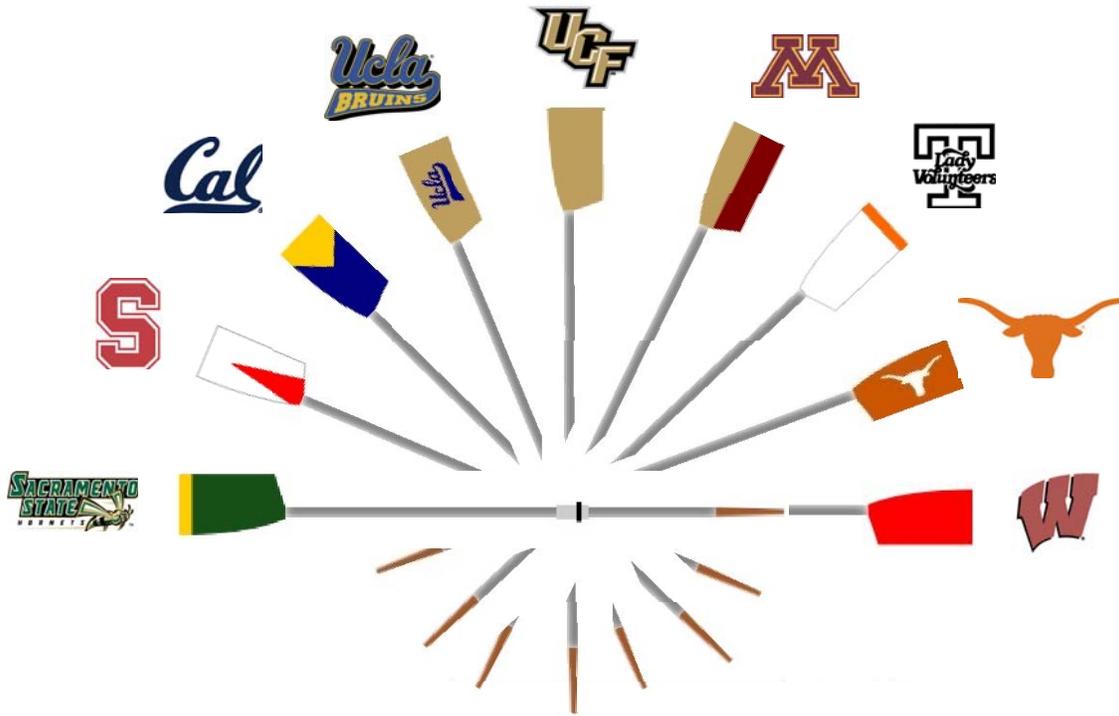


Participants Manual

Lake Natoma Invitational Regatta



Hosted By:

*Sacramento State University, Sacramento
University of California, Berkeley*

Sponsored by



April 18th – April 19th, 2009

**Sacramento State Aquatic Center
Lake Natoma
Goldriver, Ca.**

Sacramento State Aquatic Center

The CSUS Aquatic Center is one of the finest facilities in the country, which offers jet skiing, youth programs, rowing, water skiing, sailing, kayaking, wind surfing and canoeing. The center was established in 1981 and has provided instruction to thousands of students. The center offers university physical education classes and leisure classes for the general public, competitive teams, and a series of progressive summer camps and youth programs.

The Aquatic Center, in conjunction with Nimbus Flats State Park, is the established site of every major west coast championship for high school and collegiate rowing. Every year the Western Intercollegiate Rowing Championships (WIRA), Pacific 10 Conference Championships, and California Junior Rowing Championships are held in consecutive weekends at this site. The CSUS Aquatic Center is open to students, faculty, staff, alumni of CSUS, and the general public. The facility occupies eight acres of land. Features include: beach area, picnic tables, barbecues, four docks, classrooms, and convenient parking.

Lake Natoma Nimbus Flats Park

Lake Natoma, in northeastern Sacramento County, and part of the Folsom Lake State Recreation Area is a peaceful sanctuary surrounded by bustling suburbia. Four recently completed projects at Lake Natoma have transformed the park into a popular destination for both the community and visitors.

Directions to Lake Natoma

From Sacramento International Airport:

Follow the airport exit signs. Take I-5 South toward downtown Sacramento. Take the Highway 50 East exit heading toward South Lake Tahoe and take the Hazel Avenue exit (Rancho Cordova area). Left at Hazel heading North, make the next right turn to enter the Nimbus Flats/Lake Natoma Park. The CSUS Aquatic Center is the next right past the park entrance at Gold Country Boulevard.

Directions from Highway 80:

Heading West from Auburn or East from Sacramento or San Francisco take the Sierra College exit (in the City of Rocklin) and turn South on Sierra College. In about 6 miles Sierra College becomes Hazel Avenue, continue South through the town of Orangevale and finally across the American River. The first left after the river at Gold Country Boulevard is the CSUS Aquatic Center. The second left after the river is the entrance to Nimbus Flats State Park and Lake Natoma.

From Downtown and Hwy50 East:

Heading West from Lake Tahoe or East from Sacramento or San Francisco take the Hazel Avenue exit (Rancho Cordova area). Left at Hazel heading North, make the next right turn to enter the Nimbus Flats State Park and Lake Natoma. The CSUS Aquatic Center is the next right past the park entrance at Gold Country Boulevard.

Participating Institutions

Nine teams are attending:

- Sacramento State University
- Stanford University
- University of California, Berkeley
- University of California, Los Angeles
- University of Central Florida
- University of Minnesota
- University of Tennessee
- University of Texas
- University of Wisconsin

Scoring

The scoring events will be similar to the NCAA regatta format:

- V8
- 2V8
- V4

Six teams are participating in the Novice Event:

- Sacramento State University
- Stanford University
- University of California Berkeley
- University of California Los Angeles
- University of Central Florida
- University of Texas

There will be two novice races on Saturday and a Petite and Grand Final on Sunday. The Novice event will not contribute to team point totals. Each Novice team will race twice in the regatta.

Point System

<u>Place</u>	<u>V8</u>	<u>2V8</u>	<u>V4</u>
1	36	24	12
2	33	22	11
3	30	20	10
4	27	18	9
5	24	16	8
6	21	14	7
7	18	12	6
8	15	10	5
9	12	8	4

Sponsor

Our regatta sponsor, JL will have merchandise available for purchase at the venue.

Team Seeding

Teams will be seeded by the nine coaches. The coaches will seed each team into one of three groups A, B, or C; three teams per group. Group A will consist of the strongest three teams, followed by the next strongest three teams in Group B, and the other three teams in Group C. Coaches entering a Novice 8 will seed the Novice crews from 1 to 6, with 1 as the fastest crew.

Both Team and Novice Team seedings must be submitted by Tuesday, April 14, 2009. Coaches will receive an email in the week prior to the regatta with more details about their submissions.

- Each race will have 3 boats across
- Racing Saturday morning and afternoon will be determined by a random assignment.
- Team Points will be earned for placing in each event; except the Novice event. No team points will be earned from the Novice event.
- Team Point totals at the end of the Saturday will determine Sunday's racing. Team point standings will place the three top scorers (1 -3) in one event, the next three teams (4-6) in another event, and the other three (teams 7-9) in another event.

Parking

Vehicles will be charged \$7 to park in the main lot at Nimbus Flats State Park. Trailers will be parked in a designated area between the road that leads to the team parking area and the main parking lot that is open to all. If coaches wish to park their trailers at the venue on Thursday, April 16, they need to have the trailers in the parking lot before 9 pm.

Results

Results will be texted to all head coaches upon completion of the race. Results will also be posted on jamcotimes.com.

Practice

The course will be available for practice starting at 9 a.m. on Friday morning. Crews can practice throughout the day on Friday. The course will also be available for practice after the Saturday afternoon racing session. The course will be closed for practice prior to racing on Saturday and Sunday; and between racing sessions on Saturday. There will be no marshals on the course when the course is open for practice. Please make sure that your crews follow the traffic pattern listed in this manual (see page 7).

Event Schedule

Friday, April 17

Practice	9:00 a.m. to Dusk	Course available for practice
Coxswains' Weigh-In Coaches & Coxswains'	1:00 p.m. to 5:30 p.m.	At the Finish Line Tent
Meeting	4:00 p.m.	At the Finish Line Tent

<u>Race#</u>	<u>Time</u>	<u>Event</u>
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Saturday, April 18

Morning

1	8:20 a.m.	V4	
2	8:30 a.m.	V4	
3	8:40 a.m.	V4	
4	8:50 a.m.	2V8	
5	9:00 a.m.	2V8	
6	9:10 a.m.	2V8	
7	9:20 a.m.	V8	
8	9:30 a.m.	V8	
9	9:40 a.m.	V8	
10	9:50 a.m.	Novice 8	Heat 1 *
11	10:00 a.m.	Novice 8	Heat 2 *

Juniors Racing

Afternoon

12	3:00 p.m.	V4	
13	3:10 p.m.	V4	
14	3:20 p.m.	V4	
15	3:30 p.m.	2V8	
16	3:40 p.m.	2V8	
17	3:50 p.m.	2V8	
18	4:00 p.m.	V8	
19	4:10 p.m.	V8	
20	4:20 p.m.	V8	
Practice	4:30 p.m. or as soon as the last race is finished - until dusk		

* Top boat in each heat and the third fastest time advance to the Novice Grand Final.
Remaining crews advance to Novice Petite Final

Schedule (continued)

<u>Race #</u>	<u>Time</u>	<u>Event</u>	<u>Teams</u>
<u>Sunday April 19</u>			
Morning			
21	8:00 a.m.	V4	7 th to 9 th place teams
22	8:10 a.m.	V4	4 th to 6 th place teams
23	8:20 a.m.	V4	1 st to 3 rd place teams
24	8:30 a.m.	2V8	7 th to 9 th place teams
25	8:40 a.m.	2V8	4 th to 6 th place teams
26	8:50 a.m.	2V8	1 st to 3 rd place teams
27	9:00 a.m.	V8	7 th to 9 th place teams
28	9:10 a.m.	V8	4 th to 6 th place teams
29	9:20 a.m.	V8	1 st to 3 rd place teams
30	9:30 a.m.	Novice 8	Petite Final
31	9:40 a.m.	Novice 8	Grand Final

Awards Ceremony at the Finish Line

Lake Natoma Invitational Traffic Pattern Map (Race Days and Practice Day)

Traffic Pattern is the same as the 2008 NCAA Championship (except there will only be three lanes)

1) Crews must proceed to the start area on the south (Lane 1) side of the course (between the shore and the course). The warm-up lane is defined by two red buoy lines off the port side. The two red buoy lines denotes a "buffer lane" to keep crews warming up away from Lane 1 of the course.

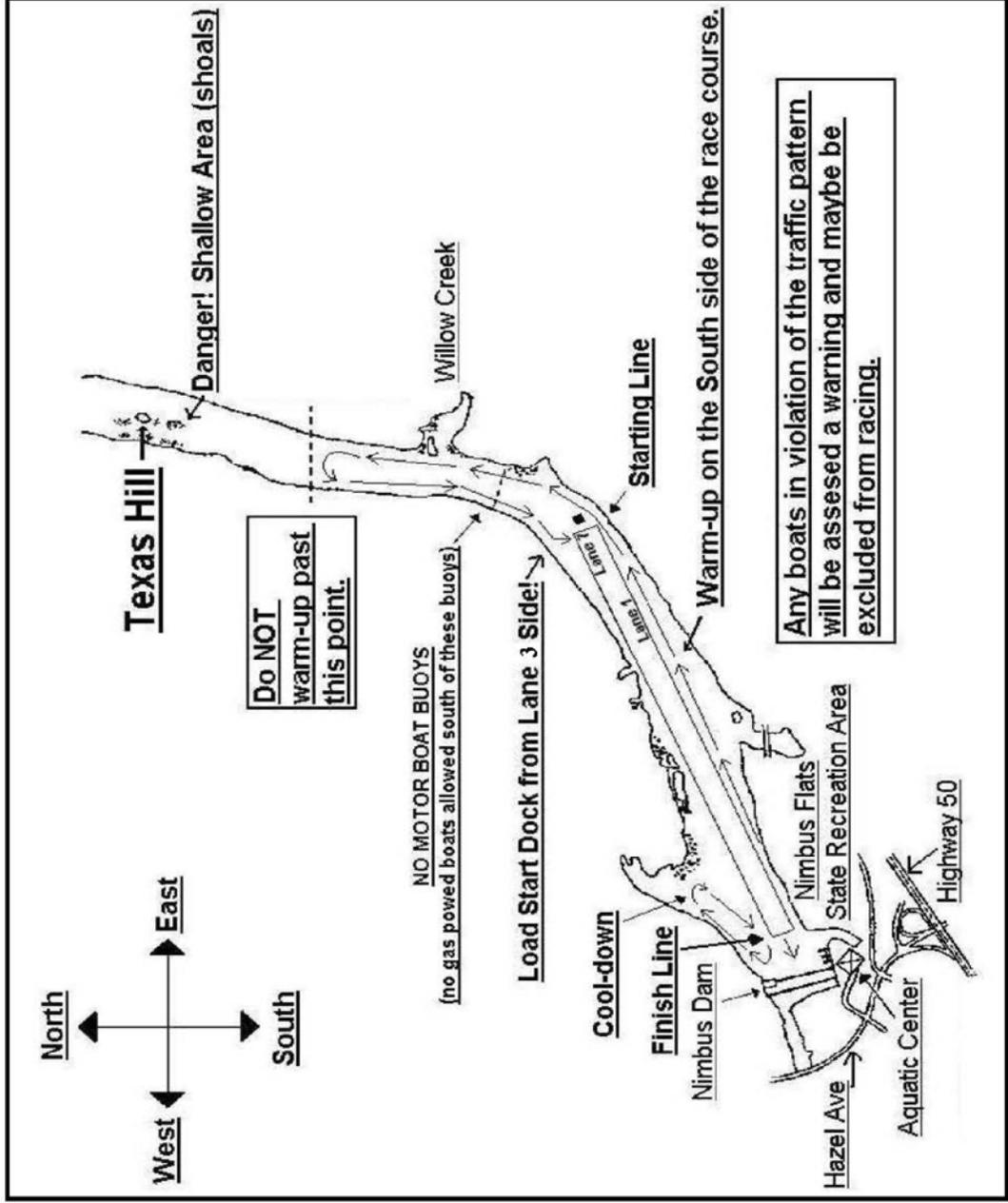
2) No crews are allowed up the course on the north side of the course.

3) Crews may only row on the course from the start to the finish. No crews are allowed to row up the course toward the start.

4) Crews must follow the right hand rule to the starting line. Continue to use the right hand rule above the line. Crews can warm up/practice using a counter clockwise pattern above the starting line.

5) ALL crews must enter the course from the north (Lane 3) side

6) Crews may only exit the course after passing through the big red buoys at the finish.



Emergency Medical Information

Hospitals and directions from the CSUS Aquatic Center:

- **Sutter General Hospital**

(916)454-2222
2801 L Street
Sacramento, CA 95816

Highway 50 West to Business 80 East. Take the N Street exit. Straight on 30th street. Left on K Street. Left on 29th Street and the emergency room is on the right between K and L Streets.

- **Mercy General Hospital**

(916) 454-3333
4001 J Street
Sacramento, CA 95817

Highway 50 West. Exit Howe Avenue to the right (North). Left on Fair Oaks Boulevard, becomes J Street. The hospital is on 40th and J Street.

- **UC Davis Medical Center**

(916) 734-2011
2315 Stockton Boulevard
Sacramento, CA 95816

Highway 50 West. Stockton Boulevard exit. Left off freeway onto Stockton Boulevard.

- **Kaiser Permanente Hospital**

916/973-6600
2025 Morse Avenue
Sacramento, CA 95826

Highway 50 West. Watt Ave – North exit. Take a left on Cottage Way (quite a ways down Watt Avenue). Emergency room is between Fulton and Morse on Cottage.

Things To Do

You can use these Web sites to check the listings for Sacramento's restaurants and dining experiences, entertainment locations, shopping and tourist opportunities.

- Sacramento Visitors Association www.sacramentocvb.org/visitor/index.cfm
- The Sacramento Bee www.sacticket.com/dining/

List of Restaurants in Rancho Cordova/Gold River area:

- ...**Applebee's** 2170 Golden Centre Lane 916/635-1234
- ...**Brookfield's** (near Marriott/Holiday Inn) 11135 Folsom Boulevard 916/638-2046
- ...**Chevy's** 2220 Gold Springs Court 916/852-0344
- ...**Chili's** 5303 Sunrise Boulevard 916/962-0404
- ...**Denny's** 2474 Sunrise Boulevard 916/635-0285
- ...**Elephant Bar** 6063 Sunrise Mall 916/961-3628
- ...**Fresh Choice** 5419 Sunrise Boulevard 916/863-5680
- ...**I Forno Classico** (Italian/pizza) – 2121 Golden Centre Lane 916/858-0651
- ...**International House of Pancakes** 2216 Sunrise Boulevard 916/638-8853
- ...**Lyon's** (near Courtyard Hotel) - 10717 White Rock Road 916/852-0274
- ...**Olive Garden** – 5445 Sunrise Boulevard 916/965-9537
- ...**Outback Steakhouse** 2100 Golden Centre Lane 916/635-3603
- ...**Round Table Pizza** – 2234 Sunrise Boulevard 916/635-9564
- ...**Subway Sandwiches** – Sunrise Boulevard and Coloma 916/638-3310
- ...**Spaghetti Factory** (close to Lake Natoma) - 124566 Folsom Boulevard 916/985-0822
- ...**Togo's Eatery** (deli sandwiches) - 2091 Sunrise Boulevard 916/635-2824

List of Restaurants in Folsom area:

- ...**Applebee's** (near Hilton Garden Inn) 400 Iron Point Road 916/355-1955
- ...**Chevy's** (near Lake Natoma Inn) 705 Gold Lake Drive 916/985-4696
- ...**Chili's** (near Hilton Garden Inn) 161 Iron Point Road 916/351-1118