



**The 2008 Gateway Regatta
St. Louis Rowing Club
PO Box 411094
St. Louis, Missouri 63141
Saturday, June 28, 2008**

Welcome to all rowers, coxswains, coaches and friends

We would like to welcome you to the 2008 Gateway Regatta. We appreciate your interest in this regatta and look forward to seeing you on June 28th. The goals set for Gateway by the St. Louis Rowing Club are to build a sense of community among Midwest rowers and to improve our overall competitiveness. Since this is a US Rowing registered regatta, we encourage all participants to join USRowing prior to this regatta, see <http://www.usrowing.org> to join. United States Rowing Association Rules of Racing shall apply, unless otherwise noted.

Internet Registration

All of the registration for this year's Gateway Regatta will be done on-line through Regatta Central, www.regattacentral.com. The entry window will be open through midnight Saturday, June 21, 2008. If you do not have internet access, contact the regatta chair, Rein Zeidler (314.369.7439) to assist you with your registration.

Features of This Year's Event

- * 1000 meter sprints on Creve Coeur Lake, with stake boat start
- * After on-line registration deadline 38 events and 11 heats are planned.
- * Singles, recreational singles, doubles, quads, fours and eights events
- * Masters, Open, Novice and Juniors.
- * Medals awarded for first, second and third place finishers.
- * Lane buoyed course

Please review the following materials carefully.

Very truly yours,

Rein Zeidler, Regatta Chair

REGATTA INFORMATION

Rules

United States Rowing Association Rules of Racing shall apply, unless otherwise noted.

Definitions

Masters are rowers who will be age 21 or above by the end of 2008. All boats will be handicapped using the average age of all rowers in the boat. Entries to be handicapped must be submitted by e-mail by 6 pm, Thursday, June 26th with competitor's names and birth dates. Names, ages and handicaps will be posted on Friday evening, June 27th.

Lightweight means no more than 135 lbs. for women and no more than 165 lbs. for men.

NOTE: No weigh-ins will be required. Weights for all coxswains and lightweights for this regatta will be on an honors basis.

Novice means any rower who has rowed for less than one year as of the date of the regatta.

Races

No heats are planned at this time. If the number of entrants requires, heats may be scheduled. No race will be run with only one entry. Races with only one entry will be combined with a race of the same type (i.e., Masters with Open) or canceled as appropriate. Medals will be awarded in each category.

Hot-Seating

Hot seating is defined for the Gateway Regatta as a situation where the same personnel or equipment is scheduled to participate in separate races with less than a two (2) race gap. Every attempt should be made to limit hot seating (of equipment or personnel). Hot seating will be performed at the crew's risk of missing an event. Coaches must inform the Regatta organizers of any potential hot seating before the Regatta or at the coaches and coxswain's meeting. From time to time the racing schedule may have to be changed due to weather conditions, canceled races, break times, etc. Should any changes create a new hot seat condition the coach must inform the Regatta officials immediately. A crew needing to hot-seat rowers or equipment must let the Dockmaster know before launching for the first race involving the hot seat. Every effort will be made to bring those boats back to the dock first after a race. Races will only be delayed due to hot seating at the discretion of the Head US Rowing Official.

Equipment and Bow Numbers

Bow numbers must be used. Crews are responsible for bringing their own bow numbers to the regatta. The race will have up to 6 lanes so each crew should have a sufficient number of bow numbers for all of its races. Bow balls, quick release foot stretchers and other US Rowing safety requirements are required on all shells. Shells which do not meet these safety requirements will not be allowed on the water.

Race Times

An initial and tentative schedule of events and times is attached. A final schedule will be provided on RegattaCentral after the registration window closes and will be available on race day. We will make every effort to run the races as listed in the final schedule.

Race Course

The course will be posted but the start and finish positions may be reversed if weather conditions so require. Pictures of the lake and usual course layout are on RegattaCentral. All boats must launch from the Boathouse.

Registration and Equipment Storage

Registration will be held in the Boathouse on Friday, June 27th from 6 pm to 10 pm and again on Saturday, June 28th from 6:00 a.m. to 7:00 a.m. Security for trailers and equipment stored at the boathouse overnight will be provided by a St. Louis County Parks Ranger.

Coaches and Coxswains' Meeting

The coaches and coxswains' meeting will be held on race day at the Boathouse at 7:20 a.m. A race schedule and a map of the course will be included in competitor registration packages. Races will begin at 9:00am as per the schedule posted on RegattaCentral the day of the race.

Entry Information and Deadline

EVERY rower must turn in a signed waiver form (attached). Submission of all waivers and entry fees by mail prior to the race is preferred. Any fees or waivers not received prior to race day should be brought to the Registration table well in advance of the close of registration which is 7:00 a.m. June 28th. 2008. As previously stated, RegattaCentral will accept entries through midnight on Saturday, June 21st, 2008. Please contact the Regatta Chair, Rein Zeidler, (zeidler.reinhold@gmail.com) for any scratches after that date.

Hotel Package:

The St. Louis Rowing Club, after receiving several bids, has worked out a special Hotel Package with the Sheraton Westport Inn. For \$89 per night rowers, coaches and families will receive a room, complimentary breakfast and use of a hospitality suite. Forty (40) rooms have been set aside for this program and can be confirmed on a first come, first served basis. The deadline for use of this program is June 6th, 2008. The hotel is 2 miles from the lake. To make reservations, please call 314-878-1500 and request the Gateway Regatta rate

Other Hotels near the Lake may be found on www.more2do.org.

To Google Map the St. Louis Rowing Club Boathouse please use 13777 Marine Ave. St. Louis, MO

Directions from Highway 270 (NOTE - Trailers must not take this route but should use Highway 70 or Page Ave. directions below and our web site <http://www.stlouisrowingclub.com/about.html>):

Take I-270 to the Dorsett Rd. (exit #17). Follow Dorsett Rd west until it dead ends into Marine Ave. Turn right onto Marine and follow the road (DOWN THE NARROW TWISTING VALLEY ROAD AND THEN ALONG THE LAKE) about a mile to the far end of Creve Coeur Lake. Turn left at the sign for "Sailboat Cove" on the left side of Marine Ave. As you enter the Sailboat Cove area, you will see our Boathouse off to your right across a field. It's the largest building in that part of the park. There is parking at the Boathouse which can be reached via a paved access road that leads across the field from the Sailboat Cove parking area.

Directions from Highway 70:

Take I-70 to the Earth City Expressway South, (exit # 231A). Follow the earth City Expressway south until you pass the Casino entrances. This expressway will turn into Maryland Heights Expressway after the Casinos. Look for Marine Ave. which will come in on your left. Turn left onto Marine and follow the road about a ¼ mile to Creve Coeur Lake. Turn right at the sign for "Sailboat Cove" on the right side of Marine Ave. As you enter the Sailboat Cove area, you will see our Boathouse off to your right across a field. It's the largest building in that part of the park. There is parking at the Boathouse which can be reached via a paved access road that leads across the field from the Sailboat Cove parking area.

Directions from Page Ave.:

Take I-270 to the Page Ave. West aka MO 364W, (exit #16B) Follow Page West to the Maryland Heights Expressway (exit #17). Turn right on to the Maryland Heights Expressway and follow the road about 2 miles to Marine Ave. Turn right on Marine Ave. and proceeded ¼ mile to Creve Coeur Lake. Turn right at the sign for "Sailboat Cove" on the right side of Marine Ave. As you enter the Sailboat Cove area, you will see our Boathouse off to your right across a field. It's the largest building in that part of the park. There is parking at the Boathouse which can be reached via a paved access road that leads across the field from the Sailboat Cove parking area.

WAIVER

IN CONSIDERATION of being given the opportunity to participate in _____, I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. 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. 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 Releases names 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. AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of the Club 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. HEREBY RELEASE, discharge, and covenant not to sue USRowing, the St. Louis Rowing Club, 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 on of the Releases 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 Releases 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 Releases, I WILL INDEMNIFY & SAVE AND HOLD HARMLESS each of the Releases, from any litigation's expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim.

I have read this agreement, fully understand its terms, understand that 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 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: _____ **Date:** _____

Address: _____

_____ **Phone:** _____

Signature (only if age 18 or over) _____

PARENTAL CONSENT

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 Releases 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 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 Releases, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releases from any litigation expenses, attorney fees, loss liability, damage, or cost any may incur as the result of any such claim.

Printed Name of Parent/Guardian: _____ **Date:** _____

Address: _____

_____ **Phone:** _____

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

FINAL GATEWAY REGATTA SCHEDULE

6:45:00 AM			Coaches & Coxswains Meeting	
7:10:00 AM			First call to the water	
7:50:00 AM	1a	heat	Mens Open 1x (6)	1
8:00:00 AM	1b	heat	Mens Open 1x (5)	2
8:10:00 AM	1c	heat	Mens Open 1x (5)	3
8:20:00 AM	2a	heat	Womens Open 1x (6)	4
8:30:00 AM	2b	heat	Womens Open 1x (6)	5
8:40:00 AM	22a	heat	Mens Open 2x (6)	6
8:50:00 AM	22b	heat	Mens Open 2x (6)	7
9:00:00 AM	41a	heat	Mens Novice 1x (5)	8
9:10:00 AM	41b	heat	Mens Novice 1x (4)	9
9:20:00 AM	7a	heat	Womens Open 2x (4)	10
9:30:00 AM	7b	heat	Womens Open 2x (4)	11
9:40:00 AM	1F	final	Men's Open 1x final (6)	1
9:50:00 AM	2F	final	Women's Open 1x final (6)	2
10:00:00 AM	3a	split finals	Womens Masters 1x (4)	3
10:10:00 AM	3b	split finals	Womens Masters 1x (4)	4
10:20:00 AM	4a	split finals	Mens Masters 1x (5)	5
10:30:00 AM	4b	split finals	Mens Masters 1x (5)	6
10:40:00 AM	6	final	Mens Masters 4+ (3)	7
10:50:00 AM	7	final	Womens Open 2x final (6)	8
11:00:00 AM	10	final	Mens Open 4+ (4)	9
11:10:00 AM	11	final	Womens Open 4+ (4)	10
11:20:00 AM	12a	split finals	Mens Masters 2x (5)	11
11:30:00 AM	12b	split finals	Mens Masters 2x (4)	12
11:40:00 AM	15	final	Mens Jr 1x (7)	13
11:50:00 AM	16	final	Womens Masters 2x (6)	14
12:00:00 PM	19	final	Mens Open 4x (3)	15
12:10:00 PM	20	final	Women Ltwt 4+ (2)	16
12:20:00 PM	23	final	Mens Masters 8+ (2)	17
12:30:00 PM	24	lunch	LUNCH	
1:30:00 PM	22	final	Mens Open 2x final (6)	18
1:40:00 PM	25	final	Womens Masters 8+ (1)	19
	29	final run w/WM8+	Womens Ltwt 8+ (1)	20
1:50:00 PM	26	final	Mixed Masters 4x (5)	21
2:00:00 PM	27	final	Womens Jr 2x (2)	22
2:10:00 PM	28	final	Womens Novice 8+ (3)	23

2:20:00 PM	30a	split finals	Mixed Masters 2x (5)	24
2:30:00 PM	30b	split finals	Mixed Masters 2x (5)	25
2:40:00 PM	31	final	Womens Jr 1x (2)	26
2:50:00 PM	32	final	Mixed Open 2x (5)	27
3:00:00 PM	34a	split finals	Mixed Masters 4+ (4)	28
3:10:00 PM	34b	split finals	Mixed Masters 4+ (4)	29
3:20:00 PM	35	final	Mens JR 2x (4)	30
3:30:00 PM	36	break	BREAK	
3:50:00 PM	37	final	Mixed Masters 8+ (2)	31
4:00:00 PM	38	final	Mens Novice Rec 1x (3)	32
4:10:00 AM	39	final	Mixed Novice 8+ (2)	33
4:20:00 PM	42	final	Womens Open 4x (3)	34
4:30:00 AM	43	final	Women's Novice Rec 1X (3)	35
4:40:00 PM	44	final	Womens Novice 1x (3)	36
4:50:00 PM	41F	final	Mens Novice 1x (6)	37