

# LBJC



## 19<sup>th</sup> Annual Long Beach Junior Invitational Regatta 2009 General Information and Rules of Racing

**This Regatta is registered with USRowing**

### **Race Course**

The racecourse is starting at its' traditional location, partially-buoyed, in Long Beach's historic Marine Stadium. The 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: all organizations participating must be USRowing Organizational Members.

### **Waivers**

All participants must have signed waiver forms on file with USRowing in order to compete. Junior rowers under the age of 18 are required to have a parent/guardian sign the waiver. For 2009, all USRowing Member Organizations can have their members sign the waiver online. Detailed instructions for once-a-year Online USRowing Waivers can be found at the Regatta Central website for this regatta under "Waiver".

### **Registration and Entry Deadline**

The registration deadline is April 10, 2009. 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 April 10, 2009. The scratch deadline is April 17, 2009 without penalty.

**Entry fees are NON-REFUNDABLE due to fixed costs.**

### **Scratch/Add Policy**

After the scratch/add deadline of April 10, 2009, no further entries will be accepted and all entry fees must be paid. Last minute scratches without refund may be done with the Clerk of the Course starting Friday (April 17) afternoon 4 pm.

### **Heats and Finals**

The USRowing progression system will apply. *\*Events with six or fewer entries will be run as finals only.*

**Race schedule:**

Keep watching [www.racetrak.com](http://www.racetrak.com) for an updated schedule. The final schedule will be posted Saturday morning at the Clerk of the Course desk (7S).

**Apparel**

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

**Bow Markers**

Each crew will provide their own bow markers. Each rowing shell must have a bow clip. Bow markers will not be provided by the regatta.

**Bow Balls**

No racing shell will be allowed to practice or race without a bow ball.

**Foot-stretchers**

Heels must be tied three inches from the foot plate. *Coaches: please check your equipment before going through Control Commission.*

**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 17 and at 6:00 AM on race days. On Friday, one way traffic only between building #9S and #7S traveling east to west. 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 between building #9S and #7S will be closed to all through traffic on race days. Bicycles are permitted.

### **Broadcast**

The regatta will be broadcast on radio station 810 AM starting at 10:00am Saturday April 18<sup>th</sup>. We request that the team trucks parked along the beach towing the trailers turn on their radios so the broadcast maybe heard down the length of the beach.

### **Tide**

Please store your boats as high up on the beach as possible. Average tidal swings will be four feet. Low tide will be at 12 noon and high tide will be at 7 pm.

### **Please Respect Our Neighbors' Requests:**

Please ask that your rowers avoid stepping on the flowers along the back wall and 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 not to 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 with the Clerk of the Course on Friday, April 17 between 4 and 6 pm, located at building #7S. 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 16 and made available on Regatta Central. Lane assignments for heats are blind lane draw, unless otherwise noted. 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 semifinals and finals shall be assigned from the center lanes outward according to the orders of finish in the previous level of competition).

### **Coaches/Coxswain Meeting**

The coaches/coxswains meeting will be on Friday, April 17, 2009 at 5:00 pm at the Registration /Clerk of Course area by Building 7S at the end of the beach nearest the Finish Line. The "Official" Race Schedule will be distributed at this meeting. *Each coach and coxswain will be expected to attend as last minute rules and heat changes may occur.* Scratches made up to 6pm will be figured into the schedule for the next day's racing.

## **Weigh-In**

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

**Coxswains** will be weighed **once** for the entire regatta. Coxswains may weigh-in on Friday (April 17) 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 USRA officials will be informed which coxswains must carry weights.

**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 155.0 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 17. 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 17. 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 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

All 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 on the north side of #7S as the results are finalized. Gold, silver and bronze medals will be awarded 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	25	20	15	10	5
V4X	30	25	20	15	10	5
V4+	30	25	20	15	10	5
V2X	30	25	20	15	10	5
1X	30	25	20	15	10	5
Lt8+	24	20	16	12	8	4
Lt4+	24	20	16	12	8	4
Lt2X	24	20	16	12	8	4
JV8+	24	20	16	12	8	4
JV4X	24	20	16	12	8	4
JV4+	24	20	16	12	8	4
JV2X	24	20	16	12	8	4
3rdV8+	18	15	12	9	6	3
Nov8+B	18	15	12	9	6	3
Nov8+A	18	15	12	9	6	3
Nov4X+	18	15	12	9	6	3
Nov4+	18	15	12	9	6	3
Nov1X	18	15	12	9	6	3
Fr8+	18	15	12	9	6	3
Fr4+	18	15	12	9	6	3

## **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 a competition to the Fall 2008 head racing season or prior to August 15, 2008.

**Lightweight:** There are no boat average weights in these events. Individual male rowers must weigh 155.0 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 Guest House Suites International Hotel as our official sponsor Hotel for the upcoming Regatta. Guest House has offered participating teams a special regatta rate. Please book directly with *Guest House International*. The contact person is Vicki Arreguin, Director of Sales & Marketing (562) 597-1341 X128. Be sure to mention you are part of the LBJC Regatta event. Other hotels in the area are listed on [longbeachjuniorcrew.org](http://longbeachjuniorcrew.org) under Long Beach Junior Invitational

## **Regatta BBQ Dinner Saturday April 18<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. The cost will be \$20/person. Order forms are available on Regatta Central, as well as on the LBJC website: [www.longbeachjuniorcrew.org](http://www.longbeachjuniorcrew.org), under Long Beach Junior Invitational.

## **Long Beach Junior Invitational T-shirts**

Short sleeve T-shirts are \$17, long sleeve T-shirts are \$24, and they will be sold at the merchandise table both race days until supplies last. Pre-ordered T-shirts may be picked up at registration on Friday April 17<sup>th</sup>, 4:00pm – 6:00pm at Building #7S, on Saturday April 18<sup>th</sup> and on Sunday April 19<sup>th</sup> from 8am – 5pm at the Merchandise Sales area.

## **Water and Ice**

Distribution area will be located at building #5S.

## **2009 Long Beach Junior Invitational Schedule of Events**

### **Friday, April 17, 2009**

7:00am to sunset: Marine stadium is reserved and open for early arrival and practice beginning at 7:00am on Friday April 17<sup>th</sup>.

4:00pm – 6:00pm: Pre-ordered Invitational T-shirts available for pick up at building #7S. Coxswains may weigh-in for entire regatta.

5:00 pm – 6:00 pm: Team check-in at Clerk of the Course (building #7S), last minute scratches accepted.

5:00pm – 6:00 pm: Coaches/Coxswains/Officials meeting at the Clerk of the Course Building #7S.

### **Saturday, April 18, 2009**

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 – 7:00 pm: Beach BBQ dinner

6:00 pm: Drawing of the Winner of the Toyota 2009 Scion xd opportunity drawing

### **Sunday, April 19, 2009**

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 3:00 pm: Racing