



**USRowing Southwest Regional Junior Championship Regatta**  
**May 8-9, 2010**  
**Lake Natoma - Rancho Cordova, CA**

Entries are now being accepted for participation in the USRowing Southwest Regional Junior Championship Regatta. Races will be held on Lake Natoma in Rancho Cordova, CA, on a seven lane 2000 M buoyed course with starting platforms.

**Eligibility:** The SW Regional Junior Regatta is a championship event for rowers from Arizona, California, Colorado, New Mexico, Hawaii, Nevada, New Mexico, and Utah only. First, second, and third place SW Regional Championship medals will be presented for each event to the top three finishing crews. Points will be calculated in each event for the highest scoring entry for each team. Only the highest placing boat will earn points. Freshmen athletes entered in Frosh events must attach official documentation of Freshman status to the entry form. Acceptable documentation includes copies of student ID cards or a letter from the school administration on school stationery.

**USRowing Membership:** The SW Regional Championships is a USRowing sponsored event. Each participant is required to be a current individual member of USRowing. Every organization must be an organizational 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 region (rules are listed below).

**COMPLETE ENTRIES MUST BE RECEIVED BY APRIL 19, 2010.**

Complete entries include fees, names, waivers, memberships and freshman documentation made through RegattaCentral. *Entries will not be accepted via postal mail.*

Freshman documentation should be copied and scanned then emailed to: [SWROWING@CS.COM](mailto:SWROWING@CS.COM). Freshman Documentation must be received by April 19, 2010 to assure acceptance into those events.

Late entries received after April 19, 2010, will be admitted on a space availability basis only in the scheduled heats and finals.

Entries submitted without fees will not be included in the regatta schedule.

**A scratch fee of \$25.00 will be assessed for any scratches made after noon on Thursday, April 29, 2010.** "No shows" at the starting line will be subject to the scratch fee.

Changes or corrections to boat line-ups should be made as soon as is practicable. I have enabled RegattaCentral to accept lineup changes through April 24. If you need to change lineups after that time, you need to email [SWRowing@cs.com](mailto:SWRowing@cs.com)

To expedite the process of submitting entries, be sure to have the USRowing Member Number for all rowers you'll be entering. Additionally, you can speed up waiver compliance by having your athletes fax their waivers to USRowing, or using the online waiver option.

Each regatta has a separate "entry window". Our entry window is April 1 through April 20, 2009. If you need to add an entry you must contact Paul Wilkins, [swrowing@cs.com](mailto:swrowing@cs.com) to enable late entry acceptance through RegattaCentral.

**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
3. Follow the online instructions. You'll be prompted to add the SW Juniors to your personal regatta calendar. Once your account is created, click on "My Entries"

**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 Juniors and add it to your calendar.
5. When you are returned to your calendar, click on "My Entries" to start adding entries

	<u>Entry Fees</u>	<u>Late Entry Fees</u>
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:** The regatta will be utilizing <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) and enables your online roster to track Freshman, allowing the regatta to verify Freshman status more easily.

**General Information:** The regatta will be officiated by USROWING Judge-Referees. Coaches are expected to prepare athletes for participation in a formal regatta conducted by licensed officials and utilizing a starting platform. Crews must be able to scull themselves into alignment at the starting line. Races will run on time. Events will not be postponed for hot seating of athletes or equipment. Please consider this information when selecting your entries.

**Events with Trophies:** Please return trophies on Friday for distribution over the weekend.

**Entries:** Each team is guaranteed one boat per event. Duplicate entries will be allowed on a lottery system if there are lanes available to be filled. New heats will not be formed to accommodate duplicate entries. The faster of the two boats will be considered the "A" boat, the slower boat will be considered the "B" boat. Events with less than three entries from different programs will be removed from the regatta schedule.

**Multiple Entries:** Multiple entries from one club will be accepted only in the following events: 3V8, N8B, F8, 4x and 1x.

**Equipment Safety:** Bow balls and bow numbers are required for any boat preparing to race. These items will not be provided by the regatta organizers. Each Shell must be equipped with quick release footgear or heels attached with strings to allow quick release that are no more than 3" from the footboard. All bow coxed shells must meet the Rules of Rowing requirements regarding the size of the opening through which the coxswain enters the shell.

**Boat Storage/Trailer Parking:** The State Park at Lake Natoma has imposed a parking fee of \$6.00 per day. This applies to all vehicles parking in the area. Please arrive prepared to pay to park.

## **Weigh-Ins:**

### **Lightweights: Weighing of Competitors**

- The weight of junior rowers in lightweight events as described in Rule 4-106 (“Lightweights”), shall be determined once each day no less than one (1) hour and no more than two (2) hours before the scheduled time of the first race in which the weight is relevant.
- Crews will be weighed in the order that they sit in the boat (bow to stern).
- Each junior rower shall have only one (1) initial opportunity to weigh in. A competitor within one (1.0) pound or less of the weight standard is allowed one (1) re-weigh within the official weigh-in time window. A competitor whose initial weight is greater than one (1.0) pound above the weight standard will be ineligible to compete in the event.
- Competitors shall be weighed in racing uniform, without shoes or other footgear.

All lightweights will receive a wristband after weigh-ins. Wristbands must be present during racing of lightweight events. Scales will be open on Friday for unofficial weigh-ins.

<u>Lightweight Men</u>	<u>Lightweight Women</u>
Max. 155 lbs. (No avg.)	Max. 130 lbs. (No avg.)

## **Coxswains:**

- a. Coaches please make sure your coxswains know the events and boats they are weighing in for.
- b. Coxswains must weigh in once each day, not more than two hours, but not less than one hour before their first race.
- c. Weight classifications are as follows:
  - women’s crews minimum: 110 lbs.
  - men’s crews minimum: 120 lbs.

**Coaches, Coxswains and Officials Meeting:** A meeting will be held at 6PM Friday evening, May 7th, at the race course to review the regatta procedures and the final schedule. All teams should send a representative to the meeting. Entries will not be accepted after the conclusion of the Regatta Meeting.

**USRowing National Youth Championship:** The USRowing National Youth Invitational is now recognized as a championship regatta and is now called the **USRowing National Youth Championships** to reflect its elevated status. The Southwest Regional Junior Championship Regatta has been designated one of 12 qualifying regattas for the USRowing National Youth Championship. The 2010 USRowing Youth National Championships will be held June 11-13, 2010, at Harsha Lake outside of Cincinnati, Ohio. Racing will begin each morning at 8 a.m. Entry packets will be posted Mid March, 2010. To qualify for an invitation, crews must place first, second or third in the following events at the SW Championships: Varsity Eight, Varsity 4+, Lightweight Eight, Lightweight Four, Quad, Double, Lightweight Double, Pair, and Varsity Single. If one of the top three crews decides not to go, the invite will NOT roll-down to any fourth placed crews. Petitions will be considered for any acts of nature or disaster. Fourth placed crews or lower need not apply. For complete information about the Youth National Championship, see:

[http://www.usrowing.org/Events\\_Regattas/YouthNationalChampionships/index.aspx](http://www.usrowing.org/Events_Regattas/YouthNationalChampionships/index.aspx)

**Volunteers:** Each program competing is requested to supply at least 1 volunteer for one session of racing (an AM or PM one day). Have them report to the finish line tent.

**Accommodation:** Crews in need of accommodation are encouraged to make reservations as soon as possible. A list of local hotels may be found at the CSUS Aquatic Center Website: <http://www.csusaquaticcenter.com/>

**Seeding:** The seedings for the region will be determined by a coaches poll seeding system. The results of that seeding will be sent to the coaches for their review two weeks before the regatta. **Seeding for single scullers must be by name.** The following races will be seeded: V8, JV8, LT8, N8, Lt2x, Open 4+, 2-, 1x, 2x, 4x. Seedings will be determined from results from League Races, SoCal Cup Races and San Diego Crew Classic.

Events:

<u>Varsity</u>	<u>JV</u>	<u>3V</u>	<u>Lwt</u>	Novice	Freshmen	Open Events
8+	8+	8+	8+	8+	8+	4x
			4+	4+		4+
				4x		2x
						Lt 2x
						2-
						1x

**Team Trophy Points System:** Points will be calculated in each event for the highest scoring entry for each team in the final. Multiple entries from any team are permitted, but only the highest placing boat will earn points. Points will be awarded as follows:

						2-	
						N4x	
			O4+	3V8		Lwt2x	
			O4x	Lwt4+		N8'B'	
			Lwt8	N8		2x	
		<u>V8</u>	<u>JV8</u>	<u>FR8</u>		<u>N4+</u>	<u>O1x</u>
1st		30	24	18		12	9
2nd	80%	24	19	14		10	7
3rd	60%	18	14	11		7	5
4th	45%	13	11	8		5	4
5th	30%	9	7	5		3	2
6th	15%	5	4	3		2	1

# USRowing Southwest Regional Junior Championship

## Regatta By-laws and Guidelines

1. Executive Board: An Executive Board of Stewards will be empowered to act on the business of the Southwest Regional Junior Rowing Championship Regatta. The Board will be made up of five (5) voting members, no two of which will be from the same club. Executive Board Representatives will serve two-year terms. In order for the Executive Board to transact business, a quorum must be established. A quorum will consist of three voting members and any decision that only three voting members comes to must be unanimous.
2. Membership Voting: Junior programs who participate in the SWJRA championship shall be restricted to one vote per squad (1 men's and 1 women's) that they represent, with a maximum number of two votes per organization. Proxy votes will be allowed. Proxy votes must be submitted in writing and tendered at the beginning of the fall meeting.
3. Championship Regatta Rules: USRowing Rules will apply to the Regatta except where modified by the membership. Any change of the By-laws or Regatta Rules must be accomplished at the Fall membership meeting. After that time, the Executive Board of Stewards is in charge of implementing these rules, but can not override the rules agreed upon by the membership.
4. Race Classifications
  - a. In a 2 heat, non-seeded event Lane 7 can be used for the 4th place crew if that time is faster than the winning time of the other heat. In a 3 heat, non-seeded event, Lane 7 can be used for the third place crew if that time is faster than the winning times of the other heats.
  - b. In a non-Nationals -qualifying event, if an event goes to 4 heats+, the winner of each heat and the next 3 fastest times to fill out 7 lanes will progress to the final. In a Nationals -qualifying event, if an event goes to 4 heats, we will shift to a heats-rep-final progression.
5. Clarifications:
  - a. A coxswain may race at any classification level or in any event with the restriction that a second, third or fourth year coxswain not race down to the novice level and that the varsity level coxswain not race down to the JV or 3V. If extenuating circumstances exist, petitions will be heard.
  - b. A freshman (frosh) is defined as 9<sup>th</sup> grade or younger (up to and including 9<sup>th</sup> grade). The frosh 8+ coxswain need not be a freshman, as long as he/she is a novice.
  - c. A Novice is considered to be in their first season of racing. Rowers shall have had no racing experience as a rower and cox'ns shall have had no racing experience as a cox'n OR a rower prior to the current rowing season. Cox'ns who wish to become rowers may race for one season as novice rowers regardless of their coxing experience.
  - d. The 3rd Varsity (3V) classification is not open to any rower competing in a Varsity or JV event.
  - e. The JV 8+ is not open to any rower competing in the Varsity 8 event.
  - f. In order to enter a JV8+ you must enter a Varsity 8+. That JV8+ must be the slower of the two boats.
  - g. The Varsity classification is open to any eligible junior rower as long as they are not also entered in a JV or 3V event.
  - h. Athletes can only row in 3 events at SWJRA Championship regatta. Coxswains are exempt from this restriction.
  - i. The open quad event will be without coxswain for qualification to the Youth National Championships; however, additional crews can row with coxswain. The novice quad event will be with coxswain.
  - j. Composite boats: There shall be no composite boats. Composite is defined as one boat with members of more than one club. If extenuating circumstances exist, petitions will be heard.