

GOLD RUSH

Masters

REGATTA



Saturday May 22, 2010

LAKE NATOMA MASTERS 1000 METER RACE

Races will be conducted by the Sacramento State Aquatic Center on the premier rowing venue, Lake Natoma. Rowers will go for the **gold (silver and bronze)**, as the miners did in 1849, on a 1000 meter fully buoyed course with stake boats.

ELIGIBILITY:

A "Master" shall be defined by USRowing rules of racing for 2010. A Masters' crew shall be comprised exclusively of Master rowers. The coxswain need not be a Master. The age category of a **Masters crew shall be determined by the average age of the rowers in the crew, rounded down to the nearest integer.** The age of the coxswain shall not be counted. "AA" (age 21-26) entries shall follow USRowing rules of racing for 2010 thus shall have no other restrictions.

REGATTA SCHEDULE:

FISA race format will be used. All races within an event will be condensed to minimum intervals. All crew must be accomplished in staging quickly onto a start platform. Static refereeing will be used for all boats with coxswains. Events with less than three entries will either be eliminated or run concurrently with another events. A tentative schedule will be posted May 12. Equipment borrowing is the athletes' responsibility. An 8 lane race course will be used. When events have multiple races, each race is a "medal race"... no joint final.

Please provide your own bow numbers. USRowing rules for safety will be followed. Bow balls and heel tie downs or quick-release shoes are required. Please lock onto the start 2 minutes prior to start of race, or penalty will be given at the discretion of the judge/referee.

Coaches and coxswains' meeting will be held at the finish line at 7:00 a.m., May 22, 2010.

**Weigh-ins for lightweights will be at the finish line between 7:30 a.m. and 11:00 a.m.
Coxswains need not weigh in.**

Start Time for the first race is 9:00 a.m.

Reverse handicapping will be used with handicaps assigned at the start. The first to cross the finish line will hold the gold medal place. False starts will result in disqualification. No protests and NO WHINING.

Lightweights: Men = 160 lbs Women = 130 lbs maximum Coxswains = NO weigh-ins

Competition Description

Overall crew ranking is not determined on the basis of heats, repechages, semi-finals or finals. If entries exceed the number of racing lanes (8) in any event, as many races as necessary are added to the event, with a medal awarded to the winner of each race.

AGE CATEGORIES FOR HANDICAPPING:

"Competing against rowers of similar age is an incentive to participate." FISA

Age categories are as follows:

- AA - Minimum age - 21
- A - Average age 27 or more
- B - Average age 36 or more
- C - Average age 43 or more
- D - Average age 50 or more
- E - Average age 55 or more
- F - Average age 60 or more
- G - Average age 65 or more
- H - Average age 70 or more

I - Average age 75 or more

J - Average age 80 or more

AWARDS WILL BE PRESENTED AFTER EACH EVENT – A team trophy will be inscribed with the winning team's name and displayed at the Sacramento State Aquatic Center. Results will be posted at www.sacstateaquaticcenter.com

POINTS FOR TEAM TROPHY (*The point system is similar to the guidelines used by USRowing*)

Event	1 st Place Points	Number of boats in event	2 nd thru 7 th place = Percentage of 1 st place points				
			2 nd	3 rd	4 th	5 th	6 th /7 th
1X	10		20%				
2-, 2X	15	2	40%	20%			
4+, 4X	20	3	60%	30%	5%		
8+	30	4	80%	40%	10%	5%	
		5	80%	40%	20%	10%	5%
		6/7	80%	40%	20%	10%	5%

THE49er Dash – In the spirit of 49er adventure, a free singles race to those wishing to race approximately 300 meters with floating starts. The start and finish can be viewed by all. These races will be fast, furious, and fun. Please sign up on line with your entries. Late entries to this event will be accepted only where space is available.

2010 GOLD RUSH MASTERS REGATTA

Due No Later Than Monday May 10, 2010

Please Register on Regatta Central

<u>Entry Fees:</u>	Eights	\$90.00
	Fours/Quads	\$60.00
	Pairs/Doubles	\$30.00
	Singles	\$20.00

**Composite boats: will not receive team points.*

Please register using Regatta Central

Sacramento State Aquatic Center
Attn: Gold Rush Regatta
1901 Hazel Avenue
Gold River, CA 95670

Contact: Bob Whitford: (916) 278-2842
E-mail: bwhit@csus.edu

Final schedule will be available on Wednesday May 19, 2010 on the internet at

www.sacstateaquaticcenter.com

Order of Events

Event # Event Name

100	MMX 4+	M = MEN
101	M 2X & M LW 2X	W = WOMEN
102	W 1X	LW = LIGHT WEIGHT
103	W OW 1X	O = OPEN WATER
104	W LW 4+	NOV = NOVICE
105	M 1X	MMX = Mixed
106	M 2-	
107	M OW 1X	
108	MMX 2X	
109	W 8+	
110	M 4+ & M NOV 4+	
111	W LW 1X	
112	M LW 1X	
113	W N1X	
114	M N1X	
115	W 2-	
115	W 4x	
116	M 8+	
117	W 4+ & W NOV 4+	
118	W 2X & W LW 2X	
119	M 4X	
120	MMX 8+	
121	49er Dash 1X	

2010 GOLD RUSH MASTERS REGATTA

LEGAL WAIVER: In consideration of acceptance of this entry in said regatta, I, the undersigned participant(s), intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive, release, and forever discharge any and all rights and claims for damages which may hereafter accrue to me against any and all persons, organizations, and legal entities affiliated with such regatta, more particularly, the California State University at Sacramento, the Associated Students of California State University at Sacramento, and the California State University at Sacramento Aquatic Center, together with their respective officers, agents, employees, successors, assigns, and/or sponsors; for any and all damages which may be sustained or suffered by me in connection with, or entry in, and/or arising out of our traveling to or participating in, and not withstanding §1542 of the California Civil Code.

PLEASE SIGN ON LINE

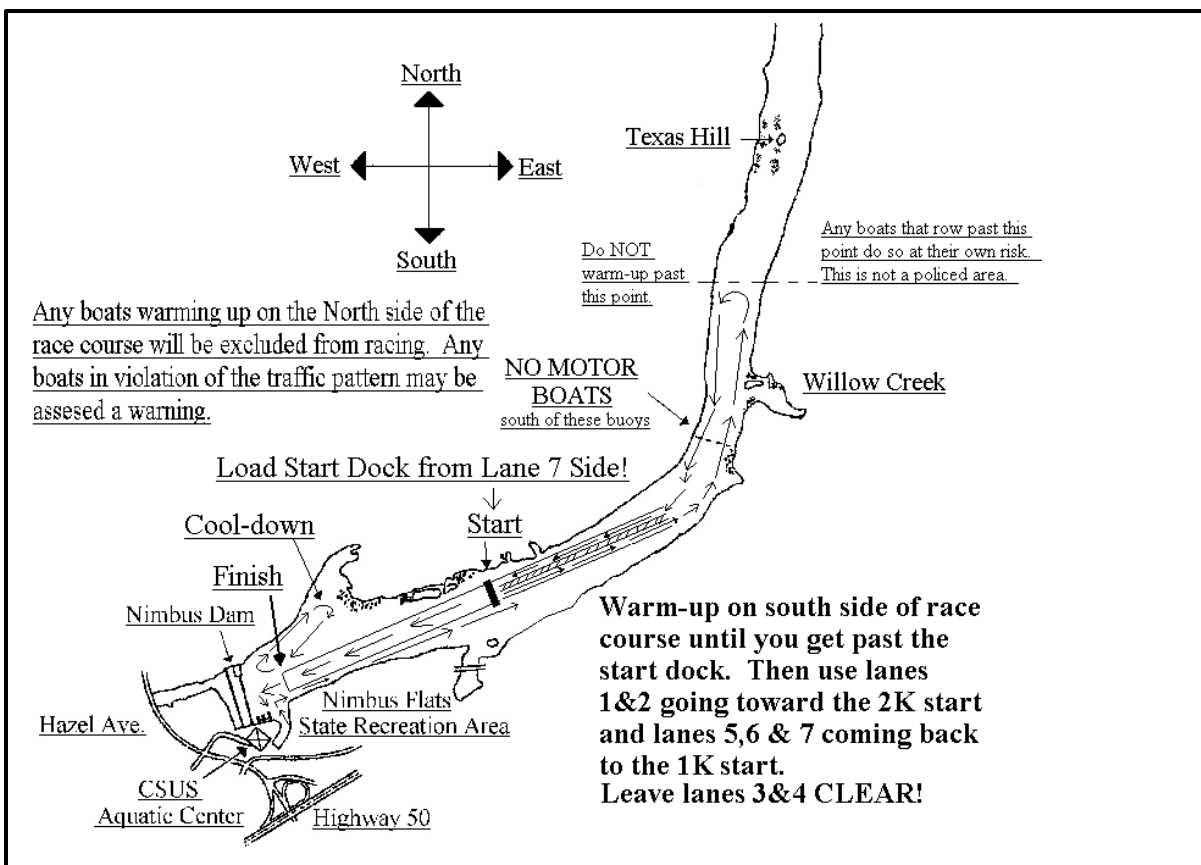
ENTRIES DUE MONDAY MAY 10, 2010

2010 GOLD RUSH MASTERS REGATTA

RACE & WARM-UP TRAFFIC

- Leave all course buoys off port – Row up lane 0.
- Warm up traffic pattern is counterclockwise.
- Enter starting dock from lane 7.
- Boats violating the traffic pattern will be disqualified.
- **DO NOT** stop on or near the finish line.
- Make sure the bow number is properly displayed.

ENTRIES DUE MONDAY MAY 10, 2010



Directions to Lake Natoma:

Highway 80 to Highway 50 to South Lake Tahoe

Take Hazel Avenue off ramp and turn left (north toward river).

Boat storage is at Nimbus Flat State Park, which is the first right turn after the 1st stoplight north of the freeway.

All State Park parking fees will apply.

No Alcohol and Glass Bottles.

THERE ARE NO DOGS ALLOWED ON THE BEACH AND GREEN TURF AREA.