

USRowing On-line Waiver Submittal Instructions:

Go to <https://www.regattacentral.com/athletes/> This should bring you to the Athlete Portal & Annual USRowing Waiver Submission page.

Enter CQ and 903126 in the roster code boxes along with your last name and click Begin

If your name is not listed then follow the instructions to add yourself to coaches roster and submit your USRowing Waiver.

If your name is listed then click on it and follow instructions to submit your waiver.