

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 4, 2023
- 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:** Must be complete online at: www.asi.perfectmind.com
- Group Entries:** Must complete form on page four and email to dbirch@csus.edu
- Entry Deadline:** **Friday, January 27, 2023**
- Entry Fee:** \$25.00 per competitor
- Group Discount:** \$20.00 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 \$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 but 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.**

Lightweights: All weights are listed below. Lightweight will compete in their age categories and fastest lightweight will medal within that category.

Categories: **Open** (No Restrictions)
Collegiate (Eligible College students only)
Lightweight (men – 165 pounds and under, women – 135 pounds and under)
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 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
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 (2/1/23) prior to the event and e-mailed to the contact e-mail listed on each entry form.

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 (Unisuitt or t-shirt and shorts).

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 \$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

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 10 or more.

Entry Deadline: Friday, January 27, 2023

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
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2.					
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Entry Fee is \$20 per person or \$25 per person for 20 or more.

Entry Deadline: Friday, January 27, 2023



RELEASE OF LIABILITY, PROMISE NOT TO SUE, ASSUMPTION OF RISK AND AGREEMENT TO PAY CLAIMS

Activity: Kayaking, canoeing, stand up paddling, bicycles, hydro bikes, windsurfing, rowing, sailing

Activity Date(s) and Time(s): _____

Activity Location(s), Premises or Facility (ies): Lake Natoma, Gold River, CA

In consideration for being allowed to participate in this Activities and/or use of the Premises or Facility, on behalf of myself and my next of kin, heirs and representatives, I release from all liability and promise not to sue the State of California, the Trustees of the California State University, California State University, Sacramento, and their employees, officers, directors, volunteers and agents (collectively "University") and the Associated Students Incorporated at Sacramento State and their employees, officers, directors, volunteers and agents (collectively "Auxiliary Organization"), State of California, through its department of Parks and Recreation, and their employees, officers, directors, volunteers and agents (collectively "California Department of Parks and Recreation"), and the United States Bureau of Reclamation, and their employees, officers, directors, volunteers and agents (collectively "United States Bureau of Reclamation") from any and all claims, including claims of the University's or Auxiliary Organization's or the California Department of Parks and Recreation's or the United States Bureau of Reclamation's negligence resulting in any physical or psychological injury (including paralysis and death), illness, property damage or economic or emotional loss I may suffer because of my participation in this Activity, including travel to, from and during the Activity.

I am voluntarily participating in the Activity. I am aware of the risks associated with traveling to, from and participating in the Activity, which include but are not limited to physical or psychological injury, pain, suffering, illness, disfigurement, temporary or permanent disability (including paralysis), economic or emotional loss, death and/or property damage. I understand that these injuries or outcomes may arise from my own or other's actions, inaction, negligence, conditions related to travel, or the condition of the Activity Location(s). Nonetheless, I assume all related risks, both known or unknown to me, of my participation in this Activity, including travel to, from and during the Activity.

I agree to hold the University, Auxiliary Organization, the California Department of Parks and Recreation, and the United States Bureau of Reclamation harmless from any and all claims, including attorney's fees or damage to my personal property that may occur as a result of my participation in this Activity, including travel to, from and during the Activity. If I need medical treatment, I agree to be financially responsible for any costs incurred as a result of such treatment. I am aware and understand that I should carry my own health insurance.

I am 18 years or older. I understand the legal consequences of signing this document, including (a) releasing the University, the Auxiliary Organization, the California Department Parks and Recreation and the United States Bureau of Reclamation from all liability, (b) promising not to sue the University, the Auxiliary Organization, the California Department Parks and Recreation and the United States Bureau of Reclamation (c) and assuming all risks of participating in the Activity, including travel to/from and during the Activity.

I understand that this document is written to be as broad and inclusive as legally permitted by the State of California. I agree that if any portion is held invalid or unenforceable, I will continue to be bound by the remaining terms.

I have read this document, and I am signing it freely. No other representations concerning the legal effect of this document have been made to me.

Participation Signature: _____

Participant Name (Print): _____ Date: _____

Page 2 is required only if Participant is under 18 years of age.



If Participant is under 18 years of age:

I am the parent or legal guardian of the Participant. I understand the legal consequences of signing this document, including (a) releasing the University, the Auxiliary Organization, the California Department of Parks and Recreation and the United States Bureau of Reclamation from all liability on my and the Participant's behalf, (b) promising not to sue on my and the participant's behalf, (c) and assuming all risks of the Participant's participation in this Activity, including travel to/from an during the Activity. I allow Participant to participate in this Activity. I understand that I am responsible for the obligations and acts of Participant as described in this document. I agree to be bound by the terms of this document.

I have read this two-page document, and I am signing it freely. No other representations concerning the legal effect of this document have been made to me.

Signature of Minor Participant's Parent/Guardian

Name of Minor Participant's Parent/Guardian (Print)

Date

Minor Participant's Name (Print)

Minor Participant's Birthdate (MM/DD/YY)

Minor Participant's Name (Print)

Minor Participant's Birthdate (MM/DD/YY)

Minor Participant's Name (Print)

Minor Participant's Birthdate (MM/DD/YY)

Minor Participant's Name (Print)

Minor Participant's Birthdate (MM/DD/YY)