

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:** January 25, 2020
- 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
- Entry Deadline:** Postmarked by **Friday, January 18, 2020**
- Entry Fee:** \$20.00 per competitor
- Group Discount:** \$15.00 per competitor for teams entering 10 or more athletes. All competitors' 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 \$25: Accepted on race day only if there is space available.**
- Distance:** 500m, 1000 meters OR 2000 meters: If you are wishing to qualify for WRIC, you must enter a 2000 meter race.
- Damper Setting:** The Concept II Model D indoor rower will be used for the race. Competitors may choose the damper setting they prefer but cannot change the setting during the race.
- Format:** All races will be finals. In events with more than ten entries, seeded heats will be created based on the erg score submitted with the entry form. The fastest time recorded during all the heats for a particular event 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.** Although we will run all the veterans at the same time, competitors can still qualify in their age group (see WRIC qualifying chart to qualify for an entry to the World Indoor Rowing Championships, Long Beach, CA.)

Lightweights: All weights are listed below. Lightweight will compete in their age categories and fastest lightweight will medal within that category. Those who wish to qualify for World Indoor Rowing Championships must weigh in 1-2 hours prior to their event for qualification purposes, even though their event at this regatta is not a lightweight event.

Categories: Open (No Restrictions)
Collegiate (Eligible College students only)
Lightweight (men – 75 kilos and under, Women – 61.5 kilos and under)
Junior (junior event participants (age 14-18) must have been born on or after Jan. 1, 2001 **AND** be enrolled in high school (or lower grade) as of race day.)
Master (Ages 30-39)
Senior (Ages 40-49)
Veteran (Ages 50-up)
Coxswains (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 1k	WC
Men's Masters 1k	MM1k
Men's Junior U17	MU17
Women's Junior U17	WU17
Men's Collegiate	MC
Men's Coxswain 1k	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
Middle School 1K	MS1k
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 **Tuesday (1/22/20)** prior to the event and e-mailed to the contact e-mail listed on each entry form.

Qualifying for USRowing Indoor National Championships:

. To receive the travel stipend, you must do the following:

- Row in a 2,000m event at a sanctioned race on our [online calendar](#) and meet the time standards below.
- You must race at the USRowing Indoor National Championships in the same weight category as you do in the sanctioned race.
- [Complete the online form for time standard qualifiers](#). We will need your name, date of birth, the race location you met the time standard at, your race event and your 2,000m result.
- Make your own travel arrangements to Boston, MA.
- You will receive a \$200 travel stipend from Concept2 after you have competed at the national championships.

Lightweight and Coxswain Weigh-in Information:

All lightweight and coxswain competitors must weigh in at least 30 minutes prior to their heat start time. Weigh-ins will open at 7:30 AM. Competitors must weigh in dressed in race attire (Unisuit or t-shirt and shorts). If you are a lightweight and are attempting to qualify for the World Indoor Rowing Championships as a lightweight in your respective age group, you must weigh-in between 1-2 hours prior to your event for qualifying purposes.

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:

One-year-old Model D ergometers (20) that have been used by the Sacramento State Aquatic Center rowing teams will be sold on a first come - first serve basis. The cost is \$750 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. Make checks payable to "Sacramento State Aquatic Center" and include them with your entry form.

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) 278-2842 or e-mail dbirch@csus.edu



WORLD ROWING INDOOR CHAMPIONSHIPS QUALIFYING
TIMES FOR 2020

Age / Weight Category	Women	Men
For Age Classifications – age is based off age as of December 31, 2020.		
Under 17	7:08.8	6:18.1
Under 19	6:49.9	6:06.4
Open	6:44.2	5:54.6
Open Ltwt	7:16.9	6:16.6
30-39 Open	6:47.7	5:55.4
30-39 Ltwt	7:20.0	6:26.9
40-49 Open	7:11.0	6:07.2
40-49 Ltwt	7:33.6	6:34.9
50-54 Open	7:21.3	6:21.9
50-54 Ltwt	7:47.3	6:46.6
55-59 Open	7:34.1	6:33.4
55-59 Ltwt	7:55.8	6:51.4
60-64 Open	7:56.2	6:45.1
60-64 Ltwt	8:00.9	7:05.0
65-69 Open	8:06.2	7:01.8
65-69 Ltwt	8:10.5	7:14.7
70-74 Open	8:27.6	7:15.1
70-74 Ltwt	8:40.2	7:32.1
75-79 Open	8:58.0	7:37.4
75-79 Ltwt	9:03.4	7:48.9
80-84 Open	9:24.6	7:59.8
80-84 Ltwt	9:37.9	8:06.1
85-89 Open	11:10.1	8:37.9
85-89 Ltwt	10:58.4	8:41.1
90-94 Open		9:11.6
90-94 Ltwt	12:48.1	9:14.2
95-99 Open		14:06.2
95-99 Ltwt	15:11.2	11:03.2

GOLDEN STATE INDOOR ROWING CHAMPIONSHIP

INDIVIDUAL ENTRY FORM AND WAIVER

PLEASE PRINT LEGIBLY!

Name _____ Phone # _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Affiliation (school/club) _____

Event # _____ Event Abr. _____ Date of Birth _____

Lightweight (Y/N) _____ Predicted 2000m score _____

Predicted 500m score _____ Predicted 1000m score _____

Entry Deadline: Postmarked **Friday, January 17, 2020**

Make checks payable to **Sacramento State Aquatic Center**
call in credit card purchase #916-278-2842

Send completed form and fee to:

GSIRC

Sacramento State Aquatic Center

1901 Hazel Avenue

Gold River, CA 95670



You are required to sign the Aquatic Center waiver (last page of entry packet.) If you are a minor please make sure that your parent or guardian signs the second page of the waiver and we must have the original document (no copies can be accepted.)

GOLDEN STATE INDOOR ROWING CHAMPIONSHIP TEAM ENTRY FORM

Name _____ Phone# _____

Address _____

City _____ State _____ Zip _____

E-mail _____

Affiliation (school/club) _____

Entry fee is \$20 per person or \$15 per person for 10 or more.

Entry Deadline: Friday, January 17, 2020

PLEASE PRINT LEGIBLY! PLEASE PRINT LEGIBLY! PLEASE PRINT LEGIBLY

Athlete's Name & Date of Birth (must have)	Event #	Event Abr.	Age	500m/1000m/2000m score	Ltwt Y/N
1.					
2.					
3.					
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30.					

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SACRAMENTO STATE **AQUATIC CENTER**

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Credit Card Payment Form

Name: _____

Billing Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ or _____

Email: _____

Program or Reason for Charge: Golden State Indoor Rowing Championships

I agree to allow the Sacramento State Aquatic Center to charge this credit card for the amount listed on my entry form. I will see the charges listed on my credit card as Associated Students, Inc. I understand that this form will be accepted by fax, mail or in person. This form CANNOT be accepted thru email.

Name on Card: _____

VISA/MC#: _____

Expiration Date: _____

Zip Code: _____

CVC Code: _____

Amount to Charge: _____

Signature: _____

This form can be accepted by fax, mail or in person.

Credit card payment forms CANNOT be accepted thru email.