



SACRAMENTO STATE  
**AQUATIC CENTER**

2022 HEAD OF THE AMERICAN REGATTA

SATURDAY, OCTOBER 29, 2022

LAKE NATOMA – GOLD RIVER, CA

HOSTED BY:

THE SACRAMENTO STATE AQUATIC

CENTER

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## REGATTA INTRODUCTION

### RACE AND COURSE LENGTH

5k fully buoyed Head race for all! The course is 5000 Meters which may be slightly shorter with the new traffic pattern.

### REGATTA PERSONNEL

#### SAC STATE AQUATIC CENTER PERSONNEL

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<b>DeDe Birch</b> Rowing Manager, SSAC Regatta Director Phone: (916) 278-2842 Cell: (916) 496-2168 Email: <a href="mailto:dbirch@csus.edu">dbirch@csus.edu</a>	<b>Heather Wilhelmi</b> Operations Manager, SSAC Phone: (916)278-2842 Email: <a href="mailto:hheieck@csus.edu">hheieck@csus.edu</a>

### DIRECTIONS

**Directions from Highway 50:** Heading West from Lake Tahoe or East from Sacramento or 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. Or 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 Ave., 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 October 28, 2022 between 7:00 am and sunset.** (Contact the AC if you need special arrangements). **The park will close at dusk (sunset is at 6:13pm). 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, October 28. No Saturday arrivals.**

**Trailer parking will be pre-assigned. You must complete the online web form to secure your trailer parking spot at: <https://www.sacstateaquaticcenter.com/pod/head-american-team-information-form> BY THURSDAY, OCTOBER 13, 2022**

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## 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.

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## 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. Saturday parking will be at 11971 Foundation Place, Gold River, CA 95670

## TRAILERS, STORAGE, TENTS, AND RIGGING

Each team is 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.

To purchase a team tent please fill out the online web form at: <https://www.sacstateaquaticcenter.com/pod/head-american-team-information-form> BY **THURSDAY, OCTOBER 13, 2022**

## FOOD AND CLOTHING VENDORS

We always work to have food and clothing vendors at the regatta. At this time we are still working on who these will be.

## EVENTS

- |  |   |  |
|--|---|--|
| <ul style="list-style-type: none"><li>○ Boys Youth 4X</li><li>○ Mens Masters 4X</li><li>○ Girls Youth 2x</li><li>○ Womens Masters 1X</li><li>○ Womens Masters Ltwt 1x</li><li>○ Boys U17 8+</li><li>○ Boys Youth Novice 8+</li><li>○ Girls U17 8+</li><li>○ Girls Novice 8+</li><li>○ Mens Open 4+</li><li>○ Mens Masters 4+</li><li>○ Womens Masters 4+</li><li>○ Mens Collegiate Novice 8+</li><li>○ Womens Collegiate Novice 8+</li></ul> | <ul style="list-style-type: none"><li>○ Womens Masters Novice 4+</li><li>○ Womens Masters 4X</li><li>○ Mens Open 1X</li><li>○ Mens Masters 1X Final1</li><li>○ Mens Masters 1X Final 2</li><li>○ Boys Youth 1X</li><li>○ Mens Open 2–</li><li>○ Womens Collegiate 2–</li><li>○ Boys Youth 8+</li><li>○ Boys Youth B 8+</li><li>○ Girls Youth 8+</li><li>○ Girls Youth B 8+</li><li>○ Mens Masters 2X</li><li>○ Womens Masters 2x</li><li>○ Womens Masters Novice 8+</li></ul> | <ul style="list-style-type: none"><li>○ Girls Youth 4X</li><li>○ Mens Open 8+</li><li>○ Mens Masters 8+</li><li>○ Boys U15 4x+</li><li>○ Mens Open 2X</li><li>○ Boys Youth 2X</li><li>○ Mixed Masters 2X</li><li>○ Womens Collegiate 8+</li><li>○ Womens Masters 8+</li><li>○ Girls U15 4x+</li><li>○ Boys Youth 4+</li><li>○ Girls Youth 4+</li><li>○ Womens Open 1X</li><li>○ Womens Collegiate 4+</li><li>○ Mixed Masters 8+</li><li>○ Mixed Masters 4x</li><li>○ Mixed Masters Novice 8+</li></ul> |
|--|---|--|

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## PRE REGATTA INFO

## ENTRIES AND ENTRY FEES

All registrations and payments must go through Regatta Central; [www.regattacentral.com](http://www.regattacentral.com). This event hosts juniors, HS, Collegiate, Open, Masters, and Elite competitors.

Entry Fees are as follows:

Eights: \$150.00

Fours: \$90.00

Quads: \$ 90.00

Doubles/Pairs \$60.00

Singles: \$35.00

**Entry Deadline: Received by 2300 (11:00 PM), TUESDAY, October 11, 2022.**

#### EVENT CHANGES

Event Changes will be accepted if room is available until Tuesday October 18, 2022 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/or late entries will be accepted on race day. Sorry, no regatta cancellation refunds.

#### NOVICE, U17 AND U15 DEFINITIONS

**Junior Novice** – has not rowed prior to June 1, 2022 as a high school athlete, middle school rowing does not count.

**Master Novice** – has not begun rowing prior to October 1, 2021.

**Juniors U15** – may compete until December 31 of the year of their 14<sup>th</sup> birthday.

**Junior U17** – may compete until December 31 of the year of their 16<sup>th</sup> birthday.

#### REGATTA MEETING

The official regatta meeting will be held on Saturday October 29<sup>th</sup> at the Finish Line Tent at 7:15am.

#### TEAM CHECK IN

All Crews must check in to receive their bow numbers. Check in will be open Friday from 10:00 am to 5:00 pm at the Sac State Aquatic Center and Saturday from 06:15 am to 10:00 am at the Finish Line Tent. **ALL COMPETITORS MUST CHECK IN BY 10:00 AM ON SATURDAY OR YOU WILL BE SCRATCHED.**

#### 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

##### NO CONTROL COMMISSION

All teams and organizations are solely responsible for making sure that all equipment meets USRowing Safety and Construction requirements. These include but not limited to the following:

- Bowballs firmly attached and mounted on the bow, white or fluorescent

- No foreign substances
- Oars meet minimum thickness
- Footgear release and heel ties
- Coxswain opening meets minimum width

#### RACE INFORMATION

Please allow adequate time to get to the starting line, about 45 minutes. All crews will be started in numerical order. Boats not starting in sequence will be assessed a **one-minute penalty**. A crew that arrives late for the start **may**, at the discretion of the starter, be allowed to start at the end of the event and a **one-minute penalty** will be assessed. Crews that miss the start of their event will not be placed. Crews that miss the start of their event may, at the starter's discretion, be allowed to row for time only. Overtaking boats have the right of way. Boats being overtaken must yield to the overtaking boat. Failure to yield the right of way may result in a **one-minute penalty or exclusion**. **All race traffic must row through the finish line. Do not stop until your boat is well clear of all other race traffic coming through the finish area. Crews shall turn around 100 meters beyond the finish at the red buoy. Stay clear of the Nimbus Dam! There is a 100 meter safety zone mandated in front of the Nimbus Dam. NCAA rules apply.** Collegiate women's entries will not be accepted for events not listed as "collegiate." Launching and Landing areas must be kept clear of **Oars and athletes articles of clothing including shoes. No stacking of oars on barricades.**

#### TRAFFIC PATTERN

The Head of the American traffic pattern will be available on-line and at check in. Please make sure all crews/scullers follow the posted traffic pattern. Any crew found in violation of the traffic pattern will be **excluded**. This especially means cutting the course around the island. Course map is attached at end of packet.

#### BOW MARKERS

The Aquatic Center will provide you with your bow number. It is your responsibility to return your bow card at the conclusion of your event. The entry number must be in your bow number clip correctly and visible to the officials on both sides of the course. Crews without bow markers may not have their times recorded. Lost bow cards will be charged to your team.

#### 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

Master's 1x races will be separated into age categories and medals given to each grouping if there are more than 10 entries. (11-20 entries – 2 medals given; 21-30 entries – 3 medals given).

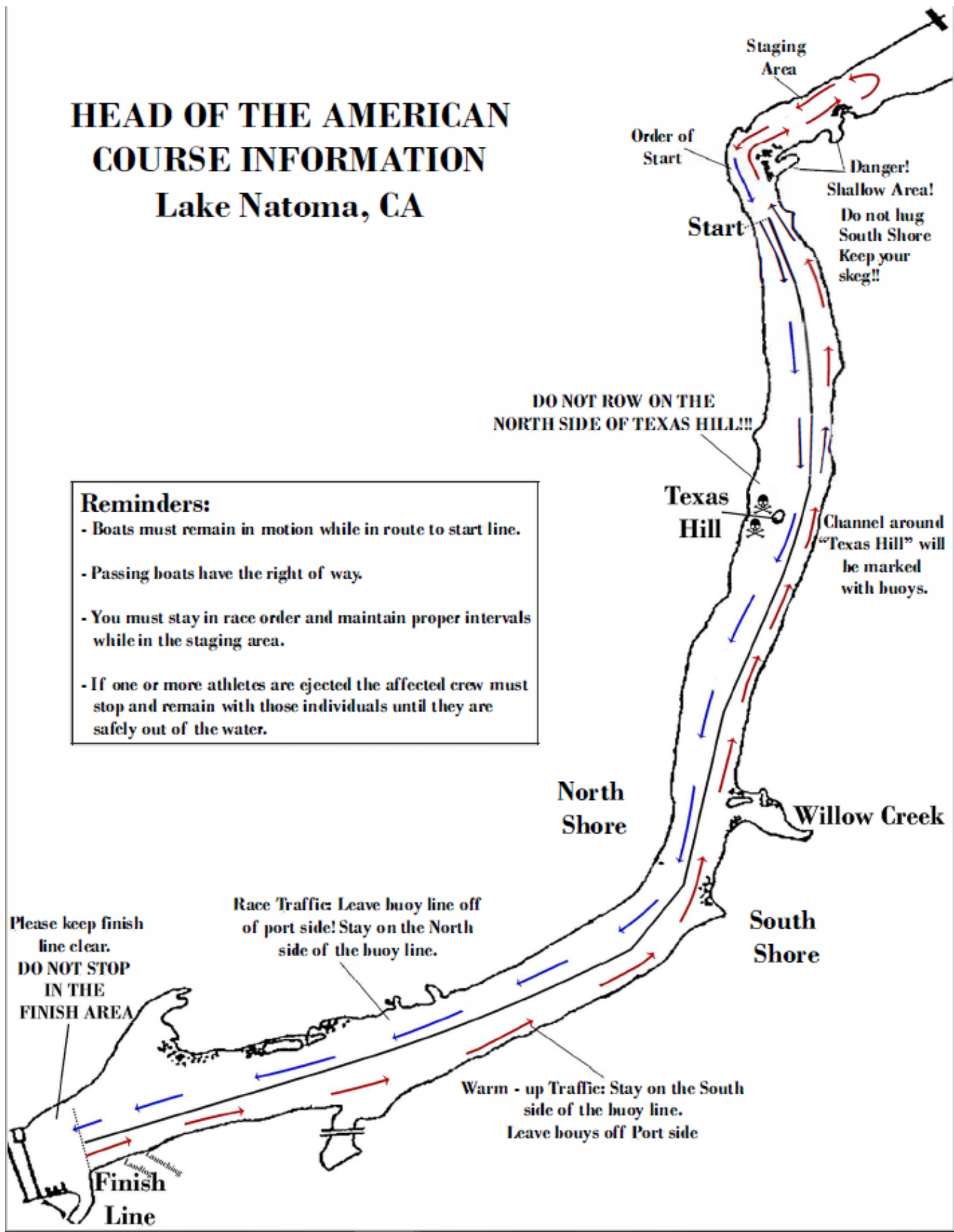
**THE HEAD OF THE AMERICAN**  
**SACRAMENTO STATE AQUATIC CENTER**  
 Saturday, October 29, 2022

Tentative Time	Event #	Event Name
	1	Boys Youth 4x
	2	Mens Master 4x
	3	Girls Youth 2x
	4	Womens Master 1x
	5	Boys U17 8+
	6	Boys Novice Youth 8+
	7	Girls U17 8+
	8	Girls Novice Youth 8+
	9	Mens Open 4+
	10	Mens Master 4+
	11	Womens Master 4+
	12	Mens Novice Collegiate 8+
	13	Mens Master Novice 4+
	14	Womens Novice Collegiate 8+
	15	Womens Master Novice 4+
	16	Womens Master 4x
	17	Mens Open 1x
	18	Mens Masters 1x
	19	Boys Youth 1x
	20	Mens Open 2-
	21	Womens Collegiate 2-
	22	Boys Youth 8+
	23	Boys Youth B 8+
	24	Girls Youth 8+
	25	Girls Youth B 8+
	26	Mens Master 2x
	27	Womens Master 2x
	28	Womens Master Novice 8+
	29	Girls Youth 4x
	30	Mixed Inclusive 2x
	31	Mens Open 8+
	32	Mens Master 8+
	33	Boys U15 4x+
	34	Mens Open 2x
	35	Boys Youth 2x
	36	Mixed Masters 2x
	37	Womens Collegiate 8+
	38	Womens Masters 8+
	39	Girls U15 4x+
	40	Boys Youth 4+
	41	Girls Youth 4+
	42	Womens Open 1x
	43	Girls Youth 1x
	44	Womens Collegiate 4+
	45	Mixed Masters 8+
	46	Mixed Masters 4x
	47	Mixed Masters Novice 8+

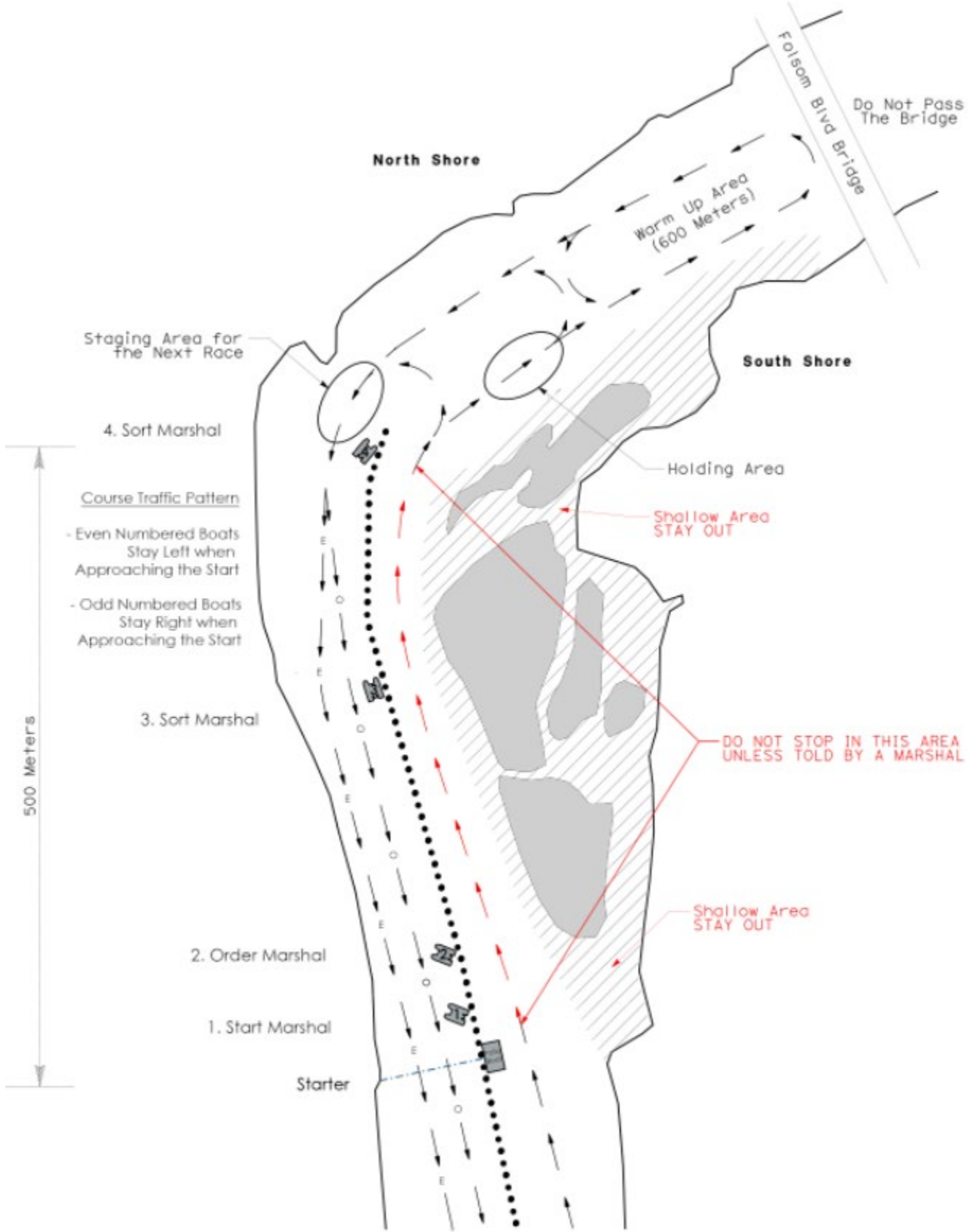
# HEAD OF THE AMERICAN COURSE INFORMATION Lake Natoma, CA

## Reminders:

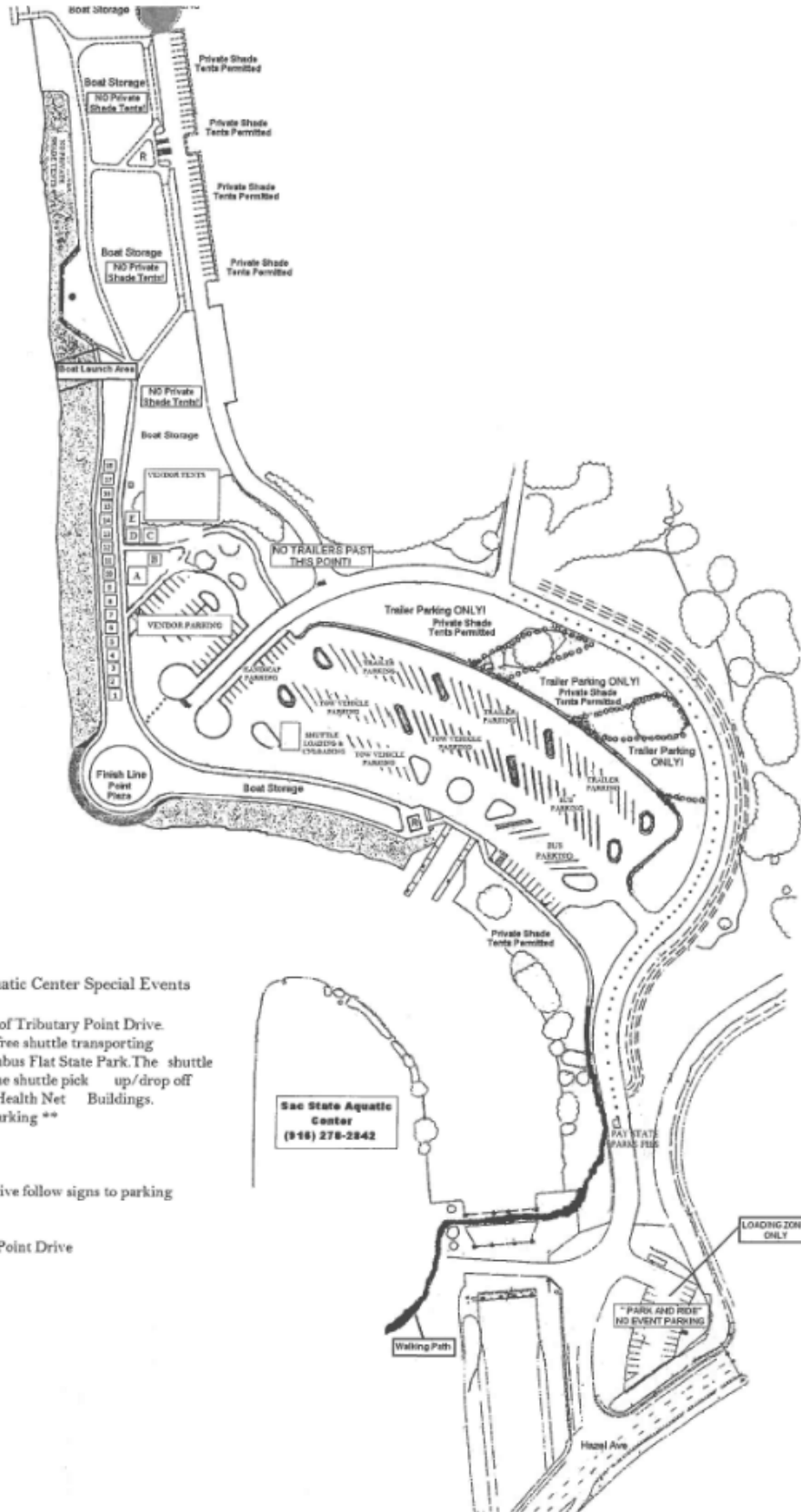
- Boats must remain in motion while in route to start line.
- Passing boats have the right of way.
- You must stay in race order and maintain proper intervals while in the staging area.
- If one or more athletes are ejected the affected crew must stop and remain with those individuals until they are safely out of the water.







TRAFFIC PATTERN AT START



**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 20 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