}		/500
O.K. to warm up		
Next Race:	Erg#:	
Race 41	12	
Competitor:	Drag factor	
BUCHAN, Camer	0	

◀ Set the monitor to the units you want to see during the race. Press "Units" to toggle between the following:

1. Split time for 500m and time elapsed
2. Split time for 500m and average split time for 500m
3. Watts and average watts
4. Calories per hour and expended calories.

◀ Before the race check the following:

1. Your race number is displayed beneath "Next Race"
2. Your assigned erg number is displayed beneath "Erg"
3. Your name is displayed beneath "Competitor"
4. Adjust the drag factor to the setting you want to race on.

Stop, prepare for start	
	1 - Sit ready
	2 - Attention
	3 - Row

◀ Before the start the announcer will ask you to stop rowing and to put the handle in the handle hook. When all the flywheels have spun down the announcer will tell the competitors to pick up their handles.

WATCH YOUR MONITOR. It will display "Sit ready," "Attention," "GO." Once it displays "GO" start racing.

1	WADDEL, Rob	+23 _m
4	REDGRAVE, Ste	+9 _m
5	BUCHAN, Camer	
6	DREISSIGACKE	-12 _m

During racing the bottom half of the display will show your competition:

- ◀ The top row contains the competitor in first place.
- ◀ The second row contains the competitor just ahead of you.
- ◀ The third row will show your name.
- ◀ The last row contains the competitor just behind you.

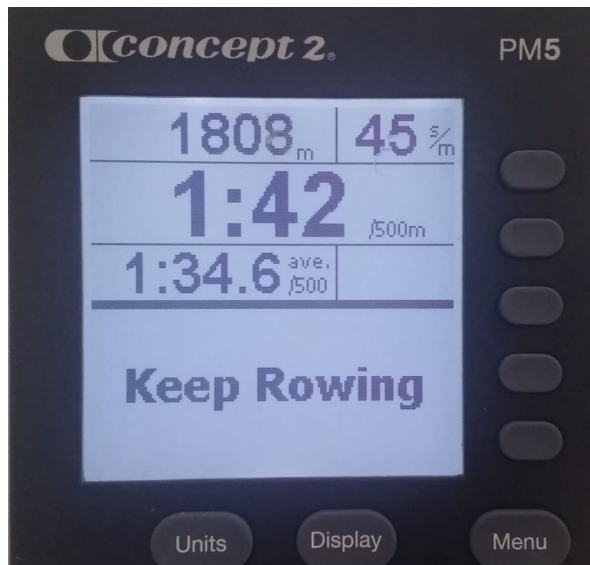
Please see [this video](#) of the monitor in action during a race.

Your computer screen will show your race lobby and all participants. As well as the live tracker for you to see the whole race and all its competitors.

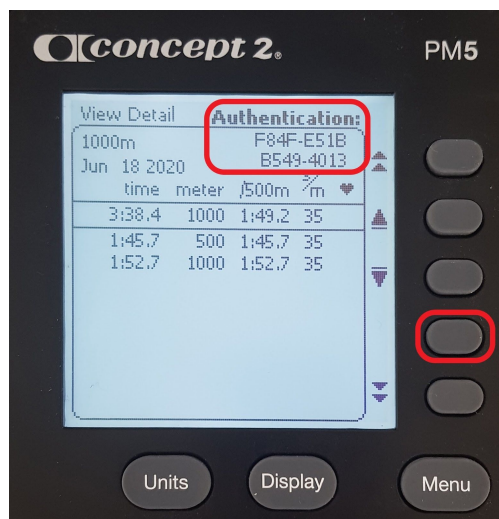
What happens if I lose my internet connection during the race?

If you have already started your race your monitor will tell you to "Keep Rowing". Keep rowing while you see this message! Complete your race and the system will send your data as soon as

the internet connection is restored. If we are unable to process your results automatically we will ask you to submit your results manually.



Go to Memory, List by Date and select your workout you've just completed. Press the 4th button twice. This will include an Authentication code on the screen so we can verify your result. Send a picture to the requested contact address.



Section 8: Health & Safety Guidance for Risk Mitigation (COVID-19)

San Diego Crew Classic coronavirus health and safety guidance for risk mitigation (3-10-2021)

The guidelines in this document are subject and subordinate to federal, state and local laws, rules, ordinances and regulations that apply to your location. Additionally, it is every organization's responsibility to have [SafeSport requirements](#) and general [rowing safety protocols](#) in place.

Failure to provide a safe rowing environment are grounds for suspension or revocation of organizational membership with USRowing and the San Diego Crew Classic.

"Wash your hands. Keep your distance. Wear a mask!"

- Any individual known to have high-risk contact with a person who has been sick and/or diagnosed with COVID-19 must self-report to the club's designated protocol manager.
- All individuals should self-monitor for symptoms of COVID-19 daily*. Each person should take their temperature daily prior to arrival at the boathouse. If they are symptomatic or their temperature is 100.4 degrees or over, the person should not come to the boathouse.

All ergs and equipment must be wiped down with disinfectant before and after every use. No exceptions.

Vaccinations **ARE NOT a substitute** for these guidelines. All individuals who have been vaccinated for COVID should continue to follow these guidelines.

Use your erg outdoors if possible:

All athletes, coaches and staff should sanitize or wash their hands with soap for at least 20 seconds upon arrival and should follow hand-washing protocols regularly.

Maintain physical/social distancing of at least six (6) feet, or 1.83 meters, from others who do not live with you.

Ergs and any other indoor equipment should be spaced at least **six (6) feet, or 1.83 meters**, apart and should be staggered so athletes are not in the slipstream of someone directly in front of them.

Masks should always be worn in and around the boathouse, on the apron and on the docks. Masks can be removed during the competition, but should be put back on afterwards.

Indoor considerations:

Hand sanitizer should be provided at all entrances and exits. All athletes, coaches and staff should sanitize or wash their hands with soap for at least 20 seconds upon arrival and should follow hand-washing protocols regularly.

Ergs and any other indoor equipment should be spaced at least **twelve (12) feet, or 3.7 meters**, apart and should be staggered so athletes are not in the slipstream of someone directly in front of them.

When possible, open doors and windows to increase ventilation in rooms. The use of fans should be avoided.

When meeting with others, physical/social distancing should be maintained. Masks should be worn by all persons, except for the athlete during the competition itself.

1) Further details are described at:

[USRowing Re-opening the Boathouse/Return to Training Considerations Post-COVID-19 \(v. 9.0\)](#)

2) * COVID Symptoms may appear after 2-14 days of asymptomatic life following exposure to the virus. People with these symptoms may have COVID:

Fever or chills

Cough

Shortness of breath or difficulty breathing

Fatigue

Muscle or body aches

Headache

New loss of taste or smell

Sore throat

Congestion or runny nose

Nausea or vomiting

Diarrhea

Infectious viral shedding might occur early in the disease, even days before symptom onset.

<https://www.cdc.gov/coronavirus/2019-ncov/symptoms-testing/symptoms.html>