

# PAC-10 CHAMPIONSHIPS

2009 PAC-10 ROWING CHAMPIONSHIPS MAY 17, 2009 LAKE NATOMA, CA

## General Information

On May 16th, the USC Men's Crew will be traveling to the PAC-10 Championships. The Conference Championships represents the highest level of competition you have faced this year, and is host to 3 of the top 6 crews in the country.

For information about parking and event entrance fees, please visit: <http://www.pac-10.org/championships/2009-rowing.html>

## The Race Course

Lake Natoma is located in the metropolitan Sacramento area [ [Google Maps](#) ], near the foothills of the Sierra Nevada mountains. It is fed by the snow melt by the American River and is a year-round, multi-use recreational area.

The race course is a world-class facility for rowing, kayaking, canoeing, and other water sports. The facility is run by the Sacramento State Aquatic Center and the California State Parks and Recreation.

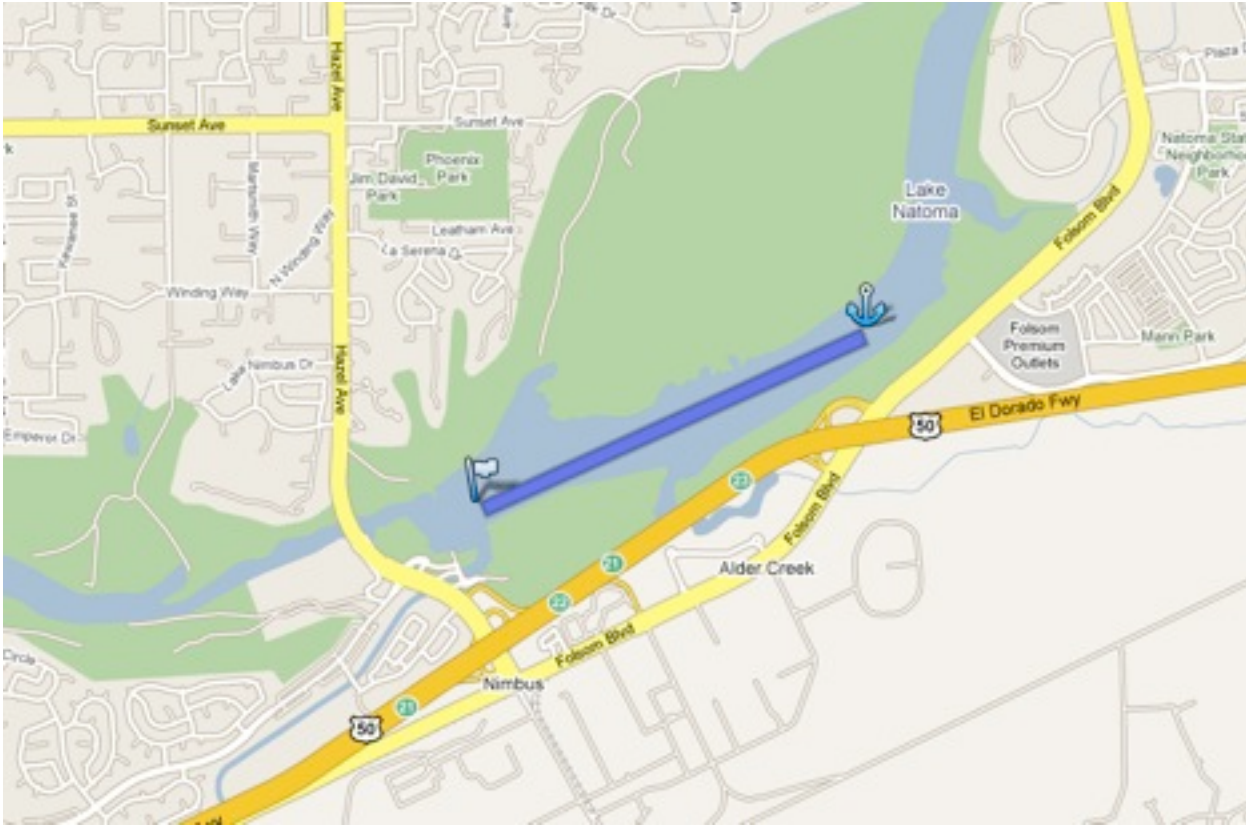
Admission to the 2009 Pac-10 Rowing Championships is \$5 per person for the day. There will be an additional parking fee per event day in Nimbus Flat State Park (\$8) or at the end of Tributary Point Drive (\$5). The latter lot is located approximately 1/3 of a mile from the race course. It is an easy walk. Alternately, a complementary shuttle service will run every 20 minutes. The pick-up/drop-off area is located in front of the Hartford/Health Net buildings.

# RACE SCHEDULE

## SUNDAY

Tentative Afternoon Race Schedule		
Race#	Finals	Race Time
9	PF Women's Novice Eight	1:10 PM
10	PF Women's Varsity Four	1:20 PM
11	PF Women's Second Varsity Eight	1:30 PM
12	PF Women's Varsity Eight	1:40 PM
13	GF Men's Frosh/Novice Eight	1:50 PM
14	GF Women's Novice Eight	2:00 PM
15	GF Men's Varsity Four	2:10 PM
16	GF Women's Varsity Four	2:20 PM
17	GF Men's Second Varsity Eight	2:30 PM
18	GF Women's Second Varsity Eight	2:40 PM
19	GF Men's Varsity Eight	3:00 PM
20	GF Women's Varsity Eight	3:20 PM

# DIRECTIONS



USC Lyon Center  
1026 W 34th St  
Los Angeles, CA 90089

1. Head southeast on W 34th St toward McClintock Ave 95 ft
2. Turn left at McClintock Ave 0.3 mi
3. Slight right at W 30th St 305 ft
4. Turn left at S Hoover St 0.6 mi
5. Turn right to merge onto I-10 E 0.4 mi
6. Continue on I-5 N (signs for Sacramento) 311 mi
7. Take the exit onto I-5 N toward Stockton/Sacramento 71.5 mi
8. Take the I-80 Bus Loop/US-50 exit toward S Lake Tahoe 1.0 mi
9. Merge onto I-80 Bus E/US-50 E 1.2 mi
10. Continue on US-50 E 16.1 mi
11. Take exit 21 Hazel Ave 0.3 mi
12. Turn left at Hazel Ave 0.6 mi
13. Turn right at Gold County Blvd./Nimbus Rd. (the second stop light) turn right. Follow the road into the Aquatic Center parking lot.

Race Course

# IMPORTANT TIMES

SATURDAY		
Depart from USC Campus		<b>6:00AM</b>
Check In to Larkspur Hotel		12:00-1:30PM
Coaches Meetings with Athletes		1:30-2:45PM
Coaches PAC-10 Meeting		3:00PM
Coaches and Coxswains Meetings		5:30PM
Unload Trailer and Rig		5:30PM
Practice on the Race Course		5:30-6:15PM
Dinner		7:00PM
Bedtime		10:00PM
SUNDAY		
CREWS WAKE UP		8:00AM
Breakfast		8:30AM
NOVICE Check Out and Drive to Course		12:50PM
	<b>Novice Launch</b>	<b>1:15PM</b>
<b>NOVICE Grand FINAL</b>	Novice Race	1:50PM
VARSITY Check Out and Drive to Course		2:00PM
	<b>Varsity Launch</b>	<b>2:25PM</b>
<b>VARSITY Grand FINAL</b>	Varsity Race	3:00PM
De- Rig and Load Trailer		2:00-4:00PM
Team Depart		<b>4:00PM</b>