



Stockton Rowing, Inc.

## Head of the San Joaquin Regatta

### Louis Park, Stockton, CA

### Sunday, October 1, 2006

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#### **GENERAL INFORMATION**

The course is 5000 meters in the Stockton Deep Water Channel (The Delta) on the San Joaquin River, racing from Weber Point on the downtown waterfront to Louis Park. Weber Point on the downtown waterfront to Louis Park Registration, launching, food and awards are located at the Rod and Gun Club building in Louis Park. Events in sculling and sweep rowing are offered for open, junior, lightweight, collegiate and master competitors. The first race starts at 8:30 am and the last at 11:00 am. Bagels, coffee and juice are available at a minimal \$2 charge from 5:45 am until 9:00 am and a free lunch; vegetarian option available is included for all athletes from 11:00 am until 1:00 pm. Guest meal tickets are \$8.

#### **Awards**

Award presentations are scheduled for noon. Medals will be awarded for the first, second and third place finishers in each event.

#### **COACHES, COXSWAINS, AND SCULLERS MEETING**

A mandatory meeting at small white house in the launching dock area at 7:00 am.

#### **WEIGH-INS**

All Lightweight competitors must weigh in before racing (in uniform). Weigh-ins are by the registration table and are open from 6:30 am to 9:00 am. Winter weights are used and there are no additional restrictions for coxswains or crew average.

Men	165lb maximum
Women	135lb maximum
Coxswains	120 <b>minimum</b> (Men's Teams)
	110 <b>minimum</b> (Women's Teams)

## AGE HANDICAPS

All master crews must have all oars people at least 27 years of age. AA Category rowers are welcome and will race with a zero handicap. If AA rowers compete within a master's crew, the average age of that crew must still be 27 or older. The open novice eight (average age 27+) and lightweight sculling (no minimum age) events are also handicapped for age.

**This event will use the US Rowing handicap system, with a 'multiplier' to account for the longer course length. The multiplier is 4.8.** The course is 3 miles long, which is 4.8 times the length of a standard 1,000 course used by the US Rowing handicap system).

The following table provides the summary of the handicaps based on age and boat type. You can estimate your boat's handicap by finding its average age in the table (for the appropriate boat type) and multiplying by 4.8. If all boats in a particular Masters event are in the same US Rowing age category, the regatta may choose to not apply handicaps. See US Rowing "Rules of Rowing" for further details. <http://www.usrowing.org/contentfilestore/03rules.pdf>

### Age Handicap Chart

Age	4x/8+	2x/4+ /4	1x/ 2-	A	E	Age	4x/8+	2x/4+/4-	2x/2-
27	0.0	0.0	0.0			55	15.7	16.9	19.6
28	0.0	0.0	0.0			56	16.8	18.2	21.0
29	0.1	0.1	0.1			57	18.0	19.4	22.5
30	0.2	0.2	0.2			58	19.2	20.8	24.0
31	0.3	0.3	0.4		59	20.5	22.1	25.6	
32	0.5	0.5	0.6		F	60	21.8	23.5	27.2
33	0.7	0.8	0.9			61	23.1	25.0	28.9
34	1.0	1.1	1.2			62	24.5	26.5	30.6
35	1.3	1.4	1.6			63	25.9	28.0	32.4
				64		27.4	29.6	34.2	
B	36	1.6	1.7	2.0	G	65	28.9	31.2	36.1
	37	2.0	2.2	2.5		66	30.4	32.9	38.0
	38	2.4	2.6	3.0		67	32.0	34.6	40.0
	39	2.9	3.1	3.6		68	33.6	36.3	42.0
	40	3.4	3.7	4.2		69	35.3	38.1	44.1
	41	3.9	4.2	4.9	H	70	37.0	39.9	46.2
42	4.5	4.9	5.6	71		38.7	41.8	48.4	
				72		40.5	43.7	50.6	
43	5.1	5.5	6.4	73		42.3	45.7	52.9	
44	5.8	6.2	7.2	74		44.2	47.7	55.2	
C	45	6.5	7.0	8.1	I	75	46.1	49.8	57.6
	46	7.2	7.8	9.0		76	48.0	51.9	60.0
	47	8.0	8.6	10.0		77	50.0	54.0	62.5
	48	8.8	9.5	11.0		78	52.0	56.2	65.0
	49	9.7	10.5	12.1		79	54.1	58.4	67.6
	D	50	10.6	11.4	13.2	J	80+ add the following for each year over 80		
51		11.5	12.4	14.4			2.0	2.3	2.7
52		12.5	13.5	15.6					
53		13.5	14.6	16.9					
54		14.6	15.7	18.2					

Age is determined as of December 31, 2006. When averaging, always average down. For example, if a boat average is 54.9, the age would be 54.

## **COURSE RULES**

Stay on the right side to and during, the course. All passing to port. Yield to faster shells. Don't use foul language (this is a public and residential area). No passing after starting area until you leave all boat slips on your right shoulder nor, within 100 meters of the I-5 Bridge. Honor all requests of Regatta staff and obey all commands from officials and marshals (Thank You!).

**Infractions of these rules WILL result in one-minute penalties and may result in disqualification.**

## **ENTRY FEES**

Eights	\$64
Fours and Quads	\$44
Pairs and Doubles	\$30
Singles	\$20

Fees include lunch for all athletes. Guest meal tickets are \$8. There will be a \$20 flat late fee for website entries after Tuesday, September 26, 2006.

## **WAIVERS**

See Regatta Central for waivers instructions. **All participants must have a signed waiver on file.**

## **DIRECTIONS**

Going North on I-5 cross over the shipping channel and take the Monte Diablo Ave. exit. Turn left on Monte Diablo Ave. under the freeway and go 0.7 miles straight into Louis Park. Going South on I-5, take the Monte Diablo Ave. exit. Turn right on Monte Diablo Ave. and go 0.7 miles straight into Louis Park. Immediately past baseball fields on your right is a large parking lot for trailers. The Rod and Gun Club (registration, etc.,) is across from the parking lot.

If coming from CA-99 North or South, take the CA-4 West/Downtown Stockton (I-5) exit towards San Francisco, go approximately 3 miles, then take the I-5 exit towards Sacramento. Merge left onto I-5 north, go 0.9 miles and take the Monte Diablo Ave. exit. Turn left on Monte Diablo Ave. under the freeway and go 0.8 miles straight into Louis Park.

## **STOCKTON HOTEL INFORMATION**

**\*\*\*Holiday Inn:** 111 E. March Ln.  
(209) 474-3301

**\*\*\*Radisson Hotel:** 2323 Grand Canal  
(209) 957-9090

**\*\*Comfort Inn:** 2654 W. March Ln.  
(209) 478-4300

**\*\*\*Courtyard by Marriott:** 3252 W. March Ln  
(888) 472-9700

**\*\*La Quinta Inn:** 2710 W. March Ln.  
(800) 531-5900

**\*\* Quality Inn:** 1-5 and March Ln.  
(800) 550-0055

**\*\*\*\*Hampton Inn & Suites:** 5045 South State Rt. 99, East Frontage Rd.  
(209) 946-1234

### **PARKING**

Parking facilities are excellent. If you proceed to the unload/loading area by the docks, we ask you to return your trailer to the large parking area across from registration. This is a **public park** and there is lots of room for boat slings near both parking lots.

### **SECURITY**

All registered athletes (individually or, via their coxswain) will be issued a **wristband** during **registration**. This is your **lunch** ticket and visible authority that you have easy access to trailers and support vehicles. Stockton Rowing Inc. (SRC) and/or the City of Stockton are not responsible for any lost or stolen property.

### **REGISTRATION**

Registration is done through RegettaCentral at [www.regattacentral.com](http://www.regattacentral.com).

Registration will **close** after Tuesday, September 26, 2006. A \$20 Flat Late Registration Fee will be imposed thereafter. You may also call Harriet Catania (209) 478-7356 with questions or email [hfc Catania@aol.com](mailto:hfc Catania@aol.com). Computer registration will enable crew changes no later than Tuesday, September 26<sup>th</sup> with the Final Race Schedule published shortly thereafter.

Thank you,

Stockton Rowing Inc.

Appr. Time	Head of The San Joaquin Regatta Events	Event #
6:30 am	Late Registration opens- boat numbers, coffee, juice, bagels @ Rod n' Gun Club	
7:15 am	Coaches, Coxswains and Scullers Meeting @ little house by launch docks	
8:30	Women's 8+ masters, novice	1, 2,
8:40	Women's 4+ open, junior, masters	3, 4, 5
8:50	Men's 2- open, masters, Women's 2- open, masters	6, 7, 8, 9
9:00	Men's 2x open, masters, lwt- masters	10, 11, 12
9:10	Men's 1x open, masters, lwt-open, open water	13, 14, 15, 16
9:20	Women's 1x open, masters, lwt-open, open water	17, 18, 19, 20
	Break	
9:40	Women's 8+ junior, lwt, junior novice	21, 22, 23
9:50	Men's 8+ junior novice, Mixed 8+ masters	24, 25
10:00	Men's 4+ masters novice, junior novice	26, 27
10:10	Mixed 4+ masters,	28,
10:20	Women's 4+ masters novice, junior novice	29, 30,
10:30	Women's 2x open, masters, lwt- masters, Mixed 2x masters	31, 32, 33, 34
	Break	
10:40	Men's 8+ open, masters, junior, novice	35, 36, 37, 38,
10:50	Men's 4+ open, junior, masters	39, 40, 41
11:00	Men's 4x masters, Women's 4x masters	42, 43
11:45	Awards and Lunch @ the Rod 'n Gun Club	

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