

# BAIR ISLAND FALL REGATTA

## San Mateo Marina Lagoon

Sunday, November 15, 2015

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**Bair Island Aquatic Center (BIAC)** is pleased to present the 24<sup>th</sup> annual Fall Regatta in beautiful San Mateo, California. November is an excellent time to race in Northern California. The air is brisk, the shore birds are still about and you may even see a harbor seal or two. We hope you'll bring all racing members of your club and join us for this 5K head race.

### **Entries:**

We will offer a full complement of events in the categories listed below. We will group races together if there are fewer than 3 entries in any given race. New categories have been added! Check listings carefully.

	<b>Sweep</b>	<b>Scull</b>
<b>Junior:</b>	8+, 4+, 2-	4x, 4x+, 2x, 1x
<b>Junior Novice:</b>	8+, 4+	1x
<b>Junior Middle School:</b>	N/A	4x+, 2x
<b>College:</b>	8+, 4+	1x
<b>College Novice:</b>	8+, 4+	
<b>Open:</b>	8+, 4+, 2-	4x, 2x, 1x
<b>Open Novice:</b>	8+, 4+	4x, 1x
<b>Lightweight:</b>	8+, 4+	1x
<b>Masters:</b>	8+, 4+, 2-	4x, 2x, 1x
<b>Masters Novice:</b>	8+, 4+	4x, 2x, 1x
<b>Masters Lightweight:</b>	4+	4x, 2x, 1x
<b>Mixed:</b>	8+ Open, Masters, Junior	4x, 2x Open, Masters
<b>Parent/Child:</b>	N/A	2x

**Races begin at 8:30am and conclude at approximately 3:30p.m.**

**Registration is on-line at [www.regattacentral.com](http://www.regattacentral.com).** Please contact the registrar if you are unable to register electronically.

A preliminary race schedule will be available on Regatta Central. An updated race schedule will be posted online by November 12th.

**Please note:** Partial entries and those without payment will automatically be deleted if not completed by registration deadline. You may re-enter and pay late fees at that time.

**\*\*\* EARLY DEADLINE ENTRIES ARE DUE BY NOVEMBER 9<sup>TH</sup> \*\*\***

### **Trophies**

We will have 3 trophies available this year. They are:

**Women's Master 8 Trophy** – This trophy is handed out to the Women's Master 8+ crew who has the best handicapped time at the event.

**Mixed Masters 8 Trophy** – This trophy is handed out to the Mixed Masters 8+ crew who has the best handicapped time at the event.

**Junior Club Team Trophy** – This trophy is handed out to the Junior Club who accumulates the most points from all of the events entered throughout the race. A more detailed breakdown of how points will be awarded will be available at the BIAC Fall Regatta page on [www.gobair.org](http://www.gobair.org).

### **Medals**

We will be awarding medals to 3<sup>rd</sup> place this year if there are 4 or more boats in an event. If there are only 3 boats, we will award medals to 1<sup>st</sup> and 2<sup>nd</sup> place. If there are only 2 boats, we will award medals to 1<sup>st</sup> place only. If there is only one boat, they get their 1<sup>st</sup> place medal.

### **Course/Equipment:**

- ✓ All races will be 5,000 meter, single file. Bow numbers will be provided.
- ✓ Medals will be awarded to the winner of each event, and to second-place finishers in events with six or more competitors.
- ✓ Coaches and Coxswains Meeting: Race day, **7:00 a.m.**, harbor patrol office (same as last year)
- ✓ Weigh-in station: Open from 7:00a.m. - 9:00a.m.
- ✓ Warm up: Approx 3,500M from the launch area to the starting line.
- ✓ This is a U.S. Rowing Association (USRA) registered regatta. USRA recommendations for safety will be followed. USRA membership for individual participants is not required, but please note that all rowing organizations that enter must be USRA member organizations.

### **Fall Regatta Rules:**

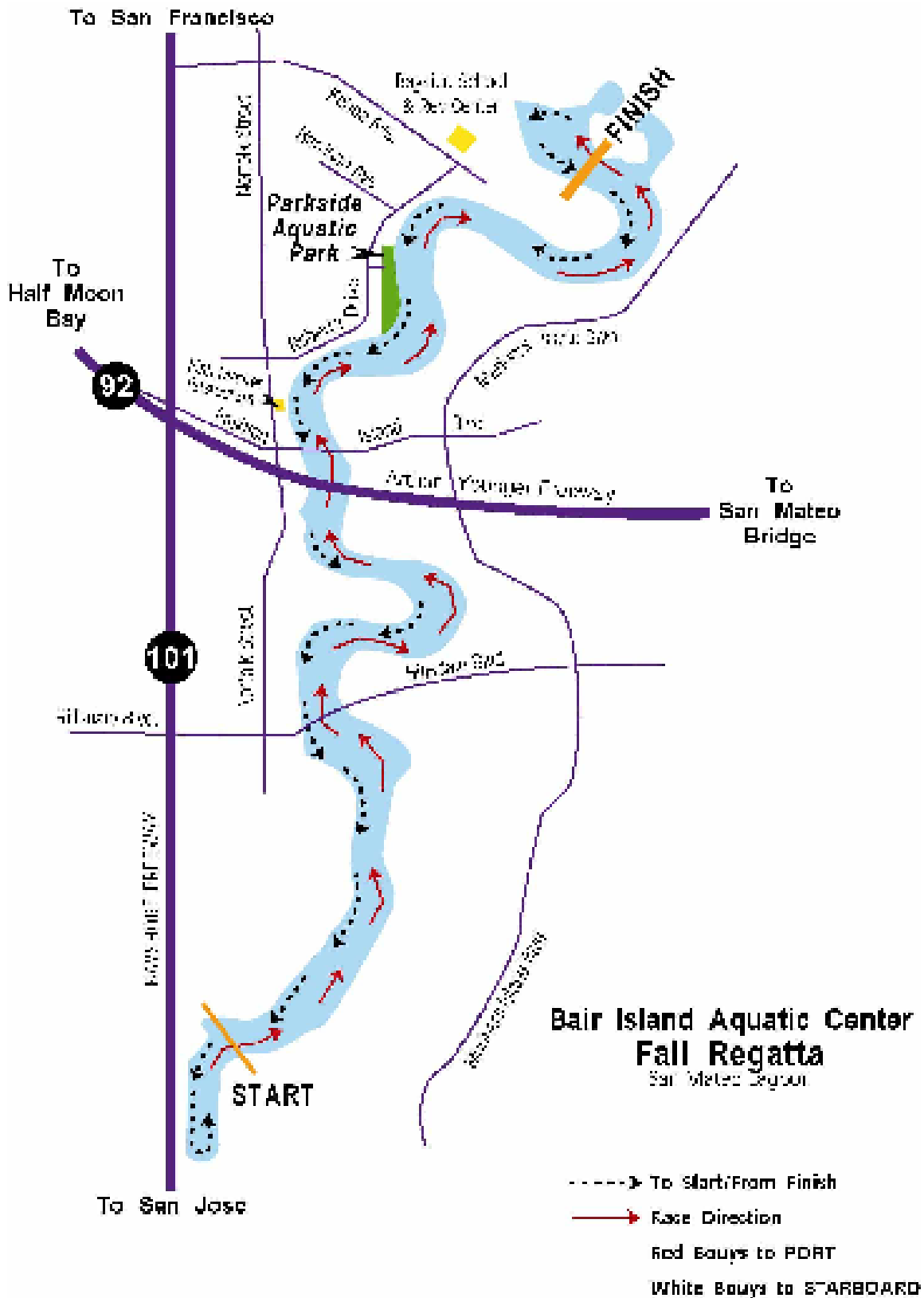
- ✓ Bow balls and heel tie-downs or quick-release shoes are required.
- ✓ Concept 2 Foot Stretchers are **BANNED**.
- ✓ In case of any dispute, results will be determined by the rules in this packet followed by the accepted master handicapping rules in [Rules of Rowing](#).

- ✓ Racing crews have the right of way over all other boats. Boats warming up or returning from the finish must yield to oncoming crews at bridges and otherwise, stay in the right hand lane, off the racecourse.
- ✓ Overtaking crews have the right of way over slower boats. Boats being overtaken must yield to the outside of a turn or otherwise follow the instructions of the overtaking boat.
- ✓ Passing is forbidden under bridges and immediately before bridges. A boat about to be passed must PROMPTLY yield after a bridge.
- ✓ Stay right of all buoys in the center of the waterway. No cutting corners.
- ✓ Row around the island at the finish before stopping.
- ✓ Crews must use sportsman-like conduct and language.
- ✓ The rules are meant for safety. Violations will result in time penalties or disqualification at race official's discretion.

### **Bow Markers and Bibs**

Bair Island Aquatic Center will provide you with your bow number. It is your responsibility to return your bow card at the conclusion of your event to the beachmaster. The entry number must be in your bow number clip correctly and visible to the officials on both sides of the course. Crews without bow markers may not have their times recorded. Lost bow cards will be charged to your team.

**Course Map:**



**Directions:**

**From northbound Hwy 101:**

Exit Kehoe Ave (after and north of highway 92)  
Proceed east on Kehoe to the 3rd stop sign, Roberta Ave  
Right onto Roberta Drive  
Left onto Seal  
Parkside Aquatic Park (launch site) is located on Seal

**From southbound Hwy 101:**

Exit 3rd Ave East (before and north of highway 92)  
Right on Norfolk Street  
Left on Kehoe Ave  
Right onto Roberta Drive  
Left onto Seal  
Parkside Aquatic Park (launch site) is located on Seal

**Parking and Boat Storage:**

***There is NO parking in Parkside Aquatic Park for anything except boat trailers.***

**Trailers** – Parking for trailers is provided next to the launch site. Space is limited, so please help us by following these simple rules.

- Arrive as early as 3pm Saturday to drop your trailer.
- Arrive before 6am Sunday to prevent congestion at the Regatta site.
- We cannot guarantee parking priority for late trailer arrivals.
- All pulling vehicles will park off site after dropping their trailers.

**Single Cars** -- On-street parking is very limited. Please respect the residential neighborhood surrounding the park by not blocking driveways or parking too close to fire hydrants.

**Food:**

No alcohol is allowed at San Mateo Park. The park is located in a residential neighborhood.

**T-Shirts:**

Shirts and other clothing with the regatta logo will be sold at the venue.

**COMPETITOR CATEGORIES/DEFINITIONS**

- ✓ **MASTERS:** The event will use USRA age groups (AA:21-26, A:27-35, B:36-42, C:43-49, D:50-54, E:55-59, F:60-64, G:65-69, H:70-74, I:75-79, J: 80+). Ages are as of 12/31/15. Age groups may be combined based on the entries received. All Masters races in combined age groups will be handicapped. In accordance with new USRA rules for 2009, AA rowers are now permitted to row in Masters races. In all team boats, including boats with AA rowers, the average

age of the rowers (excluding cox) will determine the age group and handicap. Average ages will be rounded down.

- ✓ **HANDICAPPING:** The Fall Regatta will follow USRA rules of handicapping.
- ✓ **OPEN:** No age restriction and no handicaps applied.
- ✓ **COXSWAINS:** May be any gender, age, or weight. This is a challenging course and *not* appropriate for novice coxswains! Please commit to using only race-seasoned coxswains and ensuring that all coxswains from your team fully understand the rules of racing.
- ✓ **LIGHTWEIGHTS:**
  - Collegiate and Master Men: 165 pounds maximum, no averaging
  - Jr. Men: 155 pounds maximum, no averaging
  - Women: 135 pounds maximum, no averaging
  - Coxswains: NO weigh-ins
- ✓ **MIXED:** One half (or more) women rowers
- ✓ **NOVICE:** A rower (sweep or scull) whose first race was no earlier than November 18, 2014.
- ✓ **RECREATIONAL/OPEN WATER:** Maas Aeros, and other open-water boats less than 22' long. (Maas 24s prohibited.)
- ✓ **PARENT/CHILD 2X EVENT:** Proof of relationship will be required at the Registrar's discretion. This will be a one size fits all event this year and we will not be creating multiple categories for the different combinations of lineups possible. This will not be a handicapped race.

## FEES/DEADLINES

**Race Entry Deadline: Monday, November 9, 2015**

**Late Entry (late fee applies) Deadline: Wednesday, November 11, 2015**

Fees Per Event:	1X	2X/-	4X/-	8+
Received on or before Nov 9 <sup>th</sup>	\$26.00	\$42.00	\$59.00	\$93.00
Received Nov 10 <sup>th</sup> - Nov 11 <sup>th</sup> (late fee: 25%)	<b>\$32.00</b>	<b>\$52.00</b>	<b>\$72.00</b>	<b>\$114.00</b>

**Registration is online at [www.regattacentral.com](http://www.regattacentral.com).**

Online entries can be paid via credit card (Visa or Mastercard) or by check. Make checks payable to: **BIAC. All entries must include payment in full.** Entries are considered complete when the entry form and payment are received. Send checks and correspondence to the Registrar. Entries received between Nov 10<sup>th</sup> and 11<sup>th</sup> will be assessed a 25% late fee PER BOAT, and event admission will be on a space-available basis. No entries will be accepted after Wednesday, November 11, 2015. No changes to boat personnel will be accepted after the first race of the day has begun.

If entering Master events, indicate each rower's age as of December 31, 2015 and the boat average age.

**AVOID THE LATE FEE – SUBMIT YOUR ENTRY BY**  
**Monday, NOVEMBER 9!!**

**WAIVERS:**

A liability waiver form must be completed by every rower participating in this event. The waiver can be downloaded from:

<http://www.regattacentral.com/regatta/waivers/usrowing.html>.

You may submit one waiver per year by faxing the form to USRA (see site link). If your waiver is on file with USRA, please indicate that with your registration. Otherwise, submit hard copy waivers with the registration forms and entry fee for a complete entry packet. Please write your club affiliation on the hard copy waiver form.

**IMPORTANT INFORMATION:**

- ✓ All entries must be made in writing via Regatta Central or mail. Entries are considered received and complete when the entry form, waiver, and appropriate fee is received by the Registrar by Monday, November 9<sup>th</sup>.
- ✓ Scratches: If you must scratch, please let the Registrar know as soon as possible. Entry fees will be refunded for scratches received by November 11<sup>th</sup>.
- ✓ All competitor changes must be submitted in writing or via email to the Registrar prior to the coaches and coxswains meeting on Sunday, November 15<sup>th</sup>. ***No competitor changes will be accepted after the coaches and coxswains meeting.***
- ✓ Races will start on time, no exceptions. Plan your warm up time carefully!
- ✓ No more than 50% of the competitors entered in a boat may be changed. For example, if an 8+ is entered, no more than four competitors may be replaced in the boat. No substituting allowed in 1x races.

**Hotel info for visitors:** The following is a partial list of local hotels representing a cross section of pricing. This list does not connote a recommendation; it is merely informational.

- ❖ Best Western, San Mateo, 650/341-3300
- ❖ Courtyard by Marriott, San Mateo/Foster City 650/377-0600
- ❖ Howard Johnson Express, San Mateo 650/341-9231
- ❖ Days Inn, Redwood City, 650/369-9200
- ❖ Good Nite Inn Hotel, Redwood City, 650/365-5500
- ❖ Homestead Village, San Carlos, 650/368-2600

**Therapeutic Massage:**

Palmer College of Chiropractic West will provide services at the venue.

**Thank you for your participation in the 24<sup>th</sup> Annual Bair Island Fall Regatta!**

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