

American Lake Fall Classic

Date: Saturday, October 16, 2010

Coaches and Coxswains Meeting: 8am, CBRC Boathouse, upstairs

First Race: 9am

Location: American Lake, Commencement Bay Rowing Club Boathouse at Harry Todd Park

Entry Deadline: October 11, 2010

Payments, Lineups and Waivers Deadline: October 13, 2010

Registration and Waivers: All registration will be on Regatta Central, online waivers are highly encouraged, please contact the regatta director if you wish to submit paper waivers.

Scratches: Scratches will only be accepted by email prior to the coaches and coxswains meeting. No fees will be charged for scratches; however, refunds will not be given.

Cost: \$10 per athlete, unlimited races.

Check-in: Check-in will open at approximately 7:15, upstairs in the CBRC boathouse, your team will not be given your packet until final payment is made and all waivers have been received.

Events: A complete list of events is available on Regatta Central. Events maybe combined if an insufficient number of entries exist.

Definitions

Junior: Anyone 18 years old or younger, or who is enrolled in high school

Open: Anyone may race in the Open events.

Master: Anyone who is at least 21 years old by December 31, 2010

Novice: Anyone who has not rowed before June 1st, 2010

Adaptive: Any athlete that meets any adaptive class at the time of racing. Athletes do not need to be FISA certified; the honesty system will be used for certifying that athletes meet an adaptive class. Non-adaptive athletes may row with adaptive athletes in adaptive events in order to complete boats with the permission of the regatta director.

Weigh-Ins

Coxswain and lightweight weight is on the honor system. Weights must be:

Cox for men & mixed: 120 pounds minimum

Cox for women: 110 pounds minimum

Lightweight women: 130 pounds maximum

Lightweight men: 155 pounds maximum

Handicap: Masters events will be handicapped using the USRowing handicaps. If a masters entry does not specify an average age, then your time will be calculated based on a 21 years old average.

Bow Numbers: Each boat will receive a bow number in their regatta packet. Please return bow numbers at the recovery dock immediately after your race.

Bow Balls: Each boat must have an intact bow ball and heel ties, crews will be checked prior to launch.

Trailer Parking: Parking for trailers is available at Harry Todd Park. Please let the regatta director know by email if you will be bringing a trailer for detailed parking information.

Parking for Crews and Spectators: Parking is available at Harry Todd Park but will fill early in the day. Additional parking is available at Tillicum Elementary (see map) and on some streets near the park. Please note that most streets immediately surrounding the park are posted no parking and will be enforced. Any crew planning to bring a bus please notify the regatta director for parking information.

Directions: From I-5 N/B or S/B take exit 123 Thorne Lane

Head west off the on ramp (Right turn if coming from the north, Left turn if coming from the south)

Proceed west to a hard left turn in the road, turn **right** immediately after to stay on Thorne Ln.

Stay to the **left**, the park will be on your right side.

Food: CBRC will have a breakfast with pancakes, eggs, juice, etc. for an additional \$5 per person. Teams interested in purchasing breakfast for their entire team may do so by contacting the regatta director.

Team Tents: Team tents are allowed in park in the rigging area and on the hillside above the race course. Please do not place tents in front of the regatta headquarters tent, near the launching and recovery docks, or in any of the parking areas.

Penalties

Late to the start - 10"

Missing bow number - 10"

Failure to yield - 30"

Interference with another crew - 30-60"

Miss single buoy - 60"

Miss more than one buoy - disqualification