

USRowing Southwest Regional Junior Championship Regatta May 7-8, 2005 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: 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. 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 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 MONDAY, APRIL 25, 2005

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: In the event that a non-SW team wins an event that has a perpetual trophy, that trophy will be awarded to the highest placing SW team.

How to submit Entries and Fees: Again 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 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 Monday, April 25, 2005. Entries received without fees, waivers, or Freshman documentation will be considered late entries.

Entries submitted on paper through the mail will be subject to the late entry fee.

Freshman Documentation should be received by April 25 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, or entries received after April 25, 2005, 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, April 29, 2005.** "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. USROWING Rules of Rowing allow up to 50% of a lineup to change after an entry has been submitted.

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 Now– April 28.

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> (after 4/25, or paper entries)
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 for one event, from a club will be accepted as a matter of course only into the following events: 3V8, N8B, F8, 4x and 1x. 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 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:

- a. 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.
Lightweight weigh-ins close at the beginning of the first race of the day.
- b. Weigh-ins for Lightweights will be open on Friday 2pm–6pm; Saturday 6am–8am and 6:00pm-7:30pm; Sunday 6:30am-8:00am.
- d. All lightweights will receive a wristband after weigh-ins. Wristbands must be worn during racing of lightweight events. If any member of a Lwt. boat does not make weight, then the whole boat needs to be re-weighed. Once racing has begun on Saturday or Sunday no lightweights may weigh in.

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 6-10am and Sunday 6:00-10am
- d. Weight classifications are as follows:

Lightweight Men

Max. 155 lbs. (No av.)

Lightweight Women

Max. 130 lbs. (No av.)

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 6th, 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 Invitational: The Southwest Regional Junior Championship Regatta has been designated one of 14 qualifying regattas for the USRowing Youth Invitational. The Youth Invitational will be held June 11-12, 2005 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, Lightweight Four, Quad, Varsity 4+, Double, Varsity Single. If a second or third place crew does not choose to go, the third place crew will be accepted without petition. Other crews will be accepted if they are within 4 seconds of the winning time in the 8+, 4+ or 4x, or within 6 seconds in the 2x or the 1x. Other crews may petition for entry based on their season performance. For complete information about the Youth Invitational, see <http://www.usrowing.org/itemdisplay.asp?id=324> or 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). 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: I will contact all the coaches in events to be seeded two weeks prior to the regatta. I will request their ordered list of the crews competing in seeded events. Individual coaches are asked to seed only events in which they have crews competing.

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, when possible, the varsity level coxswain not race down to the JV or 3V. A JV coxswain may race at the 3V level if no 3V coxswain exists.
 - b. A Freshman (Frosh) is defined as 9th grade or younger (up to and including 9th 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 3rd 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 8+'s.
 - 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 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.
 - 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.

- 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 as follows for Championships weekend:**
LT4: Friday PM or Saturday morning
LT8: Saturday PM or Sunday morning
- o. All lightweights will receive a wristband after weigh-ins. Wristbands must be present during racing of lightweight events.
- p. Coxswain weight minimums for men will be 120 lbs. and for women will be 110 lbs. Coxswains must weigh-in each day they race.
- q. A coxswain can have up to one (1) year coxswain experience and still be considered a novice rower.
- r. **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.
- s. **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.
- t. **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.
- u. **Scratch Fee:** a scratch fee will be enforced as a deterrent to unnecessary entries.
- v. **Trophies:** Trophies must be returned to the Stewards prior to the Regatta Meeting on Friday evening. In the event that a non-SW team wins an event that has a perpetual trophy, that trophy will be awarded to the highest placing SW team.
- w. **League Races - Teams must race a straight V8 and JV8 and not even boats.**

Regatta Events:

Varsity	JV	3V	Varsity Lwt	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 2005

SATURDAY		
Event #	Time	Event
1a	8:00 AM	WV8
1b	8:10 AM	
1c	8:20 AM	
1d	8:30 AM	
2a	8:40 AM	MV8+
2b	8:50 AM	
3a	9:00 AM	MF8+
3b	9:10 AM	
4a	9:20 AM	WN4+
4b	9:30 AM	
4c	9:40 AM	
4d	9:50 AM	
5a	10:00 AM	MJV8+
5b	10:10 AM	
6a	10:20 AM	M3V8+
6b	10:30 AM	
	BREAK	
7a	10:50 AM	WLT4
7b	11:00 AM	
7c	11:10 AM	
8a	11:20 AM	WF8
8b	11:30 AM	
9a	11:40 AM	MN4
9b	11:50 AM	
9c	12:00 PM	
10a	12:10 PM	WJV8
10b	12:20 PM	
10c	12:30 PM	
11a	12:40 PM	W3V8
11b	12:50 PM	
12a	1:00 PM	MLT4
12b	1:10 PM	
1 REP 1	1:20 PM	WV8
1 REP 2	1:30 PM	WV8
	BREAK	
2 Final	2:30 PM	MV8+
3 Final	2:40 PM	MF8+
4 Final	2:50 PM	WN4
5 Final	3:00 PM	MJV8
6 Final	3:10 PM	M3V8
7 Final	3:20 PM	WLT4
8 Final	3:30 PM	WF8
9 Final	3:40 PM	MN4
10 Final	3:50 PM	WJV8
11 Final	4:00 PM	W3V8
12 Final	4:10 PM	MLT4
13a	4:20 PM	W1X
13b	4:30 PM	
13c	4:40 PM	

SUNDAY		
Event #	Time	Event
1 Final	8:00 AM	WV8
15a	8:10 AM	M4X
15b	8:20 AM	
18a	8:30 AM	MN8B
18b	8:40 AM	
18c	8:50 AM	
19a	9:00 AM	MN8A
19b	9:10 AM	
19c	9:20 AM	
20a	9:30 AM	WLT8
20b	9:40 AM	
29a	9:50 AM	M2X
29b	10:00 AM	
18 REP 1	10:10 AM	WV4+
18 REP 2	10:20 AM	
	BREAK	
26a	10:50 AM	WN8B
26b	11:00 AM	
26c	11:10 AM	
27a	11:20 AM	WN8A
27b	11:30 AM	
27c	11:40 AM	
27d	11:50 AM	
28a	12:00 PM	W4X
28b	12:10 PM	
28c	12:20 PM	
23a	12:30 PM	MLT8
23b	12:40 PM	
21a	12:50 PM	W2X
21b	1:00 PM	
21c	1:10 PM	
30a	1:20 PM	MV4
30b	1:30 PM	
30c	1:40 PM	
	BREAK	
13 Final	2:30 PM	W1X
14 Final	2:40 PM	WV4
15 Final	2:50 PM	M4X
16 Final	3:00 PM	WF4
17 Final	3:10 PM	MJV4+
18 Final	3:20 PM	MN8B
19 Final	3:30 PM	MN8A
20 Final	3:40 PM	WLT8
21 Final	3:50 PM	W2X
22 Final	4:00 PM	M1X
23 Final	4:10 PM	MLT8
24 Final	4:20 PM	MF4
25 Final	4:30 PM	WJV4
26 Final	4:40 PM	WN8B

SATURDAY		
Event #	Time	Event
16a	4:50 PM	WF4
16b	5:00 PM	
14a	5:10 PM	WV4
14b	5:20 PM	
14c	5:30 PM	
14d	5:40 PM	
	BREAK	
22a	6:00 PM	M1X
22b	6:10 PM	
22c	6:20 PM	
25a	6:30 PM	WJV4
25b	6:40 PM	
25c	6:50 PM	
24a	7:00 PM	MF4
24b	7:10 PM	
17a	7:20 PM	MJV4
17b	7:30 PM	

SUNDAY		
Event #	Time	Event
27 Final	4:50 PM	WN8A
28 Final	5:00 PM	W4X
29 Final	5:10 PM	M2X
30 Final	5:20 PM	MV4