

**Intercollegiate Rowing Association  
107<sup>th</sup> Annual National IRA Regatta  
Regatta Invitation and Entry**

May 22, 2009

To: Athletic Directors and Rowing Coaches  
Selected NCAA/ECAC Colleges

From: Clayton W. Chapman, Regatta Director,  
Bob Appleyard, Chief Referee  
Gary R. Caldwell, ECAC Director of Rowing

**Re: 2009 IRA REGATTA FINAL ENTRY CONFIRMATION AND PAYMENT**

The Board of Stewards of the Intercollegiate Rowing Association (IRA) has invited your institution to compete in the 107th Annual National IRA Regatta on Lake Natoma, CA on Thursday, Friday and Saturday June 4, 5, and 6, 2009.

This mailing provides all the essential information and material you'll need to finish your entries, confirm your final entry declaration at [www.regattacentral.com](http://www.regattacentral.com), post boat lineups, and pay the remainder of your regatta invoice, should you have an outstanding balance on your affiliate account for this year's Regatta. We urge you to review the entire packet carefully, and complete the appropriate forms in accordance with the specified deadline dates.

As always, we look forward to receipt of your acceptance of this invitation and to greeting you and your crews at this year's IRA Regatta in early June on Lake Natoma.

cc: IRA Board of Stewards

## 2009 IRA REGATTA FINAL ENTRY CONFIRMATION AND PAYMENT

Page Two

May 22, 2009

**Remaining Affiliate Entry Fees (if applicable) for the 2009 Regatta are due with your Final Entry Declaration. Please go to your [regattacentral.com](http://regattacentral.com) account and enter the boats that have been accepted into the 2009 IRA from your school. Your account has already been invoiced for the balance for the 2009 IRA Championships. Final entry fees are due no later than May 29, 2009. If you need any assistance, please email [support@regattacentral.com](mailto:support@regattacentral.com) or cal 614-360-2922**

**YOUR FINAL BOATING LINE-UPS must be submitted at [www.regattacentral.com](http://www.regattacentral.com). The Entry Window at that web site will remain open so that you may list your accepted entries directly on the web site. **Final boatings are to be posted at RegattaCentral no later than 12:00 PM on Wednesday, June 3, 2009.****

**Important: WAIVER OF LIABILITY FORMS:** It is required that all competitors read, and complete the ECAC Rower Education Survey located at [www.RegattaCentral.com](http://www.RegattaCentral.com). Coaches should log on to their account at the site and enter the names of all student-athletes participating in the championships on their roster. Please include the students' email address on the roster form. Once that is completed check on the tab marked "ECAC Athlete Compliance" located just under "Add Athlete" section and then check off those athletes who need to take the survey. Upon completion of the survey the athletes will be able to sign an on line waiver. This replaces the old paper waiver you were asked to bring on site. If athletes have already competed in other ECAC Championships this spring they do not need to repeat this process. One waiver is good for the entire season. Please complete surveys as soon as possible, but no later than May 29, 2009

**(1) For the men's events, ECAC Rules of Eligibility shall be enforced, with the following exceptions:**

A. **Freshman rowers** shall be eligible to compete only in men's freshmen or freshmen/novice events or in the men's Open-4 event. Freshman shall NOT be eligible to compete in the men's Varsity or Second Varsity eights, or the men's Varsity Fours events.

B. **Participation** by a student in rowing competition **at the collegiate club level** during the freshman year or subsequently during any upper class year, at any collegiate institution, shall be counted the same as a season of competition at the intercollegiate freshman/varsity level.

C. **Standard waivers** that are permitted under existing NCAA Regulations are applicable, and may be processed through the ECAC or any other NCAA affiliated conference office. **Notice of any such waiver** that is granted to a rower in the 2009 IRA Regatta, however, **must be reported to the Regatta Director in writing** no later than the deadline date for 2009 Regatta entries, May 29, 2009.

D. A "**novice**" is a competitor who has never had **any** rowing experience in a prior year.

E. **Upper-class transfer students** are permitted to compete in sub-varsity competition. (The IRA Stewards, therefore, have ruled that upper-class transfer students may compete in the men's Second Varsity Eight, and they may compete in the men's Open and Varsity Fours events.)

F. **The Men's "OPEN" 4-Oared With Coxswain** event is limited to a crew whose lineup includes at least one freshman/upper class novice oarsman **and** at least one upper class oarsman and is limited to schools that enter **both** a Heavyweight Varsity Eight, **and** a Heavyweight Freshman Eight.

## 2009 IRA REGATTA FINAL ENTRY CONFIRMATION AND PAYMENT

Page Three

May 22, 2009

**G. Steward's Cup: Men's Freshmen/Novice 8-oared Event:** A maximum of two novice upper-class rowers (oarsman and/or coxswain) are permitted to compete as members of the first freshmen/novice eight. (Note: A "novice" is a competitor who has never had any rowing experience in a prior year.)

**(2) For the Lightweight Women's Championship Event,** NCAA Rules of Eligibility shall be enforced.

**(3) Individual rowers** and coxswains are restricted to participation in **only one event**.

**(4) For Men's Lightweight National Championship Varsity 8 Event:** Varsity oarsmen competing in the IRA Championship Regatta are restricted to an individual weight limit of 160 pounds. The average crew weight is set at 155 pounds.

**(5) For Women's Lightweight National Championship Varsity 8 Event:** Varsity oarswomen competing in the IRA Championship Regatta are restricted to an individual weight limit of 130 pounds.

**(6) Coxswains Weights:** Coxswains of all men's heavyweight and lightweight crews participating in the 2009 IRA Regatta are required to weigh a minimum of 125 pounds. Coxswains of all women's lightweight crews participating in the Regatta are required to weigh a minimum of 110 pounds. Those coxswains, whose body weight, while wearing racing shirt, shorts and socks is less than 125/110 pounds, will be required to carry external weight in order to achieve the minimum standard during the course of their race.

**(7) Shell Weight - Men's Heavyweight Varsity 8 Event:** The weight of the shells utilized in the men's heavyweight varsity 8 event in the Regatta shall be at least 205 pounds. This weight shall include only those items permanently affixed to the shell, including seats, rudders, skegs, fins, loudspeakers and riggers. **These shells will be weighed-in by Wednesday, June 3, prior to being placed on the water to ensure adherence to the minimum weight standard.**

**(8) Substitutions** are permitted only by approval of the Regatta Director. Substitutions for illness or injury shall be judged in accordance with USRowing Rules of Racing. Substitutions for academically related or other reasons shall be judged in accordance with the same principles as for injury/illness. .

**The IRA is conducted under modified USRowing Regulations.** It is anticipated that all events will involve heats, repechages, third level finals (when appropriate), petite finals, and championship final races.

It is essential that **all rowers dress at their sleeping quarters**, as there are no facilities at the Regatta site.

**Crews may need to provide their own boat rack for storage of shells and oars** during the Regatta. Shells and oars may be kept at the Regatta site near the launching beach. There will be limited portable rack space provided by the Sacramento State Aquatic Center, but schools should anticipate providing their own lowboys and slings. Use of the racks provided by the Aquatic Center will be on a first come first served basis and users assume all liability and risks. On site overnight security will be provided by the park ranger service, but equipment, tools, and/or items of value should be stored in secured areas. It is vitally important that you make arrangements well in advance for the transportation of your equipment and personnel to and from Lake Natoma.

Requests for hotel reservations for alumni, official representatives, etc., may be directed to Brad Hillard at the Sacramento Sports Commission via email at [bhillard@cityofsacramento.org](mailto:bhillard@cityofsacramento.org)

## 2009 IRA REGATTA FINAL ENTRY CONFIRMATION AND PAYMENT

Page Four

May 22, 2009

### **Eastern College Athletic Conference (ECAC) and Intercollegiate Rowing Association (IRA) Institutional and Student/Athlete Rules of Eligibility are listed below.**

Final registration form is not complete unless the **INSTITUTIONAL CERTIFICATION FORM that was** provided with the final entry packet is returned. That form **must be signed** by the Senior Athletic Department Administrator at the institution for the entry to be accepted. With few exceptions, that form was completed prior to the Amended Declaration Deadline on May 18, 2009. If your form has not been returned you will be notified by the ECAC Office.

#### I. AMATEURISM, RECRUITING, AWARDS AND BENEFITS

Institutions planning to compete at the 2009 IRA Regatta agree to abide by NCAA operating bylaws regarding amateurism (Article 12), recruiting (Article 13), and awards and benefits (Article 16). All NCAA regulations and interpretations related thereto shall apply. Specific exceptions and waivers may be processed in accordance with NCAA precedent through the ECAC Rowing Office. *(These rules previously applied, and are printed here for emphasis and clarification).*

#### II. STUDENT/ATHLETE ELIGIBILITY

The ECAC applies NCAA eligibility rules (Article 14), including interpretations related thereto. Specific exceptions and waivers may be processed in accordance with NCAA precedent through the ECAC Rowing Office. *(These rules previously applied, and are printed here for emphasis and clarification).*

Clayton W. Chapman  
Regatta Director

cc: IRA Board of Stewards

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May 22, 2009

To: All Participating Institutions, 2009 IRA Regatta  
From: Clayton Chapman, Regatta Director  
Re: **Final On Site Registration, Practice Hours, and Instructional Material.**

The Nimbus Flat State park will open for trailers at 9:00 a.m. on Tuesday, June 2, 2009. All crews must have a **(ONE)** representative/coach **check-in** at the Sac State Aquatic Center, upon arrival. Check-in will open at 10:00 a.m. on Tuesday, June 2, 2009. Team parking passes will be issued to the representative/coach as well as **wristbands** for free admission for all members of the official party. **IF WRIST BANDS ARE LOST THEY WILL NOT BE REPLACED.**

**Practice Hours:**

Tuesday, June 2, 2009: 2:00 p.m. – 6:00 p.m.  
Wednesday, June 3, 2009: 8:00 a.m. – 12:00 p.m. and 2:00 p.m. – 6:00 p.m.  
Thursday, June 4, 2009: 11:45 a.m. – 1:00 p.m. and 3:15 p.m. – 6:00 p.m.  
Friday, June 5, 2009: 2:00 p.m. – 5:00 p.m.

**2009 REGATTA INSTRUCTIONS (enclosed) and TRAFFIC PATTERNS:** Please make copies of the enclosed instructions and distribute them to your coxswains prior to your arrival at Lake Natoma. Course maps and traffic patterns will be made available and distributed to you on site at the time of your registration.

There will be a **Referee's Meeting** to which all coaches and coxswains are **required** to attend. At this meeting, we will review all Regatta procedures and applicable racing rules. **The meeting will be held on Wednesday, June 3, at 7:30 PM**, at the Finish Line Tent. **Written Special Instructions to Coxswains are included in this packet and will also be handed out on your arrival at Lake Natoma.**

**WAIVER FORMS:** Please be reminded that the Rowing Release and Waiver of Liability form **must be completed at [www.RegattaCentral.com](http://www.RegattaCentral.com) by May 29, 2009.**

**SEEDINGS, DRAW FOR HEATS and LANE ASSIGNMENTS:** Again this year, there will be a **draw for heats and lane assignments** for the competition in all the events. Prior to the draw, the **IRA Heavyweight Coaches will seed** the all entries in the Men's Heavyweight Varsity, 2<sup>nd</sup> Varsity, and Freshmen/Novice Eight Events. The Men's Lightweight Seeding will be based on the results of the EARC Varsity Lightweight Eight Finals, and the Lightweight Women's Eight Seeding based on the latest USRowing Collegiate Poll. The seeded entries for the heavyweight eight events will be assigned to specific heats, and to preferred lanes within their heat. The seeded entries in the lightweight eight events will be assigned to specific heats, but lanes within these heats will be assigned by open draw. Heat and lane assignments for all other events will be by open draw. **The draw for all events will take place at 11:30 AM on Tuesday, June 2**, at the Regatta site.

I look forward to your participation in this year's **107<sup>th</sup> IRA National Collegiate Championship Regatta.**

Clayton W. Chapman  
Regatta Director

# INTERCOLLEGIATE ROWING ASSOCIATION

P.O. Box 3, Centerville, MA 02632

May 22, 2009

To: Coaches, Coxswains and Officials - 2009 IRA Regatta

Subject: **Weigh-In Procedure for Coxswains**

1. Coxswains of **ALL MEN'S CREWS**, including the Master's Alumni Eights, participating in the 2009 IRA Regatta are required to weigh a minimum of 125 pounds. Coxswains for **ALL WOMEN'S CREWS** are required to weigh a minimum of 110 pounds. Those coxswains, whose body weight, while wearing racing shirt, shorts and socks, is less than the required standard, will be required to carry external weight in order to achieve the minimum standard during the course of their race.
2. **Initial weigh-in for coxswains of the men's crews** will take place beginning at 10:00 AM, Wednesday, June 3 at the Boat Weigh In/Control Tent. (NOTE: Initial weigh-in for coxswains of the women's lightweight eights will take place Thursday, June 4 with their respective crews, and men's lightweight and Master's Alumni eights will take place with their respective crews on Friday afternoon, June 5). Subsequent weigh-in for the men's events will **NOT** be required for races on Thursday or Friday. However, **coxswains of all men's crews that qualify for the Championship Finals only on Saturday WILL BE REQUIRED to weigh in before they launch their shell. Coxswains for all women's crews will weigh in for Saturday's competition.** Said subsequent weigh-in will take place at the same location within 60 minutes prior to the scheduled launch time for a coxswain's crew.
3. The IRA will provide external weight, in the form of sand bags for all coxswains whose body weight is less than the minimum standard. It is suggested and encouraged however, that all coxswains, who know that they will require external weight, provide their own form of weight. This applies especially to those who will require external weight in excess of 10 pounds. **ALL WEIGHTS**, whether provided by IRA or not, must be marked for specific individuals at the time of the coxswains weigh-in.
4. Regatta officials will accept responsibility for storing external weight until race time.

**ON RACE DAY** it will be the coxswains' responsibility to report to the Dispatcher prior to their crew's scheduled launch time and obtain their individual weights, **which shall be carried at the coxswain's seat, as close to the torso of the coxswain as possible, during the course of the race.** Immediately upon returning to the launching site after the race, the same coxswains will surrender their weights to the dispatcher. Coxswains are also advised that they must display their weight to the Referee, if so requested.

Clayton W. Chapman  
Regatta Director

# *Men's Lightweight Varsity 8 Weigh-In Instructions*

May 22, 2009

To: Men's Lightweight Varsity Coaches and Officials  
2009 IRA Regatta

Subject: **Weigh-In Procedure for Men's Lightweight Varsity Eight Crews**

- \* The IRA will provide Official(s) familiar with these rules, and a hard level "floor" for the scale.
- \* The formal weigh-in of all lightweight men's crews participating in the IRA Regatta, including coxswains, will begin at 3 p.m. on the day preceding the formal competition for Men's Lightweight Varsity 8's. Crews will weigh-in in order of seeding. Spares can be weighed in at this time, but may be weighed in at any time up to 60 minutes before their race.
- An oarsman's allowable weigh-in uniform may be any of the following: closed front boxer shorts, boxer briefs, or rowing shorts/unisuit.
- All members of an individual crew, including the coxswain, must weigh in together
- Two designated EARC Lightweight schools will each contribute one digital scale to be used for the formal lightweight weigh-in. Each scale must have been calibrated for use at, or since, the 2009 EARC Sprints Regatta.
- One of the two scales will be designated as the "practice scale", and will be located immediately adjacent to the weigh-in area for use throughout the duration of the weigh-in, but for practice only. The practice scale will be made available for use no later than noon on the day of the weigh-in.
- At the time of a crew's formal weigh-in, the coach of that crew must present a copy of the official IRA final entry/weigh-in form to the weigh-in official. The weigh-in form must be completely filled out and signed by the coach with the full names, typed or clearly printed, of the members of the crew, in order from bow to stroke, including the coxswain, and alternates.
- The weigh-in official will then record on the form the start time of the crew's initial weigh-in, and will also confirm the name of the school and the names of the rowers and coxswain of the crew.
- All weigh-in forms will be retained by the weigh-in official who will also confirm that a crew has "made weight" within its proscribed 60 minute time allotment, and the crew is "qualified" to compete in the Regatta.
- A crew that is not present when called for its initially assigned weigh-in time will be allowed the right to weigh-in on arrival, ahead of all others that are seeded below them.
- \* A crew that fails to satisfy the "average" boat weigh requirement during its initial weigh-in, will be re-assigned a new weigh-in time **after** all other crews have been weighed in .
- \* A crew that fails to satisfy the 155.0 lb. weight average at the time of its initial weigh-in shall have a maximum of 60 minutes from the start of its initial weigh-in time to satisfy this requirement. During the 60-minute time period, the crew may identify selected members of the crew to weigh-in again in order to satisfy the 155.0-pound requirement. The remainder of the crew may be considered "weighed-in", and are exempt from having their weight re-checked.
- \* A crew that fails to satisfy the 155.0 pound weight average within the proscribed 60-minute additional time allotment must immediately make the necessary substitutions.
- \* An oarsman who fails to satisfy the 160 lb weight limitation at his initial weigh-in will be allowed a maximum of 60 minutes from the beginning of his crew's initial weigh-in to satisfy that requirement.
- \* An oarsman who fails to satisfy the maximum individual weight requirement of 160 lbs within the proscribed 60-minute additional time allotment will be disqualified from the Regatta. A qualified substitute must be named, and weighed-in immediately.
- An oarsman who, after successfully weighing-in, becomes incapacitated at any time and cannot race, may be replaced by a substitute, provided the crew's revised line-up will satisfy the 155 lb average weight requirement, and provided the substitute satisfies the individual oarsman's maximum weight limit of 160lbs. The substitute's weight may be recorded at any time prior to the actual race, or by using the weight recorded at his official weigh-in. The coach of the oarsman so affected shall report the need for the substitution to the Referee or Regatta Director in advance of the affected race.

Clayton W. Chapman  
Regatta Director

## *Women's Lightweight Varsity 8 Weigh-In Instructions*

May 22, 2009

To: Women's Lightweight Varsity Crew Coaches  
IRA National Collegiate Championships  
June 4, 5, and 6, 2009, Lake Natoma, CA

From: Clayton W. Chapman, IRA Regatta Director

Re: **Weigh-in Procedure for Women's Lightweight Varsity Eight Crews**

The following procedures will apply to this year's IRA Regatta:

1. **Weigh-ins** will take place on Thursday, June 4, 2009 at the Boat Weigh In/Control Tent, beginning at 3:00 PM in order of heat and lane number. The Lightweight scale will be available from 10:00 AM on Thursday for practice weigh ins.
2. Each athlete must bring a photo ID.
3. Athletes will weigh-in wearing racing attire.
4. The entire crew must weigh-in at the same time from bow to stroke.
5. **Coxswains will weigh-in with their crew.**
6. **Athletes must be within 2 lbs. of the required 130.0 lbs. maximum weight on the first try (132.0 lbs. max.) or they will be ineligible to compete in the Regatta.**
7. Athletes who exceed 130 lbs. on the first try, but who weigh 132 lbs. or less, can weigh-in a second or third time within one hour of the first attempt for each weigh-in. Failure to meet the 130.0 lbs. maximum **by the third try** will make that athlete ineligible to compete in the Regatta. No re-weigh is necessary for those athletes who are at 130.0 or below on the first try.
8. The entire crew will receive certification at the same time.



May 22, 2009

To: IRA Coaches  
Re: **2009 IRA Regatta Special Instructions**  
From: Clayton W. Chapman, Regatta Director

Please distribute the enclosed **Special Instructions** to your coxswains for review prior to the first day's racing.

**THERE WILL BE A REFEREE'S MEETING, TO WHICH ALL COACHES AND COXSWAINS ARE REQUIRED TO ATTEND, TO REVIEW ALL REGATTA PROCEDURES AND APPLICABLE RACING RULES. THE MEETING WILL BE HELD ON WEDNESDAY, JUNE 3, 2009 AT 7:30 PM AT THE FINISH LINE TENT AT THE REGATTA SITE.**

Please make note of the following:

1. **The Starter will not use a red flag** to signal the start. Crews will start on the audio command "Go". (See page 5, At the Start #5.)
2. **"Count-Down and Starting Commands"**: The IRA will use the following count-down and starting commands for all races: "5-4-3-2-1, Attention, Go". The pause between "Attention" and "Go" may be an indeterminate one. (See page 5, At the Start #5.)
3. **"Crews must avoid any movement in their boat (including the "squaring" of oar blades) between the commands of "Attention" and "Go."** Such movement may result in the charging of a warning. (See page 5, At the Start #6.)

Please also be advised of the following from **2009 USROWING RULES**.

1. **Footgear Release:** Where the feet of the competitor are held in place by footgear affixed to the structure of the boat, the design of such footgear shall provide for the quick release of the competitor's feet in case of emergency, without the use of hands. Any pull strings shall not allow the heel to raise more than 3 inches (7.5 cm) above the footboard to which it is anchored. (Rule 3-109)
2. **Boat Construction for Coxswains:** A boat in which the body of the coxswain is enclosed or partially enclosed within the hull of the boat shall conform to the following requirements: (Rule 3-110)
  - a) The opening of the boat through which the coxswain enters and exits shall be at least 2.30 feet (70 cm) long when measured along the longitudinal axis of the boat. For a length of at least 1.64 feet (50 cm), the opening shall be as wide as the inner hull of the boat itself.
  - b) The inner surface within which the coxswain's body rests shall be smooth and free of any obstacles, devices, or other structures that would hinder quick exit.

**All boats shall be equipped with a quick-release as per USRowing Rules. Those not so equipped will not be allowed to row.**

**We will continue to utilize an “Ombudsman” to facilitate the handling of any protests. See page 7, After the Grand Finals, #7.**

**Any questions should be directed to the STARTER OR REFEREE prior to your race.**

**Note: This IRA Regatta will be conducted in accordance with the Rules of Rowing of USRowing except as modified in these Special IRA Regatta Instructions.**

### **VIOLATION OF RULES**

1. **Propriety** - Urinating from shells at anytime while on the Lake Natoma is forbidden. Discarding of Plastic water bottles into Lake Natoma. Any crew who engages in these practices will be subject to disqualification.
2. **Safety** - A crew that violates any of the safety rules described below may be assessed a “**WARNING**” by the Starter or the Referee. Such a warning shall be applicable to the next race in which the crew competes.

## **II. Procedures Prior to Race Day:**

**Tuesday, June 2 through Wednesday, June 3:**

1. **Bow Balls:** **Mandatory** on the bow of each racing shell unless equivalent provision for visibility and protection against puncture injury is included in the shell’s basic construction.
2. **OUT-GOING** (launching) traffic must use the East Beach (right of the Cottonwood tree as you face the Lake from the staging area), and **IN-COMING** traffic must use the West Beach (left of the Cottonwood tree adjacent to the Alumni Tents).
3. Always maintain a **COUNTER-CLOCKWISE** traffic pattern during **PRACTICE HOURS** (Tuesday: 2 pm to 6 pm; Wednesday: 8 am to Noon, 2 pm to 6 pm) when on the water. The race course is the **PRIMARY AREA** available for practice. After launching, turn right, staying parallel to, and outside the race course. Warm – up on the South Side (to the right) of the race course as you proceed towards the starting line. **Be alert to crews to your left, who are proceeding down the race course in lanes 1-7 towards the finish line.** Row beyond the starting line maintaining the counter-clockwise traffic pattern as described above. The warm up area beyond the start is marked by a single 500 meter line of buoys parallel to the centerline of the lake. Keeping the line of buoys to the coxswains left, you may proceed to a point just North of Willow Creek where the end of the line is marked by a large tire float. Turn to the left at this point and proceed back towards the start, keeping the buoy line to the coxswains left side until you reach the starters platform. At this point **you must** enter the course to your lane **from the lane seven (7) side of the course.** (This is the only place you can enter the course).

4. Upon reaching the starting line, you may proceed down the full length of the race course to the finish line, using any of the lanes 1-7. Stay in one lane. **KEEP CLEAR OF ANCHOR LINES** in the area of the starting platform. **Practice starts ALONGSIDE THE COURSE in EITHER direction within 150 meters of the starting line ARE PROHIBITED.**
5. After crossing the finish line make sure your crew is well clear of other shells before moving to your left (south) towards the West Beach, designated for in-coming traffic. If you choose, you may utilize the cool-down area located on the North side of the course adjacent to the last 500 meters (see attached map). **NOTE that the traffic pattern in this area is CLOCKWISE.** When leaving this area your crew must yield to crews leaving the course from lanes 1-7 via the finish line. Make sure you cross the course well beyond the finish line to avoid obstructing other crews completing their travels on the course. **There is a single line of white buoys strung across the lake well beyond the finish line. Do not cross this line of buoys under any circumstances.**

### **Wednesday, June 3:**

1. **Spare Oars/Parts/Equipment:** Following your last workout, **identify and tag** your “spare” oars and any other spare parts/equipment that may be required for use by your crews on race day. Keep these spare oars and parts in your possession, but readily accessible in the event any are needed by your crews because of breakage on race day.
2. **All coxswains of men's heavyweight crews will weigh-in** to establish that they will carry the minimum required 125 pounds while competing in the Regatta. **Initial weigh-in will occur at the dispatch area**, beginning at 10:00 AM. (Notes: Initial weigh-in for coxswains for the Women's lightweight eights will take place on Thursday, June 4, at the time of their crew's weigh-in. Initial weigh-in for coxswains for the Men's lightweight eights will take place on Friday, June 5, at the time of their crew's weigh-in.
3. **Weigh-in: Men's Heavyweight Varsity 8 Shells:** The weight of all eight-oared shells utilized in the Men's Heavyweight Varsity Eight event shall be at least 205 pounds. This weight shall include only those items permanently affixed to the shell, including seats, rudders, skegs, fins, loudspeakers and riggers. **These shells will all be weighed-in no later than Wednesday, June 3, PRIOR TO BEING PLACED ON THE WATER,** to ensure adherence to the minimum weight standard.

### **III. Race Day Procedures (June 4, 5, and 6):**

**NOTE:** The race course will be closed daily for practice in the morning prior to each day's racing until one-half hour after the finish of the last race of the morning heats. Crews will be allowed on the water for practice on Thursday between the morning heats and afternoon repechages, but must be off the water one hour before races resume in the afternoon. The course will not be open on Friday until the conclusion of racing. **The race course will be reopening daily for practice** one-half hour after the finish of the last race of the afternoon session, and will remain open according to the attached schedule.

### **Prior to the Race:**

1. **Check all equipment and shells before launching on each race day. If on the way to the starting line your shell has breakage OF ANY KIND, REPORT SAID BREAKAGE TO THE**

**REFEREE, ASSISTANT REFEREE OR STARTER AND FOLLOW HIS/HER DIRECTIONS. DO NOT RETURN TO THE LAUNCHING AREA FOR REPAIRS UNLESS SO INSTRUCTED.** A "Repair Launch" will be dispatched to the starting line area. Repairs will be made on the water whenever possible, utilizing the Oars/Parts/Equipment previously **TAGGED** for your crews for this purpose.

2. **BOW BALLS:** **Mandatory** on the bow of each racing shell unless equivalent provision for visibility and protection against puncture injury is included in the shells basic construction.
3. **Bottom Tape:** Bottom tape is **banned** from use in this Regatta.
4. **ALL COXSWAINS will report to the dispatcher** within 45 minutes prior to their scheduled launch time. Those coxswains who are required to augment their body weight to reach the minimum weight standard will obtain their external weights, which are to be carried in the shell at the coxswain's seat, as close as possible to the coxswain's torso. At the same time, all coxswains will also pick up their lane markers, and secure them to the bow of their shells. (NOTE: On Saturday, coxswains of men's crews who qualify for the Championship Finals, and coxswains of all women's crews, will be required to weigh in again to re-certify that they satisfy the minimum required body weight.)
5. Check your launching time schedule and confirm your lane assignment with the Dispatcher. **See that your crew is prepared to launch its shell when called by the DISPATCHER.** The Dispatcher is the Referee's official representative at the staging area, and **his instructions concerning launching are to be strictly followed.** Launching shells at any time other than that listed on the schedule shall be only at the direction of the Dispatcher. Coxswains are responsible for getting their crews on the water on time.

**NOTE: RACE DAY TRAFFIC PATTERN - COUNTER CLOCKWISE**

6. After shoving off, turn right parallel the race course. After launching, turn right staying outside the race course. Warm – up on the South Side of the race course as you proceed down towards the starting line. **Be alert to crews to your left, who are proceeding down the race course towards the finish line.** Row beyond the starting line maintaining the counter-clockwise traffic pattern as described above. The warm up area beyond the start is marked by a single 500 meter line of buoys along the center line of the lake. Keeping the line of buoys to the coxswains left you may proceed to a point just North of Willow Creek where the end of the line is marked by a large tire float. Turn to the left at this point to the opposite side of the line of buoys and proceed back to the start, keeping the buoy line to the coxswains left side on until you reach the starters platform. At this point **you must** enter the course to your lane from the lane seven (7) side of the course. (This is the only place you can enter the course).
7. **At no time while the crews are on the water will urinating from the shells be permitted. Crews violating this directive will be subject to exclusion from the Regatta.**
8. When reaching the starting line all crews must identify themselves by **reporting to the Starter** or his/her assistant, both of whom will be stationed behind the starting line. **Your crew must be on**

**the starting line, at your designated station, pointed and ready to race, two (2) minutes prior to the scheduled start of your race. Don't be late.** A crew will be charged with a false start if it is not **in position two (2) minutes** before its scheduled race time.

9. Crews should wait for clearance from the STARTER before moving on to the race course and into your lane. **PRACTICE STARTS ALONGSIDE THE COURSE, in either direction, in the area of the starting line are prohibited.**
10. **Practice starts from the area of the starting platform ONTO THE COURSE** will be permitted, but only **after** the preceding race has left the starting zone (one-hundred fifty meters of the starting line). A crew may row at racing cadence down the course **in its lane only**, but must remain within voice distance (one-hundred fifty meters) of the starting line. A crew following this procedure should turn in its own lane and, and **paddle** back to the start, in its own lane, turning and positioning itself in front of its designated station. **Crews should use extreme caution when turning**, and should be alert at all times to other crews on the course. NOTE: This privilege to permit racing starts on the course may be suspended or canceled at any time, but only by the Regatta Director, with appropriate notification to all competitors prior to their scheduled launch time.
11. At approximately ten (10) minutes prior to the start of each race, the Starter will announce the next event and the name and the lane assignment of each competitor. The Starter will also announce the five (5) and two (2) minute marks prior to each race.

#### **At the Start:**

1. **Stake boats and bows-on-line start will be used for all races.** The starting stations are numbered 1 through 7. (Lane 1 is on your port [left] side as you proceed toward the finish line.)
2. When all crews are in position, the **Aligner will bring the crews even.** When the crews are even (aligned), the Aligner will raise a **WHITE** flag.
3. The Aligner's white flag will be held aloft throughout the starting procedure. If the crews lose alignment at any time, the Aligner will lower the white flag, regain alignment, and then raise the flag again.
4. When the starter is satisfied that alignment is complete (Aligner's white flag aloft ) and that the crews are ready to race, he will **poll the crews**, starting with lane one: naming the crew in lane one, asking if it is "Ready?", then proceeding likewise to lane two - "Ready?", etc. As each crew is polled, the coxswain will acknowledge in the affirmative with a hand wave. **A crew which is NOT ready will signify so by the BOW-PERSON'S raised hand.**
5. When all the crews have been polled, the count-down start will begin. **The Starter will give the following "count-down" and starting commands, "5-4-3-2-1, Attention, Go". The pause between "Attention" and "Go" may be an indeterminate one. Coxswains hands will not be recognized once the count-down procedure has begun. The Starter will NOT use a red flag to signal the start. Crews will start on the audio command "Go".**

6. Between the words “Attention” and “Go” crews must avoid any movement in their boat (including the squaring of oar blades). Any such movement may result in the charging of a warning.
7. **IF A CREW FAILS TO LEAVE THE STARTING LINE** after the starting commands have been given, the Starter **shall** stop the race. If the crew’s failure to start is not justified, the Starter may assess the crew with a warning. A warning, in combination with a false start or a second warning in the same race will result in a crew’s exclusion from the Regatta.
8. **The Referee may stop the race if any one of the following situations occurs:**
  - a. **False Start:** A crew may be assessed a false start for any action deemed to be unsportsmanlike in nature and/or which gives said crew an unfair advantage over other competitors. A crew which makes or causes two (2) false starts shall be excluded from the Regatta.
  - b. **Collision** between crews within the first 100 meters of the race. Collisions with fixed markers or structures already on course and known to participating crews will not be cause for stopping the race at any time. Collisions between crews beyond 100 meters are subject to the laws of boat racing, with discretionary authority given to the Referee as to whether or not the race is to be stopped and/or restarted.
  - c. When, during the first 100 meters of the race, the coxswain or any member of the crew puts up his hand as a signal **for broken or damaged equipment, or an oarsman is thrown out of the boat, jumps his slide, experiences an over-the-head crab, or equipment is damaged as a result of a crab.** A partial crab is not grounds for recalling a race. **REMINDER:** The first 100 meters of the course are lined with red buoys.

If the Referee, upon observing any of the above incidents (a), (b), or (c) determines that the race should not continue, he will stop all crews by sounding an **AIR HORN** and waving a **RED** flag. The referee will then inspect the affected crew or crews and determine when the race shall be rescheduled and whether or not any penalties are warranted.

9. Any attempt by a crew to stop a race for unauthorized reasons may be cause for disqualification of the offending crew.
10. **Exclusion/Disqualification:** **A crew which makes or causes two (2) false starts and/or warnings in the same race shall be excluded from the Regatta.** A crew may be excluded from the Regatta for causing a collision with another crew, or by causing interference with another crew. A crew may be excluded for unsportsmanlike conduct, including urination from a shell while on the water, but only by action of the IRA Race Committee.

### **During the Race:**

1. **Course Markers - Lanes:** Each of the seven racing lanes will be lined on either side by floating buoys. The first 100 meters are lined with red buoys, the next 150 meters are lined with yellow buoys, and then alternating green and yellow every 250 meters on down the course. The final 250 meters of the course are lined with red buoys. The buoys stop at the finish line. Large Red Buoy Markers off both sides of the course, indicate 500, 1000 and 1500 meters gone. There are large red

buoys one meter beyond the finish line in all lanes. There is also a single barrier line of buoys five meters to the outside of the course on the lane one side.

2. **US Rowing Rules** will be followed during the progress of the race.
3. **Signaling Devices**: The use of any sound device (such as air horn) which is similar to that being utilized by the Regatta officials for recalling the crews, is prohibited for use by any participating crew in this Regatta.
4. **Dead Heat Instructions**: In the event of a dead heat for 1st place in any of the Grand Final races, a re-row will take place between the dead heat crews as soon as feasible, but not earlier than one (1) hour after the completion of the event in which the dead heat occurred.

#### **After Each Race:**

1. Coxswains who carried external weight may be required to display their weight to the Referee.

#### **After the Trial Heats, Repechage Heats, Third Level and Petite Final:**

2. The crews participating should, after a short breather, proceed immediately either to the cool-down area or to the West Beach Retrieval area. Do not remain around the finish line area, and particularly do not obstruct the line of sight of Judges and Timers at the finish line.
3. All crews are reminded to approach the retrieval beach in single file and be alert to other crews which are proceeding from the dispatch area to compete in their event. The Dispatcher will assist in this regard.
4. Upon returning to the launching site, coxswains who carried external weight must report to the Dispatcher, and return their weights and bow markers.

#### **After the Grand Finals:**

5. Crews finishing 4 through 6 in each Grand Final should follow procedures outlined in 2, 3 and 4 above.
6. Crews finishing 1 through 3 in the Grand Final should land at the beach just above the finish line tent. And get out of their boats to receive medals and trophies on the beach in front of the tent line.
7. **Protests**: Protests should be registered on the water in accordance with US Rowing rules. In order to address protests as soon as possible an informal "pre-hearing" will be given to them by a specially designated "**ombudsman**" official as soon as crews have returned to the boathouse staging area. This "ombudsman" will act only as a moderator and will attempt to resolve the protests in a way that is mutually agreeable to the protesting crew, any other crews involved and the official most directly involved. If no mutually agreeable resolution can be arranged within a short period of time, or if it seems necessary to consult additional witnesses, the matter will then be formally referred to the Race Committee (as indicated below) which will be convened when the day's race schedule has been completed.

The formal referral to the Race Committee must be submitted to the Regatta Director by the head coach in writing within one (1) hour after the crew returns to the launching area citing the specific US Rowing or IRA rule(s) applicable and be accompanied by a \$25.00 fee. Disposition of the protest will follow US Rowing Rules including return of the fee if the protest is upheld. Decisions of the Race Committee shall be final and binding, and not subject to appeal to any outside agency.

### IRA RACE COMMITTEE

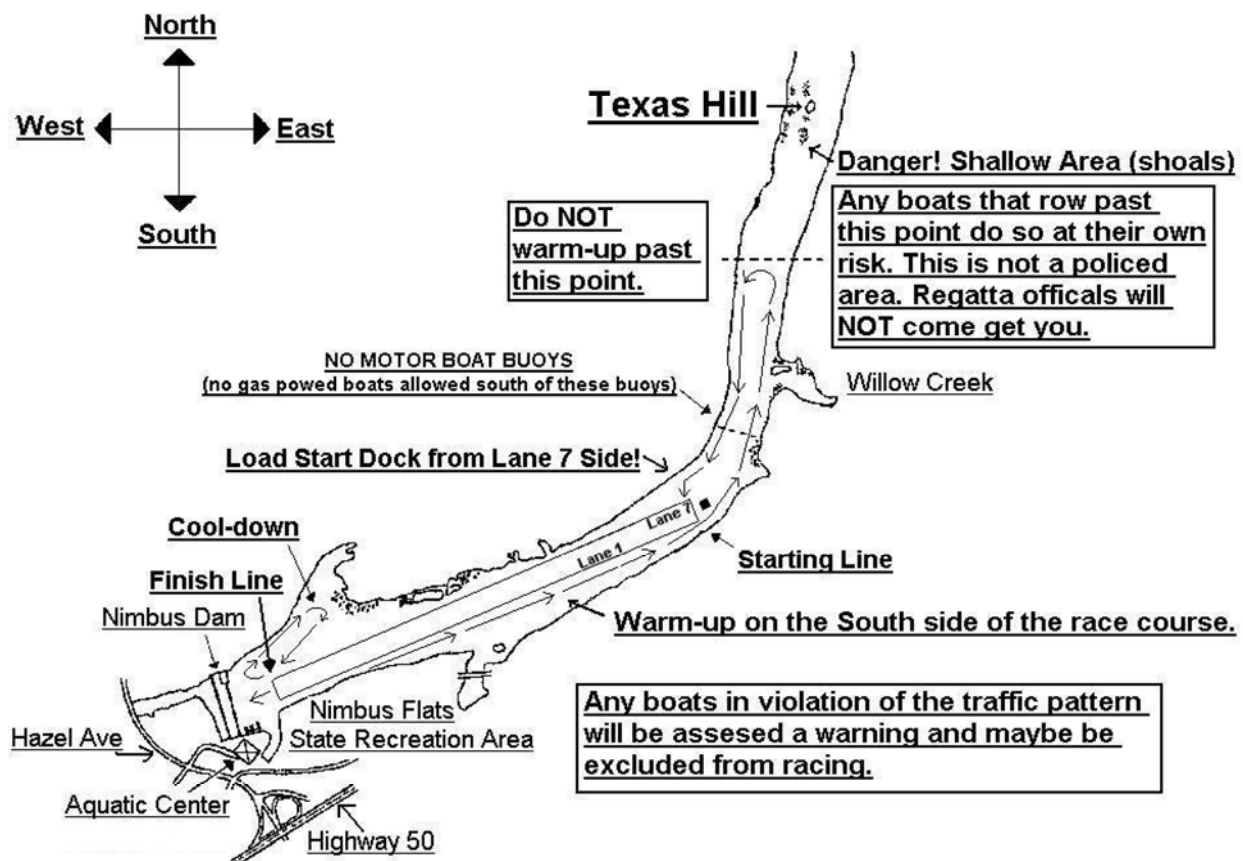
The Chief Referee, Associate Referee, Chief Judge, Chief Starter, and Regatta Director shall serve as the Race Committee for the duration of this Regatta.

Make sure your crews know the rules, and that your equipment is in good condition. If you have any further questions, ask the Referee before the start of the race, preferably at the Boat Weigh In/Control Tent, where you will find the Referee, until about 45 minutes before the start of each day's racing program.

Good Luck and Good Racing.

Bob Appleyard, Chief Referee  
Clayton W. Chapman, Regatta Director

### Lake Natoma Race Course Map

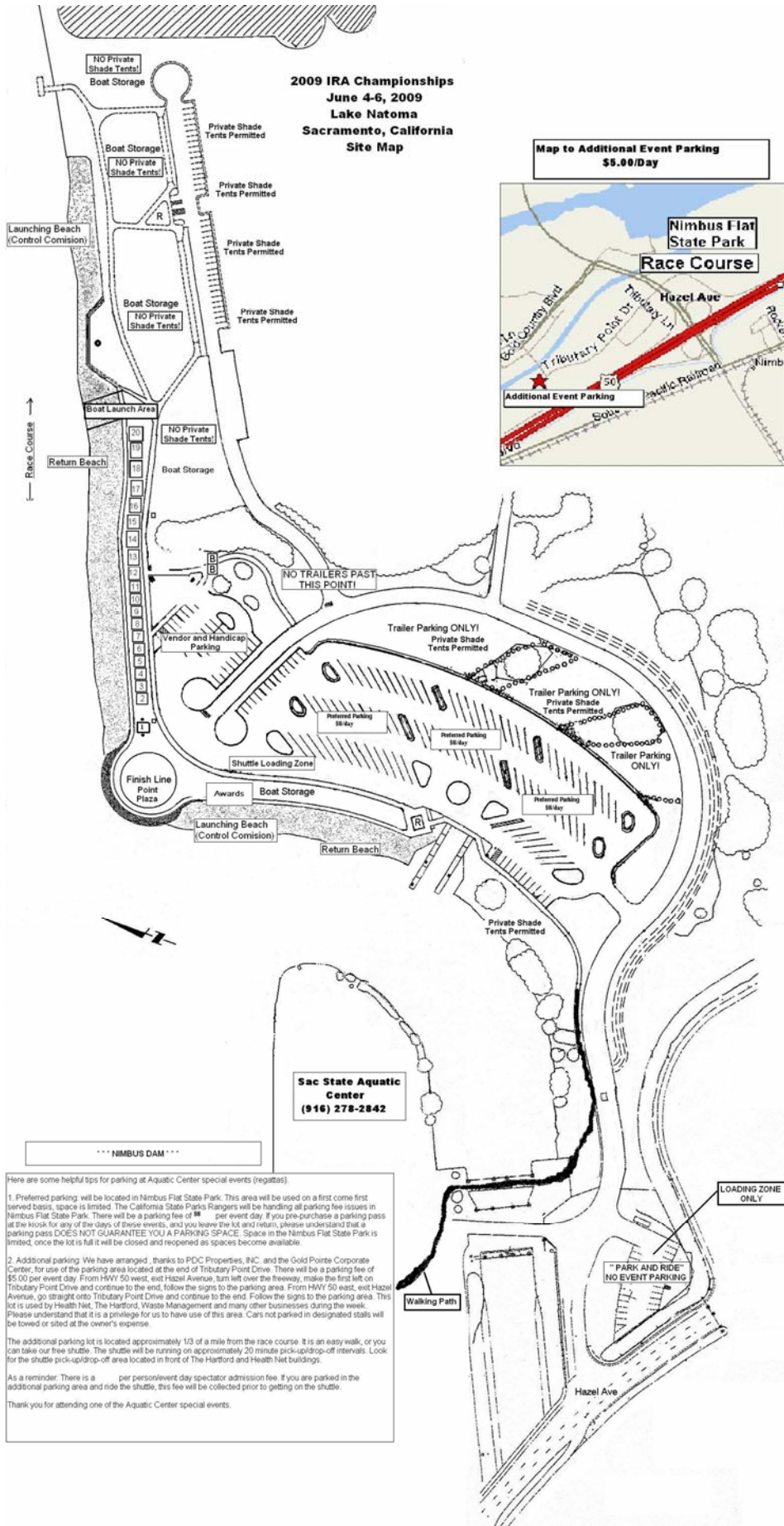






**2009 IRA Championships  
June 4-6, 2009  
Lake Natoma  
Sacramento, California  
Site Map**

**Map to Additional Event Parking  
\$5.00/Day**



\*\*\* NIMBUS DAM \*\*\*

Here are some helpful tips for parking at Aquatic Center special events (regattas).

1. Preferred parking: will be located in Nimbus Flat State Park. This area will be used on a first come first served basis, space is limited. The California State Parks Rangers will be handling all parking fee issues in Nimbus Flat State Park. There will be a parking fee of \$5.00 per event day. If you pre-purchase a parking pass at the kiosk for any of the days of these events, and you leave the lot and return, please understand that a parking pass DOES NOT GUARANTEE YOU A PARKING SPACE. Space in the Nimbus Flat State Park is limited, once the lot is full it will be closed and reopened as spaces become available.
2. Additional parking: We have arranged, thanks to PDC Properties, INC. and the Gold Pointe Corporate Center, for use of the parking area located at the end of Tributary Point Drive. There will be a parking fee of \$5.00 per event day. From HWY 50 west, exit Hazel Avenue, turn left over the freeway, make the first left on Tributary Point Drive and continue to the end, follow the signs to the parking area. From HWY 50 east, exit Hazel Avenue, go straight onto Tributary Point Drive and continue to the end. Follow the signs to the parking area. This lot is used by Health Net, The Hartford, Waste Management and many other businesses during the week. Please understand that it is a privilege for us to have use of this area. Cars not parked in designated stalls will be towed or sited at the owner's expense.

The additional parking lot is located approximately 1/3 of a mile from the race course. It is an easy walk, or you can take our free shuttle. The shuttle will be running on approximately 20 minute pick-up/drop-off intervals. Look for the shuttle pick-up/drop-off area located in front of The Hartford and Health Net buildings.

As a reminder: There is a \$5.00 per person/event day spectator admission fee. If you are parked in the additional parking area and ride the shuttle, this fee will be collected prior to getting on the shuttle.

Thank you for attending one of the Aquatic Center special events.

*2009 IRA Championships  
June 4-6, 2009*

**Lake Natoma**

*Sacramento, Ca*

*Hosted by the Sac State Aquatic Center*

**Regatta Reminders**

1-All crews must have a (ONE) representative/coach **check-in** at the Sac State Aquatic Center, prior to the regatta. Check-in will open at 10:00 a.m. on Tuesday, June 2, 2009

2-Athletes and coaches will receive **wristbands** for free admission in their check-in packets. **IF WRIST BANDS ARE LOST THEY WILL NOT BE REPLACED.**

3-For this event there will be an **admission fee for spectators** entering the Nimbus Flat State Park. Participants and coaches will be allowed admittance free of charge with presentation of their wristbands.

4-**There is an \$8.00 per vehicle/day parking charge for the Nimbus Flat State Park.** Coaches and crews will be allotted a specific number of passes based on the size of their travel squad. These will be available in the team check-in packets. **A parking pass issued for the any of the days of this championships DOES NOT GUARANTEE YOU A PARKING SPACE UPON YOUR RETURN. Space in the Nimbus Flat State Park is limited; once the lot is full it will be closed and reopened, as spaces are made available. Thank you for your understanding.**

5-**No buses will be allowed to park in Nimbus Flat State Park.** We will have a bus drop-off/pick-up in the park, but buses will be asked to exit the park and park in our over flow lot.

6-No glass containers are allowed in the State Park.

7-Dogs and other domestic animals are not permitted to run at large in any unit of the State Parks System. **Dogs are prohibited on any beach adjacent to any body of water.**

8-Sale of merchandise from alumni/hospitality tents to anyone other than your programs supporters/alumni is prohibited.

9-There will be merchandise and food vendors at this event.

10-Refuse, including garbage, cigarettes, paper boxes, water bottles, coxswain weights, shall be placed only in designated receptacles. Please help keep our State Park clean.

11-Parking is permitted only in designated areas. Blocking parking spaces is prohibited. **Cars not in designated spaces will be ticketed and/or towed.**

12-**PRIVATE SHADE TENTS WILL BE ALLOWED IN DESIGNATED AREAS ONLY. NO private shade tents are allowed in the boat storage area, on the beach, or on any "improved area" (lawn, side walk, parking lot, etc.).** Private shade tents are allowed only in the areas designated on the **site map** (the "unimproved areas"). Private shade tents may be placed in the trailer parking area ONLY AFTER ALL TRAILERS AND TOWING VEHICLES ARE PARKED.

13-BBQ's are permitted but must NOT be located under the alumni/hospitality tents. They must be in an open air space, clear of trees and tents.

14-Alumni/Hospitality tent assignments will be posted on a master map and will be available in your check-in packet and posted at the finish line. Locations for tents are based on a first received first served basis. For further information please contact Matt Robinson at [mbsrobinson@gmail.com](mailto:mbsrobinson@gmail.com).

15-Please, for your safety, do not swim on or near the racecourse and launching/retrieval beaches.

16-A SITE MAP WILL BE AVAILABLE ON-LINE AT [WWW.SACSTATEAQUATICCENTER.COM](http://WWW.SACSTATEAQUATICCENTER.COM)

17-There will be a parking fee in the over flow lot of **\$5.00 per vehicle/day**. We encourage people to park in our overflow parking lot and take the FREE shuttle to the race course.

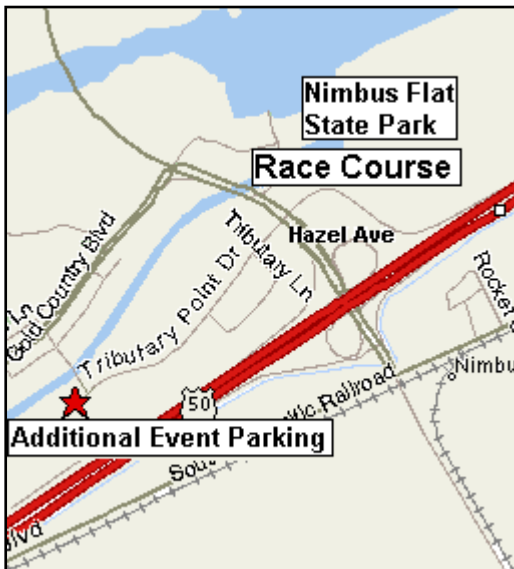
# Sac State Aquatic Center

## Special Event Parking Reminders: 2009 IRA Regatta

Here are some helpful tips for parking at Sac State Aquatic Center special events (regattas).

1. **Preferred Parking:** Preferred parking will be located in Nimbus Flat State Park. **This area will be used on a first come first served bases, space is limited. The California State Parks Rangers will be handling all parking fee issues in Nimbus Flat State Park. There will be a parking fee of \$8.00 per event day.** If you have an *Annual California State Parks Parking Permit* this will get you into the park at no additional charge. If you pre-purchase a parking pass at the kiosk for the any of the days of these events, and you leave the lot and return, please understand that a parking pass **DOES NOT GUARANTEE YOU A PARKING SPACE.** Space in the Nimbus Flat State Park is limited; once the lot is full it will be closed and reopened, as spaces are made available.

2. **Additional Parking:** We have arranged, thanks to PDC Properties, Inc. and the Gold Pointe Corporate Center, to use the parking area located at the end of "Tributary Point Dr." **There will be a parking fee of \$5.00 per event day.** From Hwy 50 west, exit Hazel Ave., turn left over the freeway, make the first left on Tributary Point Dr. and continue to the end, follow the signs to the parking area. From Hwy 50 east, exit Hazel Ave., go straight on to Tributary Point Dr. and continue to the end, follow the signs to the parking area. This lot is used by Health Net, The Hartford, Waste Management, and many other businesses during the week. Please understand that it is a privilege for us to have use of this area. Cars not parked in designated stalls will be towed or sited at the owner's expense.



The "Additional Parking" lot is located approximately 1/3 of a mile from the race course. It is an easy walk, or you can take our **free shuttle**. The shuttle will be running on approximately 20 minute pick-up/drop-off intervals. Look for the shuttle pick-up/drop area located in front of the Hartford and Health Net buildings.

As a reminder: **There is an additional per person/event day spectator admission fee.** If you are parked in the **additional Parking** area and ride the shuttle, this fee will be collected prior to getting on the shuttle.

Thank you for attending the 2009 IRA Championships, one of the Sac State Aquatic Center special events.

When the Sac State Aquatic Center helps to facilitate large events at Lake Natoma we could not do it without your help and cooperation.

Shuttle Pick-up

