



## **2009 USRowing Southwest Regional Masters/Open Championship**

**July 12, 2009**

**Lake Merritt, Oakland, CA**

**This is the initial call for entries to compete in the USRowing Southwest Regional Masters/Open Championship Regatta. The racing will be conducted on Lake Merritt, and the regatta is hosted by the Lake Merritt Rowing**

**Eligibility:** A Master is a competitor who has or will attain the age of 21 during the current calendar year. There is a "AA" category for those over 21 and younger than 27. A competitor becomes a Master on January 1st of the year of his or her 21<sup>st</sup> birthday. A Masters crew shall be comprised exclusively of Masters rowers, but the coxswain need not be a Master. The age category of a Masters crew shall be determined by the average age of the rowers in the crew, rounded down to the nearest integer. The age of a coxswain shall not be counted. The ages of individual rowers need not fall within the age category, so long as each rower is at least in the AA age category and so long as the average age of the crew falls within the applicable category. Although the Southwest (SW) Regional Masters Championship Regatta is a championship event for rowers from Arizona, California, Colorado, Hawaii, Nevada, New Mexico and Utah, rowers who are from outside the Southwest Region may also enter the regatta. First, second, and third place Regional Championship awards will be presented for each event to the top three finishing crews. If the first-place crew is from outside the region, the highest placing SW crew will also receive a first-place award and the designation of Regional Champion. (In a three boat race, awards will be presented for first and second place only.) **All crews entering must be bona-fide members of a USRowing member organization.**

**USRowing Membership:** The Southwest Regional Championship is a USRowing sponsored event. **Each participant is required to be a current individual member of USRowing.** The Regatta will be a USRowing Registered Regatta and will abide by the USRowing Rules of Racing, except where amended by the regatta organizers.

**Waivers:** Waivers can now be signed on-line at [www.usrowing.org](http://www.usrowing.org) **To receive USRowing membership information or membership registration materials, please call the USRowing Member Service Department at (800)314-4ROW.**

**Regatta Schedule:** Races will run on 8 minute centers with the order of events to remain as listed. **We would like to accommodate as many competitors as possible.** Racing will begin at 8:00 am. Events with less than three entries,

from different programs, may be eliminated from the regatta schedule. **If there are more than three entries in a particular age category we will run that as a separate event (assuming that action doesn't leave a properly entered crew without a race).** Heats may be added for events with more than 6 entries. Heats will be run at the beginning of the program in the same order as the finals.

PLEASE NOTE RULE CHANGE: AA category athletes may compete in any events. The average age of the crew will determine their category.

See the USRowing Rules of Rowing Handicapping Guidelines for details regarding the use of handicaps.

**Age Categories are defined below:**

“AA” 21-26 "A" 27-35 "B" 36-42 "C" 43-49 "D" 50-54 "E" 55-59 “F” 60-64 "G" 65-69 "H" 70-74 “I” 75-79 "J” 80+

**Important Deadline:**

***ENTRIES AND FEES MUST BE RECEIVED BY MONDAY, JUNE 29, 2009***

	Entry Fee	Late Entry Fees (after June 29)
8+	\$95.00	\$120.00
4+, 4x	\$75.00	\$90.00
2-, 2x	\$45.00	\$70.00
1x	\$25.00	\$50.00

**How to submit entries and fees:**

This year we are pleased to announce that the regatta again will be utilizing an online entry system <http://www.regattacentral.com>. You will be able to submit entries and view entries, access various information and more. RegattaCentral also enables automated waiver compliance (assuming waivers are on file with USRowing). Entries must be received by **MONDAY, JUNE 29, 2009**. Entries lacking fees, or waivers will be considered late entries. Late entries, or entries received after the deadline will be subject to the higher entry fee and space availability in the scheduled heats and finals. Fees and waivers are due with entry forms. Entries must be submitted with fees in order to be included in the draw. Late entries may be made through RegattaCentral, but you must contact Paul Wilkins in order to make these entries. A scratch fee of \$25.00 will be assessed for any scratches made after noon on July 6. “No shows” at the starting line will be subject to the scratch fee. RegattaCentral offers many features that will make the entry process easy and will allow coaches that are registered to access and change their entries and view other entries to the regatta. Changes or corrections to boat line-ups should be made as soon as is practicable. USROWING Rules of Rowing allow up to 50% of a lineup to change after an entry has been submitted.

**Questions should be directed to: Paul Wilkins, E-mail:**[swrowing@cs.com](mailto:swrowing@cs.com)

**I am available via email only as I am living overseas this year.**

The Southwest Masters Regional Championship is pleased to utilize RegattaCentral again this year. **To expedite the process of submitting entries, be sure to have the USRowing Member Number for all rowers you'll be entering. You may now sign waivers online at USRowing.org or send them to: USRowing, 2 Wall St, Princeton, NJ 08540**

Each regatta has a separate "entry window". Our entry window is Now - June 29. Late entries may also be made through RegattaCentral. If you have trouble, please email me for guidance.

**For New Users of Regatta Central:**

- 1 Point your web browser (*Netscape 3.0, IE 3.0, or above*) to <http://www.regattacentral.com>
- 2 Click on the "New User" link to create your **free** membership to RegattaCentral.
- 3 Follow the online instructions. You'll be prompted to add the SW Masters to your personal regatta calendar. Be sure to check the box indicating you will be submitting entries.
- 4 Complete the registration form
- 5 Click 'Submit Entry' to submit your first entry
- 6 If you have any questions or need technical support, send an email to support@regatacentral.com

**For Existing Users of Regatta Central:**

- 1 Point your web browser (*Netscape 3.0, IE 3.0, or above*) to <http://www.regattacentral.com>
- 2 Log into your account
- 3 Click on "Add a regatta to my calendar"
- 4 Select the SW Masters and check the box indicating you will be submitting entries
- 5 Complete the registration form
- 6 Click 'Submit Entry' to submit your first entry
- 7 If you have any questions or need technical support, send an email to support@regatacentral.com

**Multiple Entries:** Multiple entries, for one event, from a club will be accepted and scheduled into the event if possible. However, please keep in mind that this is a Regional Championship and our time is limited. List multiple entries with "A", "B", etc. designations in order of priority. Events with less than three entries from different programs, may be removed from the schedule.

**Bow Balls and Bow Numbers:** Bow balls and bow numbers are required for any boat preparing to race. Boats without bow balls will not be allowed onto the race course. Please have the appropriate bow numbers for your boat to ensure proper identification by the officials. Bow numbers will **not** be provided by the regatta organizers. Bow numbers and bow balls must be supplied by the participants. Each shell must be equipped with quick release foot gear or heels attached with strings to allow quick release. All bow-coxed shells must meet the Rules of Rowing requirements regarding the size of the opening through which the coxswain enters the shell.

**Directions, Boat Storage/Trailer Parking: Important! See Map on the USRowing site.**

**Practice:**

Saturday practice will be available after 2:00PM. Note that on Saturday, the lake will not be closed, and there will be other users (sailing, kayaking, etc.) All shells must be off the water by sunset (8:30PM).

**Map with rowable water on Lake Merritt:**

Course map with traffic pattern will be posted on practice and race days. A link to this map is found on the USRowing Site.

**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. 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

**Regatta Meetings:** A meeting will be held on Saturday evening, July 11, at 6:30 pm at the LMRC boathouse to review the regatta procedures and the final schedule. All clubs and individual competitors should send a representative to the meeting. **Entries will not be accepted after the conclusion of the Regatta Meeting.**

**A coxswains meeting to detail traffic pattern and starting procedure will be held at the LMRC Boathouse at 6:30 AM on race day. Since the warm up pattern and getting crews to the start has its challenges we urge attendance at these meetings.**

### SW MASTERS/OPEN REGIONAL CHAMPIONSHIP EVENTS

CLASSIFICATION	BOATS 8+	4+	4x-	2-	2x	1x	
Masters Men	X	X	X	X	X	X	
Masters Women	X	X	X	X	X	X	
Masters Lightweight Men		X			X	X	
Masters Lightweight Women		X			X	X	
Masters Novice Men		X				X	
Masters Novice Women	X	X				X	
Masters Mixed	X	X	X		X	X	
Open Men	X	X	X	X	X	X	Novice1X
Open Women	X	X	X	X	X	X	Novice1X

### RACE CLASSIFICATIONS:

#### “MASTERS”

Rowers who have attained or will attain the age of 21 during the current calendar year. **“AA” category are those over 21, but not yet 27.** A competitor's age is determined as of December 31 of the current calendar year. The age of the crew is determined by the average age of the crew, rounded down to the highest contained integer. The coxswain’s age shall not be counted.

#### "MASTERS LIGHTWEIGHT"

See weigh-in information. NOTE: Lightweight events may be combined with "Same Age" events if there are not 3 entries for both the open weight and lightweight age.

#### “MASTERS NOVICE”

All members of the crew are “novices” for **two years** from the date of their first race.

#### “MIXED”

One half of the rowers within the boat must be men and the other half must be women.

#### “OPEN”

Open to all ages.

## Order of Events, Sunday, July 12, 2009 SW Masters/Open Regional

Event #	Event
1	Men's 2- (AA-J)
2	Womens Novice 4+
3	Womens Ltwt 1x (AA-J)
4	Mens Novice 1x (AA-J)
5	Womens Novice 1x (AA-J)
6	Men's Lwt. 2X (AA-J)
7	Women's lwt. 4+ (AA-J)
8	Womens Open 2-
9	Mens Open 2-
10	Mens Novice 4+
11	Womens 4+ (AA-A)
12	Womens 4+ (B)
13	Womens 4x (AA-C)
14	Womens 4x (D-F)
15	Mens 1x (E)
16	Mens 1x (B)
17	Women's Masters Novice 8
18	Womens Open 1x
19	Men's Open Novice 1X
20	Mens 8+ (AA-C)
21	Mens 1x (F)
22	Mens 2x (AA-C)
23	Womens 4+ (C)
24	Mens 8+ (D-F)
25	Womens 4+ (D)

26	Womens 4+ (E+)
27	Womens Ltwt 2x (AA-J)
28	Mens 1x (G-H)
29	Womens 8+ (AA-B)
30	Mens Open 2x
31	Women's Open Novice 1X
32	Mens 4+ (AA-A)
33	Mens 4+ (B-C)
34	Mens 4x (AA-J)
35	Mens Ltwt 1x (D+)
36	Womens 1x (AA-A)
37	Womens 8+ (C)
38	Open Women's 2X
39	Mens Open 1x
40	Mens Ltwt 1x (AA-C)
41	Womens 1x (D+)
42	Mens Open 8+
43	Women's 8+ (E+)
44	Womens 1x (B-C)
45	Womens Open 4+
46	Mens 4+ (D)
47	Mens 1x (D)
48	Womens 2x (AA-A)
49	Mens 1x (AA-A)
50	Men's 1x (C)
51	Women's 8+ (D)
52	Men's Lt 4 (AA-J)
53	Men's Master Novice 8 (AA-J)
54	Mens 4+ (E+)
55	Womens Open 8+
56	Mens Open 4+
57	Mixed Masters 4+ (AA-J)
58	Womens 2x (D+)

59	Womens 2x (B-C)
60	Mens 2x (D)
61	Mens 2x (E+)
62	Mixed 8+ (C-D)
63	Mixed 2x (AA-B)
64	Mixed 8+ (AA-B)
65	Mixed 2x (C-D)
66	Mixed 8+ (E-F)
67	Mixed 2x (E+)
68	Mixed 4x (AA-F)