



USROWING 2017 SOUTHWEST MASTERS REGIONAL CHAMPIONSHIPS

Lakeside Park – Lake Merritt
568 Bellevue Avenue, Oakland, California
Sunday, July 16, 2017

Welcome to Lake Merritt, Oakland, California, for the 2017 Southwest Regional Masters Regatta on July 16, 2017. Lake Merritt Rowing Club (LMRC) is excited to announce it will host this regatta on Lake Merritt in Oakland.

Information and Important Links

USRowing event information (entries, registration, weigh-ins):

<http://www.usrowing.org/event/2017-southwest-masters-championships/>

Lake Merritt Rowing Club is hosting this event (venue, parking):

<http://lakemerrittrowingclub.org/events/sw-masters-regional/>

Volunteers needed for the planning, preparation, and throughout the Regatta!

<http://www.signupgenius.com/go/409044da4ab29a5f49-southwest>

Onsite Registration: All competitors will be issued credentials. **WE WOULD PREFER TO GIVE THE ENTIRE CLUB THEIR CREDENTIALS AT ONCE, RATHER THAN HAVING EVERYONE COME TO THE DESK. PLEASE HAVE YOUR MEMBERSHIP AND YOUR WAIVER COMPLETE BEFORE THE REGATTA, AND WE WILL HAVE YOUR CREDENTIALS READY FOR A REPRESENTATIVE TO PICK UP.** The registration desk will be open:

Saturday	7/15	12:00 PM to 7:00 PM
Sunday	7/16	6:00 AM to the end of racing

All competitors must be a full "championship" member of USRowing, and have signed the USRowing waiver. Both membership and waiver can be completed on the USRowing website.

Video: Information needed by competitors at this regatta is available at

<https://youtu.be/rX8VEAcs-g>. Coaches and all competitors directing a shell during racing or practice are RESPONSIBLE TO KNOW ALL SAFETY INFO contained in the video, and it is strongly recommended that all competitors watch the video.

Coaches/Team Reps Meeting: 6:30 AM on Sunday at the launching area courtyard, next to the registration desk. A REPRESENTATIVE FROM EACH TEAM MUST ATTEND this meeting and convey any needed info to the team's crews and scullers.

About the Regatta...

Join LMRC for a day of fun on the lake!

What: Lake Merritt Rowing Club (LMRC) is excited to announce it will again host the U.S. Rowing 2017 Southwest Masters Regional Championships on Lake Merritt in Oakland. We expect clubs from all over the West Coast. Races will be on probably five-minute centers in Lake Merritt's eight-lane course. The event is a regional competition for those training for the National Masters Championship in Oakridge, Tennessee, in August of this year.



Driving Directions for Cars and Car-Toppers

(Trailer drivers see pages 4-5. Trailers should not use Harrison exit from I-580!)

Here is a map of our location: <http://goo.gl/maps/YjHj>

From the South Bay: Take I-880 North; take Oak Street exit; right onto Oak; go *past* the Lake Chalet; continue approximately 1/3 mile, following the lake on your right; turn right at the end of the “finger” on Grand Avenue. Continue a couple blocks and take a soft right after the light at the park entrance, onto Bellevue Avenue (one-way). Pay \$5 entrance fee to the City attendant at the kiosk. Continue along Bellevue Avenue to the light blue building on your right—the City Sailboat House.

From the North Bay: Take I-580 East past downtown Oakland to the Harrison Street exit; turn right onto Harrison at the bottom of the off-ramp; continue approximately 1/2 mile; then turn left onto Grand (the lake is now in view); continue a couple blocks and take a soft right after the light at the park entrance, onto Bellevue Avenue (one-way). Pay \$5 entrance fee to the city attendant at the kiosk. Continue along Bellevue Avenue to the light blue building on your right—the City Sailboat House.

Parking (Cars)

(For trailer directions and parking, see pages 4-5.)

Parking is available inside Lakeside Park on Bellevue Avenue. The cost on weekends is \$5 for all-day parking. The parking operating hours are from 7:30am until dusk.

You should be able to re-enter. If you are car-topping, explain to the attendant that you are dropping off your boat and may need to swing around and re-enter to park. The city should waive any additional fee. There is parking along the road after you enter the park (Bellevue Avenue). Carpooling is encouraged. Metered parking is available along the roads surrounding the park, but the time available won't last for the whole day.

Car-Topping

If you are car-topping, please unload your boats in the drop-off zone and then re-park your vehicle. The drop-off zone will be marked in chalk and is the area just past the Sailboat House parking lot entrance driveway.

There is no permanent parking in the drop-off zone AT ANY TIME!

Trailer Directions

There is construction and a street closure along Lakeside Dr in Oakland. The usual recommended approach via Oak St from the South now involves a detour with sharp right turns, so **THE OAK ST EXIT OFF I-880 IS NOT RECOMMENDED.**

Trailers should also **AVOID THE HARRISON EXIT FROM I-580 EAST** because of multiple lane changes and merging traffic.

Trailers coming to the venue are advised to take the W Grand Ave exit from any of the freeways, and follow W Grand Ave to Lakeside Park. Drivers unfamiliar with the area's freeway should study the route carefully (it is not called "The Maze" for nothing!).

Directions from I-580 West: <https://goo.gl/wpnjLn>

Directions from I-580 East: <https://goo.gl/fnp820>

Directions from I-880 North: <https://goo.gl/a3EhNj>

***TRAILER PARKING IS NOT AVAILABLE BEFORE NOON ON SATURDAY!
PLEASE SCHEDULE YOUR ARRIVAL ACCORDINGLY.***

Trailer Parking





Trailer parking has been reserved along Bellevue Avenue in close proximity to the Sailboat House in designated/posted areas. Plan to arrive early for the best spots!

Please note: When you arrive with your trailer, you will be greeted by a volunteer who will ask you to complete a form providing us with your vehicle/driver contact information (primary and backup) for your safety. If we do not receive this, you may be subject to tow.

There will be two security staff present beginning at 5:00 p.m. on Saturday, July 15th until 5:00 a.m. on Sunday, July 16th; however, note that they are canvassing a large area, and we cannot be liable for theft or vandalism. Please don't leave valuables in trailers/cars. The parking lot next to the Sailboat House will be reserved for staff and volunteers, but boats may be unloaded onto racks and slings along the grassy area next to the road, as directed by Parking Control. Thank you in advance for following volunteer staff instructions!

THERE ARE LOW-HANGING BRANCHES AS YOU DRIVE ALONG BELLEVUE AVENUE. STAY CLEAR!

Trailer Info

-  Parking Kiosk
-  Sailboat House
-  Traffic Direction
-  Trailer Parking
 - Inside Curve only
 - Follow instructions from parking lead



Key Details:

- Welcome Committee available to assist with Trailer Parking
- Kiosk Attended from 7AM-7PM

Where to Sling Your Boats

You may place your boats in slings in the grassy areas along Bellevue Avenue. Please follow the instructions of the staff and volunteers. You will not be allowed to sling your boats in the planted area between the parking lot and Bellevue. Please be courteous when finding a space for your boat(s). Also make an effort to provide room to your neighbors. We are all in this together.

Do not obstruct other crews.

Park Areas

-  **Approved Areas**
 - Boats & Tents
 - Parking only in available spots
 - Keep away from non-grassy areas
-  **Restricted Areas**
 - No access
 - Keep out of these protected areas
-  **Restricted Parking**
 - LMRC
 - Emergency
 - LMRC Staff Usage



Trailers will park along the left side of Bellevue Avenue, but clubs may to set up locations on the lawn area on both sides of Bellevue. No shell storage will be allowed in the planter strip between the parking lot of the Sailboat House and Bellevue Avenue. **There is absolutely no overnight camping!**

Event Overview

The Lake Merritt Sailboat house within Lakeside Park on Bellevue Avenue is the central location for all Regatta activities:

Rowers/Coxswains

- Regatta Registration
- Weigh-ins
- Launching and Landing Docks

Safety

- Boat Tie-in Check
- First Aid
- Heat Relief







Spectators/General

- Vendors (Coffee/Food/T-Shirts)
- Bathrooms
- Lookout Points

Volunteers

- Volunteer Tent

Overview

-  Parking Kiosk - Park Entrance
-  Sailboat House – Regatta Headquarters
 - Registration
 - Volunteer Check in
-  Lake Merritt Boat House (Closed for Event)
-  Toiletes
-  Race Start
-  Race Finish

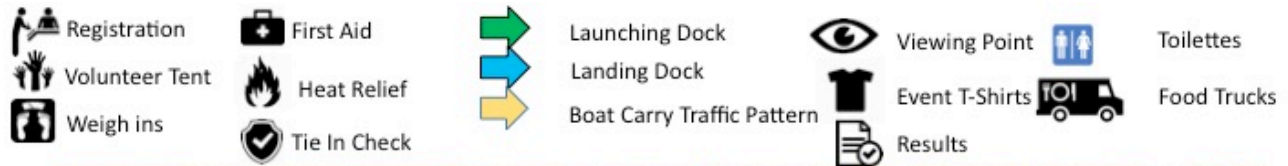
Key Details:

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Regatta Operations and Key Points of Interest

The following map shows the key points of interest at the Lake Merritt Sailboat house:



Please note the Registration, Volunteer, Tee-shirt sales, Food Trucks, Bathrooms, First Aid and Heat Relief locations.

Launching and Return Docks

The **launching docks** are at the far side of the venue near Registration. Boats heading for the launch dock may walk boats through the alley between the Sailboat House and the fenced pen or down the concrete path on the west side of the Sailboat House. Please cooperate with staff and volunteer so as to eliminate “traffic jam.” Equipment will be checked (see Venue Map on next page). **All boats (sweep and sculls) should approach the launching dock bow first.**

The **return/take-out docks** are east of the Sailboat House and require a step up from the landing/take-out dock. It is recommended that all **sweep boats return bow first. Sculls can approach bow or stern first**, whichever is more comfortable. Boats coming off the Lake will turn right into the parking lot, turn a sharp left, and then head up the driveway toward Bellevue Avenue.

Boat Traffic Patterns/Course Map

Please review the Venue and Course maps carefully and note the boat traffic flow on land and on the water. All races start at “The Dam” near the Lake Chalet and finish at “The Embarcadero.” The lake can get shallow, so please stay away from the outer edges of the lake.

For your safety and that of all others, all shells must follow the traffic pattern.

Launching: Allow at least 30 minutes before your race to warm up. Dock space is limited; launch as quickly as possible. Bring oars to the dock before you launch. Tie in on the water.

Warm-up: Keep the buoys on your port side in the finger.

Pre-race area: Wait for your race in the area before the dock. When called to the start, you may row onto the course into your lane. BACK into your stake boat; you must be locked on two minutes prior to your race’s start time. Alignment will be done silently, by radio. To hold your point, scull the bow into position. DO NOT take full strokes, which will pull you out of the stake person’s grasp.

All crews and scullers must be accomplished in staging quickly into stake boats.

Finish Area: Run-out room is limited, especially in lanes 7 and 8. Please clear the finish area quickly; a race may follow yours in only a few minutes!

Thank you for coming and have a great race day!

