



Stockton Rowing, Inc. – Riverpoint Landing, 4950 Buckley Cove Way, Stockton, CA 95219
President – Ed Kirkpatrick, Vice-President – Harriet Catania, Secretary – Gay Ecton, Treasurer – John Silverton
Member-at-large – Amy Kaida, Boathouse Captain – Stephen Lee

**Head of the San Joaquin Regatta
Louis Park, Stockton, CA
Sunday, October 3, 2004**

Supported by



and Sports Commission

General Information
Participants Meeting
Weigh-Ins
Age Handicaps
Course Rules
Entry Fees
Waivers
Directions
Accommodations
Parking
Security
Course Map
Registration
Schedule of Events

General Information

The course is 5000 meters in the Stockton Deep Water Channel on The San Joaquin River, racing from 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, 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 \$1 charge from 5:45 am until 9:00 am and a free lunch is included for all athletes from 11:00 am until 1:00 pm. Guest meal tickets are \$5. Award presentations are scheduled for noon. Special Calm Waters Sculling (Lancaster, VA) raffle tickets are available, “two athletes for the price of one” at \$5.00 each.

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 |
| Coxwains | 120 minimum (Men's Teams) |
| | 110 minimum (Women's Teams) |

Age Handicaps

All master crews must have all oarspeople at least 27 years of age. AA Category rowers are welcome and will race with a zero handicap. If AA rowers compete within a masters 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- | | | Age | 4x/8+ | 2x/4+/4 - | 2x/2 - |
|-----|-------|-------------|-----------|---|---|---|-------|-----------|--------|
| 27 | 0.0 | 0.0 | 0.0 | A | E | 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 |
| 36 | 1.6 | 1.7 | 2.0 | B | 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 |
| | | | | | | 73 | 42.3 | 45.7 | 52.9 |
| | | | | | | 74 | 44.2 | 47.7 | 55.2 |
| 43 | 5.1 | 5.5 | 6.4 | C | I | 75 | 46.1 | 49.8 | 57.6 |
| 44 | 5.8 | 6.2 | 7.2 | | | 76 | 48.0 | 51.9 | 60.0 |
| 45 | 6.5 | 7.0 | 8.1 | | | 77 | 50.0 | 54.0 | 62.5 |
| 46 | 7.2 | 7.8 | 9.0 | | | 78 | 52.0 | 56.2 | 65.0 |
| 47 | 8.0 | 8.6 | 10.0 | | | 79 | 54.1 | 58.4 | 67.6 |
| 48 | 8.8 | 9.5 | 11.0 | | J | 80+ add the following for each year over 80 | | | |
| 49 | 9.7 | 10.5 | 12.1 | | | | | | |
| | | | | | | | 2.0 | 2.3 | 2.7 |
| | | | | | | | | | |
| | | | | | | | | | |
| 50 | 10.6 | 11.4 | 13.2 | D | | | | | |
| 51 | 11.5 | 12.4 | 14.4 | | | | | | |
| 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, 2004. 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 | \$60 |
| Fours and Quads | \$40 |
| Pairs and Doubles | \$25 |
| Singles | \$18 |

Fees include lunch for all athletes. Guest meal tickets are \$5. There will be a \$20 flat late fee for website entries after Tuesday, September 28, 2004.

Waivers

Click here 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. (\$99- 199)
(209) 474-3301

***Radisson Hotel 2323 Grand Canal (\$89-129) %
(209) 957-9090

**Comfort Inn 2654 W. March Ln. (\$74-79)
(209) 478-4300

***Courtyard by Marriott 3252 W. March Ln (\$89-159))
(888) 472-9700

***Residence Inn (1-2 bedroom suites) 3240 W. March Ln. (\$99- 204)

(209) 472-9800

**La Quinta Inn 2710 W. March Ln. (\$79-86)
(800) 531-5900

** Super 8 Motel 1-5 and March Ln. (\$64-74)
(209) 477-5576

****Hampton Inn & Suites 5045 South State Rt. 99, East Frontage Rd. (\$75) %
(209) 946-1234

(% symbol after quoted rates means discount is available if you mention "Head of The San Joaquin".)

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 is not responsible for any lost or stolen property.

Registration

Will be conducted by contacting www.regattacentral.com. Registration will **close** after Tuesday, September 28, 2004. A \$20 Flat Late Registration Fee will be imposed thereafter. You may also call Carol Coddington (209) 943-2950 with questions or email carolk504@cswebmail.com. Computer registration will enable crew changes no later than Tuesday, September 28th with the Final Race Schedule published shortly thereafter.

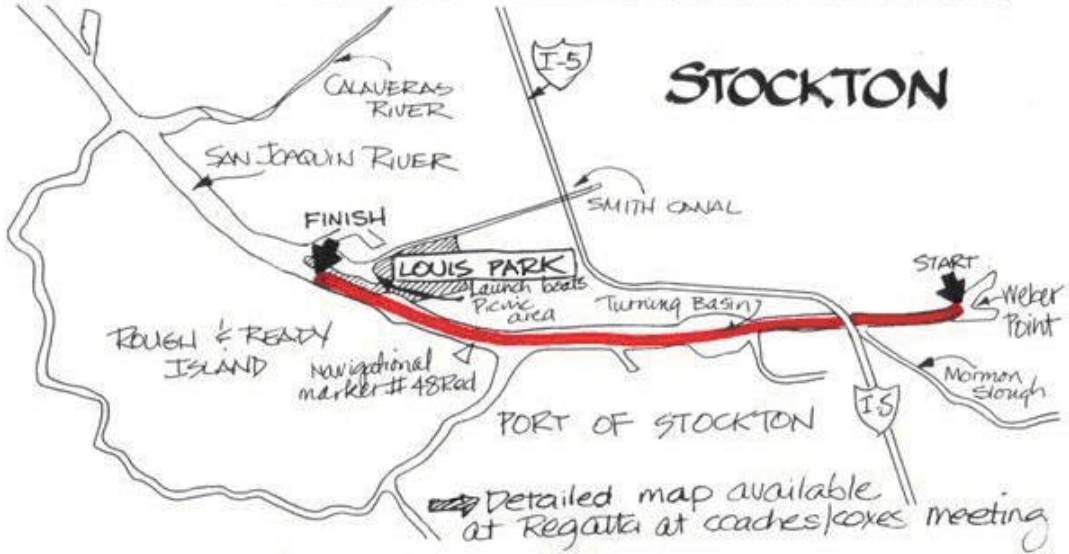
Thank you,

Stockton Rowing Inc.

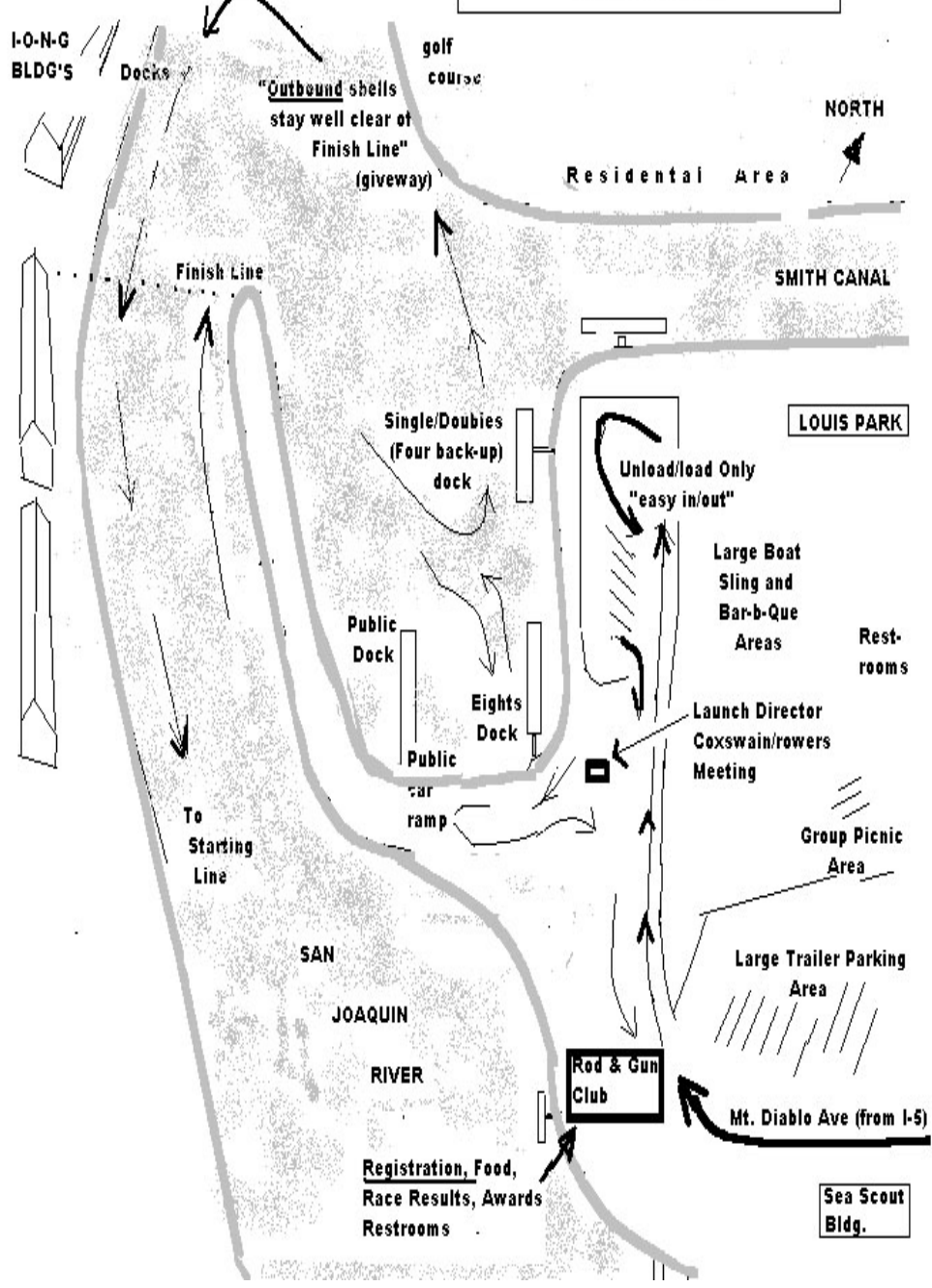
| Appr Time | Head of The San Joaquin Regatta Events | Event # |
|-----------|---|-----------------|
| 6:30 am | Late Registration opens- boat numbers, coffee, juice, fat pills @ Rod n' Gun Club | |
| 7:15 am | Coaches, Coxswains and Scullers Meeting @ lil' house by launch docks | |
| 8:30 | Women's 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 Ceremony and Lunch @ the Rod 'n Gun Club | |
| | | |

COURSE MAP

HEAD of the SAN JOAQUIN REGATTA- Oct. 3rd, 2004



THE HEAD OF THE SAN JOAQUIN REGATTA
(Launch and Recovery)
"almost to scale"



I-O-N-G
BLDG'S

Docks

"Outbound shells
stay well clear of
Finish Line"
(giveaway)

golf
course

Residential Area

NORTH

Finish Line

SMITH CANAL

Single/Doublets
(Four back-up)
dock

LOUIS PARK

Unload/load Only
"easy in/out"

Large Boat
Sling and
Bar-b-Que
Areas

Rest-
rooms

Public
Dock

Eights
Dock

Launch Director
Coxswain/rowers
Meeting

To
Starting
Line

Group Picnic
Area

SAN
JOAQUIN
RIVER

Large Trailer Parking
Area

Rod & Gun
Club

Mt. Diablo Ave (from I-5)

Registration, Food,
Race Results, Awards
Restrooms

Sea Scout
Bldg.