



October 12, 2022

Welcome!

Thank you for coming to Long Beach and participating in the 55th year of the LBRA Christmas Regatta. We want this to be an extra special event for all!

Bill Eldon, Chief Referee, and his team of US Rowing referees will be officiating our 7-lane 850 meter course with stake boat holders. The races will be run using 5-minute centers.

We want your experience to be memorable and fun, so please read and share this information, directions, and recommendations with your coaches, team members and whoever will be visiting the regatta.

With your outstanding leadership on the water, one of the largest regattas on the West Coast will be fun, fast, and run on time.

Good luck and have fun!

Hanne Chupik
Long Beach Rowing Association
President and Regatta Director

CLUB INFORMATION PACKET

2022 CHRISTMAS REGATTA

HOSTED BY LONG BEACH ROWING ASSOCIATION

New this year:

- Trophy 'The JL Sonic Boom' sponsored by JL Racing for the Regattas Fastest Men's Boat
- Trophy 'The Speed Demon' for the Regattas Fastest Women's Boat
- 3 categories for Middle School events and some college events
- Alphanumeric bow numbers -no need to bring your own bow numbers!
- T-shirts from Sew Sporty

[Club Information Packet](#)

ARRIVAL & PARKING - [Stadium Map](#)

We have expanded our time for visiting club trailers to arrive and added a marshaled practice on the race course. You are welcome to park your trailer in Marine Stadium any time after 8:00 am and before 8:00 pm on Saturday, December 4. Please plan to depart no later than 7:00 PM on Sunday, December 5, after racing.

Spectators and equipment trailers will be parking in two different locations within Marine Stadium but all will be on the race course (see attached map):

The trailer parking entrance is at Bayshore Drive and Paoli Way, Long Beach, CA. The entrance for the trailers will start at 8:00 AM on Saturday, December 4. You will have assigned beach parking. I have spoken with every club who is attending to discuss how we are assigning spots on the beach and where to park your towing vehicle. Rowing is a collaborative sport so please be respectful of other clubs and work together to share the space on the beach. Look for your Club name clearly marked on the beach.

The vehicle parking entrance for spectators is off of the intersection of Appian Way and E. Third St., Long Beach, CA 90803. Be specific about this intersection in your navigation system for ease of locating the entrance. There is no charge for parking in the parking lot. Vehicle parking will begin on Saturday, December 4, at 7:00 AM and Sunday at 6:30 AM. Be aware that the parking lot is DIRECTLY in front of homes so please keep the noise to a minimum on both days.

SATURDAY – ARRIVAL & PRACTICE

- We are glad that so many clubs are coming into town earlier in the day on Saturday. Plan to park and unload. There will be security overnight in Marine Stadium. Leaving personal items in the trailer is at your own risk.
- On Saturday, Marine Stadium is closed to rowers prior to 1:00 PM. From 1 – 4:00 PM, the marshaled race course is open for practicing crews. Launch from the beach and use the lane that is marked by buoys (technically the return lane) to head up to the start. Come through the stake boat docks for practice up the stadium and then use the return lane ONLY to return to the beach or the start.
- All Crews must be off the Marine Stadium course by 4:00 PM.
- Any crews beyond the Marine Stadium waterway outside of practice times do so at their own risk.
- Coach & Coxswain meeting is at 4:30 PM at 7S

SUNDAY – WHEN YOU ARRIVE

- Have one representative from your club check in at Registration which is located near the 7S restrooms at the end of the beach toward the finish line, first thing Sunday morning. The Clerk of the Course will be at Registration and available at 6:30 AM. Please let the Clerk of the Course know if you have any scratches as soon

as possible Sunday morning, and also as they occur during the regatta. A scratch form has been included and will be available at the registration table.

- Substitutions: Please include the substitute name and new handicap age of the crew. All subsequent scratches or substitutions should be communicated to the Clerk of the Course throughout the day as soon as you know. Do not write out the entire lineup but just include the name(s) that are being scratched and/or swapped and the new handicap age.
- Each club will receive a hard copy of the Heat Sheet and any updates for the day.

COACH & COXSWAIN MEETING

The coaches and coxswain meeting will be virtual this year and available online at the link provided later. There will also be a brief in person meeting on Sunday, December at 6:30AM at 7s to review the course map, the staging system prior to the start and to answer questions. All programs are expected to attend at least one of the meetings and are responsible to know all the information presented.

Again, it is expected that at least one coach from each team is in attendance and it is recommended that all coxswains attend. Chief Eldon will be noting which clubs are in attendance.

Warm up Overview – This does NOT take the place of the C & C meeting

[Warm-up Map and Staging for race](#)

Due to the number of entries, we have set up a staging system that will start just beyond the Davies Bridge. It is critical for everyone to be in the correct place at the correct time so that crews have a calm and focused mindset before they enter the racecourse. The following warm up protocol will provide plenty of room to avoid crews being on top of each other and ensure that the regatta will run on time. All crews should be prepared to lightly paddle, scull for lateral position, and lightly back as needed to hold staging positions where instructed.

Crews not following the staging procedures may receive a warning or be excluded.

Warm Up Instructions

Crews are to warm up beyond the bridge and stay in the warmup loop, which is a counterclockwise pattern to the seawall; please be aware of other crews as you make your loop turns at the turning buoys and please stay away from the middle of the loop! This is an open course so be aware of power boat and paddleboard traffic [Warm-up Map and Staging for race](#).

There are 3 staging areas where crews will gather prior to their event:

1. Gather at the bridge 20 minutes before your start time. Stop at the RED BUOYS as you are approaching the bridge. At 15 minutes prior to your race time, you will be called to the next area. Lanes 1, 2, 3 & 4 move forward through the middle span; lanes 5, 6 & 7, move forward through the right span.

2. Next stop, Start Marshall – look for YELLOW BUOYS. Lanes 1, 2, 3 & 4 will gather and 5, 6 & 7 will gather near the LBRA boathouse side of the race course and hold until called up at 10 minutes to start.
3. At 10 minutes, you will be called to the Shallow Marshall area. Hold BEHIND your lane assignment.

Once the prior race clears breakage, you will be invited onto the course. Lanes are from 1 to 7 from beach side to boathouse side. Please enter and lock on quickly. US Rowing sprint race start commands will be used.

CONTROL COMMISSION

There will be no control commission.

Crews are solely responsible for meeting US Rowing safety requirements for the athletes and equipment during this event.

BOW NUMBERS

We will be using Alpha-numeric Bow numbers this year. The Letter will indicate the event and the number will indicate the lane assignment for that event. This will make it easier for crews to see other competitors in their event and gather more easily during staging. Bow numbers will be collected and reused throughout the day, so please make sure to return them.

CLASSIFICATIONS

The age categories follow US Rowing Classifications. In addition, the following race categories apply for this regatta.

Junior Novice: Rowers who may not have rowed prior to May of this year.

Junior Freshmen: Rowers who started 9th grade no earlier than June of this year.

Documentation may be required.

Master Novice: A Master Rower who that has rowed for less than 2 years.

Junior Women cannot enter any Women's Open events.

WEIGH-IN

There are no weigh-ins for any competitors.

MEDALS

Medals and perpetual trophies may be picked up at the end of the beach near 7S. Medals will be awarded to gold, silver and bronze when 4 and more than 4 entries. In events with 3 or less entries, only gold and silver will be awarded.

- Trophy 'The Sonic Boom' will be awarded to the Regatta's fastest Men's boat (actual time, no handicap)
- Trophy 'The Speed Demon' will be awarded to the Regatta's fastest Women's boat (actual time, no handicap)

Trophy, if won last year, return no later than 9am Sunday. A team will not be allowed to check in or race if their trophy has not been returned.

GOOD NEIGHBOR POLICY

Marine Stadium is in a residential area with homes located less than 50 feet from the beach. Essentially, this is their front yard. As host to the regatta, we like to remind visitors:

- Please keep noise to a minimum especially before 8:00 AM
- Pick up and dispose of all trash. There are plenty of trash and recycle bins that both the City of Long Beach and the Conservation Corp has provided. There are also large trash dumpsters located at either end of the beach area.
- Along the beach, please do not sit or stand in the landscaped parkway that is located between the road that trailers are parked, and the houses. In addition, please do not lay oars in the parkway.

VENDORS

- **Urban Espresso** will be providing breakfast and lunch items. ([Urban Espresso Menu](#)).
- **Sew Sporty** is providing a diverse array of rowing apparel.
- **Regatta T-shirts** will be available from SewSporty. More info to come.
- Free entrance to the **Lifeguard Museum** from 10:00 AM to 2:00 PM which is located near registration.
- **ClockCaster** – Our timing specialist!

DRONES

LBRA will be operating a drone and is working to provide streaming services for all races. All drones that have not been approved in advance by the regatta director are strictly prohibited, per US Rowing policy. Drone operators who do not comply are subject to removal from the regatta.

COVID PROTOCOL

Long Beach Rowing Association is following the City of Long Beach protocols for COVID - 19. No vaccine verification nor test is required, but strongly recommended.

GOOD INFORMATION TO KNOW

- Marine Stadium is a beach launch but not rocky. Low tide brings some seagrass, small rocks and shells.

Water socks are a good idea but not necessary.

- Bring your pop-up tents for team setup and don't forget your beach chairs!
- 2nd Street is a 10-minute walk from the course and offers a drug store, fabulous restaurants, coffee spots and shopping.

