

# LAKE MERRITT SPRINTS

Sunday, August 21, 2005  
1520 Lakeside Drive, Oakland, California

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Please join us for a great day of racing at the 2005 **LAKE MERRITT SPRINTS** rowing regatta on Sunday, August 21st, at Lake Merritt in downtown Oakland!

## **Schedule/Entry:**

See preliminary race schedule. Races begin at 7:30am and conclude at approximately 4:00pm. Every effort will be made to maintain the event sequence, however adjustments will be made based on the number of entries received, the need for heats, scratched events, etc. Races start on 7 minute centers – please leave ample time between events to be on time. **Proceed to Regatta Central for on-line registration ([www.regattacentral.com](http://www.regattacentral.com))**. Please contact the Registrar for non-electronic entries.

**\*\*\*\*\* REGISTER EARLY! ENTRIES ARE DUE BY AUGUST 5<sup>TH</sup>. \*\*\*\*\***

## **Course/Equipment:**

All races will be 1000 meters with a seven-lane buoyed course and starting platform. **BOW NUMBERS ARE REQUIRED** (Please bring your own – a limited quantity will be available to loan). Medals will be awarded to the winner of each event. For directions to the racing venue, course map, parking and trailer information please go to the Lake Merritt Rowing Club (LMRC) web site (<http://www.rowlakemerritt.org>). Note: there will be on-site security provided for trailers arriving on Saturday.

The final regatta web site posting will be posted the week before the event and will include the updated race schedule.

This is a U. S. Rowing Association (USRA) registered regatta. USRA recommendations for safety will be followed: bow balls and heel tie-downs or quick-release shoes are required. USRA membership for individual participants is not required. **Please note that all rowing organizations that enter a USRA registered regatta must be a USRA member. If you have questions about this policy please contact Jody Pope at USRA (1-800-314-4769 or email [jody@usrowing.org](mailto:jody@usrowing.org))**. Scullers rowing as Unaffiliated are exempt.

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## COMPETITOR CATEGORIES

**MASTERS:** The event will use USRA age groups (AA:21-26, A:27-35, B:36-42, C:43-49, D:50-54, E:55-59, F:60-64, G:65-69, H:70-74, I:75-79, J: 80+). Ages are as of 12/31/05. Age groups may be combined based on the entries received. All Masters races **in combined age groups** will be handicapped. In team boats, the average age of the rowers (excluding cox) will determine the age group and handicap. Average ages will be rounded down. "AA" rowers are allowed to row in "Open", "AA" or "A" races only. In handicapped races, the average age of an entry with an "AA" rower is 27.

**OPEN:** No age restriction and no handicaps applied.

**COXSWAINS:** May be any gender, age, weight, or level of experience. There is no coxswain weigh-in.

**LIGHTWEIGHTS:** Men 160 lb. maximum; Women 130 lb. Maximum. Weigh-ins are required.

**MIXED:** One half (or more) women rowers

**NOVICE:** A sculler whose first race was < 1 year ago (from 8/21/05). Same applies to sweep rowing.

**OPEN WATER:** Maas Aeros, and other open-water boats less than 22' long. **(Maas 24s prohibited!)**

**"SPRINTS INTERMEDIATE":** No rower in the boat shall have placed in the top 3 in any national or regional championship event.

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## FEES and DEADLINES

**Race Entry Deadline: Friday, August 5, 2005**

Late Entry Deadline (late fee applies): Friday, August 12, 2005

**Registration is on-line at [www.regattacentral.com](http://www.regattacentral.com).** Regatta updates will be available by adding LMRC Sprints to your RegattaCentral calendar. Please contact the Registrar for non-electronic registration.

On-line entries can be paid by credit card (Visa or Mastercard) or check. Make checks payable to: **LAKE MERRITT ROWING CLUB.** All entries must include payment in full. Entries are considered complete when the entry form, waiver and payment are received. Send checks and correspondence to the Registrar. Entries received after August 5th will be assessed a \$20.00 late fee PER BOAT, and event admission will be on a space-available basis. No entries will be accepted after Friday, August 12, 2005. No exceptions. No changes to boat personnel will be accepted after the first race of the day has begun.

If entering Masters events, indicate each rower's age as of December 31, 2005 and the boat average age.

**\*\*\* RACES WILL NOT BE DELAYED FOR LATE ARRIVALS – PLEASE BE ON TIME! \*\*\***

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Fees Per Event:	1X	2X/-	4X/-	8+
Rec'd =< Aug. 5	\$18.00	\$28.00	\$44.00	\$72.00
Rec'd > Aug. 5 [reflects \$20 late fee]	\$38.00	\$48.00	\$64.00	\$92.00

**AVOID THE \$20.00 PER BOAT LATE FEE – SUBMIT YOUR ENTRY BY AUGUST 5<sup>th</sup>!**

**LMRC Members:** Boats composed entirely of LMRC members (in good standing) are eligible for a 50% discount **if each complete entry is received by August 5th**. Otherwise, the fees associated with “Rec’d > Aug. 5th” apply.

**WAIVERS:** A liability waiver form must be completed by every rower participating in this event. The waiver can be downloaded from: <http://www.regattacentral.com/regatta/waivers/usrowing.html>. Submit one waiver per year by faxing the form to USRA (see site link)! Otherwise, submit hard copy waivers with the registration forms and entry fee for a complete entry packet. Please write your club affiliation on the hard copy waiver form.

**Registrar:**

Nancy Blom

Entry Mailing address: 2934 Northwood Dr, Alameda, CA 94501

Telephone: 510-865-9310

Email: [sprints@rowlakemerritt.org](mailto:sprints@rowlakemerritt.org)

**Regatta Director:**

Candace Swimmer

Telephone : 415-550-7983

Email: [vp@rowlakemerritt.org](mailto:vp@rowlakemerritt.org)

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The Lake Merritt Rowing Club strives to make this regatta enjoyable for all competitors, officials, volunteers, and spectators. Our goal is to maximize racing opportunities for all competitors, start races on time, minimize any confusion over entries and lane assignments, and to post timely and accurate race results. To help facilitate our goal of running a smooth regatta, the following rules apply:

## **RULES TO LIVE BY:**

- ◆ All entries must be made in writing via RegattaCentral or mail. Acceptance into an event is on a space-available basis at the time the entry is received. Entries are considered received and complete when the entry form, waiver and appropriate fee is received by the Registrar. Please note, for those paying by check, your entry is considered complete when the fee is received.
- ◆ **No entries will be accepted after Friday, August 12th.** There are no exceptions!
- ◆ **Scratches after August 12<sup>th</sup>** will be charged \$15 for each race scratched with no registration fee refund. If you must scratch, please let the Registrar know as soon as possible. There is no fee for scratches received by **August 12<sup>th</sup>** and your entry fee will be refunded.
- ◆ All competitor changes must be submitted in writing or via email to the Registrar prior to the first race of the day on Sunday, August 21<sup>st</sup>. **NO COMPETITOR CHANGES** will be accepted after racing has begun - no exceptions!
- ◆ Any changes to your entry categories will be made on a space-available basis only. There will be no refunds for changes made after August 12<sup>th</sup> 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 in the original event, the entry will be considered a 'scratch' and charged as outlined above.
- ◆ 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 substituting allowed in 1X races.
- ◆ After August 12<sup>th</sup>, if competitor changes effect the average age of the boat, the registrar reserves the right to scratch the entry with no entry refund and no scratch fee assessed.
- ◆ 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.

## **REMEMBER:**

- All entries must be submitted using the forms at Regatta Central ([www.regattacentral.com](http://www.regattacentral.com)) and are considered complete when the form, waiver and fee is received.
- Entries must be received by Friday, August 5th to register at the lower fee rate.
- Late entries will be accepted through Friday, August 12<sup>th</sup>, on a space-available basis.
- No entries will be accepted after Friday, August 12<sup>th</sup>!
- Please bring bow numbers.
- Read the RULES TO LIVE BY!
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## *Questions?*

Email the Regatta Director ([vp@rowlakemerritt.org](mailto:vp@rowlakemerritt.org)) or Registrar ([sprints@rowlakemerritt.org](mailto:sprints@rowlakemerritt.org))

Visit the LMRC web page at <http://www.rowlakemerritt.org>

Call the Registrar at 510-865-9310