

FALL REGATTA

San Mateo Marina Lagoon

Sunday, November 16, 2008

Bair Island Aquatic Center (BIAC) is pleased to present the 17th annual Fall Regatta in beautiful San Mateo, California. November is an excellent time to race in Northern California. The air is brisk, the shore birds are still about and you may even see a harbor seal or two. We hope you'll bring all racing members of your club and join us for this 5K headrace.

Schedule/Entry:

A preliminary race schedule is be available on Regatta Central. We will offer a full complement of events, see the categories listed below. We will group races together if there are less than 3 entries in any given race.

	Sweep	Scull
Junior:	8+, 4+	1x
Junior Novice:	8+, 4+	
College:	8+, 4+	
Open:	8+, 4+, 2-	4x, 2x, 1x, 1r
Open Novice:	8+, 4+	1x
Lightweight:	8+, 4+	1x
Masters:	8+, 4+	4x, 2x, 1x, 1r
Masters Novice:	8+, 4+	1x
Masters Lightweight:		1x
Mixed:	Open, Masters, Junior 8+	Open, Masters 2x

Races begin at 8:30am and conclude at approximately 2:30p.m.

Registration is on-line at www.regattacentral.com. Please contact the registrar if you are unable to register electronically.

Preliminary race schedule is now available. An updated race schedule will be posted online by November 13.

Please note: Partial entries, those without payment, will automatically be deleted if not completed by registration deadline. You may re-enter and pay late fees at that time.

******* REGISTER EARLY! ENTRIES ARE DUE BY NOVEMBER 7. *******

Course/Equipment:

- ✓ This is a challenging course and **not** appropriate for novice coxswains! Please commit to using only race-seasoned coxswains and ensure that all coxswains from your team fully understand the rules of racing.
- ✓ All races will be 5,000 meter, single file. Bow numbers will be provided.
- ✓ Medals will be awarded to the winner of each event.
- ✓ Coaches and Coxswains Meeting: Race day, **7:00a.m.**, harbor patrol office (same as last year)
- ✓ Weigh-in station: Open from 7:00a.m. - 9:00a.m.
- ✓ Warm up: Approx 3,500M from the launch area to the starting line.
- ✓ This is a U.S. Rowing Association (USRA) registered regatta. USRA recommendations for safety will be followed. USRA membership for individual participants is not required but please note that all rowing organizations that enter must be a USRA member organization.

Fall Regatta Rules:

- ✓ Bow balls and heel tie-downs or quick-release shoes are required.
- ✓ In case of any dispute, results will be determined by the rules in this packet followed by the accepted master handicapping rules in [Rules of Rowing](#).
- ✓ Racing crews have the right of way over all other boats. Boats warming up or returning from the finish must yield to oncoming crews at bridges and otherwise, stay in the right hand lane, off the racecourse.
- ✓ Overtaking crews have the right of way over slower boats. Boats being overtaken must yield to the outside of a turn or otherwise follow the instructions of the overtaking boat.
- ✓ Passing is forbidden under bridges and immediately before bridges. A boat about to be passed must PROMPTLY yield after a bridge.
- ✓ Stay right of all buoys in the center of the waterway. No cutting corners.
- ✓ Row around the island at the finish before stopping.
- ✓ Crews must use sportsman-like conduct and language.
- ✓ The rules are meant for safety. Violations will result in time penalties or disqualification at race official's discretion.

Parking and Boat Storage:

Trailers -- There is space for approximately 10 trailers to park overnight, security will be provided. If you plan to arrive on Saturday, please let us know in advance so we leave space for you. You will need to arrive between 3p.m. and sunset. Whether your trailer arrives on Saturday or on race day, your crew must be available to unload the trailer by 6:00a.m. **at the latest** as you will need to make space for others arriving and unloading that morning. Once unloaded, the trailer will need to be moved into the parking lot and the truck parked elsewhere.

Single Cars -- On-street parking is very limited. Please respect the residential neighborhood surrounding the park by not blocking driveways or parking too close to fire hydrants. You will be much better served by directing your crews to park at Bayside School and Recreation Center on Kehoe Avenue or Parkside Elementary School on Eisenhower Street, or the Fish Market restaurant on S. Norfolk. There will be volunteers directing participants to these lots.

Go to <http://www.gobair.org> for the course map and parking map.

Food at Regatta:

No alcohol is allowed at San Mateo Park. Because the park is located in a residential neighborhood, restaurants are not within walking distance. For a small donation, you may take advantage of the bagels, fruit, donuts, and coffee in the morning as well as box lunches around noon.

Vendors:

JL will have a booth at the Fall Regatta with their latest fall fashions. BIAC will sell t-shirts and other logo items.

COMPETITOR CATEGORIES/DEFINITIONS

- ✓ **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 12/31/08. Age groups may be combined based on the entries received. All Masters races in combined age groups will be handicapped. . In accordance with new USRA rules for 2008, AA rowers are now permitted to row in Masters races. In all team boats, including boats with AA rowers, the average age of the rowers (excluding cox) will determine the age group and handicap. Average ages will be rounded down
- ✓ **HANDICAPPING:** The Fall Regatta will follow USRA rules of handicapping.
- ✓ **OPEN:** No age restriction and no handicaps applied.
- ✓ **COXSWAINS:** May be any gender, age, or weight. This is a challenging course and **not** appropriate for novice coxswains! Please commit to using only race-seasoned coxswains and ensuring that all coxswains from your team fully understand the rules of racing.
- ✓ **LIGHTWEIGHTS:** Men 165 lb. maximum; Women 135 lb. Maximum

- ✓ **MIXED:** One half (or more) women rowers
- ✓ **NOVICE:** A rower (sweep or scull) whose first race was no earlier than November 7, 2006.
- ✓ **RECREATIONAL/OPEN WATER:** Maas Aeros, and other open-water boats less than 22' long. (Maas 24s prohibited.)

FEES/DEADLINES

Race Entry Deadline: Friday, November 7, 2008

Late Entry (late fee applies) Deadline: Monday, November 10, 2008

Fees Per Event:	1X	2X/-	4X/-	8+
Received on or before Nov 7	\$20.00	\$30.00	\$45.00	\$72.00
Received Nov 8-10 (late fee: 25%)	\$25.00	\$37.50	\$56.25	\$90.00

Registration is on-line at www.regattacentral.com.

On-line entries can be paid via credit card (Visa or Mastercard) or by check. Make checks payable to: **BIAC**. **All entries must include payment in full.** Entries are considered complete when the entry form and payment are received. Send checks and correspondence to the Registrar. Entries received between Nov 8 and 10 will be assessed a 25% late fee PER BOAT, and event admission will be on a space-available basis. No entries will be accepted after Monday, November 10, 2008. 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, 2008 and the boat average age.

AVOID THE LATE FEE – SUBMIT YOUR ENTRY BY NOVEMBER 7!

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>. You may submit one waiver per year by faxing the form to USRA (see site link). If your waiver is on file with USRA, please indicate that with your registration. 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.

BIAC Members: Boats composed entirely of BIAC members (must be in good standing) are eligible for a 25% discount **if each complete entry is received by November 7**. Late entrants will be assessed the full fee plus late charges. Club members may race one event only and are expected to volunteer throughout the day. See your program lead for details.

IMPORTANT INFORMATION:

- ✓ All entries must be made in writing via Regatta Central or mail. Entries are considered received and complete when the entry-form, waiver, and appropriate fee is received by the Registrar by Friday, November 7.
- ✓ This is a challenging course and **not** appropriate for novice coxswains! Please commit to using only race-seasoned coxswains and ensure that all coxswains from your team fully understand the rules of racing.
- ✓ Scratches: If you must scratch, please let the Registrar know as soon as possible. Entry fees will be refunded for scratches received by November 7.
- ✓ All competitor changes must be submitted in writing or via email to the Registrar prior to the coaches and coxswains meeting on Sunday, November 16. ***No competitor changes will be accepted after the coaches and coxswains meeting.***
- ✓ Races will start on time, no exceptions. Plan your warm up time carefully!
- ✓ 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.

Hotel info for visitors: The following is a partial list of local hotels representing a cross section of pricing. This list does not connote a recommendation; it is merely informational.

- ❖ Best Western, San Mateo, 650/341-3300
- ❖ Staybridge Suites, San Francisco Airport, San Bruno, 650/588-0770
- ❖ Days Inn, Redwood City, 650/369-9200
- ❖ Good Nite Inn Hotel, Redwood City, 650/365-5500
- ❖ Homestead Village, San Carlos, 650/368-2600

Regatta Director:

Marsha Atkinson
matmarsha@sbc.global.net
650/520-4867

Registrar:

Erin Barnhart
ebarnhar@stanford.edu
650/862-7467
Mailing address:
851 Roble Ave #3
Menlo Park CA 94025