

US Rowing 2013 Southwest Masters Regional Championships

Lakeside Park – Lake Merritt
568 Bellevue Avenue, Oakland, California
Sunday, June 30, 2013

Information

Regatta Meetings

<http://lakemerrittrowingclub.org/events/southwest-masters-regionals/>

In addition to the coaches, coxswains', and scullers' meeting this year, we have posted a safety and informational video on our website (linked above). All attendees will be required to watch the video prior their race. You may view the video online or you may watch it in the weigh-in area. *A representative must still attend the pre-race meeting.*

Parking

There is a \$5 city entry fee into the park; save your receipt! You should be able to re-enter. If you are car-topping, explain to the attendant that you are dropping off your boat and may need to swing around and re-enter to park. The city should waive any additional fee. There is parking along the road after you enter the park (Bellevue Avenue). Carpooling is encouraged. Metered parking is available along the roads surrounding the park but the time available won't last for the whole day.

Please note: When you arrive with your trailer, you will be greeted by a volunteer who will ask you to complete a form providing us with your vehicle/driver contact information (primary and backup) for your safety. If we do not receive this, you may be subject to tow.

Driving Directions

[Click here for a map of our location: http://goo.gl/maps/YjHj](http://goo.gl/maps/YjHj)

From the South Bay: Take 880 North; take Oak Street exit; right onto Oak; go ***past*** the Lake Chalet (previous regatta location/LMRC boat house); continue approximately 1/3 mile, following the lake on your right; turn right at the end of the "finger"/Grand Avenue. Continue a couple blocks and take a soft right after the light at the park entrance, onto Bellevue Avenue (one-way). Pay \$5 entrance fee to the City attendant at the kiosk. Continue along Bellevue Avenue to the light blue building on your right – the City Sailboat House.



From the North Bay: Take 580 East past downtown Oakland to the Harrison Street exit; turn right onto Harrison at the bottom of the off-ramp; continue approximately 1/2 mile; then turn left onto Grand (the lake is now in view); continue a couple blocks and take a soft right after the light at the park entrance, onto Bellevue Avenue (one-way). Pay \$5 entrance fee to the city attendant at the kiosk. Continue along Bellevue Avenue to the light blue building on your right—the City Sailboat House.

Trailer Parking

Directions to 2013 SW Masters Regionals for Trailers

There are low-hanging branches as you drive along Bellevue Avenue, stay clear!



Trailer parking has been reserved along Bellevue Avenue in close proximity to the Sailboat House in designated/posted areas. Plan to arrive early for the best spots! There will be two security staff present beginning at 5:00 p.m. on Saturday, June 29th until 5:00 a.m. on Sunday, June 30th; however, note that they are canvassing a large area, and we cannot be liable for theft or vandalism. Please don't leave valuables in trailers/cars. The lower parking lot next to the Sailboat House will be reserved for volunteers, but boats may be unloaded onto racks and slings along the grassy area next to the road, as directed by Parking Control. Thank you in advance for following volunteer staff instructions!

Car-Topping

If you are car-topping, please unload your boats in the drop-off zone and then re-park your vehicle. The drop-off zone will be marked in chalk and is the area just past the Sailboat House parking lot entrance driveway.

There is no permanent parking in the drop-off zone AT ANY TIME!

Where to Sling Your Boats

You may place your boats in slings in the grassy areas between Bellevue Avenue and the Sailboat House lower parking lot as well as on the grass up along Bellevue Avenue. Please be courteous when finding a space for your boat(s).

Do not obstruct other crews.

IMPORTANT: Note on Concept2 (“C2”) Footstretchers

Due to the recent USRA rulings, boats with Concept2 footstretchers will not be permitted to participate in the SW Regionals Masters Championships. Boat inspectors will be checking for C2 footstretchers and will not allow boats with the disallowed equipment onto the launching dock or to participate in the race. Crews should address issues with C2 footstretchers prior to arrival at Lake Merritt.

Launching and Return Docks

The **launching docks** are at the far side of the venue near Registration. Walk all boats through the alley between the Sailboat House and the fenced pen to the launching dock where equipment will be checked (see Venue Map on next page). **All boats (sweep and sculls) should approach the launching dock bow first.**

The **return/take-out docks** are east of the Sailboat House and require a step up from the landing/take-out dock. It is recommended that all **sweep boats return bow first. Sculls can approach bow or stern first**, whichever is more comfortable.

Suggested Boat Handling Directions

Everyone: Have your other team members/coaches meet you at the take-out dock to collect your oars and give you your shoes—to keep the traffic moving.

Sweep Boats at take-out dock: Once the crew has the boat out of the water and to shoulders, angle the bow toward the main dock. The coxswain should then support the bow and have the bow 4 rowers, using the stairs as possible, move to the upper/main dock a pair at a time **while lowering the boat to waist**. The coxswain should then move to the stern, staying on the main dock and assist at the stern while the stern 4 move to the upper/main dock a pair at a time **while going to waist**. Once on the main dock, take the boat back up to shoulders and proceed to the washing area, then back to your slings.

Scullers at take-out dock: Use the sets of steps which will allow you to easily step up with your single or double. For quads, you may use the steps or ask the dock master for assistance, following the boat handling described above, as needed.

Boat Washing

Hoses and water buckets will be available for use to rinse your equipment. Please return the buckets as soon as you are finished for other teams to use.

Venue Offerings

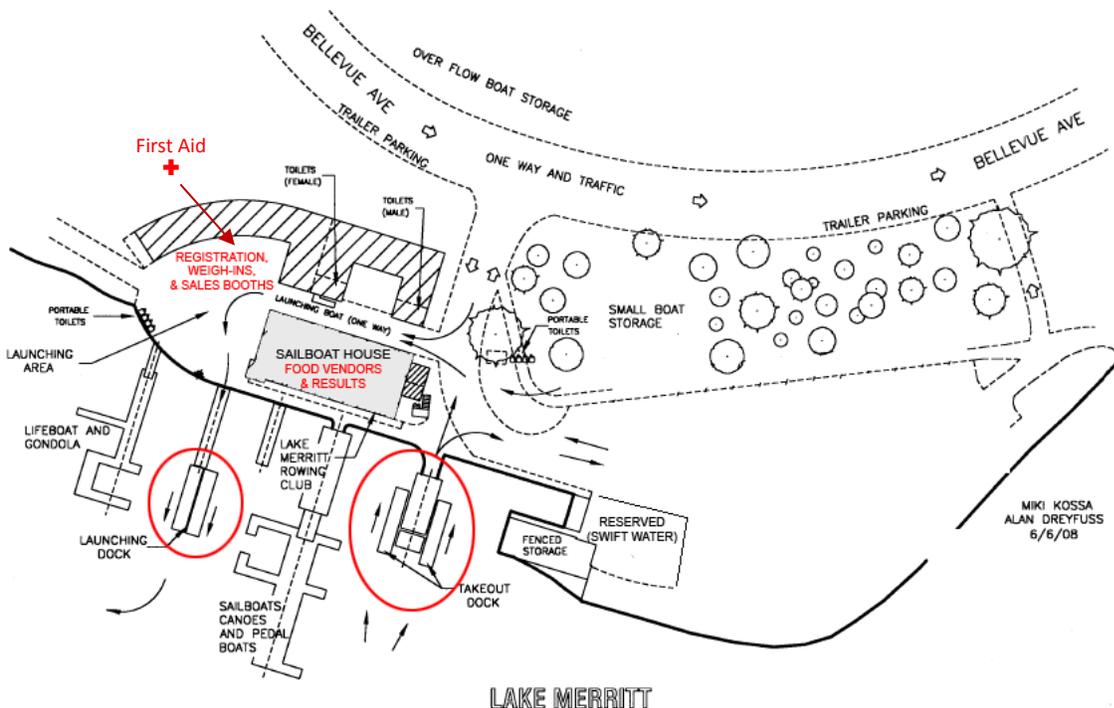
Please visit the Registration and Results areas for food and clothing sales booths.

Breakfast items, sandwiches, and beverages (including soda and water) will be offered for sale by the Lake Merritt Rowing Club.

Venue Map

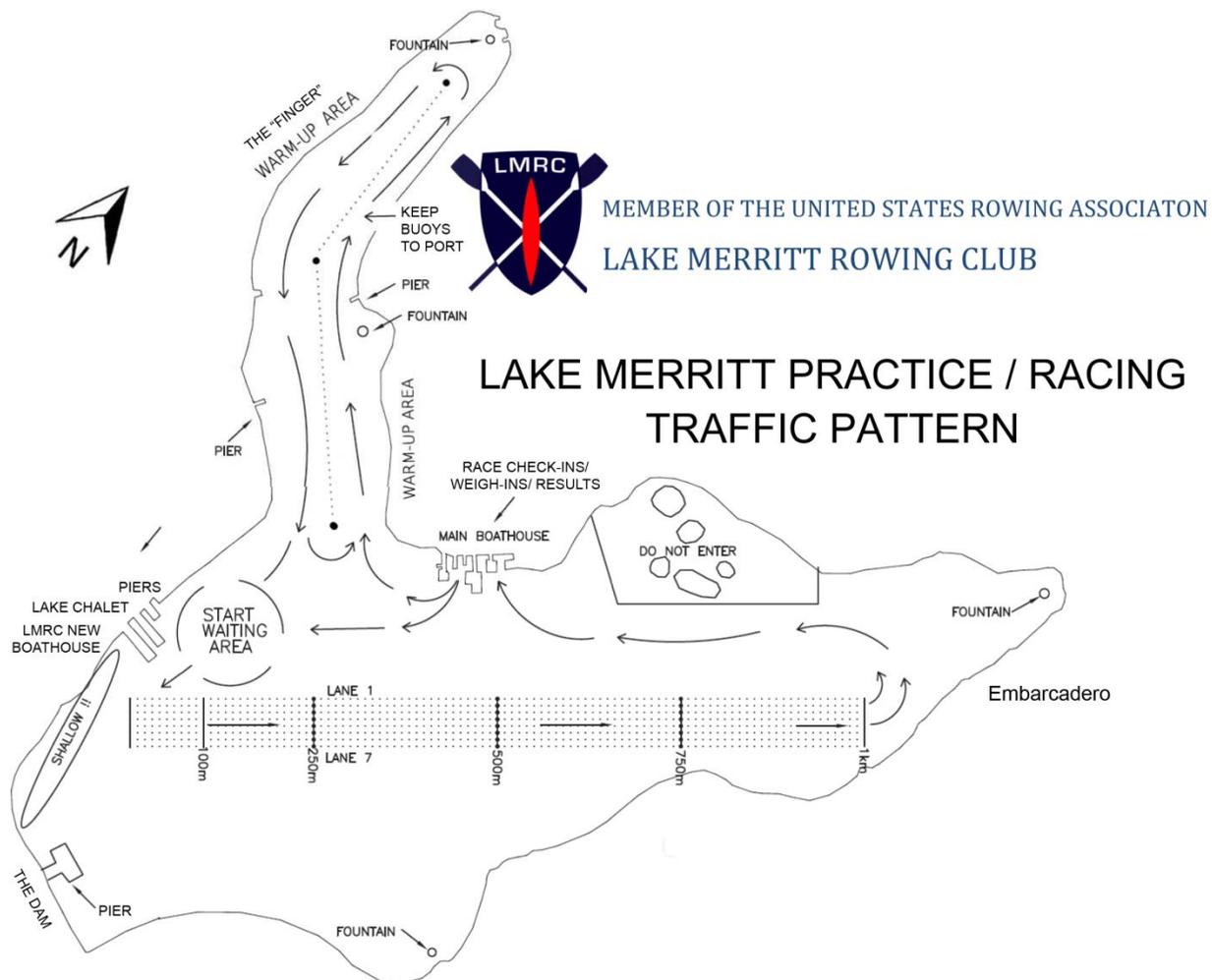
See the map for information about the following locations:

- Grassy area between Bellevue Avenue and parking lot
 - Boat storage on slings
 - Portable toilets
- Lower area by launch docks down the alley behind the Sailboat House
 - Registration and weigh-ins
 - Hospitality/First Aid
 - Clothing and merchandise vendors
 - Portable toilets
- Between Sailboat House and lake
 - Launching and Take-out docks
 - Boat washing area
- Sailboat House (upstairs)
 - Results postings
 - Food vendors and exhibitors
 - *Best view of races from decks overlooking lake*
 - *No restroom access*



Boat Traffic Patterns/Course Map

Please review the Venue and Course maps carefully and note the boat traffic flow on land and on the water. All races start at "The Dam" near the Lake Chalet and finish at "The Embarcadero." The lake can get shallow, so please stay away from the outer edges of the lake.



For your safety and that of all others, all shells must follow the traffic pattern.

Launching: Allow at least 30 minutes before your race to warm up. Dock space is limited; launch as quickly as possible. Bring oars to the dock before you launch. Tie in on the water.

Warm-up: Keep the buoys on your port side in the finger.

Pre-race area: Wait for your race in the area before the dock. When called to the start, you may row onto the course into your lane. BACK into your stake boat; you must be locked on two minutes prior to your race's start time. Alignment will be done silently, by radio. To hold your point, scull the bow into position. DO NOT take full strokes, which will pull you out of the stake person's grasp.

All crew must be accomplished in staging quickly onto a start platform.

Finish Area: Run-out room is limited, especially in lanes 6 and 7. Please clear the finish area quickly; a race may follow yours in only a few minutes!

Thank you for coming, and have a great race day!