**US Rowing 2012 Southwest Masters**

**Regional Championships**

*Lakeside Park – Lake Merritt*

*568 Bellevue Avenue, Oakland, California*

Sunday, July 1, 2012

**Frequently Asked Questions**

**Check-In/Weigh-In**

***Q: When and where is the coaches’ and coxswains’ meeting?***

A: There is a meeting on Sunday at 6:00 a.m., held in the launching area courtyard. It is important that all coxswains and coaches attend.

***Q: Do coxswains need to weigh in?***

A: Yes. Weigh-ins will begin at 6 a.m. on Sunday morning.

*Info on Weigh-ins: All rowers in races with lightweight classifications and all coxswains are required to weigh in on race day in accordance with USRowing rules. All athletes shall weigh-in in racing attire. Team boats must weigh-in together, although there will be no averaging of the crews. Coxswains who are required to carry weight must provide their own additional weight and have it verified by the weigh-in officials. The weigh-in schedule will follow USRowing rules of racing. Crews and coxswains must weigh in at least one hour, but not more than two hours before their first scheduled lightweight event. Crews and coxswains only need to weigh in once. Minimum Weights: Coxswains for Men's events 120 lbs. min, Ltwt. Men 160 lbs. max, Coxswains for Women's events 110 lbs. min, Ltwt. Women 130 lbs. max, Coxswains for Mixed events 120 lbs. min*

***Q: Is there a scale to test my weight before I weigh in? Can I test myself on the scale on Saturday to see if I am going to make weight on Sunday?***

A: Yes. The scale will be set up at registration starting at 6 a.m. on Sunday. If you would like to test your weight on Saturday, check with the information table or find a red-shirted event staff member and see if he/she will plug in the scale for you.

***Q: Do I need to register?***

A: No. You should see your entries on the final schedule. You can check in with registration starting at 6:00 a.m on Sunday if you have any questions. If you need to make changes, please contact Paul Wilkins.

**Parking and Boat Slings**

***Q: Where can I park my trailer?***

A: You may park in any of the designated areas along Bellevue Avenue (look for the signs indicating we have the area reserved). Parking is on a first-come, first-served basis. Do not obstruct other crews and trailers. When you park, detach your truck and park it in the car spaces closer to the park entrance so that trailer parking space can be maximized. Red zones and crosswalks: Please park your trailer so that the cab/truck is in the red zone or crosswalk; then when the truck leaves, that area is left open.

***Q: Can I save a spot for my friend’s trailer?***

A: No. We need to pull the trailers in efficiently to maximize parking. Leaving room to parallel park another trailer is not space efficient.

***Q: Where can I sling my boats?***

A: You may sling boats in any of the grassy areas around the boathouse or across the street from the boathouse.

***Q: Is there overnight security for my boats/trailer?***

A: Yes. There will be two security officers patrolling the area from 5:00 p.m. Saturday to 5:00 a.m. Sunday, and lots of onsite staff setting up by 4:30 a.m.

**On the Lake and Racing**

***Q: When can I practice on the lake? Are there designated areas for practice?***

A: From 2:00 p.m. until 8:00 p.m. on Saturday. You may practice in any of the warm-up or racing areas. Please follow the traffic pattern, and note there will be other non-rowing boats (kayaks, paddle boats, sailboats, and gondolas) out on the lake, so be sure to watch out for them.

***Q: Where do we leave our shoes? Where can we leave our blades?***

A: On racing day, there will be plastic crates out for you to borrow for carrying shoes, and sawhorses at the launch area for blades. You may leave blades there 20 minutes prior to your launch time. The area is not for blade storage.

***Q: Do I need to bring my own bow marker?***

A: Yes. If you forget, please see registration. You can borrow a bow marker but will need to leave your license or credit card. All coaches and coxswains are responsible to have the correct number on each shell racing. Missing or incorrect bow numbers can delay races and cause incorrect results.

***Q: Does my race have heats?***

A: Please check the final schedule. (Information should have copies.)

***Q: Is the race a staggered start?***

A: No. Races across with multiple age categories are handicapped.

***Q: Where is the results board?***

A: Upstairs at the Sailboat House (above the launch area) in our new food/results/viewing area.

***Q: Are there medals for top three finishes? And, how do we get our medals?***

A: There are medals for 1st, 2nd and 3rd, but you need to beat a boat to medal. For example, a race with three entries will only have 1st and 2nd place medals. Once results are official (i.e., posted on the results board) your medals can be picked up at the registration table. Medals are handed out by boat; please send a representative.

**Facilities**

***Q: Why are the bathrooms locked?***

A: The City’s septic system cannot handle the volume of usage on regatta day. However, there are 20 port-a-potties with wash stations that you can use.

***Q: Is there a changing room?***

A: No. Please use the port-a-potties.

***Q: Where is the best place to watch the race?***

A: Upstairs at the sailboat house you can watch the race from the deck. Anywhere along the lake allows viewing.

***Q: Where is the nearest water for water bottle fill-ups?***

A: Our hose locations are on the side of the sailboat house and in the rear of the sailboat house in the alley pass-through. There is also a drinking fountain near the Coke machines.

***Q: Will there be food and drinks at the venue?***

A: Yes. There are breakfast items, sandwiches, fruit, and beverages for sale. Go upstairs in the sailboat house and check out our new refreshments, results and viewing area! (The Coke machine downstairs will not be functioning on regatta day.)

***Q: Where are the nearest restaurants?***

A: Please see the printout at the information desk.

***Q: Can I buy a T-shirt?***

A: Yes. The T-shirt booth for official race-day T-shirts is located in the vendor area (next to registration). JL is there too.

***Q: Where is the nearest health clinic?***

A: Basic First Aid supplies are located at the volunteer tent. Swift Water Rescue and emergency personnel are available at the regatta throughout the day. In addition, there is a list of clinics and hospitals at the volunteer tent.

***Q: Is Lake Merritt a good place to row?***

A: YES. The best in the world!!