

SACRAMENTO STATE
AQUATIC CENTER

GOLD RUSH

Masters
REGATTA

2019

GOLD RUSH MASTERS REGATTA

SATURDAY, MAY 11TH, 2019

LAKE NATOMA – GOLD RIVER, CA

HOSTED BY:

THE SACRAMENTO STATE AQUATIC
CENTER

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REGATTA INTRODUCTION

RACE AND COURSE LENGTH

Races will be conducted by the Sacramento State Aquatic Center on the premier rowing venue, Lake Natoma. Rowers will go for the **gold**, as the miners did in 1849, on a 1000-meter fully buoyed course with stake boats.

REGATTA PERSONNEL

SAC STATE AQUATIC CENTER PERSONNEL

<p><u>Director</u> Brian Dulgar Director, SSAC Phone: (916) 278-2842 Email: btdulgar@csus.edu</p>	<p><u>Assistant Director</u> Cindi Dulgar Associate Director, SSAC Phone (916)278-2842 Email: cindi@csus.edu</p>
<p><u>Director of Rowing</u> DeDe Birch Rowing Manager, SSAC Phone: (916) 278-2842 Cell: (916) 496-2168 Email: dbirch@csus.edu</p>	<p><u>Team Check-in</u> Heather Wilhelmi Operations Manager, SSAC Phone: (916)278-2842 Email:hheieck@csus.edu</p>

DIRECTIONS

Directions from Highway 50: Heading West from Lake Tahoe or East from Sacramento/ San Francisco take the Hazel Ave. (Exit 21). Go North onto Hazel Ave. Make the first right hand turn in to Nimbus Flats California State Park. If lot is full follows signs to overflow parking.

Directions from Highway 80: Heading West from Auburn or east from North Sacramento take the Sierra College Blvd. exit (in the City of Rocklin) and turn South on Sierra College Blvd. In about 6 miles Sierra College Blvd. becomes Hazel Avenue, continue South through the town of Orangevale and finally across the American River. The first left after the river is the Aquatic Center. The entrance to Nimbus Flat is a small left hand turn pocket after the Gold Country Blvd. / Nimbus Rd signal. Make the next left into the Nimbus Flats California State Park or if lot is full follow signs to overflow parking.

PARKING AND DROP OFF

TRAILER PARKING

Trailers must be parked in the "normal" trailer parking (unpaved area) located around the perimeter of the main parking lot in Nimbus Flat State Park. Trailers are not permitted in the back parking lot or in any paved parking spaces. No parking is permitted in "loading zones."

Trailers must arrive on Friday May 10, 2019 between 7:00 am and sunset. (Contact the AC if you need special arrangements). ***The park will close at dusk (sunset is at 8:06pm).*** ***See 10d for additional parking options on Friday.***

No boat trailers or shells may be stored at the Aquatic Center. All crews will launch from the finish line area @ Nimbus Flat State Park. All trailers must arrive prior to park closing on Friday, May 10. No Saturday arrivals.

DROPPING OFF

We provide the lot outside the State Park (Cal Trans Park & Ride) for loading and unloading. There will be customer service carts to help transport items and people into the event from this location. Please note that carts are not for athletes, customer service carts are for general public. If dropping supplies for team hospitality, you may unload in the Park & Ride and the carts will help you to your tent. Vehicles may not be left unattended in the Park & Ride. No one will be allowed into the State Park to drop-off or pick-up.

EVENT PARKING

Event parking is \$10.00 per vehicle and is at event parking. **CASH ONLY.** A free shuttle will pick up at the event parking and will drop-off in the State Park at the finish line tent. The shuttle buses will run all day until 30 minutes after the last race. The shuttle does **NOT** pick up at the fish hatchery. Saturday parking will be at 11971 Foundation Place, Gold River, CA 95670.

TRAILERS, STORAGE, TENTS, AND RIGGING

Each team was able to rent a tent along the finish line area. Each team tent will be labeled with the team name. Each tent receives 20 chairs and 2 tables, please keep your chairs and table with your tent. There are **no private shade tents allowed** along the finish line or in the boat storage area.

We ask that teams do not place tarps on the ground under your tent, this kills the grass. We also asked that everything you bring into the park, you take out with you when you leave. Please remember that this is a state park, if you pack it in, then please pack it out.

FOOD AND CLOTHING VENDORS

We will have the following food and clothing vendor: JL Racing, AdWear (official regatta t-shirt vendor), Maeke Apparel, Smoothie Patrol, and more to come.....

PRE REGATTA INFO

ELIGIBILITY

A "Master" shall be defined by USRowing rules of racing for 2019. A Masters' crew shall be comprised exclusively of Master rowers. The coxswain need not be a Master. The age category of a Masters crew shall be determined by the average age of the rowers in the crew, rounded down to the nearest integer. The age of the coxswain shall not be counted.

AGE CATEGORY FOR HANDICAPPING

"Competing against rowers of similar age is an incentive to participate." FISA

Age categories are as follows:

AA – Minimum age – 21-26

A - Average age 27-35

C - Average age 43-49

E - Average age 55-59

G - Average age 65-69

I - Average age 75-79

B - Average age 36-42

D - Average age 50-54

F - Average age 60-64

H - Average age 70-74

J - Average age 80 or more

ENTRIES AND ENTRY FEES

All registrations and payments must go through Regatta Central; www.regattacentral.com. Entry Fees are as follows:

Eights: \$140.00

Fours: \$90.00

Quads: \$ 90.00

Doubles/Pairs \$60.00

Singles: \$35.00

Entry Deadline: Received by 2300 (11:00 PM), WEDNESDAY, May 1, 2019.

EVENT CHANGES

Event Changes will be accepted if room is available until Monday May 6, 2019 AND a 25% additional change fee will be charged. There will be **NO** refund of fees for any boat choosing to scratch. If an entry is uncertain and cannot be made before the entry deadline, you may still choose to enter using the "late fee" option. Please enter all boats **AND** pay the standard fee **BEFORE** the entry deadline has expired **AND/OR** use the "late entry" for the last minute boat changes. No fees and late entries will be accepted on race day. Sorry, no regatta cancellation refunds.

NOVICE DEFINITION

The definition of a novice for this regatta is any rower who has not begun rowing prior to June, 2017.

COACHES/ COXSWAIN'S MEETING

The official regatta meeting will be held on Saturday May 11h at the Finish Line Tent at 7:00am.

TEAM CHECK IN

Your regatta central registration is your packet, no check in required at the Aquatic Center. Teams must have a representative attend the coaches/coxswains meeting at 7:00am. **We have had too many traffic violations so please know the traffic pattern!!**

PRACTICE

Crews may practice on the race course the Friday prior to racing from 12:00 PM to 5:00 PM. **LAST LAUNCH IS SET AT 4:15 PM.** Please make sure you have checked the posted traffic pattern prior to practicing. Crews may be disqualified if not in the traffic pattern during practice. Be prepared for Control Commission. All boats must have their heel ties and bow balls checked by approved personnel. Pre-checks will help speed up launching on race day. Reminder – pop-up private shade tents are not allowed.

REGATTA OPERATIONS

WEIGH-INS

Weigh-ins for lightweights will be at the finish line between 2-1 hours before your lightweight event.

Coxswains need not weigh in.

Lightweights: Men =160 lbs maximum Women = 130 lbs maximum Coxswains = NO weigh-ins

RACE INFORMATION

All crew must be accomplished in staging quickly onto a start platform. Static refereeing will be used for all boats with coxswains. Events with less than three entries will either be eliminated or run concurrently with another event. A

tentative schedule will be posted May 9. Equipment borrowing is the athletes' responsibility. A seven-lane race course will be used.

Reverse handicapping will be used with handicaps assigned at the start. The first to cross the finish line will hold the gold medal place. False starts will result in disqualification. No protests and NO WHINING.

TRAFFIC PATTERN

Course open for practice on Friday from 12:00 pm to 5:00 pm. Leave all course buoys off port as you go from finish to 1k. Warm up traffic pattern is counterclockwise. Enter starting dock from lane 7. Boats violating the traffic pattern will be disqualified. **DO NOT** stop on or near the finish line. Make sure the bow number is properly displayed. Course map is attached at end of packet.

BOW NUMBERS

Please provide your own bow numbers. USRowing rules for safety will be followed. Bow balls and heel tie downs or quick-release shoes are required. Please lock onto the start 2 minutes prior to start of race, or penalty will be given at the discretion of the judge/referee.

RACE SCHEDULE

A preliminary start order will be posted on Regatta Central on WEDNESDAY prior to the event. Changed entries will be added to the end of the starting order. See Appendix B

AWARDS

AWARDS WILL BE PRESENTED AFTER EACH EVENT – Results will be posted at www.sacstateaquaticcenter.com

TENT RESERVATION
Gold Rush Masters Regatta
Hosted by the Sac State Aquatic Center
Saturday May 11, 2019

The Sac State Aquatic Center is proud to be hosting the 2019 Gold Rush Masters Regatta. **If your program is interested in having a hospitality tent for this year's regatta please complete this form, sign and return it by May 1, 2019. Tents are assigned on a first come first served basis.**

Please Print

Name of Institution: _____

Contact Name: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone: (_____) _____ Fax: (_____) _____

E-mail: _____

Please select one:

_____ 20 x 20 Tent with 2 tables and 20 chairs @ \$495.00

_____ 20 x 40 Tent with 4 tables and 40 chairs @ \$990.00

We hereby contract with the Sac State Aquatic Center for a hospitality tent space at the 2019 Gold Rush Masters Regatta to be held at the Sac State Aquatic Center on Lake Natoma in Sacramento, CA on May 1, 2019.

While the Sac State Aquatic Center recognizes that fundraising is a legitimate function of each institution, any items being sold from within a hospitality tent must be approved by the Sac State Aquatic Center.

Accepted by (signature): _____

Print Name: _____ Date: _____

Title: _____

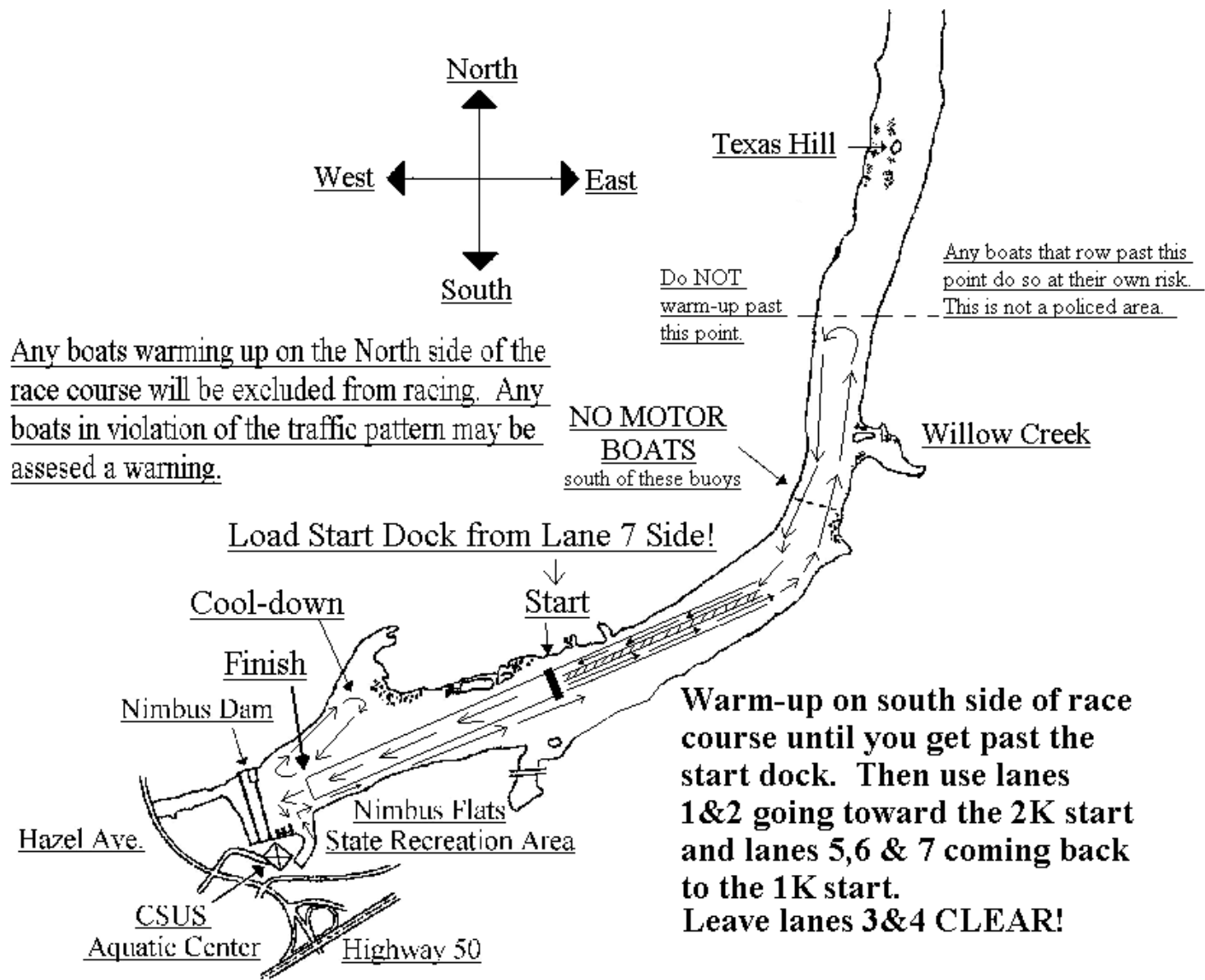
Make checks payable to: **SAC STATE AQUATIC CENTER**
Attn: Gold Rush Regatta
1901 Hazel Ave.
Gold River, CA 95670

*****Return CONTRACT and PAYMENT by May 1, 2019**

If you have any questions please contact: Sac State Aquatic Center
(916) 278-2842
(916) AQUATIC
aquaticcenter@csus.edu

Gold Rush Regatta 2019 Order of Events

1	Men's 1x	B	=women's x
2	Women's 8+	C	=women's +
3	Women's 2-	A-J	=men's x
4	Men's 2-	A-J	=men's +
5	Men's Novice 1x	A-J	
6	Women's Novice 1x	A-J	
7	Women's 4x	A-C	
8	Women's 4+	A	
9	Men's 2x	E+	
10	Women's Novice 4+	A	
11	Women's 4+	E+	
12	Men's 4+	A	
13	Men's Ltwt 2x	A-J	
14	Women's Ltwt 1x	A-J	
15	Women's 2x	B-C	
16	Men's 8+	D-F	
17	Men's Novice 4+	A-J	
18	Women's 4x	D+	
19	Women's 8+	A-B	
20	Men's 1x	G-H	
21	Men's 2x	A-C	
22	Women's Novice 8+	A-J	
23	Men's 1x	E	
24	Women's Ltwt 2x	A-J	
25	Women's 4+	C	
26	Men's Ltwt 1x	A-J	
27	Men's Novice 8+	A-J	
28	Men's 1x	D	
29	Women's 4+	D	
30	Men's 4+	E+	
31	Women's 2x	D+	
32	Women's 1x	A	
33	Women's Ltwt 4+	A-J	
34	Men's 4+	B-C	
35	Men's Ltwt 4 +	A-J	
36	Men's 4x	A-J	
37	Men's Master Rec 1x	A-J	
38	Men's 1x	F	
39	Women's 4+	B	
40	Men's 1x	A	
41	Women's 8+	D	
43	Men's 2x	D	
44	Men's 4+	D	
45	Women's 2x	A	
46	Men's 8+	A-C	
47	Men's 1x	C	
48	Women's 8+	E+	
49	Women's 1x	B-C	
50	Mixed 4+	A-J	
51	Mixed 4x	A-J	
52	Mixed 8+	A-C	
53	Mixed 8+	D+	
54	Mixed 2x	A-J	
55	Mixed Masters Nov 8+	A-J	



Course is open for practice from noon to 5 pm on Friday, May 18.

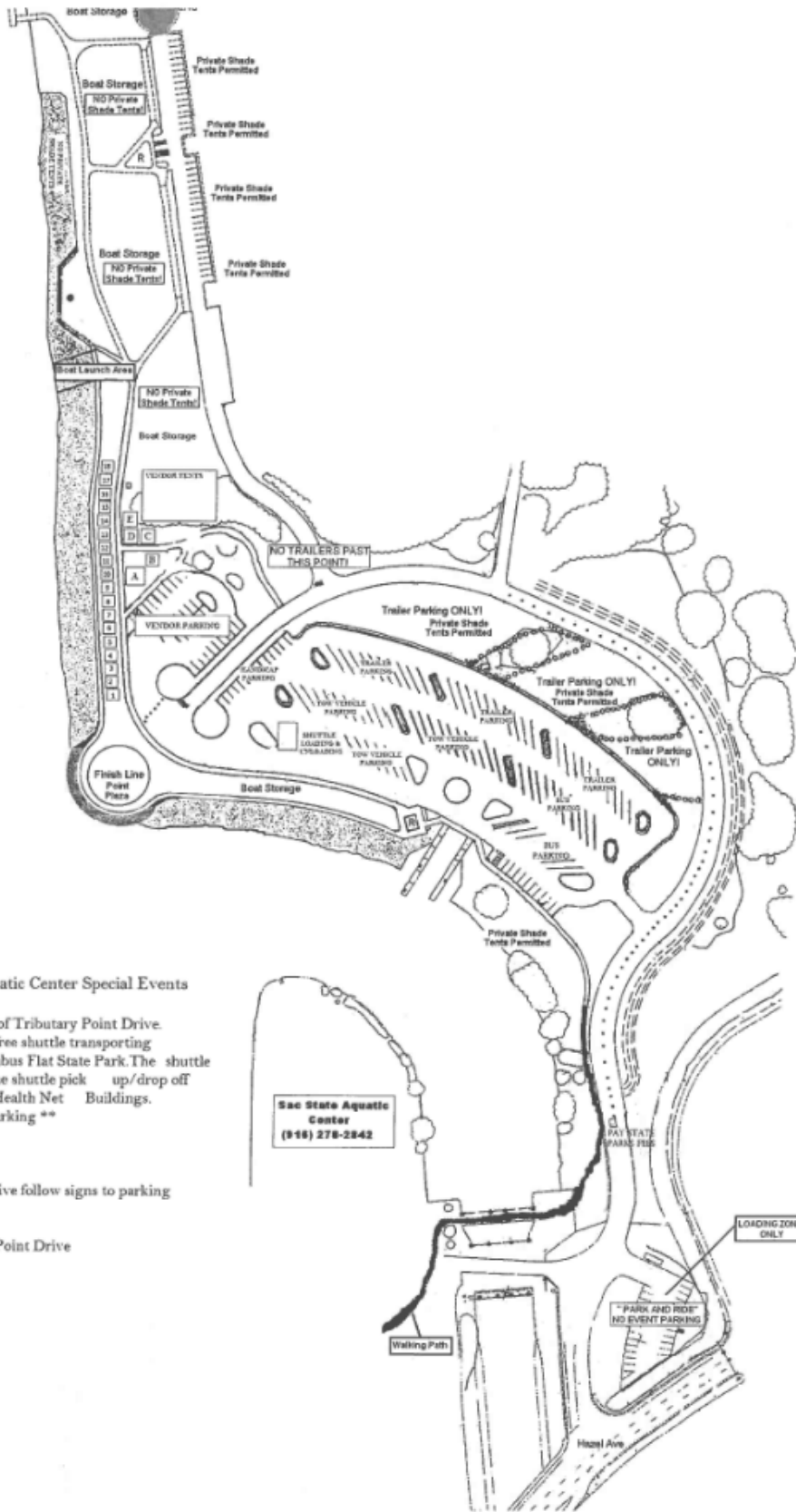
Leave all course buoys off of your port side as you row from the finish line to the 1k start.

The warm-up pattern past the start area is counterclockwise with Lanes 1 & 2 proceeding up towards the 2k start.

Lanes 3 & 4 are closed to all traffic.

Lanes 5, 6, & 7 are start to finish direction only.

Enter the starting dock from Lane 7 only. No entry from Lane 1 is allowed.



Helpful Hints for Parking at Aquatic Center Special Events

1. Event parking is located at the end of Tributary Point Drive.
 Parking is \$10.00. There will be a free shuttle transporting patrons to the finish line at the Nimbus Flat State Park. The shuttle will run in 30 min intervals. Look for the shuttle pick up/drop off area located in front of the Hartford & Health Net Buildings.

**** Directions to Parking ****

- From HWY 50
 - Exit Hazel Ave
 - Left on to Hazel
 - Left on to Tributary Point Drive follow signs to parking
- From HWY 50 East
 - Exit Hazel Ave
 - Stay straight onto Tributary Point Drive