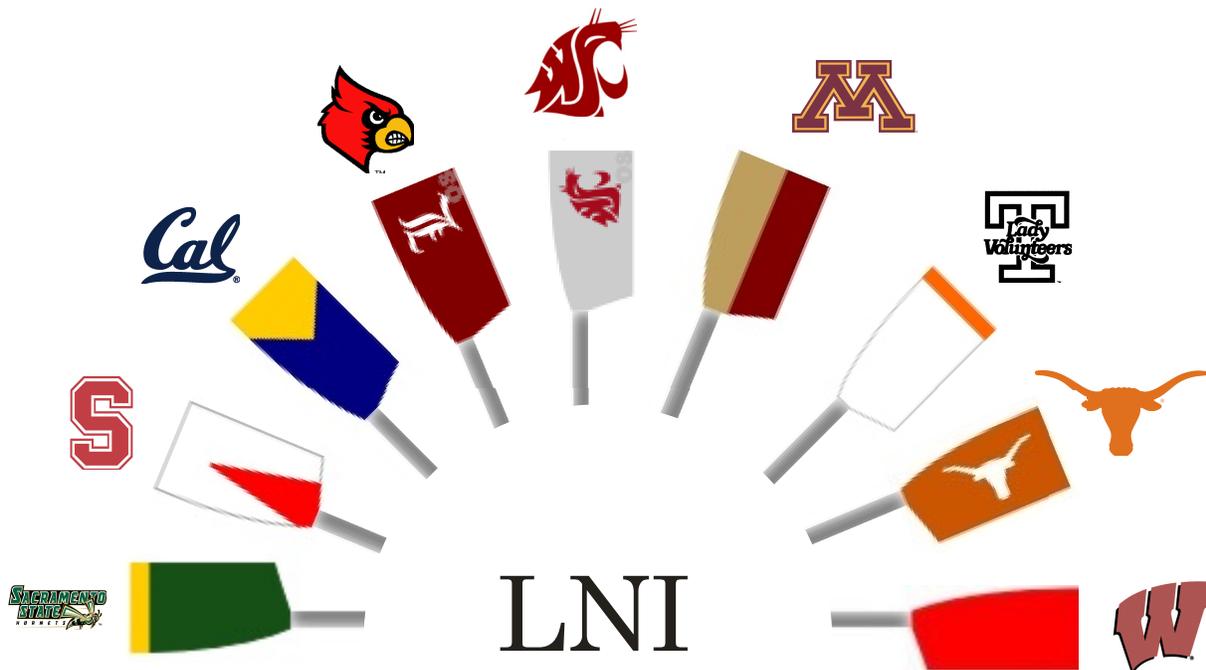


Participants Manual



Lake Natoma Invitational Regatta

Hosted By:

*Sacramento State University
University of California, Berkeley*

**April 17th – April 18th, 2010
Sacramento State Aquatic Center
Lake Natoma – Gold River, CA**

Sacramento State Aquatic Center

The CSUS Aquatic Center is one of the finest facilities in the country, offering 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 including: university physical education classes and leisure classes for the general public, competitive teams, as well as 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, barbeques, four docks, classrooms, and convenient parking. Lake Natoma also has a bike path along the entire 2K course where spectators can view the races at multiple vantage points!

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 Louisville
- University of Minnesota
- University of Texas
- University of Tennessee
- University of Wisconsin
- Washington State University

Scoring

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

- V8+
- 2V8+
- V4+

Five teams are participating in the Novice Event:

- Sacramento State University
- Stanford University
- University of California Berkeley (2 boats)
- University of Texas
- Washington State University

There will be one novice race in each session; two on Saturday and one on Sunday. Novice 8 events will not contribute to team point totals.

Point System

Place	V8+	2V8+	V4+
1	9	6	3
2	6	4	2
3	3	2	1

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 three strongest teams. Group B will consist of the next strongest three teams and Group C the other three teams. Coaches entering a Novice 8 will seed the Novice crews from 1 to 6 with 1 as the fastest crew.

- Each race will be 3 boats across.

- Racing Saturday morning and afternoon is determined by random assignment.
- Team Points are 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 Saturday will determine Sunday's racing. Team Point standings will place teams (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

All vehicles will be charged \$10 per day to park in the main lot at Nimbus Flats State Park. When you arrive on Friday, no ranger will be stationed at the kiosk to pay for parking. Instead, you will have to pay at the “Iron Ranger” which is the electronic parking machine located in front of the kiosk. 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. Additional information regarding bus parking will be sent to you the week of the regatta.

Results

Results will also be posted live on Twitter. Please sign-up for Twitter using this link: <http://twitter.com/NatomaInvite>. Twitter allows you to have updates sent directly sent to your phone in the form of a text. Once you choose to follow us on Twitter, directly next to the follow button is a cell phone icon. If you click here, updates will be sent directly to your mobile device. We recommend you use this feature to receive the most up to date race results. Results and team points will also be posted on the white board at the Finish Line Tent after each event (V-4, V-8 etc) on Saturday and Sunday. The Regatta Director will send results to the institutions’ SIDs at the conclusion of each racing session.

Practice

The course will be available for practice beginning at 6 a.m. on Friday morning, April 16, ending at dusk. The course will also be available for practice before and after racing and between racing sessions on Saturday. Crews can also practice prior to racing on Sunday.

There will be NO marshals on the course during practice sessions. Practice will be at your own risk! Please make sure your crews follow the traffic pattern listed in this manual. (See page 7)

Coxswain Weigh-In

Coxswains will ONLY be required to weigh in ONCE for the entire weekend. Weigh-ins will take place on Friday afternoon.*** Coxswains will be asked to weigh-in in race uniforms per USRowing rules. Coxswains who need to carry weight will be expected to do so during all racing sessions.

****Novice coxswains can weigh-in EITHER during the Friday afternoon window or 2 hours prior to their race.*

Substitutions

NCAA squads (WV8, W2V8, WV4) are limited to 22 rowers and 4 coxswains. Open substitutions are permitted among any crew between sessions. Doubling is not allowed within a session (Sat. AM, Sat. PM, Sunday).

Event Schedule

Friday, April 16th

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

Race# Time Event

Saturday, April 17th

			Lane 1	Lane 2	Lane 3
Morning					
	1	8:30 a.m.	V4+	Cal	Louisville Sac. St.
	2	8:40 a.m.	V4+	Stanford	Wisconsin Texas
	3	8:50 a.m.	V4+	WSU	Tennessee Minnesota
	4	9:00 a.m.	2V8+	Cal	Louisville Sac. St.
	5	9:10 a.m.	2V8+	Stanford	Wisconsin Texas
	6	9:20 a.m.	2V8+	WSU	Tennessee Minnesota
	7	9:30 a.m.	V8+	Cal	Louisville Sac. St.
	8	9:40 a.m.	V8+	Stanford	Wisconsin Texas
	9	9:50 a.m.	V8+	WSU	Tennessee Minnesota
	10	10:00 a.m.	Nov8 (Ht1)*	Cal 1N	Stanford Sac. St.
	11	10:10 a.m.	Nov8 (Ht2)*	WSU	Texas Cal 2N
Afternoon					
	12	3:00 p.m.	V4+	Cal	Tennessee Texas
	13	3:10 p.m.	V4+	Stanford	Louisville Minnesota
	14	3:20 p.m.	V4+	WSU	Wisconsin Sac St.
	15	3:30 p.m.	2V8+	Cal	Tennessee Texas
	16	3:40 p.m.	2V8+	Stanford	Louisville Minnesota
	17	3:50 p.m.	2V8+	WSU	Wisconsin Sac St.
	18	4:00 p.m.	V8+	Cal	Tennessee Texas
	19	4:10 p.m.	V8+	Stanford	Louisville Minnesota
	20	4:20 p.m.	V8+	WSU	Wisconsin Sac St.

*Top boat in each heat and the third fastest time from either heat will advance to the Novice Grand Final. The remaining crews advance to the Novice Petite Final.

Event Schedule (continued)

<u>Race #</u>	<u>Time</u>		<u>Teams</u>
Sunday, April 18			
Morning			
21	8:00 a.m.	Novice 8	Novice Petite Final
22	8:10 a.m.	Novice 8	Novice Grand Final
23	8:20 a.m.	V4+	7 th to 9 th place teams
24	8:30 a.m.	V4+	4 th to 6 th place teams
25	8:40 a.m.	V4+	1 st to 3 rd place teams
26	8:50 a.m.	2V8+	7 th to 9 th place teams
27	9:00 a.m.	2V8+	4 th to 6 th place teams
28	9:10 a.m.	2V8+	1 st to 3 rd place teams
29	9:20 a.m.	V8+	7 th to 9 th place teams
30	9:30 a.m.	V8+	4 th to 6 th place teams
31	9:40 a.m.	V8+	1 st to 3 rd place teams
	10:15 a.m.	Awards Ceremony at 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.

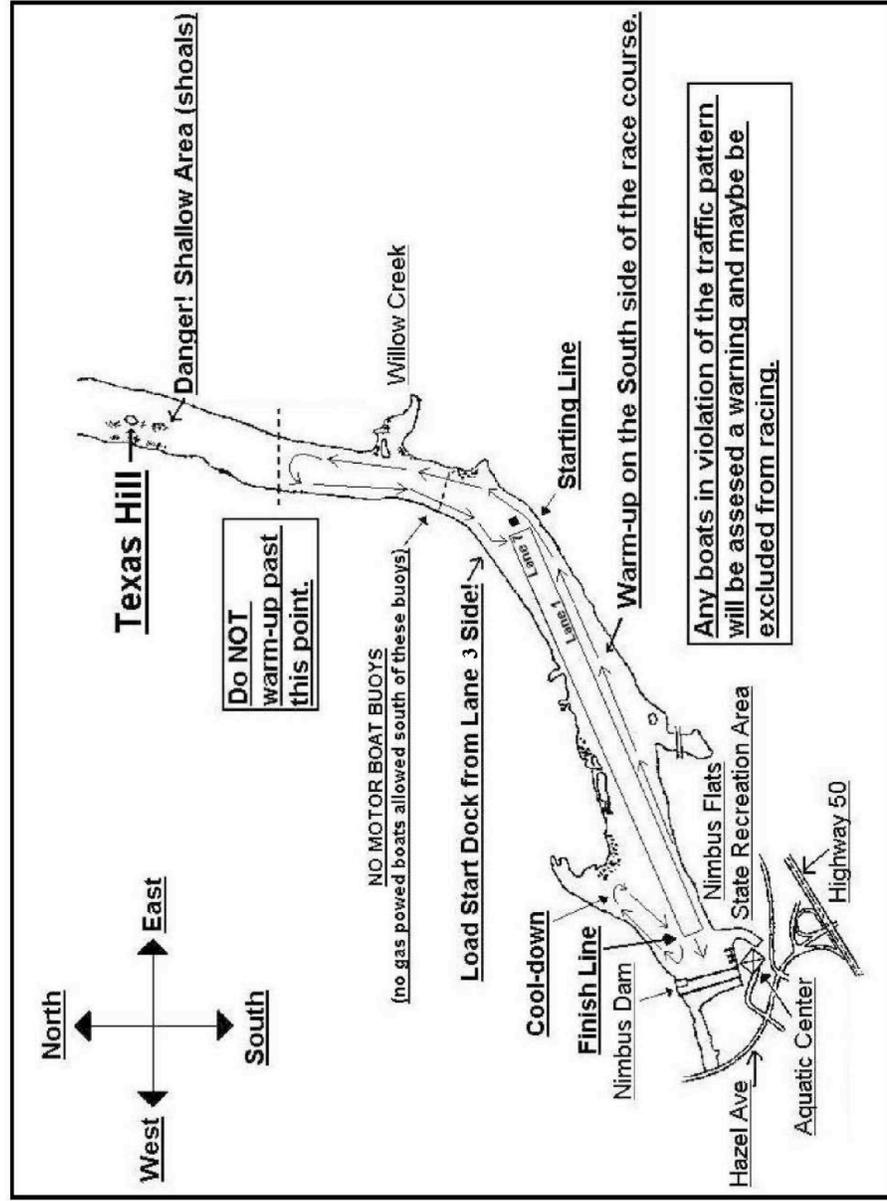
2) No crews are allowed up the course on the north side of the course.

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 9581

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
- **Il 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 the 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