



**EMPIRE SPRINTS**

**20 REGATTA 19**

LAKE PERRIS

*California*

**REGATTA  
PACKET**

**LAKE PERRIS, CA**

**SATURDAY, MARCH 23RD**

**SUNDAY, MARCH 24TH**

**2019**

**W.EMPIRESPORT.ORG**

**HOSTED BY:**

**EMPIRE ROWING & EMPIRE SPORTS**

# WELCOME TO EMPIRE SPRINTS!

Empire Sprints is in the second year and we are working for you to bring in more teams, provide more races, and have the most competitive racing atmosphere.

Races at Empire Sprints 2019 will consist of Time Trial (TT) and a Final. Please note that all crews will race in a final regardless of placement in the TT. TT's will run on Saturday morning, followed by finals in the afternoon. TT's will be spaced, to allow for rowers to double up in events, as well as time to hot seat shells.

To address feedback from last year; We will provide a large buoy line 500m from Lane 8, to sequester the rowing course from any additional boat traffic, which will run the length of the 2k course and warm up area. All other lake usage permits have been denied, making Empire Sprints the sole lake event for March 23-24, 2019.

## DATES AND DEADLINES

October 12, 2018 - January 31, 2019 - Early Registration - Five (\$5) dollars off per entry

February 1, 2019 - March 1, 2019 - Standard Registration

February 20, 2019 - Tent/Parking FEES DUE

March 2, 2019 - March 9, 2019 - Late Registration. Entries change prices

March 9, 2019 - Payment and Waivers due

March 18, 2019 - Line ups must be entered correctly

March 13, 2019 and on - Scratching will be charged the entry fee and scratch fee of \$10

March 20, 2019 - Preliminary Event Schedule to be published

March 23, 2019 - Lane draws posted after time trials

March 22, 2019 - Trailers arrive until Noon - 7pm

March 22, 2019 - Practice from 1-5pm (last launch at 4:15pm)

## COST

EARLY REGISTRATION Ends January 31, 2019

ENTRY FEE Ends March 9, 2019

LATE ENTRY FEE Begins March 2, 2019

8+

\$85 / \$90 / \$100

4X/-

\$55 / \$60 / \$70

2X/-

\$25 / \$30 / \$40

1X

\$15 / \$20 / \$30

## EVENTS

Register through Regatta Central;  
[www.regattacentral.com](http://www.regattacentral.com)

- Mens Jr Varsity 8+
- Mens Jr Novice 2x
- Mens Jr Varsity 4x
- Mens Jr Novice 4+
- Mens Jr Varsity 1x
- Mens Jr Varsity 4+
- Mens Jr Varsity 2x
- Mens Jr Novice 8+
- Mens Jr Novice 4x+
- Mens Jr Freshman 8+
- Womens Jr Novice 4+
- Womens Jr Varsity 1x
- Womens Jr Varsity 8+
- Womens Jr Novice 2x
- Womens Jr Varsity 4x
- Womens Jr Novice 8+
- Womens Jr Varsity 4+
- Womens Jr Varsity 2x
- Womens Jr Novice 4x+
- Womens Jr Freshman 8+

The USRowing Waiver & USRowing membership is required to participate in this regatta.

CONTINUED



# REGATTA RULES

WE ARE A ZERO TOLERANCE REGATTA. DO NOT BREAK THE RULES.

The 2019 USRowing Rules of Rowing will govern this event, except where modified at the Fall SW Coaches Meeting September 2018. Each participant is required to be a current member of USRowing, with either a Basic membership or a Championship member of USRowing in place. Each participant must also have a signed waiver on file for 2019. An online version of the rulebook is available at <http://www.usrowing.org/rules-of-rowing/>

All organizations should have received a copy of the 2019 USRowing Rules of Rowing when they renewed their organizational membership. USRowing licensed referees will officiate the event to ensure fairness and safety. Please note the 2019 Rules changes listed on the first page of the rulebook. We will run races with 6+ entries, unless approved otherwise.

## NOVICE RULE

A Novice Rower has not rowed prior to June 1, 2018 as a high school athlete or Athletes 9th grade or above can row and race novice as long as they have only rowed 14 days per previous year. Voted on at the Southwest Junior Rowing Association Coaches meeting September 9, 2018 (Approved 48 in favor; 0 opposed; 8 abstain: motion passes).

## CHANGES

Organizations scratching entries will be charged the entry fee and an additional scratch fee of ten dollars (\$10). There will be NO refund for any teams choosing to scratch. See all deadlines on page 2.

## COACHES & COXSWAIN MEETING

Coach/Coxswain meeting at 6:15am on Saturday March 23, 2019 at the Regatta Registration tent.

## CHECK IN AND PRACTICE

All Crews must check in to receive their bow numbers. Check in will be open Friday from 2:00 pm to 6:00 pm at the Regatta Registration tent and Saturday from 6:30 to 10:00am at the Regatta Registration tent. Teams may practice on the race course Friday prior to racing from 1:00 to 5:00pm. **LAST LAUNCH WILL BE AT 4:00pm.** Please make sure you have checked the posted traffic pattern prior to practicing. We will not have "officials" on the course and it will be open to the public please advise your coxswains and rowers of this. We will have our speed zone buoys and one person patrolling. Follow the practice traffic pattern. Crews may be disqualified if not in the traffic pattern during practice. All boats must have their heel ties and bow balls checked by approved personnel.

Pre-checks will help speed up launching on race day.

## RULES THAT ARE WAIVED AS FOLLOWS

1. Rule 3-104 Minimum Weight of Boats - Waived

## LINE-UPS

All entries should include the line-up of athletes to compete as part of that entry. Any entry without line-ups after the deadline will be treated as a late entry. Line-ups with placeholder names such as "A. Rower" will be considered incomplete and will also be considered late entries. Any line-up changes required on Friday, Saturday or Sunday will be subject to a \$5 administrative fee for processing the request. Payment is due before a lineup change can be officially made. See deadline date on page 2.

## FRESHMAN DOCUMENTATION

Please scan and email information to [info@empirerowing.com](mailto:info@empirerowing.com). Must be received by March 10, 2019 to assure acceptance into those events. The FRESHMAN events are open to athletes in 9th grade or below. A Freshman can have any level of experience because this is not a Novice event.

## COMPOSITE BOATS

There shall be no composite boats. Composite is defined as one boat with members of more than one club. If extenuating circumstances exist, petitions will be heard.

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# REGATTA RULES

## NUMBER OF EVENTS PER ATHLETE

Athletes can only row in 3 events. Coxswains are exempt from this restriction.

## COXSWAINS

A coxswain may race at any classification level or in any event with the restriction that a second, third, or fourth year coxswain not race down to the novice level.

## WEIGH-INS

A lightweight Crew is one that complies with the requirements below.

Men: A Youth men's lightweight Youth Crew, including a single Scull (1x), shall have no Rower that weighs more than 150 lbs.

Women: A women's lightweight Crew, including a single Scull (1x), shall have no Rower who weighs more than 130 lbs.

A Coxswain in an Event for men's Crews shall weigh at least 120 lbs.

A Coxswain in an Event for women's Crews shall weigh at least 110 lbs.

- Competitors shall be weighed in racing uniform without shoes or other footgear. The racing uniform shall cover the torso of the competitor.
- The weight of Rowers in lightweight Events as described in Rule 4-104.3 ("Lightweights") shall be determined once each day during either the Weigh-in Window or the Adjusted Weigh-in Window, but not both, that applies to the first applicable Race of the day.
- Lightweight Rowers who fail to weigh-in during either the Weigh-in Window or the Adjusted Weigh-in Window shall be deemed ineligible to race.
- Each Rower shall have only one (1) initial opportunity to weigh in. A Rower within one (1.0) pound or less of the weight standard is allowed one (1) re-weigh within the same window as their initial opportunity. A Rower whose initial weight is greater than one (1.0) pound above the weight standard will be ineligible to compete in the Event.
- The weight of Coxswains as described in Rule 4-105.1 ("Coxswain's Weight") shall be determined once each day during either the Weigh-in Window or Adjusted Weigh-in Window but not both. In the event a Coxswain is weighed after the applicable Weigh-in Window or Adjusted Weigh-in Window but before the first Race in which the weight is relevant, the Coxswain may be subject to one of the penalties described in Rule 2-602 ("Types of Penalties"); the presumed penalty for such infraction is a Warning. Failure to weigh-in at any point in time prior to the first Race in which the weight is relevant shall constitute a violation of Rule 4-105.1 ("Coxswain's Weight") and result in the Coxswain being deemed ineligible to race.
- When an Adjusted Weigh-in Window is created due to a scheduling change, a Competitor may weigh-in during either the original Weigh-in Window or the Adjusted Weigh-in Window, but not both, provided the Competitor completes their weigh-in prior to the newly Scheduled Time of the Race and on the same day as the newly Scheduled Time of the Race.

## LAKE PERRIS SRA BOAT INSPECTION

All vessels entering Lake Perris SRA will be inspected for standing water and quagga mussels. Vessels that fail inspection will not be allowed to launch. Please make sure your boats are dry when entering the park.

## TRAFFIC PATTERN

Traffic pattern will be available on-line and it will be posted at the course. All crews will be expected to know and follow the traffic pattern. Any crew found in violation may be disqualified. Launching will take place on the beach, there is no dock. Make sure to put the boat in deep enough water so you do not lose your skag.

## UNSPORTSMAN LIKE CONDUCT

Unsportsmanlike conduct includes, but is not limited to, failure to heed the instructions of race officials, use of obscene language or gestures, delaying a race without just cause, intentional or flagrant disregard of principles of safety and fairness, or abusive behavior toward any official, team member, or spectator. A crew that engages in unsportsmanlike conduct may be assessed a penalty by a race official. Any team member, including a competitor, who engages in unsportsmanlike conduct, on or off of the water, at any time during the regatta, may have his or her further participation at the regatta curtailed or prohibited by a race official.

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## VENDORS

We will have multiple food trucks on site Saturday and Sunday. Regatta Shirts will be available for sale Saturday and Sunday, along with other vendors in our Vendor Row.

## BOW MARKERS AND BIBS

Empire Sprints will provide each boat bow numbers and bibs, upon registration each day. It is your responsibility to return your bow card at the conclusion of your event. The entry number must be in your bow number clip correctly and visible to the officials on both sides of the course. Crews without bow markers may not have their times recorded. Lost/not returned bow cards will be charged to your team .

## RACE SCHEDULE & AWARDS

- A preliminary race schedule will be posted on Regatta Central on WEDNESDAY prior to the event.
- You may pick up medals after the times are posted and are official, not before.
- Top 3 teams in each race/event will receive medals. Gold, Silver, Bronze. **YOU MUST BEAT SOMEONE TO EARN A MEDAL. 3 ENTRIES WILL RECEIVE GOLD & SILVER ONLY...AND SO ON.**
- All medals will need to be signed for.

## GENERAL PARK RULES

- The possession and/or consumption of alcoholic beverages (this includes alcohol poured into a different container) is prohibited in all day use areas. Alcohol is allowed in your overnight camp site and you may consume alcohol from a vessel.
- Passengers in a vehicle must be in the vehicle with seat belt fastened. It is dangerous to let passengers ride without seatbelts, in the bed of your truck or in a vessel while on the road or in a parking lot (even at low speeds)!
- Parking is allowed in designated spaces only. Double Parking is not allowed.
- Pets are not allowed on the sand because the water is used for municipal drinking water. ADA Service animals are always welcome and are not subject to the above rules, except for body contact with the water.
- Vending and the selling of items, food, or services within park boundaries is prohibited without a permit or contract with the State.
- Motorized vehicles must remain on the pavement. Please do not park or drive off road or drive motorized vehicles on the beach.
- Do Not attach or hang items from park structures or trees. Hammocks, swings, etc. must be free-standing and not hung from or attached to park buildings or trees.
- Keep pets on a leash (6 foot long or less) or caged, at all times. Do not leave your pet unattended.
- For all the rules of the park please visit <http://www.parks.ca.gov> Lake Perris.



## DIRECTIONS

Lake Perris State Recreation Area - 17801 Lake Perris Drive - Perris, CA 92571

Driving Directions to Lake Perris --The recreation area is located 11 miles south of Riverside via Highway 60 or I-215.

From the 60 freeway East, exit Moreno Beach Dr. Go right (R) to Via Del Lago and make a left (L). Via Del Lago will come straight into the park at the Moreno Valley Entrance.

From the 215 South, exit Ramona Expressway and go left (L), to Lake Perris Drive (do not confuse with Perris Blvd), make another left (L). This brings you straight to the Perris Entrance.

If you are coming from South of the Recreation Area then you will need to come up the 215 North, exit the Ramona Expressway and make a right (R) to Lake Perris Drive (do not confuse with Perris Blvd) and make a left (L). This brings you to the Perris Entrance.

## PARKING AND DROP OFF

Trailers, Buses, Vans and hospitality will be charged \$25 per day, per vehicle. Event parking will be \$5 at the State Park gate entrance, daily for non-parking permit recipients. All trailers must arrive prior to park closing on Friday, March 22nd. No Saturday arrivals.

**TEAM TRAILERS, VANS AND HOSPITALITY:** All team trailers, vans and hospitality vehicles will have an assigned parking space in either lot 2, 3 or 4. Please be familiar with the map when it comes out so you can park in the proper location. Please submit document from last page to reserve your space. **No parking in Sail Cove or Lot 1!**

We provide access for loading and unloading of athletes/coaches only in Lot 1. All hospitality vehicles will be close to team tents and boats.

## TENTS, STORAGE, RIGGING, TRASH

- Team tents beach 1 include a 10x20 tent, 20 chairs and 2 tables. Up to 2 per team only.
- Two VIP team tents available on Sail Cove Beach - close to the finish line. A 20x20 tent 20 chairs and 2 tables.
- Two VIP DAM Finish Line Tents for parents and spectators. A 20x20 tent 20 chairs and 2 tables.
- ALL VIP TENTS ARE ONE A FIRST TO PAY BASIS.
- There are no private shade tents allowed on the beach or in the boat storage area.
- Your team is responsible for leaving your team's area clean and free of trash. You must take all your trash to the large trash bins, if you do not, you will be charged a fee of \$25 per black trash bag used.
- Rigging, boat storage and all team items must be kept in your space that is assigned to you and you must not spill over to other teams' areas.

## CONTACT

Steve Full | Races & Entries | [Steve@EmpireRowing.com](mailto:Steve@EmpireRowing.com)  
Michelle Green | Vendors & Clubs & Logistics | [Info@EmpireRowing.com](mailto:Info@EmpireRowing.com)  
Aaron Green | Sponsorships | [Aaron@EmpireRowing.com](mailto:Aaron@EmpireRowing.com)



# TENT RESERVATION

EMPIRE SPRINTS 2019

IF YOUR **TEAM/PARENTS** ARE INTERESTED IN ANY **HOSPITALITY/VIP**  
TENTS PLEASE FILL OUT AND RETURN BY FEBRUARY 20, 2019

## PLEASE PRINT OR TYPE

TEAM NAME: \_\_\_\_\_

CONTACT NAME: \_\_\_\_\_

TITLE: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

CONTACT EMAIL: \_\_\_\_\_

CONTACT PHONE: \_\_\_\_\_

### TENT ITEMS

	QTY	PRICE
VIP 20x20 Spectator Tent on DAM - Finish Line W/2 tables and 20 chairs	# _____	\$ 1000.00
VIP 20x20 Team Tent - Sail Cove W/2 tables and 20 chairs	# _____	\$ 400.00
Team Tent Beach 1	# _____	\$ 275.00

### TABLES AND CHAIR ITEMS

Tables	# _____	\$ 15.00
Chairs	# _____	\$ 2.00

### PARKING

Team Vans, Buses	# _____	\$ 25.00
Coach Vehicle (4 MAX per team )	# _____	Free
Hospitality (2 MAX per team only)	# _____	\$ 25.00

Make \_\_\_\_\_ Model \_\_\_\_\_ LP \_\_\_\_\_

Make \_\_\_\_\_ Model \_\_\_\_\_ LP \_\_\_\_\_

Please make checks payable to **EMPIRE ROWING - All payments DUE by February 20, 2019. Mail to: Empire Rowing,  
Attn: M.Green, 2431 W Coast Hwy #201, Newport Beach, CA 92663**

Name of responsible party for VIP DAM TENT: \_\_\_\_\_

Email of responsible party for VIP DAM TENT: \_\_\_\_\_

Phone Number of responsible party for VIP DAM TENT: \_\_\_\_\_

Please Accept (sign): \_\_\_\_\_

Name: \_\_\_\_\_ Date: \_\_\_\_\_

# 2019 Empire Sprints Course



Warm-up Direction



Landing Direction

Buoys to block outside traffic

Lanes 1 - 8  
Lane 1 closest to the Dam

500m markers

- Starboard side of lane eight will have speed zone markers
- Warm up area will be approximately 500m long

- Entire race can be viewed along the dam - bikes and walking only.
-  Ability to view full race - Walking/biking only
-  VIP Tents for rent and Finish Line Tent



# 2019 Empire Sprints Launch/Land



- Lake water levels will be back to the blue line by September 2018
- 500m of beach for wet launching and landing

- Ample space for trailers
- \$5 per car for spectator parking







**SAIL COVE**  
**2 VIP TENTS AVAILABLE**

