

*2007 USA Canoe & Kayak Sprint
NATIONAL CHAMPIONSHIPS
and US Masters National Championships
August 14th to August 18th*

The Seattle Canoe Club is pleased to host the 2007 USA Canoe Kayak Sprint National Championships and the Masters National Championships.

Features of the 2007 USACK Sprint National Championships

- The event is open to international athletes!
- Women in Canoe events offered!
- **The AWARDS BANQUET will be held on Saturday evening, August 18th at the Don James Center on the University of Washington campus and will be a catered dinner.**

Dates: Tuesday, August 14th through Saturday, August 18th. The entry deadline is **Wednesday August 1st**. Entry fees will double after the entry deadline. The late entry deadline is **Monday August 6th**. NO ENTRIES will be accepted after the Late Deadline.

Location: Nationals will be held at Green Lake Seattle, Washington, home of the Seattle Canoe & Kayak Club. This is one of the most exciting places in the country to race, with as many as 10,000 people using the trails and park surrounding the lake on a typical summer day. All activities will be centered at the Green Lake Small Craft Center, on the south-west corner of the lake, including race headquarters, finish line viewing, official's tent, boat launch, volunteer center, boat control, media tent and sponsor tent. The racecourse runs north to south, the depth of the lake is a minimum of 2 meters for the entire length of the racecourse, and the wind direction is typically from the northwest. There will be boat holders at all sprint starts for the 2007 USACK Sprint National Championships.

Directions to the Venue: BY CAR From I-5 (north or south) take exit #169, 45th/50th Street exits turn West. Stay on 50th to Stone Way/Green Lake Way. Turn right and go 1/4 mile veer left onto W. Green Lake Way N. The facility is 1/4 mile on the right, next to the historic Aqua Theater. Green Lake Small Craft Center 5900 W. Green Lake Way N. Phone: 206 684-4074 (Please do NOT send entries to this address).

Race Registration: Registration is online at <<http://www.scn.org/rec/sckc/usack2007/index.htm>>. You may register online and make a print-out to send in payment. Payment will not be collected online. The entry fee structure for nationals is as follows: The amount due will be based on the number of events entered. The fee is \$50.00 for up to three events, or \$100 for 4 to 8 events. (Athletes can enter up to 8 events and be listed as an alternate in two events.) Late entries between August 1 and August 6 will be charged double. No entries will be allowed after August 6th. The number of events will be determined

from the entry form. Entry fees are not refundable. If an alternate is substituted no additional entry fee is due, provided the entry fee was paid by the original crew. Entries will not be added after the late deadline.

US Masters Nationals fees are \$50.00 for up to three events, or \$100 for 4 to eight events. Masters may enter events at the USACK nationals. Should a master choose to enter into both events there will be an incremental charge of only \$50 per person for the masters portion. Please note, fees will double after August 1st. Also, please be sure to check the event schedule and make sure you leave enough time between events. Races will not be adjusted for schedule conflicts

In addition to the entry fee, for every athlete there is a City of Seattle Parks Dept Participation "Par" Fee of \$12.50 per person. There will be a charge to attend the banquet of \$25.00 per person.

Please make entry fees payable to SCKC - Nationals 2007. Do not send cash through the mail. Fees are payable by check, cash, or credit cards. In order to make a credit card payment you must get in touch with the race registrar, Jim McBeath.

Entry packets and all payments should be mailed to:

Seattle Canoe & Kayak Club
14150 NE 20th Street F1#245
Bellevue, WA 98007
Fax number 206-684-4042
Fax number for credit card payments GLSCC office 206-684-4042

Eligibility: All USACK members who are US citizens or who have a “green card” are eligible to compete for national points. International athletes can compete in inside lanes for the heats and semis. The top two international athletes will compete in lanes 0 and 10 in the finals, unless there is not a full US 9 boat final. In that case, international athletes will compete in the 9 boat final. All athletes must be annual USACK members. Athletes can purchase membership at registration or show proof of membership at athlete check-in. Signed entry forms; waivers and all fees must be received in order to compete. (Contact the USACK office (704-348-4330) or <http://www.usacanoekayak.org/members.aspx> for USACK membership information. If you are renewing your USACK membership within two weeks of the entry deadline, please include your membership renewal information with your nationals entry form.

Waivers: All athletes must have a completed USA Canoe Kayak waiver on file. In addition, all athletes must sign a combined SCKC and Seattle Park Department waiver. Please see the attached waiver. All Volunteers must sign a USA Canoe Kayak waiver if they are NOT a USACK member. In addition, all volunteers must sign a daily sign in sheet provided by the Seattle Parks Department.

SWIMMING ABILITY: All competitors must be competent swimmers. It is the responsibility of the entering organization to be able to verify it.

Entry Deadline: The entry deadline is **5:00 PM Pacific Daylight Time Wednesday August 1, 2007**. The Late Entry deadline is **5:00 PM Pacific Daylight Time Monday, August 6, 2007**. **NO ENTRIES**

WILL BE ACCEPTED AFTER THE LATE ENTRY DEADLINE of **August 6th** at 5:00PM. Entry fees are doubled from August 1 to August 6th. Online, and fax entries will be accepted.

Send Waiver(s), Form(s) and payment to

Seattle Canoe & Kayak Club
14150 NE 20th Street F1#245
Bellevue, WA 98007
Fax number 206-684-4042
Fax number for credit card payments GLSCC office 206-684-4042

Questions: For all questions regarding entries please contact Race Registrar, Jim McBeath, at Nat2007@j.jimmc.org or at (425) 591-7963 (evenings Pacific Daylight Time) Please Email first.

Banquet: Awards Banquet will be Saturday, August 18, 2007 at 6:30 pm (tentatively) about (1 ½ to 2 hours after races end—to be determined by the race schedule). It will be held at The Don James Center University of Washington. Parking will be free on-site. Directions will be provided. Dinner will be catered (menu to be announced).

All tickets \$25.00 per person. Please purchase tickets with your entry submission.

WEB SITE: The official website for the 2007 USA Canoe Kayak Sprint National Championships and the Masters National Championships is <http://www.scn.org/rec/sckc/usack2007/index.htm>. This web site contains all the information contained in this packet and will function as the registration for 2007 Nationals on-line.

Official Hotels: Seattle Canoe Club has made arrangements at two locations for the 2007 National Championships. Please use the Nationals website for direct links.

Hotel Nexus at 2140 N. Northgate Way Seattle WA 98133. For reservations call 206-365-0700 or 206-365-0750 and ask for the USACK Sprint Nationals rate, or email Olga@hotelnexusseattle.com. A block of rooms have been reserved at a discounted rate of \$135/room for up to 4 people. Amenities include an on-site restaurant, continental breakfast served in the restaurant, is included, boxed lunches available, no additional charge for parking, and it has been newly renovated.

The University of Washington Seattle, Washington, 98195. The UW package includes lodging for seven nights (Sunday August 12th through Saturday August 18th) and the minimum food allowance required. Each group registering will choose one of two meal plan options. Each person will receive a conference debit card programmed with the dollar amount that matches their team's selected meal plan. For reservations please fill out UW Reservation form on the nationals website under lodging. For questions or changes to your reservation please contact Conference Services at 206-543-7634 or email confhous@u.washington.edu. Include the package rate of \$315/person, based on double occupancy, dormitory housing for seven nights: August 12-18, including \$140 Meal Plan, parking is approximately an additional \$11/day, and regulations are strictly enforced.

Details of the two meal plans are as follows.

Plan A: \$140 towards meal service on a debit meal card

Plan B: 6 boxed lunches and \$80.30 towards meal service on a debit meal card

These cards can be used at any designated Housing and Food Services dining location on campus. (See the UW website <https://www.seattleu.edu/registrations/index.php?1145-212-v-t> for more details). The cards must be treated and safe-guarded like cash. Each time a purchase is made, the sale amount is deducted from the balance. After each purchase, the remaining dollar amount shows on the cash register so the balance can be tracked. If a cards' funds are depleted before the end of the stay, cash may be used to purchase meals (checks and credit/debit cards are not accepted). Card funds are non-refundable and non-transferable.

Food is available a la carte, though there is a combination plate available at each meal. The price for a combination breakfast is \$7. Depending on appetite and dietary needs, a person may spend more or less.

Coaches/chaperones of teams choosing Meal Plan B will be responsible for picking up their teams' boxed lunches in the McMahon 8 dining area during breakfast (7am to 9am) each day that boxed lunches are provided. Boxed lunches may not be picked up individually by team members. Boxed lunches not picked up by 9am are forfeited.

Parking: Parking is limited. Event Permits for vehicles will be issued to park in the reserved lot across the street from Green Lake (on your left by the tennis courts as you approach the venue on your right). Permits will be available in the registration packet and the first scratch meeting. The parking lot adjacent to the Small Crafts Center (boathouse) that runs along the apron of the lake will be the staging area for the event. You may use this area to unload boats but NO TEAM PARKING will be available in this lot. Parking for boat trailers, team support vehicles, officials and volunteers will be in the large lot across the street from the Small Crafts Center and the Aqua Theatre. There will be signs. Do not park along the street as you may be towed.

Boat Storage: You may store your boats at the venue from the evening of Sunday, August 12th. Security personnel will be on duty each evening. Boat trailers are allowed inside the fenced area. All vehicles must be removed from the area after placing your trailer. Vehicles must be parked in the parking lot.

Security: Overnight security will be available from 7PM to 7AM Sunday, August 12th through Friday Aug 17th. NOTE: Security will NOT be available Sat evening the 18th. It is possible to park boat trailers at the Don James Center for the banquet on Saturday evening.

Attention Clubs: All clubs will have a designated location at the venue. Fleet captains should stop at athlete check-in to receive a copy of the venue map. Club tents may be set up on a first-come, first-served basis. Contact Venue Manager Juhani Nurmi at juhanin@aol.com for info.

Athlete Check-In: Athlete check-in will take place at the boathouse Sunday, August 12th from 1:00 to 5:00 PM and Monday, Aug. 13th from 10:00 AM to 5:00 PM. Note, In order to receive your Nationals information all fees must be paid by the scratch meeting at 10:00 AM on Sunday August 12th.

Scratch Meeting: The Scratch Meeting will be held Sunday August 12th at 10:00 AM at the boathouse. Start lists will be available Monday afternoon. The Masters National Championships scratch meeting will be Thursday, August 16th at 7:30 PM. In order to participate in the scratch meeting you must have paid all fees owed.

Officials Meeting: The Officials Meeting will be held Monday, August 13th at 4:00 PM at boathouse.

Boat Control: All boats are subject to weight and measurement specifications. Boat control will be located near the finish tower. Boat control will be open from:

- 1:00 PM to 5:00 PM on Sunday, Aug 12th
- 10:00 AM to 5:00 PM on Monday, Aug 13th.
- On competition days boat control will open one hour before the start of the first event.

Start Time: We anticipate that races will start each day at 8:00 AM. Official start times will be announced at the Scratch Meeting.

Progression System: International athletes can compete in inside lanes for the heats and semis. The top two international athletes will compete in lanes 0 and 10 in the finals, unless there is not a full US 9 boat final. In that case, international athletes will compete in the 9 boat final.

The progression system is the following:

# of Entries	System	Heats	Semi-	Finals
10 - 18	A	2 Heats 1-3 to Final 4-7 to Semi-final 8th best time to Semi-final Rest out	1 Semi-final 1-3 to Final Rest out	1 Final
19 - 27	B	3 Heats 1st to Final 2-7 to Semi-final Rest out	2 Semis 1-3 to Final Rest out	1 Final
		4 Heats 1-6 to Semi-final	3 Semis 1-3 to Final	

28 - 36	C	3rd next Best Time to Semi-Final Rest out	Rest out	1 Final
37 - 45	D	5 Heats 1-7 to Semi-Finals + 8th best time to Semi-final Rest out	4 Semis 1-2 to Finals + 3rd Best Time to Final Rest out	1 Final
46 - 54	E	6 Heats 1-6 to Semi-Finals Rest out	4 Semis 1-2 to Finals+ 3rd Best Time to Final Rest out	1 Final
55 - 63	F	7 Heats 1-5 to Semi-Finals+ 6th Best Time to Semi-Final Rest out	4 Semis 1-2 to Finals 3rd Best Time to Final Rest out	1 Final

Age Classifications:

Bantam – Has **not** reached the 14th birthday as of January 1, 2007 (Born in 1991 or later)

Juvenile - Has **not** reached the 16th birthday as of January 1, 2007 (Born in 1989 or later)

Junior - Has **not** reached the 18th birthday as of January 1, 2007. (Born in 1987, 1988, 1989 or 1990) The first year a Junior can compete is the year of his or her 15th birthday.

Intermediate - Has reached the 18th birthday as of January 1, 2007 (Born in 1986 or earlier) plus, has not won Intermediate Nationals or finished in the top three in the Senior Division of the event entered or cannot have been an athlete member of a World Championship or Olympic team during the last Olympiad.

Master (Men) – Has reached the 30th birthday as of January 1, 2007 (born in 1975 or earlier).

Master (Women) – Has reached the 30th birthday as of January 1, 2007 (born in 1975 or earlier).

Bantams may race in Bantam, Juvenile, and Junior events. Juveniles may race in Juvenile, Junior and Senior events. Juniors may race in Junior and Senior events. Intermediates may race in Intermediate, Senior and Master events if they qualify by age. Please see the rules for other intermediate restrictions. Masters may race in Master, Intermediate, and Senior events.

Entry Limitations: No athlete may compete in more than four finals per day. Please note that the 200M heats do not count toward the race limit. No athlete may enter more than eight (8) events in the regatta. If an entry form is received that has more than eight events listed, it will be rejected. Participants may not enter the same event in both the Senior and Intermediate classes (i.e. an athlete may not participate in both the K-1 men Intermediate 500 Meter and K-1 Men Senior 500 meter events at the Nationals. Athletes may compete in both the K-1 Men Intermediate 500 meter and K-1 Men Senior 1000 meter events at the Nationals).

Team Boat Entries:

YOU AND YOUR PARTNER(S) MUST HAVE MATCHING ENTRIES. INCOMPLETE TEAM BOAT ENTRIES FOR MASTERS, SENIOR, INTERMEDIATE, AND JUNIOR WILL NOT BE ENTERED. You must be entered as either an entry or an alternate in an event by the late deadline in order to compete in an event.

It is your responsibility to resolve all partial boat entries prior to the scratch meeting. Should you enter a partial boat entry in error, the race registrar will post onto the 2007 Nationals website the club that has partial boat entries to resolve. It will be your responsibility to get in touch with the race registrar to resolve them.

Substitutions/Alternates: Rule enforcement will be very strict. Each entry is allowed one alternate for tandems and two for fours. No new boats will be created at the Scratch Meeting. Boats can be rearranged at the scratch meeting but only using athletes who have been previously entered as in the race as an entry or an alternate.

All substitutions should be made at the Scratch Meeting, but may be delivered in writing to the Competition Secretary no later than 1 hour prior to the start of the first race of the day.

We encourage you to check the scratch meeting documents as soon as you receive them and notify the registrar of any errors as soon as possible.

Failure to Start: If a competitor does not start in an assigned heat in a Junior, Intermediate, Senior, or Master event and has no valid reason approved by the Competition Committee, the competitor shall be disqualified for the duration of that day of competition. For Bantam and Juvenile events the disqualification will only be for the event involved.

Club Entries: No athlete may compete for two different clubs within a 90-day period. An athlete who represented a club at a competition earlier in the season may race unattached at Nationals. If the club designation on the entry form does not match the club designation on the previous entry form on record for the athlete, the athlete will be listed as racing unattached. The club designation (or unattached) must be indicated on the entry form. No changes in club designation will be allowed after the entry has been received.

Club Championships:

The following system is used to award **club points**:

First Place	6 Points
Second Place	4 Points
Third Place	3 Points
Fourth Place	2 Points
Fifth Place	1 Point

Complete club tandem boats will receive one extra point, and complete club quad boats will receive two extra points when placing 1st through 5th place. If a tie occurs, points shall be assigned equally and duplicate awards presented. Points won by team boats will be divided equally among the team members and credited to the club they represent.

The following **Club Awards** will be presented at the conclusion of Nationals:

Columbia - Murphy Trophy - awarded for the highest point accumulation in the Bantam class.

Thomas Horton Trophy - awarded for the highest point accumulation in the Juvenile class.

Black Anvil Trophy - awarded for the highest combined point accumulation in the Junior class. This trophy is considered the Junior Club Championship Trophy.

Washington Canoe Club Trophy - awarded for the highest combined point accumulation in the Intermediate, Master and Senior. This is considered the Senior Club Championship Trophy.

Yonkers Trophy - awarded for the highest combined point accumulation in all classes. This is considered the Overall Club Championship Trophy.

Individual Awards for National Championships

- Winner of the K1 500 Juv. Women – Francine Fox Award
- Winner of the K1 500 Jr. Women - Mimi Le Beau Memorial
- Winner of the C1 500 Jr. Men – Andy Toro Trophy
- Winner of the K1 1000 Jr. Men – Greg Barton Award
- Winner of the K2 500 Sr. Men – Eugene Krawczyk Trophy
- Winner of the K1 1000 Sr. Men - Donald Dodge Memorial
- Winner of the K2 1000 Sr. Men - Beachem & Van Dyke Memorial
- Winner of the K4 1000 Sr. Men – Eric Feicht Memorial
- Canoe Burgees

To Volunteer: To volunteer to work at the Nationals please contact the Volunteer Manager Pat Nord at Pat@ericnord.com. Please note: all volunteers must have a signed USACK waiver on file and use a City of Seattle Parks Dept. sign-in sheet (waiver) each day you work.

Thank you for your support!

Masters – Supplemental information!

Note: This section duplicates some information that is in the Nationals packet but, does not duplicate all sections. You may need to review the rest of the Nationals packet for additional information. This portion of the packet does contain that information that is unique for the Master's National Championships.

Entry Fees: Registration is online at <<http://www.scn.org/rec/sckc/usack2007/index.htm>>. You may register online and make a print-out to send in payment. Payment cannot be collected online. The entry fee structure for nationals is as follows:

US Masters Nationals fees are \$50.00 for up to three events, or \$100 for 4 to eight events. Masters may enter events at the USACK nationals. Should a master choose to enter into both events there will be an incremental charge of only \$50 per person for the master's portion. In other words you would pay the Nationals entry fee structure and an additional \$50.00 for Masters. Late entries between August 1 and August 6 will be charged double. No entries will be allowed after August 6th. The number of events will be determined from the entry form. Entry fees are not refundable. If an alternate is substituted no additional entry fee is due, provided the entry fee was paid by the original crew. Entries will not be added after the late deadline. Please note, fees will double after August 1st. Also, please be sure to check the event schedule and make sure you leave enough time between events. Races will not be adjusted for schedule conflicts.

In addition to the entry fee, for every athlete there is a City of Seattle Parks Dept Participation "Par" Fee of \$12.50 per person. There will also be a charge to attend the banquet of \$25.00 per person.

Please make entry fees payable to SCKC - Nationals 2007. Do not send cash through the mail. Fees are payable by check, cash, or credit cards. In order to make a credit card payment you must get in touch with the race registrar, Jim McBeath.

Entry packets and all payments should be mailed to:

Seattle Canoe & Kayak Club
14150 NE 20th Street F1#245
Bellevue, WA 98007
Fax number 206-684-4042
Fax number for credit card payments GLSCC office 206-684-4042

Scratch Meeting: A Masters scratch meeting will be held on Thursday, August 16th at 7:30 P.M at boathouse. All races will be 500 meters events. US Athletes must be registered with the USACK and with a U.S. Club. International Athletes must be registered with a Club or ICF approved organization.

Age Categories: The US Canoe and Kayak Masters National Sprint Racing Championships age categories are:

Age Category	A	B	C	D	E	F	G	H	I
Schedule 1	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70+
Schedule 2	30-34	35-44	45-54	55-65	65+				
Schedule 3	30-34	35-44	45+						

Additional Information for Masters: Average age will apply to determine all crew categories. Note, ages are as of January 1st and team boat ages are averaged down. The age category will apply according to the age attained by January 1st of the current year. In team boats, if ages average to 34.5, for example, they are in category A. Proof of age is required. This is to be submitted with the USACK/USMAS registration.

Singles and Doubles use Schedule 1, K-4, C-4, and mixed doubles use Schedule 2, and Novice events use Schedule 3. See Above for age categories.

A Novice paddler in K-1 is strictly a first year sprint paddler (a paddler which has not been racing in a sanctioned event in the previous 18 months).

Men and Women, who have competed in International competition representing a Canoeing National Federation in Olympic events in the 24 months prior to USMAS, may **NOT** compete in the Masters Category. Men and Women who have been named to a National Team in Olympic events in the 24 months prior to USMAS may **NOT** compete in the Masters Category.

Races by Age Category may be combined (run simultaneously) if there are insufficient entries to fill a 9 boat race. These will be treated as separate races even though run simultaneously. Also, keep in mind that the schedule may expand in some places if sign-up exceeds 10 lanes. In those instances, the event will be split according to age groups and any splits will be run back to back. In other words if event 3 requires more lanes, an event 3a will be created and run immediately after event # 3.

In order to fill crews, in the male categories only, females may compete with males in Tandems and Fours. Mixed crews must consist of equal number of males and females. Club entries **only** are encouraged and points will be awarded toward a Club Championship Trophy. If more than one heat is required for a particular event, the three fastest times of the heats will determine the outcome of that particular event. Back-to-Back entries are not allowed. Competitors must ensure enough time between races to make it to the starting line on time. Be aware that events may be in 6 minute intervals. Names must be entered in an event either as a primary entry or an alternate in order to be considered for that event at the scratch meeting. All races are 500 meters.

Wherever possible an empty lane will remain between age group/categories sharing an event time. Medals will be awarded by age-determined category, not by event.

2007 USACK Sprint National Championships

Green Lake - Seattle, WA Green Lake Small Craft Center

Saturday August 18, 2007 Day 5

RACE		A	B	C	D	E	F	G	H	I	J
#	EVENT										
1	m k-4	30-34									
2	mix k-2			44-54	55-64	65+					
3	w nov k-1	30-34	35-44	45+							
4	m nov k-1	30-34	35-44	45+							
5	m k-1					50-54	55-59	60-64	65-69	70-74	75+
6	m c-1	30-34	35-39	40-44	45-49						
7	w k-1				45-49	50-54	55-59	60-64	65-69	70-74	75+
8	m k-1	30-34	35-39								
9	w k-1	30-34	35-39	40-44							
10	m c-1					50-54	55-59	60-64	65-69	70-74	75+
11	m k-1			40-44							
12	m-k-1				45-49						
13	w c-1	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75+
14	mix k-4	30-34	35-44		55-64						
15	m c-4		35-44		55-64						
16	m c-4	30-34		45-54		65+					
17	m k-2			40-44			55-59				
18	w k-2	30-34		40-44		50-54					
19	m c-2	30-34			45-49			60-64	65-69	70-74	75+
20	m k-4		35-44			65+					
21	mix c-2		35-44		55-64	65+					
22	w k-2		35-39		45-49						
23	m k-2	30-34	35-39								
24	mix c-2	30-34		45-54							
25	mix k-4			45-54		65+					
26	m k-2				45-49			60-64			
27	m c-2		35-39		45-49	50-54	55-59				
28	w k-4		35-44		54-64	65+					
29	m k-2					50-54			65-69	70-74	75+
30	mix c-4	30-34		45-54		65+					
31	w k-2						55-59	60-64	65-69	70-74	75+
32	w k-4	30-34		45-54						70-74	
33	w c-2	30-34	35-39	40-44	45-49	50-54	55-59	60-64	65-69	75+	
34	m k-4			45-54							
35	w c-4	30-34	35-44	45-54	55-64	65+					
36	m k-4				54-64						
37	mix k-2	30-34	35-44								
38	mix c-4		35-44		54-64						

