

**2009 Lake Tahoe
Women's Lacrosse Tournament
Information Packet**



**Incline High School
Incline Village, Nevada
Saturday, July 25th – Sunday, July 26th**

List of Events & Details:

Dates & Times:

Friday, July 24, 2009

Welcome Party / Friday Night Social with the Men's Lacrosse Teams at Crosby's

Saturday, July 25, 2009

Tournament at Incline High School

- Approximately 10am – 5pm
- Schedule to be released week of tournament

BayLax Social at Crosby's

- Flip Cup Tournament at Crosby's
- Details TBA

Sunday, July 26, 2009

Tournament at Incline High School & Village Green

- Approximately 10am – 2pm
- Championship Game to be held at the Men's Field on Village Green
- Schedule to be released week of tournament

Registration info:

PLEASE NOTE: SPACES ARE LIMITED!

\$600/team – Please make your payment via PayPal through our website at www.baylax.com.

- \$300 deposit is required to reserve your spot. Registration will close once 10 teams have paid their deposit. As we only have a few spots left, we encourage teams to register and pay their deposit ASAP. Remainder is due in full by Friday, July 10, 2009.
- Please arrive at the field at least 30 minutes before your game.
- Participants must fully complete the waiver form before playing in their first game on Saturday. The waiver is available at www.baylax.com.
- Each participant must be a US Lacrosse Member and put your USL number on the waiver.

Contacts:

www.baylax.com

BayLax Tahoe Tournament Directors

Jenny Trang
jennytrang@gmail.com
(415) 990-7692

Leeann Trang
leeann_trang@yahoo.com
(415) 250-1632

Tournament Rules:

Note: All teams must fully complete & return the waiver form by Saturday morning prior to the first game in order to participate. Participants must put their USL number on their waiver as well.

Games will consist of two 25-minute running halves with a 5-minute half-time.

Saturday will consist of round robin/pool play. Seeding will be determined by team points at the conclusion of the play on Saturday.

Points are determined as follows:

- 2 Points will be awarded for a WIN
- 1 Points will be awarded for a TIE
- 0 Points will be awarded for a LOSS or a FORFEIT

Any tie breakers needed for seeding will be broken by:

1. Goals against
2. Goal differential by subtracting total goals against from total goals for
3. Head to head competition, if relevant
4. Coin toss, respectively.

At the conclusion of each game, the captain from the winning team must report their score to the main table.

Terms for Disqualification: If a team has fewer than 8 players at the start of the game, they will forfeit. If a team has more than 8 players they are permitted to borrow players. They may borrow players until they have no more than 14 total players. (For example, if you have 10 players, you may only borrow 4. If you have 12, you may borrow 2. If you have 8, you may borrow 6.)

Tournament Locations:

All Saturday games will be played at Incline High School. The address is 499 Village Blvd., Incline Village, NV. The Championship Game on Sunday will be played at Village Green, also in Incline Village. There will only be port-a-potty facilities. Free parking is available.

To Incline Village High School:

From Tahoe City to Field (approx 30 minutes):

Take North Lake Blvd (Highway 28) east to Incline Village (about 15 miles). Turn LEFT onto Village Boulevard. Incline High School will be on the left hand side in about ½ a mile. Enter the parking lot and the Lower Field will be on your right. Keep driving and the Upper Fields will be up the hill and straight ahead.

From Truckee to Field (approx 35 minutes):

Take North Shore Blvd/CA-267 to CA-28. Turn left on North Lake Blvd (Highway 28) and follow for close to 6 miles. Turn LEFT onto Village Boulevard. Incline High School will be on the left hand side in about ½ a mile. Enter the parking lot and the Upper Fields will be over to the right.

From Incline High School to Men’s Tournament at the Village Green Field (960 Lakeshore Blvd):

Exit Incline High School and go RIGHT onto Village Blvd. You will be going South toward Northwood Blvd. Cross over Northwood Blvd and in about 1 mile turn LEFT onto Lakeshore Blvd. Village Green will be visible on the left and lake will be on the right. (If you drive over the footbridge at the Hyatt, you’ve gone too far.) The Hyatt is located at 111 Country Club Drive at the intersection of Lakeshore.

Housing Options:

Below are housing options at which players have stayed in the past, however, feel free to explore other options.

Incline Vacation Rentals, Inc.

901 Tahoe Blvd. Ste #5
Incline Village, NV 89451
Tel: (775) 831-3349 / (800) 831-3304

Hyatt Regency Lake Tahoe Resort, Spa and Casino

111 Country Club Drive
Incline Village, NV 89451
Tel: (775) 832-1234

Goldfish Properties

Various Options/Locations
<http://www.goldfishproperties.com>
Tel: (775) 832-4646 / (800) 948-7311

Socials:

Friday – Crosby's



Crosby’s Gill Pub
868 Tahoe Blvd.
Incline Village, NV
(775) 833-1030

The Welcome Party will be on Friday at Crosby’s in the Christmas Tree Village northwest of the intersection of Highway 28 and Village Blvd.

To Crosby's From Reno:

Take US-395 South

Exit Mt Rose Hwy (NV-431) towards N. Lake Tahoe

Turn left on Tahoe Blvd (NV-28)

Go East for 1.5 miles through one stoplight to 868 Tahoe Blvd - Crosby's is on the left in Christmas Tree Village.

To Crosby's From South Lake Tahoe:

Take US-50 North towards Carson City

Turn Left on NV-28 (becomes Tahoe Blvd.) and go about 12 miles

After entering Incline Village go through 2 stoplights to 868 Tahoe Blvd.

Look for Crosby's on the right in Christmas Tree Village.

To Crosby's From Truckee:

Take Donner Pass Road East

Turn right on CA-267 and head southeast for 12 miles.

Turn left on CA-28 (N Lake Blvd)

Continue on NV-28 (Tahoe Blvd.) to 868 Tahoe Blvd

After entering Incline Village go through 1 stoplight to 868 Tahoe Blvd.

Look for Crosby's on the left in Christmas Tree Village.

Saturday – BayLax Social



Crosby's Gill Pub

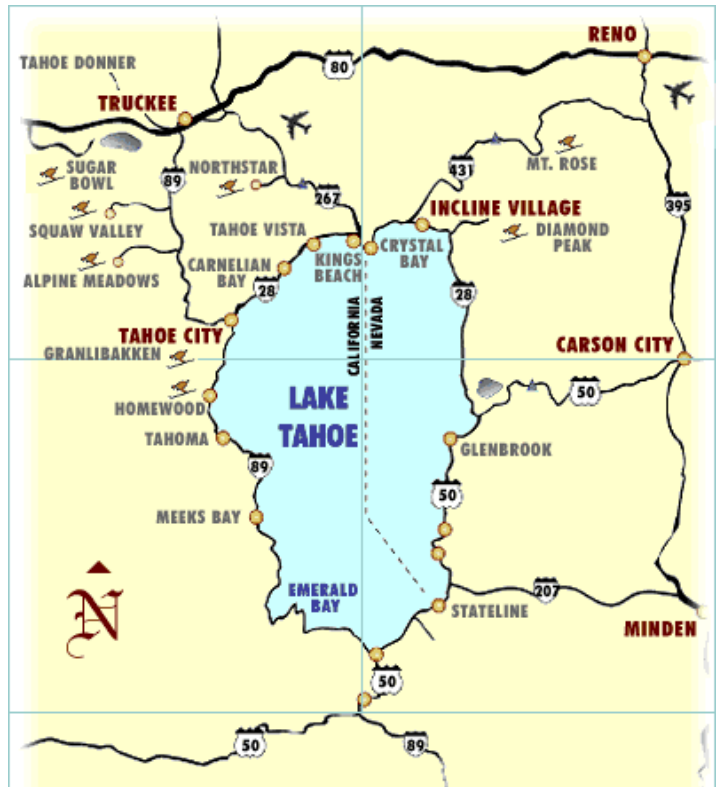
868 Tahoe Blvd.

Incline Village, NV

(775) 833-1030

Come join us for a good ol' Flip Cup Tournament! Teams will consist of 5 people and can be co-ed. Details TBA.

**Maps:
Lake Tahoe**



Incline Village:

The Women’s Field is located on Village Blvd between Northwood Blvd and College. The Men’s Field is located close to the intersection of Lakeshore Drive and Country Club Drive (#10 on the map).



Additional Info:

- There will be a Certified Trainer from **SportsPlus** on site both days.



www.sportsplusbayarea.com

Dr. Tony Kearns

Dr. Kearns has been practicing Chiropractic in the South Bay since 2008. In his first year in practice he worked as Associate Doctor at Rose Garden Health in San Jose. Prior to that, Dr. Kearns worked solely as an Athletic Trainer at the professional, college, high school, amateur, and recreational levels. Some of his commitments have included Kona Ironman, Dew Action Sports Tour, Long Beach Ice Dogs Professional Hockey, Sea Otter Classic, Matt Ogelsby's All West Lacrosse Camps and San Jose Stealth Professional Lacrosse.

- Water will be provided on each field. Other refreshments and snacks will be sold at the field. Ice will be available for medical reasons only.
- There are several grocery stores for food and supplies in and around Incline Village, Tahoe City, Kings Beach and Crystal Bay. Raley's Shopping Center with Raley's Supermarkets is conveniently located just down the hill from the fields on Tahoe Blvd. There is also a Seven-Eleven and Subway nearby.
- Be sure to pick up a local map or guides if you are looking to partake in other activities this weekend. Some fun things to do if you have some extra time include: water skiing, jet skiing, going to the beach, waterfront bars/restaurants, etc.
- Check out the Men's Tournament in Incline Village. Their tournament will be held on the Village Green on Friday, Saturday and Sunday.

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SportsPlus was established in 2006 with the objective of addressing problems and finding solutions. Their mission is to be the Bay Area's premier sports and medicine provider by serving their clients' needs, both in the clinic and on the field. For more information, please visit www.sportsplusbayarea.com or call Dr. Tony Kearns at (925) 462-5557.



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Our wonderful umpires who have dedicated their weekend to the game of lacrosse!

Curt Wegener, Director of the Men's Lake Tahoe Tournament, for all of his help and support!

Incline High School for providing us with the field space and the amenities that make the tournament possible.

We look forward to seeing you at the 2009 Lake Tahoe Lacrosse Tournament!

LAX IT UP!
BayLax



FUN LAKE TAHOE TRIVIA

Natural rim:

6223' above sea level.

High lake level:

6,229.39'

The lake was over its maximum level for 13 days in January.

Surface Area:

193 square miles, 22 miles long, 12 wide.

Shoreline:

71 miles.

Capacity:

122,160,280 acre-feet of water.

Depth:

Maximum=1,685,

Average=989'

Surface temperature:

41-68 degrees, with a constant 39 degree temp below 600.

Lowest recorded level:

6221.68 in Nov. '91

- If Lake Tahoe was tipped over, its contents would cover California in 14.5 inches of water, while Texas would be under 8.5 inches.
- Tahoe could provide every person in the United States with 50 gallons of water per day for five years.
- The sun shines an average of 274 days each year, but snow can fall during any month. At lake level, the area receives an average of 125 inches of snow annually. Higher elevations can receive an average of 300 to 500 inches annually.
- Lake Tahoe isn't a crater. It was formed by movement of the earth's crust and volcanic activity only sealed the end of the valley, allowing rivers and streams to fill the basin.
- On average, 1,400,000 tons of water (or 1/10th of an inch) evaporates from the lake every day.
- The evaporation alone from Tahoe over the course of one year could supply a city the size of Los Angeles for 5 years.
- It would take 300 years of severe drought for Lake Tahoe to drain significantly.
- Lake Tahoe is as long as the English Channel is wide. The Panama Canal, 700' wide & 50' deep, could be filled with Tahoe's water, even if it circled the globe at the equator, and there would still be water left over to fill a canal of the same size running from San Francisco to New York.

(Information courtesy of Tahoe.com)