

Shamrock Invitational



**Redwood Shores, California
March 16th-17th, 2019**

Shamrock Invitational Logistics

The Shamrock racecourse runs through the heart of the Redwood Shores community. We consider it a privilege to be able to use these protected waters each year for our racing season. Remember that you are rowing through the backyards of the residents of Redwood Shores where they will be sitting and watching with their friends and family. There are very specific use rules that we must follow as guests of this community. Please share these rules with your athletes and fans so that we all can enjoy a safe weekend of racing and ensure that we are invited back next year.

Local Emergency Phone Number

Please put the following phone number in your cell phone in the event of an emergency: 650-363-4911. You can of course call 911, but the above number is the closest local Fire Department and your call will not go to dispatch.

Garbage

We have dumpsters for Garbage and Recycling for the Regatta from Recology Inc. Please have your hospitality group seek this out and do not use the dumpsters for the office buildings. Do not pile your garbage NEXT to a tote, put it IN the tote.



When To Arrive

For 2019: Due to the high traffic and parking, trailers can not arrive prior to Friday, March 15th at 8 PM. Safest time is by 7 AM on Saturday. The area that we use to launch from is an office building area located in Paragon Point. PLEASE STAY AWAY FROM BUILDINGS. PLEASE DO NOT ASK TO USE THEIR RESTROOMS, USE THE PORT-A-LETS ON SITE!

Where to Arrive

Trailers may arrive after 8pm on Friday and park in the Paragon Point Parking Lot located right next to the finish line, across from the Hotel Sofitel/Pullman Hotel. The Oracle Parking lot is not available. There is no trailer drop-off prior to 8 pm. Paragon Point is a business office not a boathouse.

Easiest **trailer** directions to this lot is:

- 101 South to Holly Street/Redwood Parkway.
- Head East.
- Turn Left onto Twin Dolphin
- Go past the Hotel Sofitel, and turn RIGHT into the parking lot. This entrance is right before the light at Lagoon Drive.
- Drive Forward, then turn right into the parking stalls and BACK DOWN into the trailer area. When you leave on Sunday, you can go straight out.

Where to Put Boats

Please place boats in the specific area designated for the regatta on Saturday morning. Each team will have an area, like Crew Classic. You DO NOT need to get at the race course on Thursday to get a spot like SWJRA's. You will have a designated area. Promise! There will be areas designated to wash boats and hoses provided. We are not permitted to use the grass areas, handicapped parking, or fire lanes for storage of any kind all weekend long. If anyone in your group needs handicapped parking they are permitted to use the handicapped stalls. This is a 24/7 law. Please store your boats in the car parking spaces and allow space on either side of the spaces for emergency vehicles. No boats or oars on the grass. The grass area will be closed, so tell your parents to bring chairs for the concrete or bridge area.

Overnight, please strap your boats to blocks if you have eights. If you have smaller hulls, you may want to consider tying them on your trailer as the wind may pick up overnight.

**** If it is your first time racing at Redwood Shores or you need assistance with directions or parking, please call Coach Joe O'Conner one hour prior to your arrival. 650 296 8650*

Race Course Rules

1. No littering. There are two BIG dumpsters located across from the finish line for 1) TRASH and 2) RECYCLING. These are provided by Recology, Inc, a San Carlos company committed to reducing waste. Please make sure your team parents know where the dumpsters are and use them appropriately.
2. Cox box volume low from the bridge to the start.
3. No profanity.
4. No taunting of family pets or ducks along the racecourse.
5. Any issues with the local residents should be brought to the attention of the race officials.
6. Spectators and coaches are only allowed at the start, finish and on the bridge. PLEASE do not go looking for the 500 meter mark. It is in someone's backyard.

Race Day Pattern Including Warm-Up Lane (Saturday/Sunday)

On race day, launch off the dock toward the starting line. Follow the shore toward the left (entering the diamond) to the bridge, keeping the yellow and red warm-up buoys on your starboard side. To continue in the warm-up pattern, turn around and head toward the finish keeping the white lane line buoys on your port side and the yellow and red buoys that divide the warm-up area to the starboard side. At either end of the warm-up lane, there will be large inflatable yellow buoys marking where you may turn-around. **Do not cross the yellow warm-up buoys anywhere on the course except at the designated turn around areas at the end.** From the finish line, head back up the warm-up to the diamond area and then either to the bridge or back down the warm lane toward the finish. If you are ready to go to the start line, head to the bridge, wait for a signal from the bridge official and proceed through the bridge to the first inlet on the left. After the next set of races, boats may proceed to the second inlet on the left. From the second inlet, you may proceed into the 100 meter cove and await your race. DO NOT go too far into the cove where you will be out of shouting range of the official. Wait in the 100 meter cove for the race before yours to pass, then pull into the start area quickly. Do not back down 100 meters into the start area. There is plenty of room for two or three eights to turn in the start area.

IMPORTANT NOTE: Warm-ups should be 95% complete prior to passing under the bridge. There is very little room in the inlets that lead to the starting line.

Starting Line

At the start, there is a rope that is suspended above the starting area that is used to help align the boats. The rower in 7/8 seat will hold the rope overhead while the officials align the boats. The starting commands will be “Release the rope, Attention, Go!” (subject to change by any new USRA rules)

(* Lane 1 is on the Hotel Sofitel side.)

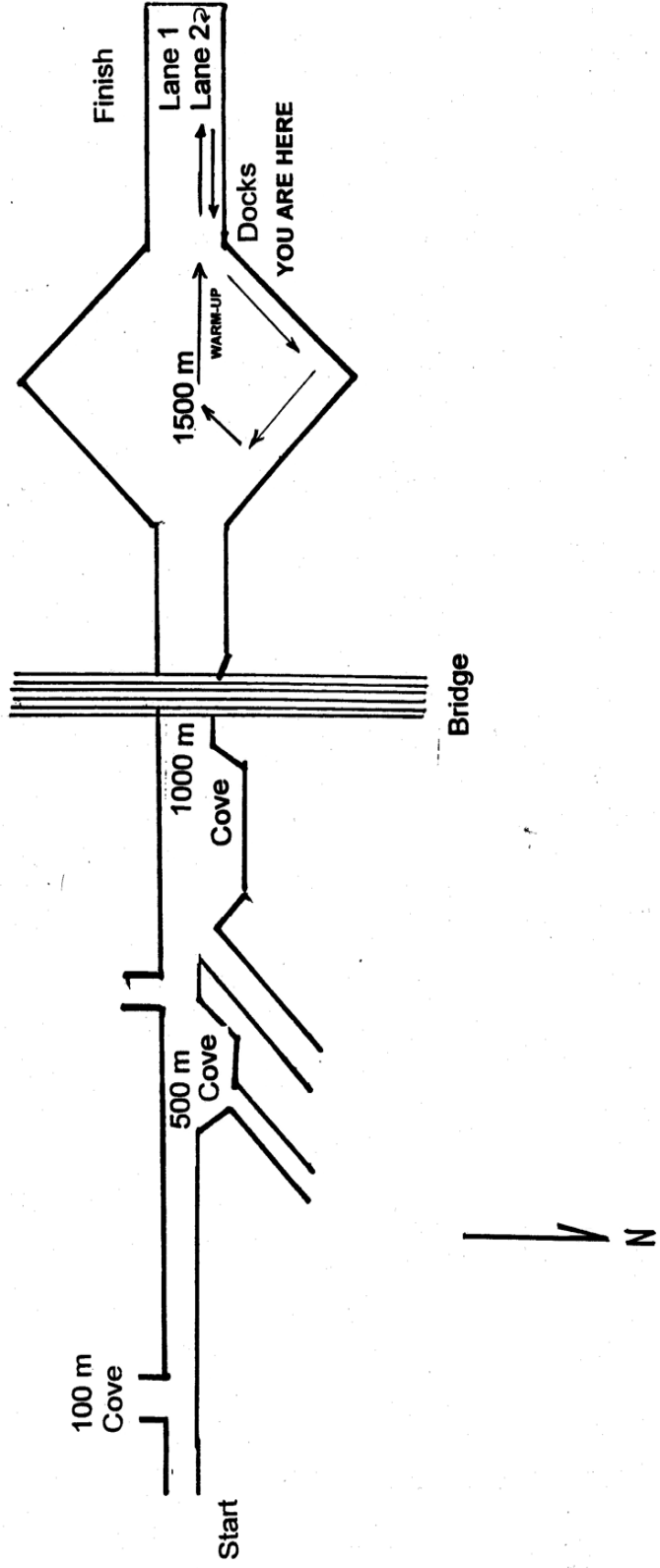


Finish Line

The finish line is approximately 60 meters from the end of the lagoon. **Once the boats have crossed the finish line it is imperative that they hold water immediately.** All boats need to wait at the finish line until the other boat has finished. We do not want boats in lane one to finish and start their turn toward starboard and then turn toward the boat finishing in lane two. Both boats will exit the course to their starboard side. At this point they can return to the dock or cool down in the warm-up area. Please see rules regarding the warm-up lane area above.

Figure 1

Redwood Shores



Coaches and Coxswains Meeting

There will be a coaches and coxswains meeting at 7:30 AM on Saturday, March 16th at the Official's Tent at Paragon Point. Roll will be taken so a representative from each team must be present. After racing on Saturday, we will determine if a Sunday morning meeting is needed.

Weigh-ins

There will be weigh-ins for lightweights both Saturday and Sunday. All lightweights need to weigh in at least 1-2 hours before race time. Weigh-ins will open at 8:30 AM each day. Bracelets will be given. If a boat does not make weight, they can race but results will designate "Did not make Weight". Teams and their coxswains are on the honor system. Lightweight weights will be: 133.0 lbs for women and 153.0 lbs for men. Boats should try to weigh in together. Please do not send over piece-meal boats.

Exclusion

Due to the two lane format of the shores, exclusion for a team means someone races alone. The penalty for two violations at the Shores will be no finish time posted. This means if your crew receives a traffic violation on the way to the start and then jumps the start early, you have two violations and you've earned yourself a penalty. This will be covered in the cox'n meeting by the USRA refs.

Coxswains and Cell Phones

The new USRA ruling is that coxswains may carry cell phones for safety only, not to get tips on the warm-up or during races. If your coxswain does carry a cell phone, make sure they have the 911 number from above AND the coaches' number in case of breakage in the way up to the start. It will speed up time if parts need to be replaced. More info will be presented at the coxswain's meeting.

Misc

The dumpsters are near the finish line. Bathrooms are in the Board of Education parking lot. Please throw your trash in the dumpsters. Stacking piles of trash next to a tree is not helpful at all. Please see map.

There is NO DRINKING water at the site. There is water to wash boats only. Please bring enough water for your team. DO NOT attempt to use the outside faucets from the building. You will stomp on the landscaping.

Lastly, and we can't emphasize this enough: Do not move any barricades or rip down any Caution Tape. Where it is placed is not a mistake. If at any time you are looking at a barricade or caution tape, **YOU** are in the wrong place. Check your handy map and make your way to **SPECTATOR PARKING**.

Spectators and Hospitality

Spectator Parking

- Spectator Parking Available at:
 - 10 Twin Dolphin – Oracle Parking Lot
 - 1 Lagoon Parking – near 1500 meter diamond.

No Parking at:

- 74 Lagoon Parkway (across the street). They are re-paving all weekend and will TOW YOU.
- 101 Twin Dolphin/Board of Education Parking on Saturday, as they have teacher meetings. You may park there on Sunday.

Hospitality Parking

Hospitality cars can unload at the main entrance of 1/3 Lagoon on Lagoon Drive. After unloading, they will be asked to park their cars across the street at the stop light at 10 Twin Dolphin. The Board of Education (101 Twin Dolphin) LOT is closed on Saturday (due to classes), but OPEN on Sunday for Hospitality load/unload. Hospitality Tents will be put alongside the bushes that separate 3 Lagoon and the Bd of Education Building. Please DO NOT walk thru the landscaping. Hospitality trucks will be parked near the JL tent in the parking stalls facing the water. Please look for signage.

Races may be viewed from:

- The Start at Marine Parkway and Shell Blvd
- The Paragon Point launching area
- The bridge at the 1000 meter point. To get to the bridge, follow Marine Parkway to Bridge Parkway and turn right. Parking is available at the base of the bridge. Use pedestrian walkway to get to the top.

We, the rowers, have been asked to **NOT RUN ACROSS THE BRIDGE** to watch a race. This will not be tolerated on the bridges at all. Please do not hang from the bridge or throw things from the bridge. Please watch your language as the echo from the bridge can travel to the backyards of residents. Please do not leave garbage, including coffee cups on the bridge.

Please make sure that your supporters are aware that we are guests in this community and to behave accordingly.



3 Lagoon Dr
Redwood City, CA 94065



Directions

To drive to Paragon Point

- Exit Marine Parkway
- Right on Twin Dolphin
- Left on Lagoon
- Left at the stop sign into Spectator Parking

(For GPS, plug in address: 3 Lagoon Drive, Redwood City, CA)

Emergency Medical Information

Hospitals and directions from Paragon Point:

- Sequoia Hospital

(650) 369-5811

170 Alameda De Las Pulgas

Redwood City, CA

Head southwest on Lagoon Dr. toward Twin Dolphin Dr. Turn left at Twin Dolphin. Take the 2nd right onto Redwood Shores Parkway. Take 101 South to the Whipple Avenue exit. Turn right on Whipple Avenue and travel 2 miles to the intersection of Whipple and Alameda de las Pulgas. The hospital will be in front of you.

- Kaiser Permanente Health

(650) 299-2015

910 Maple St.

Redwood City, CA

Head southwest on Lagoon Dr. toward Twin Dolphin Dr. Turn left at Twin Dolphin. Take the 2nd right onto Redwood Shores Parkway. Take 101 South to the Whipple Avenue exit. Merge onto Veterans Blvd. Turn right onto Maple St.

Food

Jamba Juice, Nob Hill Supermarket, Starbucks, Amici's Pizza, Sushi, Chinese Food, Bagel Deli, Ice Cream Shop and Mexican food is all located on Redwood Parkway, just east of Twin Dolphin Drive. This is walking distance from the hotel.

Safeway, Subway, Ice Cream, Chinese Buffet, Italian and many more shops are located at the corner of Ralston Ave and El Camino, 3 blocks west of Hwy 101 and ½ block south on El Camino.