

2003 Head of the Estuary

Entry fees. Singles \$20; doubles and pairs \$30; fours and quads \$40; eights and whaleboats \$60. Double fees for late entries. **Make checks payable to: JLAC.**

Categories.

High school - enrolled in high school on race day.

Novice - did not race before July 1, 2003.

Masters ages - as of 12-31-03.

Masters handicaps for single sculls : 27-34 (0 seconds); 35-59 (5.5 seconds per year); 60+ (8.0 seconds per year).

Masters handicaps for sweeps : 27-34 (0 seconds); 35-59 (4.5 seconds per year); 60+ (6.5 seconds per year).

Lightweight winter weights: men (165 max.); women (135 max.).

DIRECTIONS TO ESTUARY PARK.

From San Francisco, Marin County or Contra Costa County: take Hwy 580 or Hwy 24 to Hwy 980; take Hwy 980 to Downtown Oakland; take Jackson St. offramp; continue straight to Oak St.; turn right on Oak St.; turn left on Embarcadero.

From San Jose: Hwy 880 to Oak St. offramp; turn left onto Oak St. , turn left onto Embarcadero.

Also see directions on JLAC website. www.jlac.org

SCHEDULE OF SUNDAY EVENTS.

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|-------|-----|-----------------------------|-----------|---|
| 7:30 | 1. | Women's Open 1x | 45. | Men's Open 2x |
| | 2. | Women's Lightweight 1x | 46. | Men's Master 2x |
| | 3. | Women's Master 1x | 47. | Open Mixed 2x |
| | 4. | Women's High School 1x | 48. | Open Water Mixed 2x |
| | 5. | Women's Whaleboat | 11:15 49. | Men's Whaleboat |
| 7:45 | 6. | Men's Open 8 | 11:30 50. | Other (please specify what kind of craft) |
| | 7. | Men's Lightweight 4 | | |
| | 8. | Women's High School 8 | | |
| | 9. | Women's Master 8 | | |
| | 10. | Women's Novice 8 | | |
| 8:15 | 11. | Men's Open 1x | | |
| | 12. | Men's Lightweight 1x | | |
| | 13. | Men's Master Lightweight 1x | | |
| | 14. | Men's Master 1x (27-34) | | |
| | 15. | Men's Master 1x (35-49) | | |
| | 16. | Men's Master 1x (50-59) | | |
| | 17. | Men's Master 1x (60+) | | |
| | 18. | Men's High School 1x | | |
| 9:00 | 19. | Men's Master 4 | | |
| | 20. | Men's 21'+ Open 1x | | |
| | 21. | Men's 21'+ 1x (50+) | | |
| | 22. | Women's 21'+ Open 1x | | |
| | 23. | Women's 21'+ 1x (50+) | | |
| | 24. | Men's Open Aero | | |
| | 25. | Men's Aero (50+) | | |
| | 26. | Women's Open Aero | | |
| | 27. | Women's Aero (50+) | | |
| 9:15 | 28. | Women's Open 2x | | |
| | 29. | Women's Master 2x | | |
| 9:30 | 30. | Men's High School 8 | | |
| | 31. | Men's Novice 8 | | |
| | 32. | Women's Open 8 | | |
| | 33. | Open Men's Quad | | |
| | 34. | Master Men's Quad | | |
| | 35. | Mixed Whaleboat | | |
| 9:45 | 36. | Open Pair | | |
| 10:00 | 37. | Men's Open 4 | | |
| 10:30 | 38. | Men's Lightweight 8 | | |
| | 39. | Men's Master 8 | | |
| 11:00 | 40. | Women's Open Quad | | |
| | 41. | Women's Master Quad | | |
| | 42. | Women's Open 4 | | |
| | 43. | Women's Lightweight 4 | | |
| | 44. | Women's Master 4 | | |

Awards ceremony to follow final race.

PRE-RACE INFORMATION.

1. **Boat-trailer parking and boat storage.** Security provided at Estuary Park from noon on Saturday. Boat-trailer parking in west lot; store boats on the grass.
2. **Race numbers.** Pick up Saturday evening and Sunday morning at Jack London Aquatic Center.
3. **Dining.** Dine at nearby Jack London Square. Plenty of choices, in all price ranges.
4. **Lodging.** Inn at the Square, 233 Broadway (510-452-4565); Waterfront Plaza Hotel, 10 Washington St. (510-836-3800); Motel 6, 1801 Embarcadero (510-436-0103); Executive Inn 1755 Embarcadero (510-536-6633).