

GOLD RUSH

Masters

R E G A T T A

Saturday May 21, 2016



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 2016. 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 6. 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 21, 2016.

**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, 2014.

AGE CATEGORIES FOR HANDICAPPING:

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

Age categories are as follows:

AA – Minimum age – 21-26

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

2016 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

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

Event	1 st Place Points	Number of boats in event	2 nd thru 7 th place = Percentage of 1 st place points					
			2 nd	3 rd	4 th	5 th	6 th /7 th	
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%	

2016 GOLD RUSH MASTERS REGATTA ENTRY INFORMATION

Due No Later Than Wednesday May 10, 2016

Please Register on Regatta Central

<u>Entry Fees:</u>	Eights	\$130.00
	Fours/Quads	\$ 90.00
	Pairs/Doubles	\$ 50.00
	Singles	\$ 30.00

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

Please register using Regatta Central

Your regatta central registration is your packet, no check in required at the Aquatic Center. Teams must have a representative attend the coaches/coxswains meeting at 7:00am. **We have had too many traffic violations so please know the traffic pattern!!**

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

Final schedule will be available on Friday, May 20 on the internet at

www.regattacentral.com

Gold Rush Regatta 2016 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+

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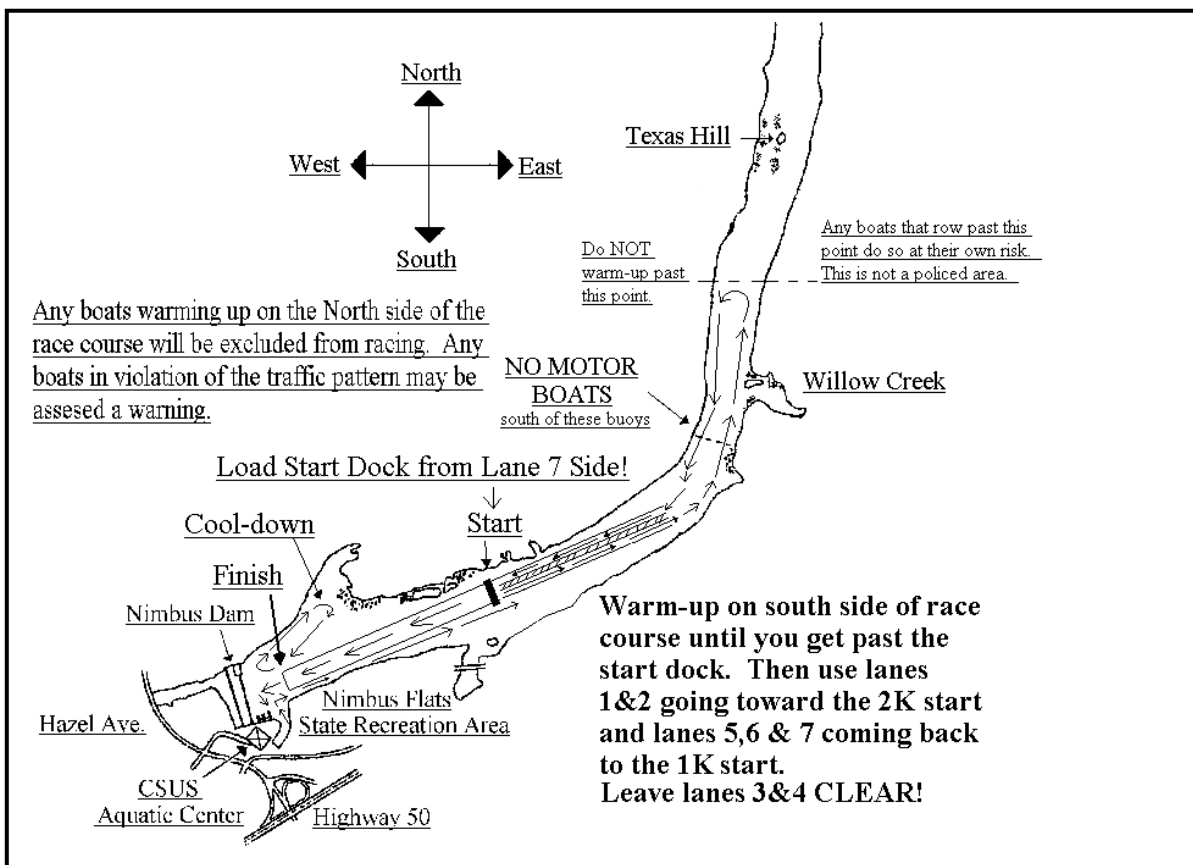
43	Men's 2x	D
44	Men's 4+	D
45	Women's 2x	A
46	Men's 8+	A-C
47	Men's 1x	C
48	Women's 8+	E+
49	Women's 1x	B-C
50	Mixed 4+	A-J
51	Mixed 4x	A-J
52	Mixed 8+	A-C
53	Mixed 8+	D+
54	Mixed 2x	A-J
55	Mixed Masters Nov 8+	A-J

2016 GOLD RUSH MASTERS REGATTA

RACE & WARM-UP TRAFFIC

- **Course open for practice on Friday from 2:30 pm to 6:30 pm.**
- 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 10, 2016



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 1st 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.

Please note that the white tents will not be present unless you purchase one.

TENT RESERVATION
Gold Rush Masters Regatta
Hosted by the Sac State Aquatic Center
Saturday May 21, 2016

The Sac State Aquatic Center is proud to be hosting the 2015 Gold Rush Masters Regatta. **If your program is interested in having a hospitality tent for this year's regatta please complete this form, sign and return it by May 10, 2016. Tents are assigned on a first come first served basis.**

Please Print

Name of Institution: _____

Contact Name: _____

Mailing Address: _____

City: _____ State: _____ Zip: _____

Phone: (_____) _____ Fax: (_____) _____

E-mail: _____

Please select one:

_____ 20 x 20 Tent with 2 tables and 20 chairs @ \$425.00

_____ 20 x 40 Tent with 4 tables and 40 chairs @ \$850.00

We hereby contract with the Sac State Aquatic Center for a hospitality tent space at the 2016 Gold Rush Masters Regatta to be held at the Sac State Aquatic Center on Lake Natoma in Sacramento, CA on May 21, 2016.

While the Sac State Aquatic Center recognizes that fundraising is a legitimate function of each institution, any items being sold from within a hospitality tent must be approved by the Sac State Aquatic Center.

Accepted by (signature): _____

Print Name: _____ Date: _____

Title: _____

Make checks payable to: **SAC STATE AQUATIC CENTER**
Attn: Gold Rush Regatta
1901 Hazel Ave.
Gold River, CA 95670

*****Return CONTRACT and PAYMENT by May 10, 2016**

If you have any questions please contact: Sac State Aquatic Center
(916) 278-2842
(916) AQUATIC
aquaticcenter@csus.edu