

# SACRAMENTO STATE **AQUATIC CENTER**

## GOLDEN STATE INDOOR ROWING CHAMPIONSHIPS

*Hosted by the Sacramento State Aquatic Center*

<http://www.sacstateaquaticcenter.com>

- Date:** Saturday, February 6, 2010
- Location:** Sacramento State Aquatic Center. Directions can be found on our website  
<http://www.sacstateaquaticcenter.com>
- Registration:** Please register on Regatta Central ([www.regattacentral.com](http://www.regattacentral.com))
- Entry Deadline:** Midnight Sunday January 31, 2010
- Entry fee:** \$15.00 per competitor
- Group Discount:** \$10.00 per competitor for teams entering 10 or more athletes. All competitors' names must be submitted with the group entry form. **No race day substitutions are allowed. The group discount is not available on the day of the race.**
- Late Entries:** **Late entries \$20: Accepted on race day only if there is space available.**
- Distance:** 1000 meters OR 2000 meters: If you are wishing to qualify for C.R.A.S.H.-B's, you must enter a 2000 meter race.
- Damper Setting:** The Concept II Model D indoor rower will be used for the race. Competitors may choose the damper setting they prefer but cannot change the setting during the race.
- Format:** All races will be finals. In events with more than ten entries, seeded heats will be created based on the erg score submitted with the entry form. The fastest time recorded during all the heats for a particular event will be the winner.
- Awards:** First place medals will be awarded to the fastest time in each category.

**Lightweight Events:** All weights are listed below. Unless listed as a lightweight event, there are no other lightweight classes/categories at or event. This is due to lack of entries. Lightweights in other categories (Masters, Senior, Veteran, etc.) who wish to qualify for CRASH B's must weight in for qualification purposes prior to their event, even though their event at this regatta is not a lightweight event.

**Categories:**

Open (no restrictions)

Under 23 (Jan 1, 1989 to Jan 1, 1992)

**Lightweight** (men - 165 pounds, women - 135 pounds)**Junior** (Junior event participants (ages 14-18) must have been born on or after Jan 1, 1992 **AND** be enrolled in high school (or lower grade) as of race day.)

Master (Ages 30 - 39)

Senior (Ages 40-49)

Veteran (Ages 50 and up)

**Coxswains** (Participants must be primarily a coxswain and cannot exceed the maximum coxswain weight; men – 130 pounds, women – 120 pounds)**Bold = must weigh-in**

1000 Meter Sprint Challenge – times adjusted based on USRowing Masters Handicap 1X

**Schedule of Events:**

Weigh-ins will open at 7:00 AM.

**First Event 9:00 AM****Event**

<b>#</b>	<b>Event Name</b>	<b>Abr.</b>
<b>1</b>	Men's Coxswain	MC
<b>2</b>	Women's Coxswain	WC
<b>3</b>	Men's Under 23 Lightweight	MU23L
<b>4</b>	Women's Under 23 Lightweight	WU23L
<b>5</b>	Men's Under 23 Open	MU23O
<b>6</b>	Women's Under 23 Open	WU23O
<b>7</b>	Men's Junior Open	MJO
<b>8</b>	Women's Junior Open	WJO
<b>9</b>	Men's Under 23 500 Meter Sprint	MU23
<b>10</b>	Women's Under 23 500 Meter Sprint	WU23
<b>11</b>	Men's Junior Lightweight	MJL
<b>12</b>	Women's Junior Lightweight	WJL
<b>13</b>	Men's Junior 500 Meter Sprint	MJR
<b>14</b>	Women's Junior 500 Meter Sprint	WJR
<b>15</b>	Men's Veteran	MV
<b>16</b>	Men's Senior	MS
<b>17</b>	Men's Master	MM
<b>18</b>	Women's Veteran	WV
<b>19</b>	Women's Senior	WS
<b>20</b>	Women's Master	WM
<b>21</b>	Men's Lightweight Open	MLO
<b>22</b>	Men's Open	MO
<b>23</b>	Women's Open Lightweight	WLO
<b>24</b>	Women's Open	WO
<b>25</b>	Master 1000m Sprint Challenge	MS
<b>26</b>	AC Staff 1000m Sprint	AC
<b>27</b>	500 Meter Challenge 12 & Under	SC

**Please do not call the Sacramento State Aquatic Center for your starting time. The complete start list will be posted on our web page <http://www.sacstateaquaticcenter.com> no sooner than the Wednesday prior to the event and e-mailed to the contact e-mail listed on each entry form.**

**Qualifying for World Indoor Rowing Championships / C.R.A.S.H.-B. Sprints:**

Concept II will provide round trip plane tickets for up to four qualifiers from this regatta. The qualifying times are included with this mailing. If more than four people meet the qualifying standard, the regatta organizer will select the four competitors who will represent the regatta.

**Lightweight and Coxswain Weigh-in Information:**

**All lightweight and coxswain competitors must weigh in at least 30 minutes prior to their heat start time.** Weigh-ins will open at 7:00 AM. Competitors must weigh in dressed in race attire (unisuit or t-shirt and shorts). We do not offer lightweight categories for the Masters, Senior, or Veteran age groups at this event. If you are a lightweight in one of the Masters, Senior, or Veteran categories and you are attempting to qualify for the free trip to C.R.A.S.H.-B. Sprints as a lightweight in your respective age group, you must weigh-in 30 minutes prior to your event for qualifying purposes.

**Directions to the Aquatic Center:**

The Sacramento State Aquatic Center is located near the intersection of Highway 50 and Hazel Avenue. Take the Hazel Avenue exit off of Highway 50 and travel north. Turn right at Gold Country Boulevard. This takes you directly into the Aquatic Center parking lot.

**Ergometers For Sale:**

One-year-old Model D ergometers (20) that have been used by the Sacramento State Aquatic Center will be sold on a first come - first served basis. The cost is \$800 plus tax per machine. FYI-A new Concept II Model D purchased from the factory costs \$1050. All machines that are purchased must be picked up at the completion of the event on Saturday. A non-refundable deposit of \$100 per machine is required. All ergometer sales are final; no refunds will be issued. Make checks payable to "Sacramento State Aquatic Center" and include them with your entry form.

**Race Day Information:**

-All competitors must check in at least 30 minutes prior to their start time. Any competitor who does not check in will be scratched.

-Any competitor who has not signed a waiver, paid their entry fee, or completed an entry form will be scratched.

-Any competitor who meets the C.R.A.S.H.-B. qualifying time for their event must see the race organizer and fill out the proper forms.

**-Warm-up time on the race ergometers will be limited.** There will be a limited number of ergs available for warm-up. Heats are run on 20 minute centers so athletes will have 5-10 minutes on their race machines before their event starts.

**Questions:**

Any questions regarding this event can be directed to Bob Whitford. Please call (916) 278-2842 or e-mail [bwhit@csus.edu](mailto:bwhit@csus.edu)

## C.R.A.S.H.-B. 2000 METER QUALIFYING TIMES FOR THE YEAR 2010

These time standards are for U.S. & Canadian indoor rowers interested in qualifying for a trip to Boston for the year 2010 World Indoor Rowing Championships (aka The C.R.A.S.H.-B. Sprints) in February 2010. **The C.R.A.S.H.-B. Sprints are not involved with this selection or qualification. Please see C.R.A.S.H. -B website for qualifying times.**

Concept2 provides the airfare for up to four competitors from each of the twenty one official satellite regattas of the C.R.A.S.H.-B.s.

In the event that a given regatta has more than four qualifiers, who is selected for the trip is the decision of the satellite regatta organizers. Concept2 has no role in that decision process.

The IIRA (International Indoor Rowing Association) rulebook states that the Lightweight classification is as follows:  
Men 165 lbs/75 kgs and under  
Women 135 lbs/61.4 kgs and under

A European team is selected by the C2 marketing arm in the U.K. The European Team Organizing Committee uses these times in their selection process. For more information please contact Alex Dunne at [AlexD@concept2.com](mailto:AlexD@concept2.com)

The 21 satellite locations are listed below.

Alexandria, Virginia	Atlanta, Georgia	Baltimore, Maryland
Chattanooga, Tennessee	Cincinnati, Ohio	Dallas, Texas
Denver, Colorado	Indianapolis, Indiana	Long Beach, California
Madison, Wisconsin	Melbourne, Florida	New York City, New York
Philadelphia, Pennsylvania	Pittsburgh, Pennsylvania	Sacramento, California
San Diego, California	San Francisco, California	Seattle, Washington
St. Louis, Missouri	Toronto, Ontario	Victoria, British Columbia

Any questions? If so, contact Lisa or Brickett at Concept2.  
Address: 105 Industrial Park Drive, Morrisville, Vermont USA 05661 Telephone: 800-245-5676 ext: 3026  
Fax: 802-888-4791  
e-mail: [indoorracing@concept2.com](mailto:indoorracing@concept2.com)

**GOLDEN STATE INDOOR ROWING CHAMPIONSHIP**  
**INDIVIDUAL ENTRY FORM AND WAIVER**

**PLEASE PRINT LEGIBLY!**

Name \_\_\_\_\_ Phone # \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**E-mail** \_\_\_\_\_

Affiliation (school / club) \_\_\_\_\_

Event # \_\_\_\_\_ Event Abr. \_\_\_\_\_ Age on race day \_\_\_\_\_

Lightweight (Y/N) \_\_\_\_\_ Predicted 2000M score \_\_\_\_\_

Predicted 1000M score \_\_\_\_\_

**Entry Deadline:** Received by **Monday February 1, 2010**

Make checks payable to **Sacramento State Aquatic Center**

Send completed entry form and fee to:

**GSIRC**

**Sacramento State Aquatic Center**

**1901 Hazel Avenue**

**Gold River, CA 95670**

**Photo Release**

I grant permission to the University, Associated Students, and Sacramento State Aquatic Center and their employees and agents to take and use photographs, and visual/audio images of myself and possibly publish on the Internet Websites, Broadcasts, and other publications as released to or by California State University, Sacramento, herein the University, Associated Students, Inc. at Sacramento State as well as by the Sacramento State Aquatic Center.

Signature \_\_\_\_\_ Date \_\_\_\_\_

(Signature of entrant)

Signature \_\_\_\_\_ Date \_\_\_\_\_

(Signature of parent or guardian if entrant is under 18)

**Individual Legal Waiver**

In consideration of acceptance of this entry in said regatta, I the undersigned participant, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive, release, and forever discharge any and all rights and claims for damages which may hereafter accrue to me against any and all persons, organizations, and legal entities affiliated with such regatta, more particularly, the California State University at Sacramento, the Associated Students of California State University at Sacramento, and the California State University at Sacramento Aquatic Center, together with their respective officers, agents, employees, successors, assigns, and/or sponsors; for any and all damages which may be sustained or suffered by me in connection with, or entry in, and/or arising out of our traveling to or participating in, and not withstanding & 1542 of the California Civil Code.

Signature \_\_\_\_\_ Date \_\_\_\_\_

(Signature of entrant)

Signature \_\_\_\_\_ Date \_\_\_\_\_

(Signature of parent or guardian if entrant is under 18)

**GOLDEN STATE INDOOR ROWING CHAMPIONSHIP TEAM ENTRY FORM**

Name \_\_\_\_\_ Phone # \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**E-mail** \_\_\_\_\_

Affiliation (school / club) \_\_\_\_\_

**Entry fee is \$15 per person or \$10 per person for 10 or more.**

**Entry Deadline: Monday February 1, 2010.**

**PLEASE PRINT LEGIBLY! PLEASE PRINT LEGIBLY! PLEASE PRINT LEGIBLY!**

Athlete's Name	Event#	Event Abr.	Age	1000/2000M score	ltwt
1					
2					
3					
4					
5					
6					
7					
8					
9					
10					
11					
12					
13					
14					
15					
16					
17					
18					
19					
20					
21					
22					
23					
24					
25					

**Entry fee is \$15 per person or \$10 per person for 10 or more.**

**Entry Deadline: Monday February 1, 2010**

**Group Legal Waiver:** In consideration of acceptance of this entry in said regatta, I the undersigned participant, intending to be legally bound, do hereby for myself, my heirs, executors, and administrators, waive, release, and forever discharge any and all rights and claims for damages which may hereafter accrue to me against any and all persons, organizations, and legal entities affiliated with such regatta, more particularly, the California State University at Sacramento, the Associated Students of California State University at Sacramento, and the California State University at Sacramento Aquatic Center, together with their respective officers, agents, employees, successors, assigns, and/or sponsors; for any and all damages which may be sustained or suffered by me in connection with, or entry in, and/or arising out of our traveling to or participating in, and not withstanding & 1542 of the California Civil Code.

Athlete's Name (Please Print)	Athlete's Signature or Parent/Guardian for under 18	Date	**Photo Release Please Initial
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			
13			
14			
15			
16			
17			
18			
19			
20			
21			
22			
23			
24			
25			

\*\*Photo Release I grant permission to the University, Associated Students, and Sacramento State Aquatic Center and their employees and agents to take and use photographs, and visual/audio images of myself and possibly publish on the Internet Websites, Broadcasts, and other publications as released to or by California State University, Sacramento, herein the University, Associated Students, Inc. at Sacramento State as well as by the Sacramento State Aquatic Center.