

USRowing Southwest Regional Junior Championship Regatta May 10-11, 2003 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 six lane 2000 M buoyed course with starting platforms.

Eligibility: Although the SW Regional Junior Regatta is a championship event for rowers from Arizona, California, Colorado, New Mexico, Hawaii, Nevada, New Mexico, and Utah, rowers from outside the Southwest region may also enter the regatta. 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. Multiple entries from any team are permitted, but 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 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. The regatta will be a USRowing Registered Regatta and will abide by the USRowing Rules of Racing, except where amended by the regatta organizers. Attached entry forms must be fully completed (including individual USRowing member numbers) and returned before a team or individual is allowed to compete. To receive USRowing membership information or membership registration materials, please call the USRowing Member Service Department at (800) 314-4ROW.

COMPLETE ENTRIES MUST BE RECEIVED BY WEDNESDAY, APRIL 30, 2003

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.

How to submit Entries and Fees: This year I am pleased to announce that the regatta will be utilizing an online entry system, <http://www.regattacentral.com>. You will be able to submit entries and view entries, access various info 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. Of course, you may submit entries via postal mail as well. Entries must be received by Wednesday, April 30, 2003. Entries received without fees, waivers, or Freshman documentation will be considered late entries. Late entries, or entries received after April 30, 2003 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 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 2, 2002. "No shows" at the starting line will be subject to the scratch fee. Checks should be payable to "USROWING", and sent to the address below. Regatta Central 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.

Send checks and waivers to:

Paul Wilkins
USROWING SW
9315 N. Marina Pacifica Dr.
(562) 493-1982
Long Beach, CA 90803
E-Mail: SWROWING@cs.com

The SW Junior Regional Championship is pleased to announce it is using RegattaCentral. This web-based system enables you to submit entries and monitor regattas online, providing immediate entry verification and much more... **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 March 28th – April 30.

Note: Entries will still be accepted via postal mail if you do not have online access.

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> (after April 29)
8+	\$75.00	\$100.00
4+, 4x	\$55.00	\$80.00
2-, 2x	\$35.00	\$60.00
1x	\$25.00	\$50.00

Multiple Entries: Multiple entries for one event, from a club will be accepted as a matter of course only into the following events: 3V8, N8B, and V1X. All other events will be limited to one crew per institution. 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 park at Lake Natoma has imposed a parking fee of \$6.00 a day. This applies to all vehicles parking in the area. Please arrive prepared to pay to park.

Weigh-Ins: Lightweights need to weigh-in as follows for Championships weekend:

LT4: Friday PM or Saturday morning before any racing begins.

LT8: Saturday PM or Sunday morning before any racing begins.

All lightweights will receive a wristband after weigh-ins. Wristbands must be worn during racing of lightweight events weigh-ins for Lightweights and Coxswains would be open on Friday afternoon from 2 PM - 6 PM and Saturday 6 AM - 8AM and 6-7:30PM. Sunday weigh-ins are 7-8 AM. Coxswains need only weigh in once each day they race.

For lightweights, if any member of a LT boat does not make weight, then the whole boat needs to be re-weighed. Lightweight weigh-ins close at the beginning of the first race of the day. Once racing has begun on Saturday, or Sunday no lightweights may weigh in.

Coxswains have until 10:0AM. Weigh-ins will only be performed during those hours.

Weight classifications are as follows:

<u>Men</u>	<u>Women</u>	<u>Coxswains</u>
Max. 155 lbs. (No ave.)	Max. 130 lbs. (No ave.)	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 10th, 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 Youth Invitational: The Southwest Regional Junior Championship Regatta has been designated one of 11 qualifying regattas for the USRowing Youth Invitational. The Youth Invitational will be held June 7-8, 2003 in Cincinnati, Ohio. To qualify for an invitation, crews must place first or second in the following events at the SW Championships: Varsity Eight, Lightweight Eight, Quad, Varsity 4+, Double, Varsity Single. Crews not finishing in the top two in their championship event may petition for entry based on their season performance. For complete information about the Youth Invitational, contact Jody Pope at (317) 237-5651 or at jody@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).

Accommodation: Crews in need of accommodation are encouraged to make reservations as soon as possible. A list of local hotels is supplied below.

Best Western Heritage Inn (916)631-7500 11269 Point East Drive (800)228-2800 Rancho Cordova, CA	(916)635-4040	Fairfield Inn by Marriott 10713 White Rock Road Rancho Cordova, CA
Comfort Inn (916)635-0666 3240 Mather Field Road Rancho Cordova, CA	(916)363-3344	Holiday Inn 11131 Folsom Blvd. Rancho Cordova, CA
Courtyard by Marriott (916)366-1266 1638 White Rock Road Rancho Cordova, CA	(916)638-3800	Howard Johnson Hotel 3343 Bradshaw Road Rancho Cordova, CA
Economy Inn (916)638-1100 12249 Folsom Blvd. Rancho Cordova, CA	(916)351-1213	Sheraton Rancho Cordova 11211 Point East Drive Rancho Cordova, CA

**SOUTHWEST REGION JUNIOR ROWING ASSOCIATION
CHAMPIONSHIP REGATTA
GUIDELINES AND BY-LAWS**

Championship Regatta

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. **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.
3. **Regatta Format:** The format will follow USRA Progression System C, with the exception of the selection by the Board of Stewards to place the top four (4) crews in the men's and women's novice and varsity 8+'s in alternate heats by draw.
4. **Classifications and Clarifications:**
 - a) A coxswain can have up to one (1) year coxswain experience and still be considered a novice rower.
 - b) The Varsity classification is open to any eligible junior rower.
 - c) The JV classification is not open to any rower competing in a Varsity event. In order to enter a JV event, clubs must also be entering a Varsity boat in the same category. Exceptions: 1-2 year old programs, the V1x event and the JV4+. The JV4+ may not have rowers entered in a varsity event. Coxswains are exempt from the JV4+ ruling.
 - d) The 3rd Varsity (3V) classification is not open to any rower competing in a Varsity or JV event. In order to enter a 3V event, clubs must also be entering a Varsity and a JV boat in the same category. Exceptions: The V1x event and the JV4+. The JV4+ may not have rowers entered in a varsity event. Coxswains are exempt from the JV4+ ruling.
 - e) Lightweight classifications shall be as follow:
 - Men: 155-lbs. max., no average.
 - Women: 130-lbs. max., no average
 - Lightweights need to weigh-in as follows for Championships weekend:
 - LT4: Friday PM or Saturday morning before any racing begins.
 - LT8: Saturday PM or Sunday morning before any racing begins.
 - All lightweights will receive a wristband after weigh-ins. Wristbands must be worn during racing of lightweight events.
 - f) Coxswain weight minimums for men will be 120 lbs. and for women will be 110 lbs. Coxswains must weigh-in each day they race.
 - g) The quad events will be without coxswain for qualification to the Youth Invitational; however, additional crews can row with coxswain. The novice quads will remain with coxswain.
 - h) A novice shall not have raced in nor have had 3 months organized rowing experience prior to the preceding SWJR Championship Regatta.
 - i) Freshman (Frosh) is defined as 9th grade or younger (up to and including 9th grade) AND in their Novice year of rowing.
 - j) The Frosh 8+ and 4+ coxswain need not be a Freshman, as long as he/she is a novice.
 - k) A team must enter an OPEN 4x to be able to enter an intermediate 4x.
 - l) The OPEN 4x must be faster than the INT 4x.
 - m) The natural sculling progression would be:
 - One racing season in the Novice 4x+
 - One racing season in the Intermediate 4x-
 - Any following season in the Open 4x
 - n) A varsity athlete in their first year of varsity/jv sculling is eligible for the Int 4x. This means an athlete can only race and compete in the Int 4x or 1x for one racing season, or any portion thereof.

- o) Athletes in the Open 4x or Open 2x are not eligible for the Int 4x. This means that athletes that rowed in the Open 4x in any previous Championship can not row in the Int 4x.
 - p) The Int 4x will be without coxswain. Teams may race with a coxswain if they so choose.
5. **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 V1x, N8B and 3V8 events. The schedule coordinator should make arrangements to provide that no team will have more than one entry per heat.
 6. **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.
 7. **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.
 8. **Scratch Fee:** a scratch fee will be enforced as a deterrent to unnecessary entries.
 9. **Final Only Events:** The SWJRA has 3 FINAL ONLY events. They are: 2-, Int4x and FR4. There are only 7 slots for these events. Teams must show (through results in the spring) that boats entering these events have raced prior to SWJRA. In the event that more than 7 qualified crews enter, a lottery system will be instilled.
 10. All Regatta Trophies must be returned to the Stewards prior to the Regatta Meeting on Friday evening. Teams that do not return trophies will not be allowed to race.

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.

Regatta Events:

The Regatta will have a set schedule from year to year.

<u>Varsity</u> Eight Four Single	<u>Junior Varsity</u> Eight Four	<u>3rd Varsity</u> Eight	<u>Lightweight</u> Eight Four
<u>Novice</u> Eight Four Quad	<u>Freshman</u> Eight Four	<u>Open Events</u> Quad Double Pair (Non-Novice) Int4x	

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:

		Int4x			
			3V8	2x	
		V4+	LWT4	2-	
		V4x	JV4	N4x	
		JV8	N8	N4	
	V8	LWT8	FR8	FR4	V1x
1 st	30	24	18	12	9
2 nd	80%				
3 rd	60%				
4 th	45%				
5 th	30%				
6 th	15%				

Organization <i>(Please specify if you are rowing as a composite crew.)</i>		
Contact	Phone (day)	
E-Mail	Event Number	
Event Name		
Boat Designation ("A", "B") <i>This applies to crews who enter more than one boat in an event.</i>		_____ of _____ Entries
ATHLETE'S NAME (Last, First)	AGE	USRowing NUMBER
Bow		
Stroke		
Coxswain	Age needed only for juniors	

USRowing Waiver

New in 2003, USRowing has initiated a single waiver effort that will allow each USRowing member to sign a waiver just once per year for select USRowing-registered regattas (including regional and national regattas). This new effort will reduce the need for you to collect waivers from athletes for these regattas.

To help make this effort a success, please have your athletes follow these directions:

1. Fill out and sign the USRowing waiver (it can be found at:)
2. Write the athlete's USRowing member number on the fax cover letter or upper-right margin of the waiver.
3. Send or fax the waiver to USRowing (fax is recommended)
 - a. Fax number:
 - b. Postal Address:

When you create your personal roster on RegattaCentral, be sure to include each athlete's USRowing number. This will enable the regatta to validate waiver compliance via RegattaCentral directly with USRowing, saving the regatta significant amounts of time and manual labor.

Please do *NOT* send the waiver with your entry payment and RegattaCentral invoice, as this will require the regatta to manually validate the waiver.