



THE BEACH SPRINTS

THE CRASH-B INDOOR ROWING WORLD CHAMPIONSHIP SERIES

Saturday, January 29, 2011

Pete Archer Rowing Center 5750 Boathouse Lane Long Beach, CA

EVENTS (MEN'S AND WOMEN'S):

Open
Lightweight (Men 165 lbs., Women 135 lbs.)
Collegiate Open
Collegiate Lightweight (Men 165 lbs., Women 135 lbs.)
Collegiate Novice
Collegiate Novice Lightweight
Coxswains (Men 130 lbs., Women 120 lbs.)
Masters (Ages 30-39)
Senior (Ages 40-49)
Veteran (Ages 50 and up)
Juniors (ages 14-18) currently in high school
Junior Lightweight (Men 165 lbs., Women 135 lbs.)
Junior Novice

REGATTA RULES

Entry Deadline – January 21, 2011

Entry Fee - \$20.00; Students – \$15.00. Entries will not be accepted without payment.

Race Format – Competitors will race on the Concept 2 Model “D” rower and may use the damper setting of their choice. Damper can not be changed once the race begins.

Distance – 2000 meters

All Races Are Finals – In events with more than 15 participants, seeded heats will be created. The fastest time recorded during the heats will be the winner of the event. Heats will be seeded based on the erg scores submitted with your entry.

Junior Event – Participants must have been born on or after September 1, 1992, and be enrolled in high school or lower grade.

Age – Age is as of race day.

Race schedule on web site: longbeachrowing.org

ENTRY DEADLINE: JANUARY 21, 2011

Late entries will be added on a space available basis. Regatta schedule will be on our web site:

ERG SALES

A limited number of used LBRA Model D Ergs are available for sale. Contact John Van Blom (562) 434-1521

WIN A TRIP TO BOSTON

Four winners who meet the time standard for 2,000 meters will be provided round trip plane tickets to Boston for the World Indoor Rowing Championships held February 20, 2011. If more than four people qualify, selection will be given to the four individuals that beat the qualifying standard by the most time.

QUALIFYING TIMES FOR BOSTON

Age Group	Women		Men	
	Heavy	Lightweight	Heavy	Lightweight
14-18	7:05.3	7:28.4	6:10.0	6:28.0
(U23) 18-22	6:55.6	7:23.5	5:58.4	6:17.9
U23 = Born on or after Jan. 1, 1989 and before Jan. 1, 1993				
19-29	6:45.0	7:10.5	5:51.2	6:10.9
30-39	7:08.3	7:22.4	6:00.8	6:21.9
40-49	7:17.8	7:30.3	6:08.5	6:30.5
50-54	7:35.6	7:50.5	6:23.5	6:45.3
55-59	7:53.2	8:05.1	6:32.0	6:53.0
60-64	8:12.6	8:33.5	6:44.1	7:05.0
65-69	8:31.9	8:35.9	7:09.1	7:26.5
70-74	8:53.7	8:57.7	7:36.6	7:48.8
75-79	9:13.7	9:17.7	7:51.6	8:03.8
80-84	10:10.0	10:10.0	8:31.6	8:43.8
85-89	11:25.0	11:25.0	9:45.0	9:45.0
90-94	12:40.0	12:40.0	11:00.0	11:00.0