



2018 USRowing Masters National Championships

August 16-19, 2018
Lake Merritt -- Oakland, Calif.

Hosted by USRowing and Visit Oakland

Press Kit

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About the 2018 USRowing Masters National Championships

The 2018 USRowing Masters National Championships will be held August 16-19, on Lake Merritt in Oakland, Calif. The event offers national championship racing in 210 events in masters categories.

Hosted by **Visit Oakland**, the regatta is an opportunity for masters rowers, age 21 and up from across the country to compete.

This year's event has over 1,600 athletes competing from 103 different North American clubs. California-based San Diego Rowing Club and Marin Rowing Association have the most entries at 140 and 105, respectively. The women's club E-K quadruple sculls has 26 entries, the most of all events offered.

Heats will kick off all morning racing, which are scheduled to begin at 8 a.m. PST all four days. With the exception of one final in the morning session of Sunday, all finals will take place in afternoon sessions. The last race is scheduled for 4:40 p.m. on Sunday.

Teams at the USRowing Masters National Championships compete for the Overall Team Points Trophy, as well as the Men's Overall Team Points Trophy sponsored by Saugatuck Rowing Club's Veteran Men, Women's Overall Team Points Trophy sponsored by The Mariner Insurance Group, Inc. and Efficiency Trophy. Numerous events have separate trophies associated and will be awarded to first place crews.

Event Addresses

Lake Merritt Boating Center
568 Bellevue Avenue,
Oakland, Calif. 94610

Additional Events

Beer Garden

Where: Lake Merritt Boating Center, Second floor

When: Thursday-Saturday from 12:00 p.m. -7:00 p.m. and Sunday 12:00-5:30 p.m.

At this year's Masters' National Championship, patrons can sit back and relax while enjoying some of Oakland's finest local beers. With an ideal location along the water and unobstructed views, the Beer Garden will provide an ideal location to reminisce about your races, both past and present, and show off your medals.

National Team Meet and Greet

Where: USRowing tent

When: Saturday from 4:00-6:00 p.m.

This year's championships will include a two-hour meet and greet session hosted by the National Rowing Foundation and USRowing. Special guests include USRowing men's head coach Mike Teti and the 2018 men's eight and four that train out of USTC - Oakland. This is a great opportunity for spectators and competitors to meet and socialize with some of the top athletes in the country.

Cardiology Study

Dr. Aaron Baggish (Team cardiologist for USRowing) and his team from the Cardiovascular Performance Program at Massachusetts General Hospital in Boston are seeking volunteer Masters rowers to participate in a research study. The study is examining the size of the aorta (the large artery in the chest) in Masters athletes. The goal of this research study is to better understand whether long-term training might lead to enlargement of the aorta.

This study will be conducted at the USRowing Masters National Championships at Lake Merritt and can be completed with a short visit (**30 minutes duration**) over the course of the regatta.

To be eligible to participate in the study, you must be a man or woman:

- Age 50 to 75
- Have at least 10 years of prior rowing experience
- **Not** have any known aortic disease

The study visit will include a questionnaire, blood pressure measurement, and a brief heart ultrasound (echocardiogram). Participation will involve only this **single visit** and no medications or follow-up visits are required.

Please click [here](#) to sign up for this study. You will receive a confirmation and additional follow-up information after registration.

For more information, please contact Erich Groezinger, Research Coordinator at egroezinger@mgh.harvard.edu.

Important Links

[RegattaCentral](#)
[USRowing homepage](#)
[Livestream](#)
[HereNow results](#)
[Visit Oakland](#)

Regatta photos will be available each day after racing at www.usrowing.photos.

Event Press Releases

The most up-to-date USRowing Masters National Championships event information is available at www.usrowing.org. Press releases and a limited selection of event photos for editorial use are available by contacting the USRowing Communications Department. To be placed on USRowing's media distribution list, please email media@usrowing.org.

Social Media

The official account of USRowing is **@USRowing**. The official hashtag for the event is **#USRmasters**. USRowing will provide updates and short commentary via Twitter, Facebook and Instagram. Athletes, fans and media are encouraged to send messages using the official hashtag.

About Oakland, Calif.

Oakland is a city east of San Francisco, across the Bay and south of Berkeley. The city is the largest in the East Bay region of the San Francisco Bay Area. It was incorporated May 4, 1852 after what is now known to be downtown Oakland began development. Prior to this, the Ohlone, a group of Native American people, resided there for thousands of years. Named for the large oak forest that originally covered the area, Oakland is now home to an estimated 425,000+ persons.

For dining, shopping, housing, activities and events, check out [Visit Oakland](#).

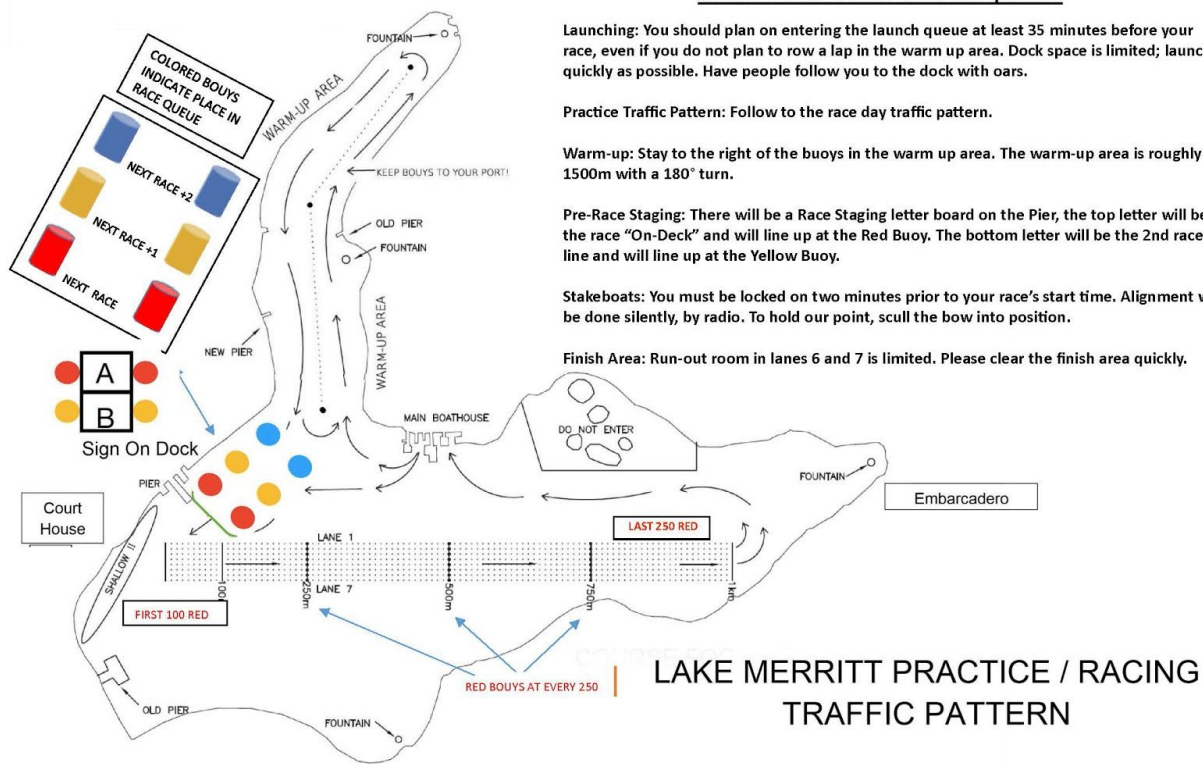
“We are proud to bring this event back to the west coast. The City of Oakland, Visit Oakland, and the Oakland rowing community plan to create an engaging experience, both on and off the water.”

AJ Dominique, USRowing Senior Events Manager

“The great thing about Oakland is its central location. You can explore Napa, San Francisco, the Southern Valley, and even go out as far out as Lake Tahoe or Yosemite National Park. We’re really hoping the competitors will want to bring their families out with them to make this whole experience a family vacation.”

Mark Everton, CEO, Visit Oakland

Launching and Docking Traffic Pattern



All shells must follow the traffic pattern

Launching: You should plan on entering the launch queue at least 35 minutes before your race, even if you do not plan to row a lap in the warm up area. Dock space is limited; launch as quickly as possible. Have people follow you to the dock with oars.

Practice Traffic Pattern: Follow to the race day traffic pattern.

Warm-up: Stay to the right of the buoys in the warm up area. The warm-up area is roughly 1500m with a 180° turn.

Pre-Race Staging: There will be a Race Staging letter board on the Pier, the top letter will be the race "On-Deck" and will line up at the Red Buoy. The bottom letter will be the 2nd race in line and will line up at the Yellow Buoy.

Stakeboats: You must be locked on two minutes prior to your race's start time. Alignment will be done silently, by radio. To hold our point, scull the bow into position.

Finish Area: Run-out room in lanes 6 and 7 is limited. Please clear the finish area quickly.

About Masters Rowing

A master is defined as a competitor who is 21 years of age or will turn 21 within the current calendar year. A masters crew must contain exclusively masters rowers except for the coxswain, who need not be a master.

Masters rowers will be split into 11 age categories:

- 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+

The age category of a masters crew will be determined by the average age of the rowers (excluding coxswains) rounded down to the nearest whole number. A masters crew may compete in a younger age category but not a higher category. No handicaps in any event with more than one entry.

Schedule of Events (subject to change)

Thursday, August 16, 2018		Friday, August 17, 2018		Saturday, August 18, 2018		Sunday, August 19, 2018	
1	PH2 Mens Masters 2x	34	PH2 Mixed Masters 2x	102	PH2 Womens Masters 1x	129	PH2 Womens Masters 1x
2	PH2 Womens Masters Inclusive 2x	35	PH2 Womens Masters 1x	103	PH2 Mens Masters Inclusive 2x	130	PH2 Womens Masters Inclusive 2x
3	PH2 Mens Masters 1x	36	PH2 Mens Masters Inclusive 2x	104	PH2 Mixed Masters 2x	131	PH2 Womens Masters Inclusive 2x
4	Mixed U 4+	37	Mixed U 4+	105	Mixed U 2x	132	PH2 Mixed Masters Inclusive 4+
5	Mixed U 2x	38	Mixed U 2x	106	Mixed U 4x	133	Mixed U 2x
6	Mixed F 2x	39	Mixed U 2x	107	Mixed F 4x	134	Mixed U 2x
7	Mens Open A 1x	40	Mens Open HK 2x	108	Mens Unit AA-A 1x	135	Mixed U 2x
8	Womens Open AA 1x	41	Womens Open F 1x	109	Womens Open A 4x	136	Womens Open AA 2x
9	Mens Open C 4x	42	Mens Unit F 1x	110	Mens Open C 2x	137	Mens Unit I-K 1x
10	Womens Open D 3+	43	Womens Open D 4+	111	Womens Open C 1x	138	Womens Club F-K 4+
11	Mens Open F 1x	44	Mens Unit D 1x	112	Mens Open F 2x	139	Mens Open F 2x
12	Womens Open F 2x	45	Womens Open H 2x	113	Womens Open H 4x	140	Womens Open D 4+
13	Mens Open G 2x	46	Mens Open B 4+	114	Mens Open G 1x	141	Mens Open D 6+
14	Womens Unit L-N 4x	47	Womens Unit A 4+	115	Womens Unit D 4+	142	Womens Club M 4+
15	Womens Club O 4x	48	Mens Unit A-C 4+	116	Mens Club I-K 4+	143	Mens Open H 1x
16	Mixed F-K 2+	49	Womens Unit B-K 4+	117	Womens Unit A-C 4x	144	Mixed A 4x
17	Womens Unit L 4+	50	Mens Club J 1x	118	Mens Open AA-A 1+	145	Mixed H-K 2x
18	Mens Open AA 2+	51	Mens Unit O 1x	119	Mixed A 2+	146	Mens Unit A-D 2x
19	Mens Open D 2+	52	Womens Club D-K 4x	120	Mens Open D 4+	147	Mens Unit G 2x
20	Womens Open D 1x	53	Mens Open E 1x	121	Womens Open D 4+	148	Womens Open F 4x
21	Mens Open D 2+	54	Womens Club G 4+	122	Mens Open D 4+	149	Mens Unit E 2x
22	Womens Club D 4+	55	Mens Club D 4+	123	Womens Club D 4+	150	Womens Unit C 1x
23	Mens Unit F 2x	56	Womens Open AA 2x	124	Mens Open F 4+	151	Mens Unit C 1x
24	Womens Open D-K 4+	57	Mens Open A 5+	125	Womens Club B-K 2+	152	Womens Open A 2+
25	Mens Open H 2x	58	Womens Club B 5+	126	Mens Open H 1x	153	Mens Open AA-A 2+
26	Womens Open D-K 2+	59	Mens Open D 1x	127	Mens Open C 2+	154	Womens Open D 2+
27	Mixed F 1x	60	Womens Open D-K 1+	128	Mens Club A-K 1+	155	Mens Unit A 2x
28	Mens Unit A-C 4x	61	Mens Club E 4+	129	Mixed C-K 4x	156	Mens Open B-C 4+
29	Womens Open AA-A 4+	62	Womens Unit L 2x	130	Womens Unit D 4+	157	Mens Open A-K 1+
30	Mixed U 4+	63	Mens Unit HK 2x	131	Womens Unit D 2x	158	Womens Open C 4+
31	Mens Club A 4+	64	Womens Unit F-K 1x	132	Mens Open AA 1x	159	Womens Open C 4+
32	Womens Club A 4+	65	Mens Open F 2+	133	Womens Unit AA-A 1x	160	Womens Open F-K 6+
33	Mixed Open U 2x	66	Womens Unit D 1x	134	Mens Unit D 2x	161	Mens Unit F 4+
34	Womens Open C 4x	67	Mens Unit D 2x	135	Womens Club C 5+	162	Womens Open D 4x
35	Mens Open E 2+	68	Womens Unit D 2x	136	Womens Open F 4x	163	Mens Open D 4x
36	Womens Open F 2+	69	Mens Unit H 2x	137	Mens Club E 4+	164	Womens Open H 1x
37	Womens Unit C 1x	70	Womens Open AA-A 2+	138	Mens Open C 4+	165	Mens Club D 4+
38	Mens Open F-K 2+	71	Mens Open AA 2+	139	Mens Unit H-K 2+	166	Womens Club A 2x
39	Womens Club B 4x	72	Womens Unit L 2x	140	Womens Open C 2+	167	Womens Club D 4x
40	Mens Unit F-K 4x	73	Mixed F-K 2+	141	Womens Club B 2+	168	Womens Unit A 2x
41	Mens Open AA-A 4x	74	Womens Open G-K 1x	142	Womens Open C 2+	169	Womens Club D 4x
42	Womens Open AA-A 1x	75	Mens Open J-K 4x	143	Mens Club O 1+	170	Mens Open A-K 1+
43	Mens Unit H 1x	76	Womens Open E 1x	144	Mens Open B 2x	171	Womens Open E 4+
44	Womens Open D 3+	77	Mens Unit C 1x	145	Womens Open D 4+	172	Mens Open C 4+
45	Mixed Open D 1x	78	Womens Open C 4+	146	Mens Open D 2x	173	Womens Open C 2x
46	Womens Open D 2x	79	Mens Open G 1x	147	Womens Open D 1x	174	Mens Open C 2+
47	Mens Open F 1x	80	Womens Open A 2+	148	Mens Open F 4x	175	Womens Open A 1x
48	Womens Open F 2x	81	Mens Open A 2+	149	Womens Open G-K 1x	176	Mens Open A 4+
49	Mens Open I 1x	82	Mens Open E-F 4+	150	Mens Open J-K 1x	177	Mens Club B-K 4+
50	Mixed A 4+	83	Mens Open D 4+	151	Mixed U 4x	178	Mixed D 4+
51	Mixed U 4+	84	Mixed U 2+	152	Mixed U 4x	179	Mixed U 4x
52	Mixed Club B 4+	85	Parent Child MISC 2x	153	Mixed U 2x	180	Womens Open G-K 2x
53	Parent Child MISC, PFD 2x			154	Parent Child MISC 2x		

Number of Entries by Affiliation

612endurance Racing	32	Bainbridge Island Rowing	9
Alexandria Community Rowing	8	Bair Island Aquatic Center	41
Atlanta Rowing Club, Inc.	20	Baltimore Rowing Club	6
Austin Rowing Club	17	Berkeley Paddling & Rowing Club	25
Avalon Rowing Club	10		

Boulder Community Rowing, Inc. 20		Miami Beach Rowing Club	1
California Yacht Club	1	Miami Rowing and Watersports Center, Inc.	1
Capital Rowing Club	32	Mile High Rowing Club	1
Caroline Masters Crew Club	12	Minneapolis Rowing Club	51
Chicago Rowing Foundation	23	Mt. Baker Crew	5
Chinook Performance Racing	7	NDames	1
College Club Seattle	17	New Haven Rowing Club	4
Colorado Rowing	10	New York Athletic Club	6
Commencement Bay Rowing Club	21	Newport Aquatic Center	8
Community Rowing, Inc. 32		Newport Sea Base Rowing	10
Conibear Rowing Club	13	Norcal Crew	2
Corvallis Rowing Club	27	North Bay Rowing Club	14
D.C. Strokes Rowing Club	16	North Cascades Crew	8
Dallas Rowing Club	28	OKC Riversport	5
Delta Deas Rowing Club	21	Olympic Peninsula Rowing Association	4
Delta Sculling Center	10	Orcas Island Rowing Association	4
Detroit Boat Club	6	Palo Alto Rowing Club	2
Dolphin Club	10	Penn A.C. Rowing Association	5
East Bay Rowing Club	39	Pocock Rowing Center	12
Everett Rowing Association	20	Portland Boat Club	2
Fairmount Rowing Association	10	Potomac Boat Club	2
Georgian Bay Rowing Club	8	Redwood Scullers/ Stanford Rowing Center	6
Greater Columbus Rowing Association	5	Rio Salado Rowing Club, Inc.	36
Greater Houston Rowing Club	6	River City Rowing Club	57
Greenwich Crew 31		Riverfront Recapture, Inc.	31
Greenwich Rowing Club	1	Riverside Boat Club	4
Hollywood Rowing Club	1	Rochester Boat Club	1
Humboldt Bay Rowing Association	4	Rock Creek Rowing, Inc.	4
Kenai Crewsers Rowing Club	7	Rockford Crew	6
Kent Mitchell Rowing Club	17	Rockford YMCA Rowing Club	2
Lake Casitas Rowing Association 11		Rocky Mountain Rowing Center & Club - Lake Dillon	1
Lake Las Vegas Rowing Club	17	Rocky Mountain Rowing Club	11
Lake Merritt Rowing Club	54	S.A.C./Sacramento State Aquatic Center/Capital	27
Lake Oswego Community Rowing	2	Sammamish Rowing Association	57
Lake Union Crew	24	San Diego Rowing Club	140
Lake Washington Rowing Club	9	Saugatuck Rowing Club, LLC	3
Lincoln Park Boat Club	26	South End Rowing Club	6
Long Beach Rowing Association	46	Station L Rowing Club	44
Los Angeles Rowing Association	5	Swan Creek Rowing Club	4
Los Gatos Rowing Club	5	Table Mountain Rowing Club	8
Marin Rowing Association	112		
Martha's Moms Rowing Club	11		
Masters Coaching, LLC	39		
Miami Beach Watersports Center/			

Tempe Town Lake Rowing	36	Vashon Island Rowing Club	2
Texas Rowing Center	86	Vesper Boat Club	25
The Milwaukee Rowing Club	3	Willamette Rowing Club	
Unaffiliated (USA)	20	17	
University Barge Club	6	ZLAC Rowing Club, LTD	23
University of San Diego	1		
Vancouver Rowing Club	35		

2017 Team Points

Overall Points Trophy

Place	Team	Entries	Women's Points	Men's Points	Mixed Points	Total Points	Gold	Silver	Bronze
1	Chinook	99	742	182	249	1173	41	20	13
2	Texas Rowing Center	58	193	388	105	686	22	10	8
3	CRI	51	469	29	0	498	13	8	11
4	Riverfront Recapture	40	35	443	0	478	17	9	4
5	Capital	31	155	97	96	348	6	6	11
6	Greenwich Crew	27	116	93	59	268	5	8	3
7	Potomac	27	4	244	4	252	10	5	5
8	Lincoln Park Boat Club	32	81	146	23	250	5	9	4
9	Saugatuck	43	169	34	28	231	3	15	5
10	Western Reserve	18	19	122	76	217	4	5	3

Women's Points Trophy

Place	Team	Entries	Points	Gold	Silvers	Bronzes
1	Chinook	61	742	27	10	10
2	CRI	45	469	12	7	11
3	Texas Rowing Center	16	193	7	2	1
4	Saugatuck	28	169	3	10	2
5	Capital	18	155	3	2	7
6	Vesper	16	138	4	8	2
7	Greenwich Crew	10	116	2	3	2
8	Alexandria	11	101	2	2	2
9	Masters Coaching	17	93	1	3	2
10	Baltimore	8	88	2	2	4

Men's Points Trophy

Place	Team	Entries	Points	Gold	Silvers	Bronzes
1	Riverfront Recapture	34	443	16	7	4
2	Texas Rowing Center	31	388	13	5	5
3	Potomac	23	244	10	5	4
4	Chinook	20	182	6	6	3
5	Lincoln Park Boat Club	18	146	2	5	2
6	Western Reserve	11	122	2	3	3
7	San Diego RC	18	121	4	3	2
8	Wyandotte	12	98	3	4	2
9	Capital	7	97	2	2	2
10	Greenwich Crew	12	93	3	3	0

Efficiency Trophy

Place	Team	Efficiency	Competitors	Total Points	Gold	Silver	Bronze
1	S&M Rowing	19.00	4	76	2	3	1
2	Chinook	16.52	71	1173	41	20	13
3	Malta	16.25	4	65	4	0	1
4	Baltimore	14.67	6	88	2	2	4
5	Dallas	14.29	7	100	3	2	4
6	Riverfront Recapture	13.66	35	478	17	9	4
7	Cambridge	13.50	6	81	3	3	1
8	Texas Rowing Center	12.04	57	686	22	10	8
9	Narragansett	11.67	3	35	1	2	0
10	CRI	11.32	44	498	13	8	11

For full results, visit [HereNow](#).

Regatta Rules and Rowing Terms

Blade

- The end of an oar opposite the handle. The blade is the broad, flat part of an oar that helps the oar lock into the water and leverage the boat.

Bow

- The forward section of the boat. The first part of the boat to cross the finish line. The person in the seat closest to the bow (seat “one”), who crosses the finish line first.

Bowball

- The rubber ball attached to the very tip of a boat, which provides protection for both the boat and anything with which it may come into contact.

Breakage

- Equipment that breaks during the first 100 meters of a race. Crews will have 30 minutes to fix repair or broken equipment. If the repair is completed within that time period, the crew may restart the race.

Coxswain

- A coxswain is the member of the crew that steers the boat and motivates or directs the boat's rowers. In a boat with a coxswain, the coxswain is typically responsible for the safety of the boat and its rowers.

Crab

- A crab occurs when an oar remains in the water at the finish of a stroke and is not removed. Such an occurrence destabilizes, and often stops, the run of a boat. A crab also may injure a rower or eject a rower from the boat.

Crew

- A boat of rowers with or without a coxswain. Crew can also refer to an entire rowing program. Though often said, no one "does crew." Rowers do not "play crew" or "row crew." While other athletes may play a sport ("I play football"), rowers simply row ("I row.") "Crewing" is not a word. The fastest way to sound intelligent about rowing is to master these terms.

Double

- A sculling boat with two rowers in which each rower uses two oars. Symbolized by 2x.

Eight

- An eight-rower boat that also has a coxswain and in which each rower uses one oar. Symbolized by 8+.

Four

- A four-oared shell in which each of the four rowers uses one oar. May have a coxswain. Symbolized as 4+ (with a coxswain) or 4- (without a coxswain).

Handle

- The end of an oar which a rower grips and uses to manipulate the shaft and blade.

Lightweights

- The maximum weight for a male lightweight rower is 160 pounds. The maximum weight for a female lightweight rower is 130 pounds. Lightweight athletes must weigh in each day in which they are racing.

Oar

- Used to drive the boat forward: rowers do NOT use paddles.

Oarlock

- An oarlock is attached to a pin. The oarlock holds the oar against the pin, so that together they can act as a lever and fulcrum.

Pair

- A sweep boat with two rowers and (except for the rare occasion at the elite level) no coxswain. Symbolized with 2- (without a coxswain).

Port

- Left side of the boat while facing forward, in the direction of the movement. Many sweep rowers associate with rowing one side. Coxswains may refer to port (or starboard) when giving technical instruction or steering calls.

Quad

- Short for quadruple sculls, a quad is a boat in which four rowers use two oars each. Symbolized by 4x.

Single

- Short for single sculls, a boat where one rower uses two oars. Symbolized by 1x.

Sculling

- One of the two disciplines of rowing – the one where rowers use two oars each, or sculls.

Seat

- The moveable platform on the deck inside a boat on which rowers sit. The moving nature of the seat allows rowers to use their legs, as well as their back and arms.

Shaft

- The long, cylindrical part of an oar.

Shell

- Can be used interchangeably with “boat”

Starboard

- Right side of the boat while facing forward, in the direction of the movement. Many sweep rowers associate with rowing one side. Coxswains may refer to port (or port) when giving technical instruction or giving steering calls.

Stroke

- The rower that sits closest to the stern of the boat and sets the rhythm and pace for any rowers behind them.

Sweeping

- One of the two disciplines of rowing – the one where rowers use one oar each, or sweep oars.

USRowing

- The governing body of rowing in the United States.