



2004 USRowing Southwest Regional Masters Championships July 18, 2004, Marine Stadium, Long Beach, CA

This is the initial call for entries to compete in the USRowing Southwest Regional Masters/Open Championship Regatta. Races will be conducted in the Marine Stadium, originally constructed for the 1932 Olympic Games, on a six-lane 1000-meter buoyed course.

Eligibility: A Master is a competitor who has or will attain the age of 27 during the current calendar year. There is a “AA” category for those who are between 21 and 27. A competitor's age is determined as of December 31 of the current calendar year, rounded DOWN to the highest contained integer. A competitor thus becomes a Master on January 1st of the year of his or her 27th birthday. A Masters crew shall be comprised exclusively of Masters rowers, but 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 a coxswain shall not be counted. The ages of individual rowers need not fall within the age category, so long as each rower is a Master and so long as the average age of the crew falls within the applicable category. Although the SW Regional Masters Regatta is a championship event for rowers from Arizona, California, Colorado, Hawaii, Nevada, New Mexico and Utah, rowers who are from outside the Southwest Region may also enter the regatta. First, second and third place Regional Championship awards will be presented for each event to the top three finishing crews. If the first-place crew is from outside the region, the highest placing SW crew will also receive a first-place award and the designation of Regional Champion. In a three boat race, awards will be presented for first and second place only. No points will be awarded in this regatta. **All crews entering must be bona-fide members of a USRowing member organization.**

USRowing Membership: The SW Regional Championships are USRowing sponsored events. **Each participant is required to be a current individual member of USRowing.** The regatta will be a USRowing Registered Regatta and will abide by the USRowing Rules of Racing, except where amended by the regatta organizers. Attached entry forms and insurance waivers must be fully completed (including individual USRowing member numbers) and returned before a team or individual is allowed to compete. **To receive USRowing membership information or membership registration materials, please call the USRowing Member Service Department at (800)314-4ROW or [email members@usrowing.org](mailto:members@usrowing.org).**

Regatta Schedule: Races will run on eight minute centers with the order of events to remain as listed. **I would like to accommodate as many competitors as possible.** Racing will begin at 8:00 am. Events

with less than three entries, from different programs, will be eliminated from the regatta schedule. If there are more than three entries in a particular age category we will run that as a separate event (assuming it doesn't leave a properly entered crew without a race). **PLEASE NOTE: AA category athletes may only race in events designated as open, AA, or A events. In no case may a AA athlete row in events designated B category or higher. IF we have sufficient entries, we will break the AA and A category crews out and row them as a separate event. The inclusion of AA athletes is meant to give them competitive opportunities they would not otherwise have.**

See the USRowing Rules of Rowing Handicapping Guidelines for details regarding the use of handicaps.

Age Categories are defined below:

"AA"	21-26 and "open"		
"A"	27-35	"B"	36-42
"C"	43-49	"D"	50-54
"E"	55-59	"F"	60-64
"G"	65-69	"H"	70-74
"T"	75-79	"J"	80+

Important Deadline:

ENTRIES AND FEES MUST BE RECEIVED BY WEDNESDAY, JULY 7, 2004

	Entry Fee	Late Entry Fees (after July 7)
8+	\$75.00	\$100.00
4+, 4x	\$55.00	\$80.00
2-, 2x	\$35.00	\$50.00
1x	\$20.00	\$30.00

How to submit Entries and Fees:

This year I am pleased to announce that the regatta will be utilizing an online entry system <http://www.regattacentral.com>. You will be able to submit entries and view entries, access various info and more. RegattaCentral also enables automated waiver compliance (assuming waivers are on file with USRowing). Entries must be received by **WEDNESDAY, JULY 7, 2004**. Entries lacking fees, or waivers will be considered late entries. Late entries, or entries received after July 7, 2004 will be subject to the higher entry fee and space availability in the scheduled heats and finals. Fees and waivers are due with entry forms. Entries submitted without fees will not be included in the regatta schedule. A scratch fee of \$25.00 will be assessed for any scratches made after noon on July 13. "No shows" at the starting line will be subject to the scratch fee. Regatta Central offers many features that will make the entry process easy and will allow coaches that are registered to access and change their entries and view other entries to the regatta. Changes or corrections to boat line-ups should be made as soon as is practicable. USROWING Rules of Rowing allow up to 50% of a lineup to change after an entry has been submitted.

Questions should be directed to:

Paul Wilkins
PHONE: (562) 493-5593 E-mail: swrowing@cs.com

The SW Masters Regional Championship is pleased to announce it is using RegattaCentral. This web-based system enables you to submit entries and monitor regattas online, providing immediate entry verification and much more... **To expedite the process of submitting entries, be sure to have the USRowing Member Number for all rowers you'll be entering. Please fax or send all waivers to USRowing. FAX (317)237-5646 or: USRowing, 201 S. Capitol Ave, Suite 400, Indianapolis, IN 46225. USRowing can provide you a list of membership numbers for your program by calling 1-800-314-4769 or emailing members@usrowing.org.**

Each regatta has a separate "entry window". Our entry window is May 30th – July 7.

For New Users of Regatta Central:

1. Point your web browser (*Netscape 3.0, IE 3.0, or above*) to <http://www.regattacentral.com>
2. Click on the "New User" link to create your *free* membership
3. Follow the online instructions. You'll be prompted to add the SW Masters to your personal regatta calendar. Be sure to check the box indicating you will be submitting entries.
4. Complete the registration form
5. Click 'Submit Entry' to submit your first entry
6. If you have any questions or need technical support, send an email to support@regatacentral.com

For Existing Users of Regatta Central:

1. Point your web browser (*Netscape 3.0, IE 3.0, or above*) to <http://www.regattacentral.com>
2. Log into your account
3. Click on "Add a regatta to my calendar"
4. Select the SW Masters and check the box indicating you will be submitting entries
5. Complete the registration form
6. Click 'Submit Entry' to submit your first entry
7. If you have any questions or need technical support, send an email to support@regatacentral.com

Multiple Entries: Multiple entries, for one event, from a club will be accepted and scheduled into the event if possible. However, please keep in mind that this is a Regional Championship and our time is limited. List multiple entries with "A", "B", etc. designations in order of priority. Events with less than three entries from different programs, may be removed from the schedule.

Bow Balls and Bow Numbers: Bow balls and bow numbers are required for any boat preparing to race. Boats without bow balls will not be allowed onto the race course. Please have the appropriate bow numbers for your boat. This helps the officials identify you. Bow numbers will **not** be provided by the regatta organizers. Bow numbers and bow balls must be supplied by the participants. Each shell must be equipped with quick release foot gear or heels attached with strings to allow quick release. All bow-coxed shells must meet the Rules

of Rowing requirements regarding the size of the opening through which the coxswain enters the shell.

Boat Storage/Trailer Parking: The gates to Marine Stadium will be locked Saturday night. Access will be available after 6 AM Sunday morning.

Weigh-ins: All rowers in races with lightweight classifications and all coxswains are required to weigh-in during the scheduled times on race day. **All athletes shall weigh-in in racing attire.** Team boats must weigh-in together, although there will be no averaging of the crews. Coxswains who are required to carry weight must provide their own additional weight and have it verified by the weigh-in officials. The weigh-in schedule will follow USRowing rules of racing. Crews must weigh in at least one hour, but not more than two hours before their first scheduled lightweight event. Crews and coxswains only need to weigh in once.

Coxs for Men's events	120 lbs. min	Ltwt. Men	160 lbs. max
Coxs for Women's events	110 lbs. min	Ltwt. Women	130 lbs. max
Coxs for Mixed events	120 lbs. min		

Regatta Meeting: A meeting will be held on Saturday evening, July 17, at 6:30 pm at the finish line to review the regatta procedures and the final schedule. All clubs and individual competitors should send a representative to the meeting. **Entries will not be accepted after the conclusion of the Regatta Meeting.**

SW MASTERS REGIONAL CHAMPIONSHIP EVENTS

<u>CLASSIFICATION</u>	BOATS					
	8+	4+	4x-	2-	2x	1x
Masters Men	X	X	X	X	X	X
Masters Women	X	X	X	X	X	X
Masters Lightweight Men		X	X		X	X
Masters Lightweight Women		X	X		X	X
Masters Novice Men		X				X
Masters Novice Women		X				X
Masters Mixed	X	X	X		X	
AA or Open	X	X	X	X	X	X

RACE CLASSIFICATIONS:

"MASTER"

Rowers who have attained or will attain the age of 27 during the current calendar year. **“AA” category are those over 21, but not yet 27.** A competitor's age is determined as of December 31 of the current calendar year. The age of the crew is determined by the average age of the crew, rounded down to the highest contained integer. The coxswain's age shall not be counted.

"MASTERS LIGHTWEIGHT"

NOTE: Lightweight events may be combined

with "Same Age" events if there are not 3 entries for both the open weight and lightweight age.

“MASTERS NOVICE”

All members of the crew are “novices” for **two years** from the date of their first race.

“MIXED” One half of the rowers within the boat must be men and the other half must be women.

“OPEN” Open to all ages.

Order of Events

EVENT #	EVENT	Abbreviation	Age/Class
1	Women’s Four	W 4+	AA-J
2	Women’s Lt. Quad	Wlt4X	AA-J
3	Men’s Lt. Quad	Mlt4X	AA-J
4	Women’s Single	W1X	AA-J
5	Men’s Pair	M2-	AA-J
6	Men’s Single	M1X	C-D
7	Men’s Single	M1X	AA-A
8	Women’s Pair	W2-	AA-J
9	Men’s Lt. 4+	Mlt4+	AA-J
10	Women’s Lt. 4+	Wlt4+	AA-J
11	Men’s Single	M1X	E
12	Men’s Single	M1X	B
13	Men’s Novice 4+	MN4+	-
14	Women’s Double	W2X	AA-J
15	Womens Novice 4+	WN4+	-
A	Men’s 4+	M4+	D-J
16	Men’s Novice Single	MN1X	-
17	Men’s Lt. Single	Mlt1X	AA-C
18	Women’s Novice Single	WN1X	-
19	Men’s Double	M2X	D-J
20	Women’s Lt. Single	Wlt1X	AA-J
21	Men’s Double	M2X	AA-C
22	Women’s 4+	W4+	C-J
23	Men’s 4+	M4+	AA-C
24	Men’s Open Single	MO1X	
25	Women’s Open Single	WO1X	
26	Men’s Lt. Double	Mlt.2X	AA-J
	Lunch or significant break		
27	Men’s Open 4+	MO4+	

28	Women's Open 4+	WO4+	
29	Men's Quad	M4X	C-J
30	Men's Lt 1X	Mlt1X	D+
31	Men's Open Double	MO2X	
32	Women's Eight	W8+	AA-J
33	Women's Lt Double	Wlt2X	AA-J
34	Men's Eight	M8+	AA-J
35	Men's Quad	M4X	AA-B
36	Women's Quad	W4X	AA-J
Break			
37	Mixed 8+	Mx8+	
38	Mixed Quad	Mx4X	
39	Parent/Child Double	P/C2X	
40	Mixed 2X	Mx2X	
41	Men's Open 8	MO8+	
42	Women's Open 8	WO8+	

PLEASE NOTE: AA category athletes may only race in events designated as open, AA, or A events. In no case may a AA athlete row in events designated B category or higher. IF we have sufficient entries, we will break the AA and A category crews out and row them as a separate event.

USRowing Waiver (You only need to sign a waiver once a calendar year for USRowing registered regattas. If you have not signed a waiver and mailed it to USRowing, please complete and fax to 317-237-5646).

This is the USRowing WAIVER, which should be copied for your use.

IN CONSIDERATION of being given the opportunity to participate in any ("Club") activities ("Activity") until the end of this calendar year, I, for myself, my personal representatives, assigns, heirs, and next of kin:

ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.

FULLY UNDERSTAND that: (a.); ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Releasees names below; (c.); there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of the Club and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.

HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place, (each considered one of the Releasees herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasees or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY SAVE AND HOLD HARMLESS each of the Releasees, from any litigation's expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed Name : _____ **Membership #** _____ Date: _____

Signature (only if age 18 or over): _____

