

LAKE MERRITT SPRINTS

Sunday, August 3, 2003
1520 Lakeside Drive, Oakland, California

The final schedule for the 2003 LMRC Sprints Regatta, Sunday August 3rd will be posted on the web page (<http://www.rowlakemerritt.org/events/lmsprints/2003/>) by August 1st. Races will be held at seven (7) minute intervals. Please **check your races carefully** to make sure you have enough time between events. **Starts will not be held for late arrivals.**

Scratches/Line-up Changes: E-mail (sprints@rowlakemerritt.org) by 4PM Saturday, August 2nd, or stop by the registration desk **BEFORE** racing begins on Sunday morning. We need to notify the officials to ensure that correct results are reported. No changes in line-ups will be accepted after the first race of the day has begun.

WAIVERS: If you need to sign a waiver or pay a fee, go to the Registrar's table first thing on Sunday morning. Boats will not be allowed to race if we are missing a waiver for one of the rowers.

Coach/Cox'n Meeting: The coxswain's meeting will be held Sunday morning at 6:30am near the Registration table.

Weigh-ins: The scale will be available from 6:30am – 2pm. Be sure to weigh-in at least 2 hours before your race. Only lightweight rowers need to weigh-in. No weigh-in is required for coxswains. Lightweight teams do NOT need to weigh-in together.

Parking: Directions to Lake Merritt can be found at:

<http://maps.yahoo.com/py/maps.py?&Pyt=Tmap&addr=1520+Lakeside+Dr&csz=Oakland,+CA+94610>.

Directions for trailers driving to Lake Merritt can be found at:

<http://www.rowlakemerritt.org/events/lmsprints/2002/trailerdirections.gif>

Plan to unload your trailer onto the lawn off Lakeside Drive, then move your trailer as instructed by the parking czar.

Races: All races will be 1000 meters. Stake boats will be in place, and a seven-lane buoyed course will be set in place. **BOW NUMBERS ARE REQUIRED (please bring your own).** This is a USRA registered regatta and USRA recommendations for safety will be followed (bow balls and heel tie downs or quick release shoes are required).

RULES TO LIVE BY:

- Scratches after July 25th will be charged \$15 for each race scratched with no refund. If you must scratch, please let the Registrar know as soon as possible. There is no fee for scratches by July 25th and your race fee will be refunded.
- Any changes to your entry categories will be on a space available basis only. There will be no refunds for changes made after July 25th that we are not able to accommodate. For example: if a women's 4+ is entered in the 4+ WOLt race, and wants to switch to the 4+ WO race, we will make every effort to accommodate the change. If we are not able to, and the competitor chooses not to race, the entry will be considered a 'scratch' and charged accordingly.
- No more than 50% of the competitors entered in a boat may be changed. For example, if an 8+ is entered, no more than four competitors may be replaced in the boat. No competitors can be substituted in 1X races.
- After July 25th, if competitor changes effect the average age of the boat, the registrar reserves the right to scratch the entry with no refund and no scratch fee.
- All competitor changes must be submitted to the Registrar prior to the first race of the day on Sunday, August 3rd. **NO COMPETITOR CHANGES** will be accepted after racing has begun - no exceptions!
- All entries and changes must be made in writing via the mail or email. Entries are considered received and accepted by the Registrar if the complete entry, including fees, is received by Friday, July 25th, and there is space remaining in the race at the time the entry is received. Please note, if you use email to enter, your entry will be considered received when the fee is received.
- No entries will be accepted after Friday, July 25th. There are no exceptions!
- If we must cancel an event due to insufficient entries, the contact person on the entry form will be notified and the entry fees refunded.