

LBJC



24th Annual Long Beach Junior Invitational Regatta

April 12 & 13 2014

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 2014. 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 2nd 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.

Waivers and Roster

Please submit your **alphabetized** team roster with waivers to the Clear of the Course desk from 4 to 6pm, Friday, April 11th, if you have not already emailed it. Please note that there will be two waiver forms required for each rower. Only rowers who did not turn in waivers for the President's Day Regatta, the Southern California League Cup, or are new to your club are required to submit the universal waiver. Roster verification will be utilized.

Two Annual Waivers per athlete and a verified Roster are required for each athlete to participate in this event:

Waiver #1 - USRowing (two possible methods: online and paper)

Online Waiver:

1. Go to <https://rosters.usrowing.org/>
2. Click "Sign Waiver" in the Athletes box
3. Enter either your club's access number or your USRowing number
4. Fill out the forms and submit

OR

Paper form for USRowing: Print and fill out attached document, signed by parent if athlete is under 18.

Please remember to alphabetize your waivers.

Wavier #2 - LBJC Universal Wavier

The LBJC Universal waiver is an annual waiver, and attached to this e-mail. If a rower turned in this waiver form for the President's Day Invitational Regatta or the Southern California League Cup an additional waiver is not required. Only rowers who did not turn in this form or are new to your club are required to submit waivers. Roster verification will be utilized. We only need the signed portion of the waiver.

Please remember to alphabetize your waivers.

Team Roster

Log into your team's RegattaCentral.com account.

1. Under "Affiliations", select "roster"
2. Make sure you've selected the Active Roster
3. In the upper right, click "export"
4. Delete all columns other than USRowing ID, First and Last Name, Gender, and Waiver Signed
5. Either print your alphabetized roster, or email the document to brian.deregt@gmail.com or bestyfelix@gmail.com before Friday, April 11th

Example:

USRowing ID	Last Name	First Name	Gender	Waiver Signed
1035661	Anderson	Megan	F	T

Registration and Entry Deadline

The registration deadline is March 23rd, 2014. 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 23rd, 2014.

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

Scratch/Add Policy

After the add deadline of March 23rd, 2014, no further entries will be accepted online and all entry fees must be paid (see late entries below). Events scratched with the clerk of the course by Friday April 5th 8am PST will receive a full refund up to 25% of your club's overall regatta fees. E-mail Coach Brian at brian.deregt@gmail.com with scratches. 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 11th 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.

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 initially reserved for the first heat of that event. Any changes will attempt to shorten Sunday's schedule, while maintaining an hour between heats and finals and allowing for reasonable turnaround of equipment and athletes.

Categories

Novices may not have started rowing before the 2013 Southwest Regionals.

Lightweight is defined as a maximum weight of 150 pounds for men and 130 pounds for women.

Varsity and 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.

Race schedule:

A preliminary schedule is posted on RegattaCentral.com. After April 9, 2014, lane assignments will be found on www.longbeachjuniorcrew.org under the header "Invitational", and www.regattacentral.com in an updated schedule. This schedule will include sufficient 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 11th and a marker will be placed on the boat upon passing the inspection. 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 footplate.

Directions

Marine Stadium site information:

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, CA, 90803

Parking lot gates are scheduled to be opened at 7:00 AM on Friday, April 11th 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. Beach sites are determined by the number of team entries.

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.

Tide

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

Tide Chart				
	High	High	Low	Low
11 Fri	AM	PM	AM	PM
Time	7:49	8:25	1:58	2:06
Feet	4.2	4.5	1.2	0.5
12 Sat				
Time	8:27	8:47	2:31	2:33
Feet	4.3	4.8	0.8	0.5
13 Sun				
Time	9:03	9:11	3:03	2:59
Feet	4.3	5	0.3	0.6

Mandatory Team Check-In

One coach from each team will need to check-in and turn in your hard copy Universal waiver and any USRowing waivers or Team Rosters that were not submitted electronically to the Clerk of the Course on Friday, April 11th 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 9th, 2014 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

Finals lane draw for two heats

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Heat A - 3rd	Heat B - 2nd	Heat A - 1st	Heat B - 1st	Heat A - 2nd	Heat B - 3rd

Finals lane draw for three heats

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Heat A - 2nd	Heat B - 1st	Heat C - 1st	Heat A - 1st	Heat B - 2nd	Heat C - 2nd

Finals lane draw for four heats

Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Fastest 2nd	Heat C - 1st	Heat A - 1st	Heat B - 1st	Heat D - 1st	2nd Fastest 2nd

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.*

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 11th 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 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. Coxswains for men's boats must weigh 120 pounds or more. Coxswains for women's boats must weigh 110 pounds or more.

Lightweight rowers must weigh in each day they have a lightweight race, 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 150 pounds or less. Individual female rowers must weigh 130 pounds or less.

Practicing and warm-up

Practice in Marine Stadium is allowed during daylight hours (7:00am to sunset) Friday, April 11th. 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 11th.

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. COACHES: INSTRUCT YOUR COXSWAINS AND BOWS TO CAREFULLY STUDY THE TRAFFIC PATTERN FOR PRACTICE.

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.

Team Trophy Point System

Men's and Women's High Point trophies will be awarded according to the point structure below and attached to race schedule.

Events: JV4+, Fr4+, and N1x Do not earn points.

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
Lwt 4+	18	14	11	8	5	3
N8A+	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
N8B+	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

B boats do not score. Only the highest placing boat from each team scores points. A "B" entry can prevent another team from scoring, but they do not score themselves. If a team has two entries in a race and finish 1st and 3rd, for example, the 1st place boat gets 1st place points, but

the 3rd place boat does not get any points. No 3rd place points are awarded in this instance: the 4th place boat does not move up to score the 3rd place points.

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 athletes who did not start rowing until after the 2013 Southwest Regionals

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 150 lbs or less and individual female rowers must weigh 130 lbs or less.

Coxswains: Coxswains may be of either gender. Coxswains for men's races must weigh at least 120 lbs, coxswains for women's races must weigh at least 110 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: Director of Sales & Marketing at (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

Long Beach Junior Crew will host a special Regatta BBQ Dinner on Saturday, April 12th. 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 under Invitational. Double click on the flyer, print it, fill it out and return it by mail before the 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 11th between 4 and 6pm, or at the concession area on Saturday April 12th and on Sunday April 13th from 8am to 5pm. Look for flyer to be posted soon.

Water

Look for the flyer posted on www.longbeachjuniorcrew.org under Invitational. Double click on the flyer, print it, fill it out and return it by mail before the deadline.

2014 Long Beach Junior Invitational Schedule of Events

Friday, April 11, 2014

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

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

4:00 pm to 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 to 7:00 pm: Coaches/Coxswains/Officials meeting at the Clerk of the Course located at the north end of the beach.

Saturday, April 12, 2014

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 to 7:30 pm: Beach BBQ dinner

Sunday, April 13, 2014

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

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 LBJC, 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: _____

Release of Liability



IN CONSIDERATION of being given the opportunity to participate in any USRowing activity, including scheduled, supervised club activities, and registered regattas, during the policy term 12/31/13 – 12/31/14, I, for myself, my personal representatives, assigns, heirs, and next of kin.

1. I ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.

2. I FULLY UNDERSTAND that: (a.) ROWING ACTIVITIES INVOLVE 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 Activity, the condition in which the Activity takes place, or the negligence of the Release named 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 Activity.

3. I AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of USRowing 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 Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.

4. I HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, the Regatta, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place, (each considered one of the Releasees herein) 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 the Releasee or otherwise, including negligent rescue operations; and 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 the Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees 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.

PLEASE DO NOT CHANGE OR ALTER THE WORDING ON THIS WAIVER WITHOUT PRIOR APPROVAL FROM USROWING

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 this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Participant:

USRowing # _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date: _____

Participant’s Signature: _____

Organization: _____

PARENTAL CONSENT (if participant is under the age of 18).

AND I, the minor’s parent and/or legal guardian, understand the nature of rowing activities and the minor’s experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor’s account caused or alleged to be caused in whole or part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor’s behalf makes a claim against any of the above Releasee, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost any may incur as the result of any such claim, to the fullest extent permitted by law.

Printed Name of Parent/Guardian:

Address: _____

City _____ State _____ Zip _____

Phone: _____ Date: _____

Parent/Guardian Signature (only if participant is under the age of 18):

This is THE USRowing Release of Liability, which should be copied for your use.