

SACRAMENTO STATE **AQUATIC CENTER**

A PROGRAM OF ASSOCIATED STUDENTS, INC.

GOLDEN STATE INDOOR ROWING CHAMPIONSHIPS

*Hosted by the Sacramento State Aquatic Center and Associated Students Inc. of
California State University, Sacramento*

- Date:** February 3, 2024
- Time:** Registration 7:30am First race 9:00am
- Location:** Sacramento State Aquatic Center. (1901 Hazel Ave.)
Directions can be found on our web site
www.sacstateaquaticcenter.com
- Individual Entry:** Complete entry online at: www.asi.perfectmind.com
- Group Entries:** Must complete form on page four and email to dbirch@csus.edu
- Entry Deadline:** **Friday, January 26, 2024**
- Entry Fee:** \$25.00 per competitor
- Group Discount:** \$20.00 per competitor for teams entering 10 or more athletes. All competitor names must be submitted with the group entry form.
No race day substitutions are allowed.
The group discount is not available on the day of the race.
- Late Entries:** **Late entries \$30: Accepted on race day only if there is space available.**
- Distance:** 500m, 1000 meters OR 2000 meters.
- Damper Setting:** The Concept II Model D indoor rower will be used for the race.
Competitors may choose the damper setting they prefer and cannot change the setting during the race.
- Format:** All races will be finals.
All participants are asked to provide an estimated 2k time for seeding purposes in case your event exceeds 10 entries. The fastest time in all flights run will be the winner.
- Awards:** First, second, and third place medals will be awarded to the fastest times in each category.
- Veteran Events:** We will be running one event for all the veterans. **Note: Concept 2 and WIRC break the veterans' category up further; we do not due to lack of entries.**

Categories: **Open** (No Restrictions)
 Collegiate (Eligible College students only)
 Youth – U19, U17, U15
 Master (Ages 30-39)
 Senior (Ages 40-49)
 Veteran (Ages 50-up)
 Coxswains – 500m race (Participants must be primarily a coxswain and cannot exceed the maximum coxswain weight; men – 130 pounds, women – 120 pounds)

Schedule of Events:

<u>Event Name</u>	<u>Abr.</u>
Men’s Junior U19	MU19
Women’s Junior U19	WU19
Women’s Veteran/Senior/Master	WV/WS/WM
Women’s Coxswain 500m	WC
Men’s Masters 1k	MM1k
Men’s Junior U17	MU17
Women’s Junior U17	WU17
Men’s Collegiate	MC
Men’s Coxswain 500m	MC
Women’s Masters 1k	WM1k
Women’s Collegiate	WCO
Men’s Veteran/Senior/Master	MV/MS/MM
Men’s Junior U15	MU15
Women’s Junior U15	WU15
Men’s Open	MO
Women’s Open	WO
Adaptive 2k	AA
Women’s 500m	WDash
Men’s 500m	MDash

Please do not call the Sacramento State Aquatic Center for your starting time. The complete start list will be posted on our web page <http://www.sacstateaquaticcenter.com> *No sooner than the Wednesday (1/31/2024) prior to the event and e-mailed to the contact e-mail listed on each entry form.*

Directions to the Aquatic Center:

The Sacramento State Aquatic Center is located near the intersection of Highway 50 and Hazel Avenue. Take the Hazel Avenue exit off of Highway 50 and travel north. Turn right at Gold Country Boulevard. This takes you directly into the Aquatic Center Parking Lot.

Ergometers For Sale:

Used Model D ergometers (20) owned by the Sacramento State Aquatic Center will be sold on a first come - first serve basis. The cost is \$800 per indoor rower plus tax. All indoor rowers that are purchased must be picked up at the completion of the event on Saturday. A non-refundable deposit of \$100 per machine is required. All ergometer sales are final; no refunds will be issued.

Please call our front office at 916-278-2842, press 9 to speak to a customer service representative you can take your \$100 deposit payment on a Visa or MasterCard over the phone.

Race Day Information:

- All competitors must check in at least 30 minutes prior to their start time. Any competitor who does not check in will be scratched.
- Any competitor who has not signed a waiver, paid their entry fee, or completed an entry form will be scratched.
- Any competitor who meets the Time Standards for their event must see the race organizer and fill out the proper forms.
- **Warm-up time on the race ergometers will be limited.** There will be a limited number of ergs available for warm-up. Heats are run on 20 minute centers so athletes will have 5-10 minutes on their race machines before their event starts.

Questions:

Any questions regarding this event can be directed to DeDe Birch.
Please call (916) 278-2842x9 or e-mail dbirch@csus.edu

GOLDEN STATE INDOOR ROWING CHAMPIONSHIP TEAM ENTRY FORM

Name/Coach _____ Phone# _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Affiliation (school/club) _____

Entry fee is \$25 per person or \$20 per person **for teams of 10 or more.**

Entry Deadline: **Friday, January 26, 2024**

PLEASE PRINT LEGIBLY! PLEASE PRINT LEGIBLY!

Athlete's Name & Date of Birth (must have)	Event #	Event Abr.	Age	500m/1000m/2000m score
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