

# GOLD RUSH

## Masters

R E G A T T A

**Saturday May 11, 2013**



### **LAKE NATOMA MASTERS 1000 METER RACE**

Races will be conducted by the Sacramento State Aquatic Center on the premier rowing venue, Lake Natoma. Rowers will go for the **gold**, as the miners did in 1849, on a 1000 meter fully buoyed course with stake boats.

#### **ELIGIBILITY:**

A "Master" shall be defined by USRowing rules of racing for 2013. A Masters' crew shall be comprised exclusively of Master rowers. 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 the coxswain shall not be counted.

#### **REGATTA SCHEDULE:**

All crew must be accomplished in staging quickly onto a start platform. Static refereeing will be used for all boats with coxswains. Events with less than three entries will either be eliminated or run concurrently with another event. A tentative schedule will be posted May 8. Equipment borrowing is the athletes' responsibility. A 7 lane race course will be used.

**Please provide your own bow numbers.** USRowing rules for safety will be followed. Bow balls and heel tie downs or quick-release shoes are required. Please lock onto the start 2 minutes prior to start of race, or penalty will be given at the discretion of the judge/referee.

**Coaches and coxswains' meeting will be held at the finish line at 7:00 a.m., May 11, 2013.**

**Weigh-ins for lightweights will be at the finish line between 2-1 hours before your lightweight event.  
Coxswains need not weigh in.**

**Reverse handicapping will be used with handicaps assigned at the start.** The first to cross the finish line will hold the gold medal place. False starts will result in disqualification. No protests and NO WHINING.

**Lightweights:** Men =160 lbs maximum Women = 130 lbs maximum Coxswains = NO weigh-ins

**Novice:** The definition of a novice for this regatta is any rower who has not begun rowing prior to June, 2011.

#### **AGE CATEGORIES FOR HANDICAPPING:**

"Competing against rowers of similar age is an incentive to participate." FISA

Age categories are as follows:

AA – Minimum age – 23-26

A - Average age 27-35

C - Average age 43-49

E - Average age 55-59

G - Average age 65-69

I - Average age 75-79

B - Average age 36-42

D - Average age 50-54

F - Average age 60-64

H - Average age 70-74

J - Average age 80 or more

# 2013 GOLD RUSH MASTERS REGATTA

**AWARDS** WILL BE PRESENTED AFTER EACH EVENT – A team trophy will be inscribed with the winning team's name and displayed at the Sacramento State Aquatic Center. Results will be posted at [www.sacstateaquaticcenter.com](http://www.sacstateaquaticcenter.com)

**POINTS FOR TEAM TROPHY** *(The point system is similar to the guidelines used by USRowing)*

Event	1 <sup>st</sup> Place Points	Number of boats in event	2 <sup>nd</sup> thru 7 <sup>th</sup> place = Percentage of 1 <sup>st</sup> place points					
			2 <sup>nd</sup>	3 <sup>rd</sup>	4 <sup>th</sup>	5 <sup>th</sup>	6 <sup>th</sup> /7 <sup>th</sup>	
1X	10							
2-, 2X	15	2	20%					
4+, 4X	20	3	40%	20%				
8+	30	4	60%	30%	5%			
		5	80%	40%	10%	5%		
		6/7	80%	40%	20%	10%	5%	

# ***2013 GOLD RUSH MASTERS REGATTA***

## **ENTRY INFORMATION**

**Due No Later Than Wednesday May 1, 2013**

***Please Register on Regatta Central***

<b><u>Entry Fees:</u></b>	Eights	\$100.00
	Fours/Quads	\$ 70.00
	Pairs/Doubles	\$ 35.00
	Singles	\$ 25.00

*\*Composite boats: will not receive team points.*

**Please register using Regatta Central**

Sacramento State Aquatic Center  
Attn: Gold Rush Regatta  
1901 Hazel Avenue  
Gold River, CA 95670

Contact: DeDe Birch: (916) 278-1122  
***E-mail: [dbirch@csus.edu](mailto:dbirch@csus.edu)***

**Final schedule will be available on Friday, May 10 on the internet at**

**[www.regattacentral.com](http://www.regattacentral.com)**

## Gold Rush Regatta 2013 Order of Events

1	Men's 1x	B
2	Women's 8+	C
3	Women's 2-	A-J
4	Men's 2-	A-J
5	Men's Novice 1x	A-J
6	Women's Novice 1x	A-J
7	Women's 4x	A-C
8	Women's 4+	A
9	Men's 2x	E+
10	Women's Novice 4+	A
11	Women's 4+	E+
12	Men's 4+	A
13	Men's Ltwt 2x	A-J
14	Women's Ltwt 1x	A-J
15	Women's 2x	B-C
16	Men's 8+	D-F
17	Men's Novice 4+	A-J
18	Women's 4x	D+
19	Women's 8+	A-B
20	Men's 1x	G-H
21	Men's 2x	A-C
22	Women's Novice 8+	A-J
23	Men's 1x	E
24	Women's Ltwt 2x	A-J
25	Women's 4+	C
26	Men's Ltwt 1x	A-J
27	Men's Novice 8+	A-J
28	Men's 1x	D
29	Women's 4+	D
30	Men's 4+	E+
31	Women's 2x	D+
32	Women's 1x	A
33	Women's Ltwt 4+	A-J
34	Men's 4+	B-C
35	Men's Ltwt 4 +	A-J
36	Men's 4x	A-J

37	Men's Master Rec 1x	A-J
38	Men's 1x	F
39	Women's 4+	B
40	Men's 1x	A
41	Women's 8+	D
42	Women's 1x	D+

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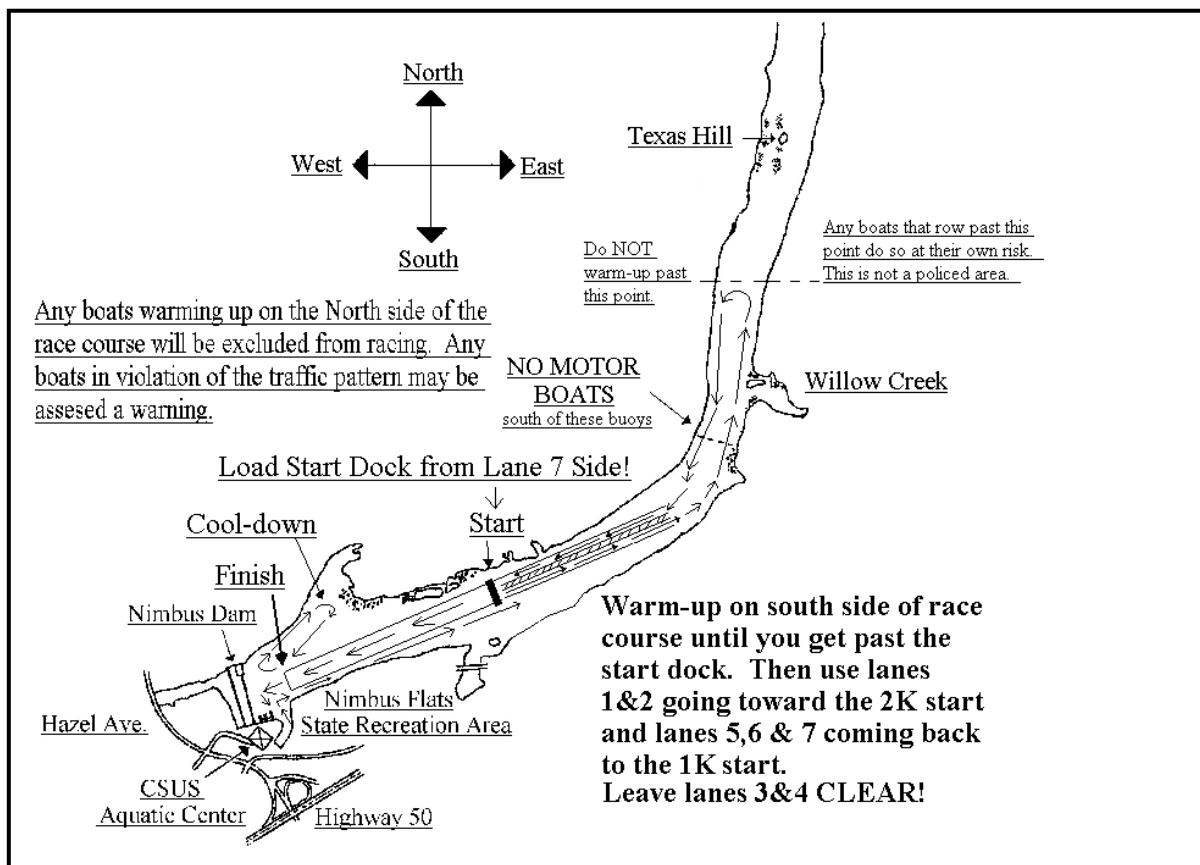
43	Men's 2x	D
44	Men's 4+	D
45	Women's 2x	A
46	Men's 8+	A-C
47	Men's 1x	C
48	Women's 8+	E+
49	Women's 1x	B-C
50	Mixed 4+	A-J
51	Mixed 4x	A-J
52	Mixed 8+	A-C
53	Mixed 8+	D+
54	Mixed 2x	A-J
55	Mixed Masters Nov 8+	A-J

# 2013 GOLD RUSH MASTERS REGATTA

## RACE & WARM-UP TRAFFIC

- Leave all course buoys off port as you go from finish to 1k.
- Warm up traffic pattern is counterclockwise.
- Enter starting dock from lane 7.
- Boats violating the traffic pattern will be disqualified.
- **DO NOT** stop on or near the finish line.
- Make sure the bow number is properly displayed.

**ENTRIES DUE WEDNESDAY MAY 1, 2013**



### **Directions to Lake Natoma:**

Highway 80 to Highway 50 to South Lake Tahoe

Take Hazel Avenue off ramp and turn left (north toward river).

Boat storage is at Nimbus Flat State Park, which is the first right turn after the 1<sup>st</sup> stoplight north of the freeway.

All State Park parking fees will apply.

No Alcohol and Glass Bottles.

Dogs are only allowed in non-improved areas. Dogs not allowed on beach or grass areas.