

2010 USRowing SW Masters/Open Championships

Sunday, July 11, 2010
Lake Merritt: Oakland, CA

Venue Information

Regatta Meeting: A meeting will be held on **Saturday evening, July 10, at 6:30 pm** at the LMRC boathouse to review the regatta procedures and the final schedule.

All clubs and individual competitors should send a representative to the meeting.

Entries will not be accepted after the conclusion of the Regatta Meeting.

Coxswains Meeting: A coxswains meeting to detail the traffic pattern and starting procedure will be held at the LMRC Boathouse at **6:00 AM on race day**. At press time the plan is to have the racecourse reversed from last year's configuration (what was the start is now the finish line). **Please make it a priority to attend one of the regatta meetings.**

Boat Traffic Patterns

Maps: Below are maps of the land venue as well as a course map. Please review carefully and note the traffic flow on land and on the water.

NOTE: The water traffic pattern has changed from previous years—the race course has been reversed from previous years. PLEASE REVIEW THE MAP!



MEMBER OF THE UNITED STATES ROWING ASSOCIATION

LAKE MERRITT ROWING CLUB

LAKE MERRITT RACING TRAFFIC PATTERN

IMPORTANT !! RACECOURSE IS REVERSED !!

For your safety and that of others, all shells must follow the traffic pattern.

Launching: Allow at least 30 minutes before your race to warm up. Dock space is limited ;launch as quickly as possible .Bring oars to the dock before you launch. Tie in on the water.

Warm-up: Stay to the right of the buoys in the warm-up area.

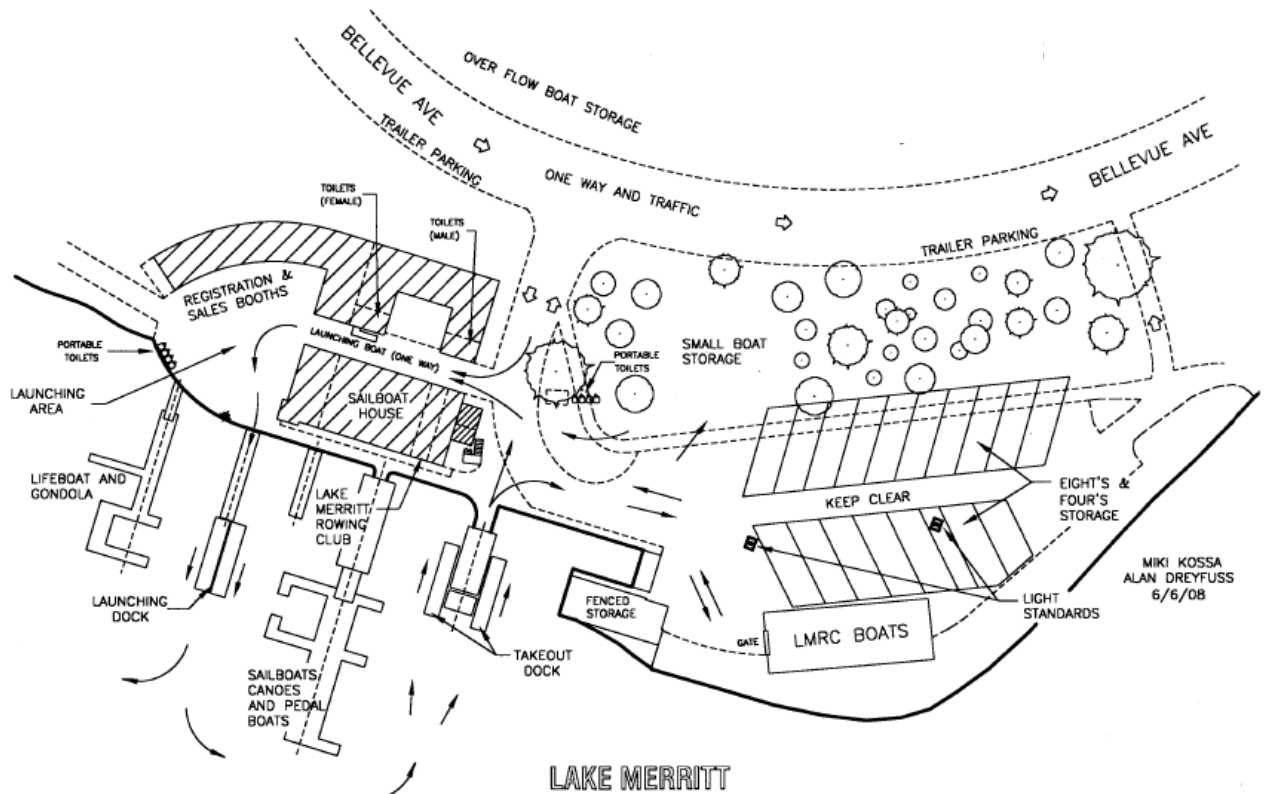
Pre-Race Area: Wait for your race in the area before the dock. When called to the start ,you may row onto the course into your lane. BACK into your stakeboat; you must be locked on two minutes prior to your race's start time. Alignment will be done silently, by radio. To hold your point, scull the bow into position, DO NOT take full strokes, which will pull you out of the stake person's grasp.

Finish Area: Run-out room in lanes 6 and 7 is limited. Please clear the finish area quickly; a race may follow yours in only a few minutes!

Thanks for coming, and have a great race!



Venue Map:



Venue:

Please visit the Registration area for food and t-shirts sales booths.

A map of **restaurants** in the surrounding area is available here:
http://lakemerrittrowingclub.org/wp-content/uploads/2010/06/Food_Map.pdf

A list of **local hotels** is available here:

http://lakemerrittrowingclub.org/wp-content/uploads/2010/06/Hotels_near_Lake_Merritt.pdf

Photography:

Sport Graphics will be photographing all boats during the regatta. Pictures will be posted online at www.sportgraphics.com approximately 5-7 days after the regatta.

[Click here for race photos](#)

SPORTGRAPHICS.COM

Parking

There is a \$5 entry fee into the park - save your receipt! You should be able to re-enter. If you are car-topping - explain you are dropping off your boat and may need to swing around and reenter to park - the City should waive any additional fee. There is parking along the road into the park. Carpooling is encouraged. There is also parking along the roads surrounding the park.

Driving Directions to the Sailboat House for Cars

From the South Bay: Take 880 North; take Oak Street exit; right onto Oak; go PAST the old Boathouse (previous regatta location/now open as restaurant); continue approximately 1/3 mile, following the lake on your right; turn right at the end of the “finger”/Grand Avenue. Continue a couple blocks and take a right after the light at the park entrance, onto Bellevue (one-way). Pay \$5 entrance fee to the City attendant. Continue along Bellevue Avenue to the blue building on your right – the City Sailboat House.

From the North Bay: Take 580 East past downtown Oakland to the Harrison Street exit; turn right onto Harrison at the bottom of the off-ramp; continue approximately 1/2 mile; then turn left onto Grand (the lake is now in view); continue a couple blocks and take a right after the light at the park entrance, onto Bellevue Avenue (one-way). Pay \$5 entrance fee to the City attendant. Continue along Bellevue to the blue building on your right – the City Sailboat House.

Map: A map of our location at Lake Merritt can be found at:

<http://maps.yahoo.com/index.php#mvt=m&q1=568%20Bellevue%20Ave,%20Oakland%20CA%2094610&trf=0&lon=-122.255452&lat=37.807495&mag=3&env=F>

Notes:

- If you are car-topping your boat, continue to the drop-off zone marked in chalk.
- Important: There are low-hanging branches as you drive down Bellevue Avenue—stay clear!!

Trailer Parking

Directions: Directions for trailers to Lake Merritt can be found at:

http://lakemerrittrowingclub.org/wp-content/uploads/2010/06/2010_SWREgionals_Trailer_Directions.pdf

Instructions: Trailer parking has been reserved along Bellevue Avenue in close proximity to the Sailboat House in designated/posted areas. Plan to arrive early for the best spots!

There will be security staff present beginning at 4PM on Saturday, July 10th until 5AM Sunday, July 11th. Boats may be unloaded onto racks in the Sailboat House Parking lot or along the grassy area next to the road, as directed by Parking Control. Thank you in advance for following the instructions of the *Parking Czar*. If you are car-topping, please unload your boats in the drop-off zone and then re-park your vehicle. The drop-off zone will be marked in chalk and is the area immediately next to the Sailboat House parking lot entrance driveway.

There is no parking in the drop-off zone AT ANY TIME!

Boat Information

Where to Sling Your Boats: You may place your boats in slings in designated areas of the lower parking lot at the Sailboat House. Diagonal markings for eights will be on one side, and smaller boats on the other. You may also place your boats in slings on the grass. When you are finding a space for your boat(s), **please do not obstruct other crews.**

Launching and Return Docks: The launching docks are at the far side of the venue near registration. Walk all boats through the alley between the Sailboat House and the pen to the launching dock where equipment will be checked. (see site plan)

The return/takeout docks are east of the Sailboat House and require a step up from the landing dock. It is recommended that all sweep boats return **bow first**. Below are suggested boat handling directions for your crews.

Sweep Boats: Once the crew has the boat out of the water and to shoulders, angle the bow toward the main dock. The coxswain should then support the bow and have the bow 4 rowers, using the stairs as possible, move to the upper/main dock WHILE LOWERING THE BOAT TO WAIST. The coxswain should move to the stern, staying on the main dock and assist at the stern while the stern 4 move to the upper/main dock WHILE GOING TO WAIST. Once on the main dock take the boat back up to shoulders and proceed back to your slings.

Scullers: Use the sets of steps which will allow you to easily step up with your single or double. For quads you may use the steps or ask the dockmaster for assistance, following the move to waist above, as needed.

Boat Washing: There will be hoses and water buckets available for use to rinse your equipment. Please return the buckets as soon as you are finished for other teams to use.