

LAKE MERRITT SPRINTS



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

The final schedule for the 2005 LMRC Sprints Regatta, Sunday, August 21st, will be posted on the web page (<http://www.rowlakemerritt.org/events/lmsprints/2005/>) by August 17th. 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.**

Select events have changed due to number of entries received. Some events will be run CONCURRENTLY with similar events. Please check the schedule, and be aware of the time of your event. For example: event #13 (4+MOLt) will be sharing the race course with event #3 (4+MNov). Each event will have separate results. Attempts to accommodate rowers schedules were made as best as possible.

Scratches/Line-up Changes: E-mail (nancy.blom@prurealty.com) by 4PM Friday, August 19th, or stop by the registration desk **BEFORE** racing begins on Sunday morning beginning at 6am. **** 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 1 hour before your race. The scale will be located near the Registration table. 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. There will be security starting at 6PM on Saturday, August 20th. Street parking along the street has been reserved for trailers. If you are car-topping please unload your boats in the drop off zone and then repark your vehicle. **Trailers should not park in the drop off zone AT ANY TIME!** The drop off zone will be marked in chalk and is the area immediately next to the parking lot driveway.

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 **August 12th** 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 12th 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 21st. **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 12th 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 12th, 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.
- No entries will be accepted after Friday, August 12th!

Thank you for your cooperation – it will help the day run smoothly for all! Looking forward to a great day of racing – See ya all on Sunday!

Sincerely,

Nancy Blom

LMRC Registrar

nancy.blom@prurealty.com or sprints@rowlakemerritt.org

