



San Diego Rowing Club's
SAN DIEGO INDOOR
CLASSIC
2008 Indoor Rowing
Championships

Enter on-line with
Regatta Central at
www.regattacentral.com



Saturday, February 9, 2008
Coggeshall Rowing Center
1220 El Carmel Place
San Diego, California

Registration opens at 7:00 a.m.
First Race starts at 8:00 a.m. Sharp

RACE FORMAT: Competitors will race on new **Concept 2** Model 'D' ergometers and will be allowed to use the damper setting of their choice. Damper setting may not be changed during a race.

Races shall be 2000 meters. All races are finals. Races will be ten-person finals. In races with more than ten competitors, heats will be seeded based on scores submitted on entry forms. The fastest time recorded from all of the heats of an event will be the winner of that event.

RACE SCHEDULE: Open and Collegiate races will be held in the morning, followed by the Masters/Veteran competition, and Junior events in the afternoon. Preliminary schedule is posted on Ronin.

AGE CATEGORIES: Age categories will be established for Master (30-39), Senior (40-49), Veteran 'A' (50-59) and Veteran 'B' (60+). There will be no handicaps for the Master and Senior events. The Veteran 'A' and 'B' events will be handicapped. For all competitors, **"Age" shall mean age as of Race Day.**

JUNIOR: Junior competitors must not turn 19 during the calendar year 2008, be at least 14 years old on race day, and be enrolled in high school or lower grade.

NOVICE: Novice competitors shall not have rowed prior to June 1, 2007.

LIGHTWEIGHTS: There will be Open and Collegiate Lightweight Divisions for Men and Women. In the Junior, Master, Senior and Veteran events, there will not be separate finals, but scores will be separated, and awards presented to the top Lightweight finishers for Men and Women in each of these categories. Lightweights cannot exceed the maximum weight restrictions of 135 pounds for Women and 165 pounds for Men. Weight shall be according to the Official **San Diego Rowing Club** Boathouse Scale, at the time of Registration on Race Day.

COXSWAINS: The Coxswain events this year will be based on weight - less than 110 pounds, and greater than 110 pounds. Race distance will be 1000 meters.

CRASH-B - WORLD INDOOR CHAMPIONSHIPS: The **San Diego Indoor Classic** is an Official Qualifying Satellite Regatta of the **2008 World Indoor Rowing Championships** (a.k.a. **The CRASH-B Sprints**). Anyone who meets the qualifying time listed on this entry form will be eligible to receive a free round trip ticket to Boston to compete in the **2008 World Indoor Rowing Championships** on February 24th. The **Indoor Classic** will send the top 4 individuals who meet or better the qualifying times indicated. Qualifying times for Veteran 'A' and 'B'

events will be based on raw times, not handicapped times.

ENTRY FEE: Entry fee is \$20.00 per person and includes the event t-shirt

T-SHIRTS: An Official 2008 Indoor Classic T-shirt will be provided to each competitor.

San Diego Rowing Club's

QUALIFYING TIMES 2008 WORLD CHAMPIONSHIPS (2000 meters)

Age / Weight	Women	Men
14 - 18 Heavyweight	7:02.1	6:07.3
Lightweight	7:31.0	6:29.7
19 - 29 International		
Heavyweight	6:44.4	5:49.0
Lightweight	7:12.0	6:09.2
Collegiate		
Heavyweight	6:55.2	5:57.7
Lightweight	7:23.1	6:18.1
30 - 39 Heavyweight	7:04.1	5:57.8
Lightweight	7:25.3	6:20.8
40 - 49 Heavyweight	7:15.2	6:08.0
Lightweight	7:31.7	6:28.9
50 - 54 Heavyweight	7:40.3	6:25.2
Lightweight	7:47.1	6:43.8
55 - 59 Heavyweight	8:28.9	6:37.6
Lightweight	8:30.8	7:03.7
60 - 64 Heavyweight	8:26.6	6:50.0
Lightweight	8:53.4	7:12.1
65 - 69 Heavyweight	8:52.7	7:32.1
Lightweight	9:04.2	7:32.0
70 - 74 Heavyweight	9:46.1	7:34.7
Lightweight	9:46.2	8:00.8
75 - 79 Heavyweight	9:48.7	7:56.7
Lightweight	10:09.7	8:21.5
80 - 84 Heavyweight	10:13.0	8:20.0
Lightweight	10:25.0	8:40.0
85 - 89 Heavyweight	10:30.0	9:00.0
Lightweight	10:40.0	9:35.0

DIRECTIONS TO SAN DIEGO ROWING CLUB

From North

- Interstate 5 South
- Take Grand/Garnet exit
- Turn Right on Garnet Avenue
- Move to left lane
- Follow signs to Beaches
- Turn left at Mission Blvd.
- Turn left at El Carmel Place

From South

- Interstate 5 North
- Interstate 8 West
- Sports Arena Blvd. exit
- Right on Ingraham St.
- West Mission Bay Dr. exit
- Turn right at Mission Blvd.
- Turn right at El Carmel Place

If you have any questions, please contact

**Monica Simmons sandiegorc@sbcglobal.net
Phone 858.488.1893**

San Diego Rowing Club's

ENTRY FORM

Entries must be completed on-line with Ronin Racing or mailed to San Diego Rowing Club by **Friday, February 1, 2008**. Fill out Entry Form, sign waiver and submit with \$20.00 entry fee payable to : **SAN DIEGO ROWING CLUB**, 1220 El Carmel Place, San Diego, California 92109.

Name: _____

Address: _____

Phone: (____) ____ - _____ (day)

(____) ____ - _____ (night)

Date of Birth: ____/____/____ Age: _____ (on Race Day)

Club, School or College Affiliation: _____

Best 2000 meter erg score (past 12 months): _____ (or est.)

ORDER OF EVENTS (select one):

- 1. Collegiate Novice Women
- 2. Collegiate Novice Men
- 3. Collegiate LW Women (135 pounds or less)
- 4. Open LW Women (135 pounds or less)
- 5. Collegiate LW Men (165 pounds or less)
- 6. Open LW Men (165 pounds or less)
- 7. Coxswain - Men and Women
- 8. Collegiate Women
- 9. Open Women (no restrictions)
- 10. Collegiate Men
- 11. Open Men (no restrictions)
- 12. Veteran 'B' Men (age 60 and up)
- 13. Veteran 'B' Women (age 60 and up)
- 14. Veteran 'A' Women (age 50-59)
- 15. Veteran 'A' Men (age 50-59)
- 16. Senior Women (age 40-49)
- 17. Senior Men (age 40-49)
- 18. Master Women (age 30-39)
- 19. Master Men (age 30-39)
- 20. Junior Novice Women
- 21. Junior Novice Men
- 22. Junior Women
- 23. Junior Men

- Check if Lightweight for Events 12 through 19, 22 or 23.

RELEASE AND WAIVER OF LIABILITY

In consideration of being given the opportunity to participate in any way, and through my/my child's involvement in the **2008 SAN DIEGO INDOOR CLASSIC**, I acknowledge, agree and represent on behalf of myself/my child, that I understand the nature of this activity, that the participant named below is qualified, in good health, and in proper physical condition to participate in such activity. Further, I understand that there are risks and dangers connected with my/my child's involvement and participation and that there is risk of serious bodily harm, and that on behalf of myself/my child, knowingly and freely accept such risk; and I, for myself/my child, and on behalf of heirs, personal representative, assignees and next of kin, hereby release, discharge, covenant not to sue and agree to indemnify and save and hold harmless the **San Diego Rowing Club** and **Concept 2**, their Boards, Officers, Directors, Members, Volunteers and Agents, from any and all suits, claims, actions, rights, demands, liability, damages, costs and expenses, of whatever kind or nature arising out of or connected with my / my child's participation in the **2008 San Diego Indoor Classic**.

I have read this waiver, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement of assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force and effect.

Participant's Signature (Parent or Guardian, if under 18)
Date

Participant's Name Age
on Race Day

T-Shirt Size: S ___ M ___ L ___ XL ___ XXL ___

**ENTER ON-LINE WITH RegattaCentral at
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**If you have any questions, please contact
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