

**USRowing Southwest Regional  
Junior Championship Regatta  
May 20-21 2006  
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 MAY 5, 2006**

**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.

**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.

**Entries must be received by May 5, 2006.** Entries received without fees, waivers, or Freshman documentation will be considered late entries. Late entries are subject to the higher entry fee.

**Freshman Documentation should be received by May 5, 2006 to assure acceptance into those events.** Freshman documentation should be sent to: **Paul Wilkins, 9315 N Marina Pacifica Dr., Long Beach, CA 90803**

Late entries received after May 5, 2006, will be admitted on a space availability basis only in the scheduled heats and finals. Fees and waivers are due with entry forms. 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 Friday, May 12, 2006.** "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.

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.

Each regatta has a separate "entry window". Our entry window is through **May 5, 2006**. ***Note: Entries will not be accepted via postal mail.***

**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+	\$85.00	\$120.00
4+, 4x	\$65.00	\$90.00
2-, 2x	\$45.00	\$70.00
1x	\$25.00	\$50.00

**Multiple Entries:** Multiple entries from one club will be accepted only in the following events: 3V8, N8B, F8, 4x and 1x. All other events will be limited to one crew per organization. If there are additional lanes in heats those lanes may be filled with "B" crews by a lottery system. In no cases will additional heats be created for "B" crews. Events with less than three entries from different programs will be removed from the regatta 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 on the racecourse. If you do not have the appropriate bow number at the start, you may be prohibited from racing. These items 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 footgear 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.

**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:** Lightweights need to weigh-in according to USRowing Rules of Racing, once each day no less than one hour and no more than 2 hours before the scheduled time of the first race in which the weight is relevant. 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 av.)	Max. 130 lbs. (No av.)

### **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 they race.
- c. Weigh-ins for coxswains will be open on Saturday 6-8am and Sunday 6:00-7:30am
- d. Weight classifications are as follows:

### **Coxswains**

For women's crews min. 110 lbs.,  
For men's crews min. 120 lbs.

**Coaches, Coxswains and Officials Meeting:** A meeting will be held at 6 PM Friday evening, May 19th, 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 Youth Championship will be held June 10-11, 2006 in Cincinnati, Ohio. 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, 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 Championship, see:

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

contact Helen Dalis (609) 751-0705 or at [helen@usrowing.org](mailto:helen@usrowing.org)

**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/html/swjunior.html>

**Seeding:** The seedings for the region will be determined by a computerized seeding system. The results of that seeding will be sent to the coaches for their review two weeks before the regatta.

## SW Region 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:** Membership organizations 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:** USRA Rules will apply to the SW Region Junior Rowing Championship Regatta except where modified by the membership. Any change of the By-laws or Regatta Rules must be accomplished by 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. **Regatta Format:** The format will follow a modified USRA Progression System C as voted on by the region in the Fall of 2004. See progression in clarifications below.
5. **Classifications and 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) and in their Novice year of rowing. The Frosh 8+ and 4+ 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 and shall have had no racing experience prior to the current rowing season.
  - d. The 3<sup>rd</sup> Varsity (3V) classification is not open to any rower competing in a Varsity or JV event. Exceptions: JV4+ may include athletes who are classified as 3V and below.
  - e. The JV classification is not open to any rower competing in a Varsity event. In order to enter a boat in a JV event, teams must also be entering a Varsity boat with an equal or greater number of seats. Therefore, a team can enter a JV4+ if and only if they have also entered a V8+ or V4+ and can enter a JV8+ if and only if they have also entered a V8+. It is understood that the Varsity boat be entered as the faster of the two boats.
  - f. The Varsity classification is open to any eligible junior rower.
  - g. Athletes can only row in 3 events at SWJRA Championship regatta.
  - h. The quad events will be without coxswain for qualification to the Youth Invitational; however, additional crews can row with coxswain.
  - i. In a 2 heat, non-seeded event Lane 7 can be used for the 4<sup>th</sup> 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.
  - j. 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.
  - k. The following races are Youth Invitational qualifiers: V8, V4, LT8, LT4, 4x, 2x, 1x.

- l. **Composite boats:** There shall be no composite boats at SWJRAs. Composite is defined as one boat with members of more than one club. If extenuating circumstances exist, petitions will be heard.
- m. **Lightweight classifications shall be as follow:**  
Men: 155-lbs. max., no average.      Women: 130-lbs. max., no average
- n. **Lightweights need to weigh-in according to USRowing Rules of Racing, once each day no less than one hour and no more than 2 hours before the scheduled time of the first race in which the weight is relevant. All lightweights will receive a wristband after weigh-ins. Wristbands must be present during racing of lightweight events.**
- o. **Coxswain weight minimums for men will be 120 lbs. and for women will be 110 lbs. Coxswains must weigh-in each day they race.**
- p. **A coxswain can have up to one (1) year coxswain experience and still be considered a novice rower.**
- q. **Duplicate 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. The only exceptions to the one entry limit will be the 3V8, N8B, FR8, 4x and 1x events. The schedule coordinator should make arrangements to provide that no team will have more than one entry per heat.
- r. **Seedings:** The following races will be seeded for SWJRA: V8, JV8, LT8, N8, 1x, 2x, 4x. Seedings will be determined from results from League Races, SoCal Cup Races and San Diego Crew Classic. A league coach poll will occur no later than 2 weeks before Championships.
- s. **Results:** Results from all League Races and SoCal Cup Races are to be posted for all coaches, by the Wednesday following race day. Results should be posted to [www.row2k.com](http://www.row2k.com).
- t. **Scratch Fee:** a scratch fee will be enforced as a deterrent to unnecessary entries.
- u. **Trophies:** Trophies must be returned to the Stewards prior to the Regatta Meeting on Friday evening.
- v. **League Races - Teams must race a straight V8 and JV8 and not even boats.**

**Regatta Events:**

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

			3V8		
		V4+	Lwt4+	N8'B'	
		V4x	JV4+	2x	
		Lwt8	N8	N4+	
	V8	JV8	FR8	FR4	V1x
1st	30	24	18	12	9
2nd	80%				
3rd	60%				
4th	45%				
5th	30%				
6th	15%				

## Schedule for USRowing SW Junior Regional Championships 2006

SATURDAY		
Event #	Time	Event
1a	8:00 AM	MV8
1b	8:10 AM	
2a	8:20 AM	WV8+
2b	8:30 AM	
2c	8:40 AM	
3a	8:50 AM	WF8+
3b	9:00 AM	
3c	9:10 AM	
4a	9:20 AM	MN4+
4b	9:30 AM	
4c	9:40 AM	
4d	9:50 AM	
5a	10:00 AM	WJV8+
5b	10:10 AM	
5c	10:20 AM	
6a	10:30 AM	W3V8+
6b	10:40 AM	
7a	10:50 AM	MLT4
7b	11:00 AM	
7c	11:10 AM	
8a	11:20 AM	MF8
8b	11:30 AM	

SUNDAY		
Event #	Time	Event
15a	8:00 AM	W4X
15b	8:10 AM	
15c	8:20 AM	
18a	8:30 AM	WN8B
18b	8:40 AM	
19a	8:50 AM	WN8A
19b	9:00 AM	
19c	9:10 AM	
19c	9:20 AM	
20a	9:30 AM	MLT8
20b	9:40 AM	
29a	9:50 AM	M2X
29b	10:00 AM	
14a	10:10 AM	MV4+
14b	10:20 AM	
14c	10:30 AM	
22 rep A	10:40 AM	M1X rep
22 rep B	10:50 AM	
26b	11:00 AM	MN8B
26c	11:10 AM	
27a	11:20 AM	MN8A
27b	11:30 AM	

9a	11:40 AM	WN4
9b	11:50 AM	
9c	12:00 PM	
9c	12:10 PM	
10a	12:20 PM	MJV8
10b	12:30 PM	
11a	12:40 PM	M3V8
11b	12:50 PM	
12a	1:00 PM	WLT4
12b	1:10 PM	
12c	1:20 PM	
	<b>BREAK</b>	
1 Petit Final	2:00 PM	MV8
1 Final	2:10 PM	
2 Petite Final	2:20 PM	WV8+
2 Final	2:30 PM	
3 Final	2:40 PM	WF8+
4 Final	2:50 PM	MN4
5 Final	3:00 PM	WJV8
6 Final	3:10 PM	W3V8
7 Final	3:20 PM	MLM4
8 Final	3:30 PM	MF8
9 Final	3:40 PM	WN4
10 Final	3:50 PM	MJV8
11 Final	4:00 PM	M3V8
12 Final	4:10 PM	WLM4
	4:20 PM	
13a	4:30 PM	M1X
13b	4:40 PM	
13c	4:50 PM	
13d	5:00 PM	
16a	5:10 PM	MF4
16b	5:20 PM	
22a	5:30 PM	W1X
22b	5:40 PM	
25a	5:50 PM	MJV4
25b	6:00 PM	
24a	6:10 PM	WF4
24b	6:20 PM	
24c	6:30 PM	
17a	6:40 PM	WJV4
17b	6:50 PM	
17c	7:20 PM	
17d	7:30 PM	

27c	11:40 AM	
28a	11:50 AM	M4X
28b	12:00 PM	
23a	12:10 PM	WLT8
23b	12:20 PM	
29a	12:30 PM	W2X
29b	12:40 PM	
29c	12:50 PM	
30a	1:00 PM	WV4
30b	1:10 PM	
30c	1:20 PM	
	<b>BREAK</b>	
13 Final	2:00 PM	M1X
14 Final	2:10 PM	MV4
15 Final	2:20 PM	W4X
16 Final	2:30 PM	MF4
17 Final	2:40 PM	WJV4+
18 Final	2:50 PM	WN8B
19 Final	3:00 PM	WN8A
20 Final	3:10 PM	MLT8
21 Final	3:20 PM	M2X
22 Final	3:30 PM	W1X
23 Final	3:40 PM	WLT8
24 Final	3:50 PM	WF4
25 Final	4:00 PM	MJV4
26 Final	4:10 PM	MN8B
27 Final	4:20 PM	MN8A
28 Final	4:30 PM	M4X
29 Final	4:40 PM	W2X
30 Final	4:50 PM	WV4