



## **23rd Annual Long Beach Junior Invitational Regatta 2013**

### **General Information and Rules of Racing**

**This Regatta is registered with USRowing**

#### **Introduction**

We would like to thank all of last year's participants for the high level of competition and we look forward to your participation in 2013. Event entries will be limited; so, register your teams early to secure desired events.

#### **Race Course**

The racecourse is partially-buoyed course that is located in Long Beach's historic Marine Stadium. The 1400m sprint course runs from the 2<sup>nd</sup> St Bridge to the finish line at the north end of Marine Stadium.

#### **Rules**

The current edition of the U.S.R.A. Racing Rules of Rowing will apply. This is a USRowing registered regatta therefore all participating organizations must be USRowing Organizational Members.

#### **Two Waivers are required from each rower:**

As a USRowing registered regatta, USRowing waivers are required to be collected. Please follow the instructions below to submit a USRowing waiver on-line for your rower.

#### **1. USRowing Online Submission:** Must be current USRowing member for 2013

- A. Instruct rowers to individually register .
- B. Logon to USRowing and sign the waiver online

#### **2. LBJC Universal Waiver:**

The LBJC Universal wavier is an annual waiver. See attached form at the conclusion of this document. Please print one per rower. Rower/parent sign, and a coach is to turn into the clerk of the course on Friday April 12<sup>th</sup>, 2013 between 4pm and 6pm. Roster verification will utilize the Regatta Central roster (see above).

If your rower turned this form in at the President's Day Regatta or Cal Cup, you do not need to resubmit this form. If you have not yet submitted the LBJC Universal wavier, please print and sign the attached form and have your rower return it to their coach.

#### **Registration and Entry Deadline**

The registration deadline is March 30<sup>th</sup>, 2013. There will be no paper (mail in) registrations for this regatta. All registrations and fee payments will be done through Regatta Central. Payments online are due March 30<sup>th</sup>, 2013.

**75% of entry fees are NON-REFUNDABLE due to fixed costs.**

#### **Scratch/Add Policy**

After the add deadline of March 30<sup>th</sup>, 2013, no further entries will be accepted online and all entry fees must be paid (see late entries below). Lane draws for the Long Beach Junior Invitational will be posted April 10<sup>th</sup> on Regatta Central. This schedule will include sufficient heats (and finals) for the entries received. Use this schedule to plan end-lineups and hulls needed. Events scratched with the clerk of the course by Friday April 12<sup>th</sup> 8am PST will receive a full refund up to 25% of your club's overall regatta fees.

How to scratch with the Clerk of the Course: e-mail only to [nickdantoni@gmail.com](mailto:nickdantoni@gmail.com) . The LBJC CFO will issue refund checks after the regatta, based on time-stamped e-mails received and previous fees paid.

Late entries may be added at the racecourse at the Clerk of the Course desk, on April 12<sup>th</sup> from 4 to 6pm. Late entries will be accepted only if they do not create new heats and are on a first come, first served basis. Fees for late entries are 150% of normal entry fees.

### Categories

*Novices* may not have competitively rowed before August 2012.

*Lightweight* is defined as a maximum weight of **160** pounds for men and 130 pounds for women.

*Varsity Vs JV*: If a team wants to compete in a JV event, they must have a varsity team competing in the same event. LBJC reserves the right to make exceptions to this rule.

**Registration:** [regattacentral.com](http://regattacentral.com) First day of registration is March 1<sup>st</sup> 2013

**All events:** The USRowing progression system B will apply with the exception for 7 entries. *\*Events with six or fewer entries will be run as finals only. Events with 7 entries will have two heats and a final, the last boat in each heat will not advance.*

If scratches result in fewer heats, the time slot of the eliminated heat will be used as a 'catch up' break. If scratches result in elimination of heats for an event, the final will be held in the time slot which had on this schedule been reserved for the first heat of that event. Any changes in times will try to shorten Sunday's schedule, while maintaining an hour between heats and finals and allowing for reasonable turnaround of equipment and athletes.

### Race schedule:

A preliminary schedule is posted on RegattaCentral. After April 9, 2013, lane assignments will be found on [www.longbeachjuniorcrew.org](http://www.longbeachjuniorcrew.org) under the header Invitational, and [www.regattacentral.com](http://www.regattacentral.com) in an updated schedule. This schedule will include sufficient heats (and finals) for the entries received. The final schedule will be posted Saturday morning at the Clerk of the Course desk.

### Apparel

All race participants must wear one type of racing uniform representative of their team.

### Boat Inspection

*All Boats will be inspected on Friday April 12<sup>th</sup> and a marker will be placed on the boat upon passing the inspection and the marker must remain on the boat for the duration of the regatta.*

- **Bow Markers**  
Each crew will provide their own bow markers for the sprint races. Each rowing shell must have a bow clip
- **Bow Balls**  
No racing shell will be allowed to practice or race without a bow ball.
- **Foot-stretchers**  
Heels must be tied no more than three inches from the foot plate.

### Directions

Marine Stadium site information:

[www.longbeach.gov/park/parks\\_and\\_open\\_spaces/parks/marine\\_stadium.asp](http://www.longbeach.gov/park/parks_and_open_spaces/parks/marine_stadium.asp)

### Boat Storage and Parking

Trailers and busses need to enter the stadium parking area via the Appian Way gate at the south end of Marine Stadium, located at the intersection of Appian Way and Bayshore (Look for the Paoli Way sign)

### [Marine Stadium](#)

5225 Paoli Way

Long Beach, California 90803

Parking lot gates are scheduled to be opened at 7:00 AM on Friday April 12 and at 6:00 AM on race days. On Friday, one way traffic flowing east to west will be enforced. Please inform your boat trailer driver that only one unhitched trailer will be allowed to park at the beach and only as space allows, and to enter Marine Stadium via Paoli Way. Stadium gates will be locked Friday and Saturday night at 7:30pm.

On Saturday and Sunday, no early arrivals will be admitted into Stadium before 6:00AM. Please be considerate of our neighbors. ALL VEHICLES ARRIVING EARLY MUST TURN ENGINES OFF. The road along the beach area will be closed to all through traffic on race days. Bicycles are permitted.

### Assigned Beach Location

The beach sites will be assigned and posted. Do not move stakes or team locations. Team beach sites are determined by the number of team entries.

### Tide

Please store your boats on an angle and as high up on the beach as possible due to high tides.

	High Tide				Low Tide			
Date	AM		PM		AM		PM	
(Apr)	Time (PST)	Height (ft)	Time (PST)	Height (ft)	Time (PST)	Height (ft)	Time (PST)	Height (ft)
11	9:57 AM	4	9:33 PM	5.3	3:46 AM	-0.3	3:24 PM	1.1
12	10:38 AM	3.7	10:01 PM	5.1	4:23 AM	-0.2	3:51 PM	1.5
13	11:23 AM	3.3	10:32 PM	4.9	5:02 AM	-0.1	4:17 PM	1.8

### Please Respect Our Neighbors' Requests:

Please ask that your rowers avoid stepping on the flowers along the back wall. It is ok to rest your oars on the back wall as long as they are placed at a 30 degree angle into the street towards the beach and do not extend out beyond the back of the wall to avoid blocking the neighbors road behind the wall.

### Team Check-In (Mandatory)

One coach from each team will need to check-in and turn in your hard copy Universal waiver to the Clerk of the Course on Friday, April 12<sup>th</sup> between 4 and 6 pm, The Clerk of the Course will be located near the vendor area at the north end of the beach. Each team's entries will be verified and any last minute scratches will be noted and worked into the final schedule.

### Lane Assignments

Preliminary lane draws will be completed on April 9<sup>th</sup>, 2012 and made available on Regatta Central. Lane assignments for heats are blind lane draw. Final schedule with lane draws after late scratches will be available each morning of the regatta at 6 am at the Clerk of the Course desk. Lane draws for finals will be posted at the Clerk of the Course desk after results of the heats have been posted. (The assignment of lanes for finals shall be assigned from the center lanes outward according to the orders of finish in the previous level of competition).

### Lane Assignments for finals from results of Heats

Lane draws based on two heats for one final:

Lane 1	2	3	4	5	6
HeatA-3 <sup>rd</sup>	HeatB-2 <sup>nd</sup>	Heat A-1 <sup>st</sup>	HeatB-1 <sup>st</sup>	HeatA-2 <sup>nd</sup>	Heat B-3 <sup>rd</sup>

Lane draws based on three heats for one final:

Lane 1	2	3	4	5	6
HeatA-2 <sup>nd</sup>	Heat B-1 <sup>st</sup>	HeatC-1 <sup>st</sup>	HeatA-1 <sup>st</sup>	HeatB-2 <sup>nd</sup>	HeatC-2 <sup>nd</sup>

### Weigh-In

All athletes (rowers and coxswains) that must weigh in shall do so wearing their team racing uniform.

**Coxswains** will be weighed **once** for the entire regatta. Coxswains may weigh-in on Friday April 12 between 4 and 6pm at the Clerk of the Course desk, or any time Saturday or Sunday, provided it is at least one hour before their first race of the regatta. Underweight coxswains (<110lbs. for women's races and <120 lbs. for men's races) must carry sandbags to make weight. Sandbags will be provided at weigh in, and the USRowing officials will be informed which coxswains must carry weight.

**Lightweight rowers** must weigh- in each day they have a lightweight race, and only once per day at least one hour before their first lightweight race of the day. There are no boat average weights in these events. Individual male rowers must weigh **160** pounds or less. Individual female rowers must weigh 130.0 pounds or less.

### Practicing and warm-up

Practice in Marine Stadium is allowed during daylight hours (7:00am to sunset) Friday, April 12. Practice is not allowed on Saturday or Sunday. The regatta will not be held responsible for crews practicing or warming-up outside of this time frame or in waterways outside the designated areas. Practice times will be strictly enforced. Launching prior to the announced practice times will result in disqualification of the crew. Crews will need to stay free and clear of course workers on Friday, April 12. Please observe the counter-clockwise traffic patterns by keeping starboard oars close to the shore. COACHES: INSTRUCT YOUR COXSWAINS TO CAREFULLY STUDY THE TRAFFIC PATTERN FOR PRACTICE.

### Traffic Pattern

Please observe the counter-clockwise traffic patterns by keeping starboard oars close to the shore. The traffic pattern and course rules will be posted at the Clerk of the Course. All coaches and coxswains must study the traffic pattern prior to launch. As the practice and race patterns may differ, please study the pattern each day.

### Call to Events and Launching

Crews will be called to launch by the beach master. First call will be forty (40) minutes prior to the scheduled race.

### Hot Seating

Hot-seating must be reported to the beach master for approval. Hot seating will be at your risk. *Under no circumstances will the start of the race be held up for late boats.*

### Awards

Awards will be presented at the Award's table in the vendor area starting Saturday at noon, and as the results are finalized. Commemorative medals will be awarded to the top 3 finishers in each event.

### Point System for Men's and Women's Team Trophies

Team points are earned by order of finish in the finals of events. If a team has more than one boat in the final of an event, only the highest placing boat scores points; none of the other point values within that event are altered.

### POINTS:

Event	1st	2nd	3rd	4th	5th	6th
V8	30	24	18	13	9	5
JV8	24	19	14	11	7	4
Lwt 8	24	19	14	11	7	4
O4+	24	19	14	11	7	4
O4x	24	19	14	11	7	4
3V8	18	14	11	8	5	3
lwt4+	18	14	11	8	5	3
N8	18	14	11	8	5	3
Fr8	18	14	11	8	5	3
2-	12	10	7	5	3	2
N4x	12	10	7	5	3	2
Lwt 2x	12	10	7	5	3	2
N8'B'	12	10	7	5	3	2
2x	12	10	7	5	3	2
N4+	12	10	7	5	3	2
1x	9	7	5	4	2	1

### Event Definitions

**Freshman:** We will be running the freshman categories on the honor system and ID's will not be required.

**Novice:** These events are available to those athletes who have not rowed in competition up to the Fall 2012 head racing season or prior to August 14, 2012.

**JV:** If a team wants to compete in a JV event, they must have a varsity team competing in the same event. LBJC reserves the right to make exceptions to this rule.

**Lightweight:** There are no boat average weights in these events. Individual male rowers must weigh **160** lbs or less and individual female rowers must weigh 130.0 lbs. or less.

**Coxswains:** Coxswains may be of either gender. For men's races, coxswains must weigh at least 120.0 lbs., and coxswains for women's races must weigh at least 110.0 lbs.

### Hotel

We are pleased to recommend Hotel Current as our official sponsor hotel for the upcoming Regatta. Hotel Current has offered participating teams a special regatta rate. Please book directly with *Hotel Current*. The contact person is Vicki Arreguin, Director of Sales & Marketing (562) 597-1341. Be sure to mention you are part of the LBJC Regatta event. Other hotels in the area are listed on Regatta Central under lodging.

**Regatta BBQ Dinner Saturday April 13<sup>th</sup> , 5:00pm – 7:00pm**

Long Beach Junior Crew will host a special Regatta BBQ Dinner on Saturday. Dinner will be served waterside from 5:00pm to 7:00pm. This is a great opportunity to relax and enjoy a dinner with other teams. Look for the flyer posted on [www.longbeachjuniorcrew.org](http://www.longbeachjuniorcrew.org) under Invitational. Double click on flyer, print, fill out and return by mail before deadline.

**Results**

Results will be posted during the regatta at the Clerk of the Course, and finish line.  
Final results will be posted on Row2k.

**Long Beach Junior Invitational T-shirts**

Short sleeve T-shirts and long sleeve T-shirts will be sold at the merchandise table both race days while supplies last. Pre-ordered T-shirts may be picked up at registration on Friday April 12<sup>th</sup> , 4:00pm – 6:00pm at the concession area on Saturday April 13<sup>st</sup> and on Sunday April 14<sup>st</sup> from 8am – 5pm. Look for flyer to be posted soon.

**Water and Ice**

Distribution area will be located at the concession area. Look for the flyer posted on [www.longbeachjuniorcrew.org](http://www.longbeachjuniorcrew.org) under Invitational. Double click on flyer, print, fill out and return by mail before deadline.

**2013 Long Beach Junior Invitational Schedule of Events**

See next page.

## **2013 Long Beach Junior Invitational Schedule of Events**

### **Friday, April 12, 2013**

7:00am to sunset: Marine stadium is reserved and open for early arrival and practice

4:00pm – 6:00pm: Pre-ordered Invitational T-shirts available for pick up at the vender area.

4:00 pm – 6:00 pm: Team check-in at Clerk of the Course (North end of beach), last minute scratches and late entries accepted. Coxswains may weigh-in for entire regatta.

6:00pm – 7:00 pm: Coaches/Coxswains/Officials meeting at the Clerk of the Course located at the north end of the beach.

### **Saturday, April 13, 2013**

6:00 am: Parking lot gates open

6:10 am: Clerk of Course desk opens

6:10 am: Weigh-Ins for Saturday races start

6:00 am: Parking lot gates open

**8:00 am to 5:30pm: Racing**

8:00 am to 5:00pm: Pick-up pre-ordered BBQ dinner wristbands at Merchandise Sales Area; if available purchase BBQ dinner

5:00pm – 7:30 pm: Beach BBQ dinner

### **Sunday, April 14, 2013**

6:00 am: Parking lots gates open

6:10 am: Clerk of Course desk opens

6:10 am: Weigh-Ins for Sunday races start

**8:00 am to 3:45 pm: Racing**

### **Universal Release of Liability Waiver**

See next page

## **Universal Release of Liability Waiver**

IN CONSIDERATION of being given the opportunity to participate in any rowing activity, including, but not limited to, scheduled, supervised club activities, and affiliated regattas, until the end of this calendar year, I, for myself, my personal representatives, assigns, heirs, and next of kin:

- I. ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based ("Rowing Activities"), and that I am qualified, in good health, and in proper physical condition to participate in such Rowing Activities.
- II. FULLY UNDERSTAND that:
  - a. ROWING ACTIVITIES INVOLVES RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death ("Risks");
  - b. These Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Rowing Activity, the condition in which the Rowing Activity takes place, or the negligence of Long Beach Junior Crew (LBJC) and those listed below;
  - c. There may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Rowing Activity.
- III. AGREE AND WARRANT THAT:
  - a. I will examine and inspect each Rowing Activity in which I take part and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Rowing Activity and will refuse to take part in the Rowing activity until the condition has been corrected to my satisfaction;
  - b. I, and I alone, am responsible for my personal health and safety and the personal property that I bring with me. I am solely responsible for my medical expenses and decisions with respect to my care. I give my consent in the event of injury to any emergency medical aid, anesthesia or operation deemed necessary by the attending physician.
- IV. HEREBY GRANT my specific permission to LBJC, their employees, volunteers, regatta organizers, sponsors, advertisers, participants, agents, and assigns to make and/ or obtain photographic images of me on the day of the Regatta and to publish, copyright, distribute and/or display photographic images taken of me on the day of the Regatta. I further waive the right to inspect and/or examine all photographs and/or written text to which the images may be applied before use. I also waive any and all rights and claims, including future rights and claims to such photographic images and any interest therein. I hereby release and discharge LBJC, their employees, volunteers, regatta organizers, sponsors, advertisers, participants, patrons, agents, licensees, affiliates and assigns from any and all liability by virtue of distortion, blurring, alteration, optical illusion, digital scanning and manipulation, and/or use in composite form, whether the same is intentional, or otherwise. I understand that LBJC, their employees, volunteers, regatta organizers, sponsors, advertisers, participants, agents, and assigns may use any process or procedure resulting in the completion of the finished product for publication, display, copyright or distribution.
- V. HEREBY GRANT my specific permission to LBJC, their employees, volunteers, regatta organizers, sponsors, advertisers, participants, agents, licensees, affiliates and assigns a fully paid-up, non-exclusive, worldwide right and license to use, display or otherwise exploit my name, nickname, voice, photograph, statements, biographical information, and likeness, as well as images of me in motion picture, videotape, electronic, and similar formats ("My Image"), so long as My Image relates to my participation in the Rowing Activity, whether in original or modified form. I waive any rights of privacy.
- VI. HEREBY RELEASE, discharge, and covenant not to sue LBCJ, their administrators, directors, agents, officers, volunteers, contractors and employees, other participating organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Rowing Activity takes place, from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of LBJC or otherwise, including negligent rescue operations; I further agree that if, despite this release



and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of those previously named, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of those named on this form from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim, to the fullest extent permitted by law.

VII. HEREBY ACKNOWLEDGE AND AGREE and by my signature below, or that of my parent or guardian, attest that I have received, read, fully understand and will abide by the any Rowing Activity-specific safety rules for participants.

VIII. HEREBY ACKNOWLEDGE AND AGREE that this Universal Waiver accounts for three races at Marine Stadium, hosted by LBJC on these specific dates:

1. PRESIDENTS DAY INVITATIONAL REGATTA
2. SOUTHERN CALIFORNIA LEAGUE CUP REGATTA
3. LONG BEACH INVITATIONAL REGATTA

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of these agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

**Should I represent a team or if I am a coach I understand that I am responsible for ensuring that all of my fellow teammates or athletes in accepted boats will sign this waiver and that no athlete will be allowed to row without a completed waiver.**

**Participant Information:**

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

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

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

Signature of Participant: \_\_\_\_\_

Signature of Parent/Guardian: \_\_\_\_\_