

SACRAMENTO STATE AQUATIC CENTER

Presents

The Head of the American Saturday October 30, 2010

Race: 5k fully buoyed Head race for all gender and abilities!

Location: Nimbus Flat State Park / Lake Natoma, Gold River, CA 95670

*(Note: **No boat trailers or shells may be stored at the Aquatic Center.** All crews will launch from the finish line area. There is a \$10 per vehicle parking fee imposed by the State Park. The State Park gates will open at 0600. Trailers and trailer tow vehicles are free with HOA parking permit obtained at the Aquatic Center. Car toppers must pay the State Park fee. Additional parking is available offsite. See “#9 Parking” for details.)*

Course Length: 5000 Meters exactly!

REGATTA INFORMATION

Entry Deadline: Received by 2300 (11:00 PM), SUNDAY, October 24, 2010.

1. Entries

- a. You must register using Regatta Central; www.regattacentral.com
- b. **Entry Deadline: Boatings and Fees Due By 11:00 PM, Sunday, October 24, 2010.**
Payments should be made through Regatta Central.
- c. **Late entries/Event Changes** will be accepted until Thursday October 28, 2010 AND a 50% additional late fee will be charged. There will be NO refund of fees for any boat choosing to scratch. If an entry is uncertain and cannot be made before the entry deadline, you may still choose to enter using the “late fee” option. Please enter all boats AND pay the standard fee BEFORE the entry deadline has expired AND/OR use the “late entry” for the last minute boat changes. No fees and late entries will be accepted on race day. Sorry, no regatta cancelation refunds.

2. Regatta Meeting

- a. 7:15AM on Saturday October 30 at the Finish Line Tent.

3. Check In

- a. All Crews must check in to receive their bow numbers.
- b. Check in will be open Friday from 1:00 to 6:00 at the Sac State Aquatic Center and Saturday from 06:15 to 10:00 at the Finish Line Tent.
- c. **ALL CREWS MUST CHECK IN BY 10:00 ON SATURDAY OR YOU WILL BE SCRATCHED.**

4. Weigh-ins

- a. Will be held on SATURDAY ONLY from 07:30 to 12:30 at the Finish Line Tent.
- b. Crews must weigh in together.
- c. Competitors shall be weighed in racing uniform.
- d. A practice scale will be available at the Aquatic Center on Friday from 04:00 to 06:00pm.

***If lightweight crews/scullers do not make weight they may race for an “unofficial” time in their event, THEY CANNOT SWITCH TO THE CORRESPONDING OPEN EVENT.

Men: 165 pounds maximum 160 pounds crew average

Women: 135 pounds maximum, no averaging

Coxswains: NO weigh-ins

5. Traffic Pattern

- a. The Head of the American traffic pattern will be available on-line and at check in.
- b. Please make sure all crews/scullers follow the posted traffic pattern.
- c. Any crew found in violation of the traffic pattern will be disqualified.

6. Race Information

- a. Please allow adequate time to get to the starting line, about 1 hour. (Novices 1.25 hours)
- b. All crews will be started in numerical order. Boats not starting in sequence will be assessed a **one-minute penalty**. A crew that arrives late for the start may, at the discretion of the starter, may be allowed to start at the end of the event and a **one-minute penalty** will be assessed. Crews that miss the start of their event will not be placed. Crews that miss the start of their event may, at the starter’s discretion, be allowed to row for time only.
- c. Overtaking boats have the right of way. Boats being overtaken must yield to the overtaking boat. Failure to yield the right of way may result in a **one-minute penalty or disqualification**.
- d. **All race traffic must row through the finish line. Do not stop until your boat is well clear of all other race traffic coming through the finish area. Crews shall turn around 100 meters beyond the finish at the red buoy.**
- e. NCAA rules apply. Collegiate women’s entries will not be accepted for events not listed as “collegiate.”

7. Bow Markers

- a. The Aquatic Center will provide you with your entry number. It is your responsibility to provide a bow marker that the entry number will be affixed. The entry number must be in your bow number clip correctly and visible to the officials on both sides of the course. Crews without bow markers may not have their times recorded.

8. Race schedule

- a. A preliminary start order will be posted on our web site the **WEDNESDAY** prior to the event. (<http://www.sacstateaquaticcenter.com>) Late entries will be added to the end of the starting order.

9. Parking:

- a. At the time of this mailing the following fees are applicable in Nimbus Flat State Park Day use - \$10/day, Buses \$100/day. These ARE California State Park Fees we must abide by State Parks regulations if we wish to have regattas at Lake Natoma.
- b. Overflow parking is located at Gold Point Office Complex, located at the end of Tributary Point Road for \$5. Free Shuttles are available.
- c. Trailers must be parked in the "normal" trailer parking (unpaved area) located around the perimeter of the main parking lot in Nimbus Flat State Park. Trailers are not permitted in the back parking lot or in any paved parking spaces. No parking is permitted in "loading zones."
- d. **Trailers may arrive starting Friday October 29, 2010**
- e. **No boat trailers or shells may be stored at the Aquatic Center.** *All crews will launch from the finish line area.*

10. Practice

- a. Crews may practice on the racecourse the Friday prior to racing from 12:00 PM to 6:00 PM. ALL CREWS MUST BE OFF THE WATER BEFORE DARK. Please make sure you have checked the posted traffic pattern prior to practicing.

11. Directions

Directions from Highway 50:

Heading West from Lake Tahoe or East from Sacramento or San Francisco take the Hazel Ave. (Exit 21). Go North onto Hazel Ave. Make the first right hand turn in to Nimbus Flats California State Park. Or if lot is full follows signs to overflow parking.

Directions from Highway 80:

Heading West from Auburn or east from North Sacramento take the Sierra College Blvd. exit (in the City of Rocklin) and turn South on Sierra College Blvd. In about 6 miles Sierra College Blvd. becomes Hazel Ave., continue South through the town of Orangevale and finally across the American River. The first left after the river is the Aquatic Center. The entrance to Nimbus Flat is a small left hand turn pocket after the Gold Country Blvd. /Nimbus Rd signal. Make the next left into the Nimbus Flats California State Park. Or if lot is full follow signs to overflow parking.

PLEASE CHECK REGATTA CENTRAL FOR STARTING ORDER.

THE HEAD OF THE AMERICAN

SACRAMENTO STATE AQUATIC CENTER

Saturday, October 30, 2010

Time	Event #	Event Name	2008 Entries
9:00 AM		Men's Open 4X	
9:00 AM		Master 4X	
9:00 AM		Women's Master 2X	
9:15 AM		Men's Novice High School 8+	
9:30 AM		Women's Novice High School 8+	
9:45 AM		Men's Open 4+	
9:45 AM		Men's Lightweight 4+	
9:45 AM		Men's Masters 4+	
9:45 AM		Women's Masters 4+	
10:00 AM		Men's Novice Collegiate 8+	
10:00 AM		Men's Master Novice 4+	
10:15 AM		Women's Novice Collegiate 8+	
10:15 AM		Women's Master Novice 4+	
10:30 AM		Women's Master 4X	
10:30 AM		Men's Open 1X	
10:30 AM		Men's Lightweight 1X	
10:30 AM		Men's Masters 1X	
10:30 AM		Men's Masters Lightweight 1X	
10:45 AM		Men's Open 2-	
10:45 AM		Master 2-	
10:45 AM		Women's Collegiate 2-	
10:45 AM		Women's Open 2-	
10:45 AM		Master 2-	
11:00 AM		Women's Open/	
11:15 AM		Men's High School 8+	
11:30 AM		Women's High School 8+	
11:45 AM		Men's Wherry/Open Water 1X	
11:45 AM		Women's Wherry/Open Water 1X	
11:45 AM		Paddling OC2	
11:45 AM		Paddling OC1	
11:45 AM		Stand Up Paddling (handicapped)	
12:00 PM		Men's Masters 2X	
12:00 PM		Women's Masters 1X	
12:15 PM		Men's Masters Novice 8+	
12:15 PM		Women's Masters Novice 8+	
12:30 PM		Women's Collegiate 2X	
12:30 PM		Women's Open 2X	
12:30 PM		Women's Lightweight Collegiate 2X	
12:30 PM		Women's Lightweight Open 2X	
12:30 PM		Women's Masters 2X	
1:15 PM		Men's Open 8+	
1:15 PM		Men's Lightweight 8+	
1:15 PM		Men's Masters 8+	
1:30 PM		Men's Open 2X	
1:30 PM		Men's Lightweight 2X	
1:30 PM		Mixed Masters 2X	
1:45 PM		Women's Collegiate 8+	
1:45 PM		Women's Open 8+	
1:45 PM		Women's Lightweight Collegiate 8+	

