



Saturday, October 16, 2010  
Host: The Stanton Rowing Foundation, Inc.

You are cordially invited to join the competition and fun of the  
22nd Annual First Coast Head Race.

In this brochure you will find information on the 22nd Annual First Coast Head  
Race, events and instructions on how to participate.

If you have any questions or need information, please contact  
[Shirley.K.Deese@usace.army.mil](mailto:Shirley.K.Deese@usace.army.mil). Or 904-613-5186

Please check the website below for changes and updated information:  
[www.fchr.org](http://www.fchr.org)



## Registration

### General Information

**Registration Deadline (including payment and ALL paperwork) – October 11, 2010**

### Entry Method

Register entries and teams information on the Regatta Central Website.

### Race Fees

Registration Fees and Online Packet must be completed by October 11, 2010. Due to site limitations, the local organizing committee has placed a cap on the number of teams and/or the number of boats that can be entered. All entries will be taken on a first-come first-served basis.

|              | <u>Entry Fees</u>        |
|--------------|--------------------------|
| Singles:     | \$35 per event, per boat |
| Doubles:     | \$50 per event, per boat |
| Fours/Quads: | \$60 per event, per boat |
| Eights:      | \$75 per event, per boat |

**CAP:** \$1000.00 for team/club entries received on the same registration form.

Make checks payable to **Stanton Rowing**. **If mailing payment, please mail to**  
P.O. Box 351586, Jacksonville, FL 32235-1586

### Scratch Policy

Entry fees will not be refunded for scratches. On Saturday, scratches made after the coaches and coxswains meeting should be reported to registration at least one hour prior to the start of the race. A \$25.00 scratch fee will apply to each entry scratched after the meetings as well as no-shows.

### NCAA Compliance

Colleges should review the event categories with their NCAA Compliance Office to assure collegiate athletes are in compliance with NCAA rules.

### Handicapping

Masters handicapping will follow US Rowing guidelines. A factor of 4.8 will be used for the full course and a factor of 2.8 will be used for the short course.

### Multiple Entries

When making entries in an event, a team's fastest boat shall be designated 'A' and so forth.

**2010 First Coast Head Race Schedule of Events – Times are Approximate**

| Time  | Event | Description     | Categories   | Time  | Event | Description | Categories        |
|-------|-------|-----------------|--------------|-------|-------|-------------|-------------------|
| 8:15  | 1     | M1X             | Championship | 10:45 | 30    | M8+         | Championship      |
|       | 2     |                 | Master       |       | 31    |             | Masters           |
|       | 3     |                 | Senior       |       | 32    |             | Youth             |
|       | 4     |                 | Vet          |       | 33    |             | Collegiate Novice |
|       | 5     |                 | Youth        |       | 34    |             | Youth Novice      |
|       | 6     |                 | Novice       |       |       |             |                   |
|       | 7     |                 | Youth< 15    | 11:15 | 35    | W4+         | Championship      |
|       |       |                 |              |       | 36    |             | Masters           |
| 8:40  | 8     | W1X             | Championship |       | 37    |             | Youth             |
|       | 9     |                 | Master       |       | 38    |             | Collegiate Novice |
|       | 10    |                 | Senior       |       | 39    |             | Youth Lightweight |
|       | 11    |                 | Vet          |       | 40    |             | Youth Novice      |
|       | 12    |                 | Youth        |       |       |             |                   |
|       | 13    |                 | Novice       | Break |       |             |                   |
|       | 14    |                 | Youth< 15    |       |       |             |                   |
|       |       |                 |              | 1:15  | 41    | M/W 8+      | Open Mixed        |
| 9:00  | 15    | M2 <sup>-</sup> | Champ        |       |       |             |                   |
|       | 16    |                 | Master       | 1:30  | 42    | M/W 4+      | Open Mixed        |
|       | 17    |                 | Youth        |       |       |             |                   |
|       |       |                 |              | 1:45  | 43    | M/W 2X      | Open Mixed        |
| 9:15  | 18    | W2 <sup>-</sup> | Champ        |       |       |             |                   |
|       | 19    |                 | Master       | 2:15  | 44    | W8+         | Championship      |
|       | 20    |                 | Youth        |       | 45    |             | Masters           |
|       |       |                 |              |       | 46    |             | Youth             |
| 9:30  | 21    | Mixed Quad      | Open         |       | 47    |             | Collegiate Novice |
|       |       |                 |              |       | 48    |             | Youth Novice      |
| 9:45  | 22    | M2X             | Championship |       |       |             |                   |
|       | 23    |                 | Master       | 3:00  | 49    | M4+         | Championship      |
|       | 24    |                 | Youth        |       | 50    |             | Masters           |
|       | 25    |                 | Youth< 15    |       | 51    |             | Youth             |
|       |       |                 |              |       | 52    |             | Collegiate Novice |
| 10:00 | 26    | W2X             | Championship |       | 53    |             | Youth Lightweight |
|       | 27    |                 | Master       |       | 54    |             | Youth Novice      |
|       | 28    |                 | Youth        |       |       |             |                   |
|       | 29    |                 | Youth< 15    |       |       |             |                   |

**Categories**

- Championship:** The top level boats that may be entered by clubs, colleges or elite programs. Youth rowers may not enter this event.
- Collegiate Novice:** 1<sup>st</sup> year collegiate rowers.
- Youth:** A competitor who does not attain the age of 19 during 2010, or who has been continuously enrolled this academic year in at most a secondary school program, seeking a diploma. No collegiate rowers.
- Youth Lightweight:** Women: 130 pounds or less Men: 155 pounds or less
- Youth< 15:** Rowers 14 and under, born after October 16, 1996.
- Novice:** Rowers with less than one year sculling and/or sweep experience
- Mixed:** 50% Male and female rowers in the same boat
- Open:** Any Rower
- Master\*:** 27 – 42 years of age, inclusive, as of December 31, 2010.
- Senior Master\*:** 43 – 59 years of age, inclusive, as of December 31, 2010.
- Veteran Master\*:** 60 years of age and above, inclusive, as of December 31, 2010.

**\*You Can Not Row Down**

**Experienced Coxswains may run novice boats. Novice coxswains should not attempt this course**

## **Check In**

Check in will begin Friday October 15, 2010, 4:30 pm – 6:30 pm, and continue on Saturday October 16, 2010 beginning at 6:15 am. A team coach must check in for the entire team. Masters' Clubs, notify your members of this.

## **Waivers**

**This year's waiver must be the 2010 US Rowing Waiver** that is listed on Regatta Central. **Check in must be completed, and waivers must be received before a crew is allowed to practice on Friday**

## **Seeding**

Seeding of Races will be at the discretion of the LOC. Factors to be considered include, but are not limited to last year's finish in the First Coast Head Race and the 2010 spring regattas including the national, regional, state, and local races. There will be no rearrangement of teams in an event for coaches' preference or need, including **Hot Seating**.

## **Bow Cards and Back Numbers**

Bow cards and Back numbers for Bow and Coxswain will be provided. Bow Cards must be returned at the completion of the race. Lost Bow Cards are subject to a \$10.00 fee. Boats racing without Bow Cards will be disqualified. Tape them on. Back numbers are not required for the Coxswain or Stroke in a Bow-Loading Four.

## **Awards**

Medals will be given for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place finishes. Medals will be available near the registration area approximately one hour after the event, unless the race is protested. Only coaches may sign for and pick up team medals.

## **Trailer Parking / Boat Storage**

The State of Florida Children and Family Services Parking Lot will be used for Boat Storage. Plan on arriving after 4:30 pm Friday. **No trailers or vehicles may enter the site until after 4:30 pm Friday**. There is limited room near the race site to wait for the correct time to enter. Please plan your travels accordingly. Trailers will be placed in the site on a first come – first serve basis. After parking the trailer, tow vehicles must unhook and move to the adjacent parking lot. For the safety of all participants, all trailers must remain until the end of racing on Saturday. Security will be provided Friday Night; however, leave boats including car-topped boats at your own risk.

## **Friday Practice**

The site will be available for practice (weather permitting) Friday afternoon starting at 4:45 pm. Only teams that have cleared the registration process will be allowed on the water. Make sure all your forms are in. All boats must be off the water by 6:45 pm. No Exceptions. Teams will be assessed a warning for returning late to the dock. **Each Boat** of a warned team will start the race day Saturday with a warning!

## **Lightweight Weigh-In**

Weigh-in for members of lightweight crews will take place on Saturday, 6:30 am to 8:30 am. The entire boat must be present for weigh-ins. Please have your completed lightweight forms at weigh-ins. Coxswains do not have to weigh in. Rowers will only get one chance to weigh-in.

## **Coaches, Coxswains, and Scullers Meeting**

The Coaches, Coxswains, and Scullers Meeting is set for Saturday, October 16<sup>th</sup> at 7:00 am near the registration tent.

## **Team Tents**

Team tents are not permitted on a grass area near the launching/landing dock area and the adjacent shore. The area directly along the river will be kept clear for spectators. The tent area is limited, to a first come – first served basis. **Team grills are not allowed. No Open Flames.** No team or parent vehicles or food trailers will be allowed to enter the tent area. All supplies must be carried in. Food Trailers will be required to park in the spectator / bus parking lot. Volunteers will be onsite Friday and Saturday to help direct tent placements. The Local Organizing Committee has the final authority to have tent moved or removed.

## **Spectator / Bus Parking**

Directions to the site are available on the website. A \$5.00 parking donation is requested for Spectator and Bus parking next the Race Site, as a donation for Adaptive sports.

## **Hotels**

A listing of area hotels can be found on the website: <http://www.fchr.org>.

## **Merchandise Sales**

Sales of merchandise will be permitted only by advance arrangement with the Stanton Rowing Foundation. For your merchandise to be sold you must contact Shirley Deese at [Shirley.k.deese@usace.army.mil](mailto:Shirley.k.deese@usace.army.mil) for requirements, forms, and fees. You must also meet any Local, State, or Federal requirements. See those entities for details.

## **Cancellation Policy**

If, in the opinion of the race management, weather or other unforeseen events cause the race course or venue to become unfit or unsafe, the regatta or specific races / events will be cancelled. No refunds will be given.

# **2010 First Coast Head Race**

## **Regatta Rules**

### **Course**

This course is a mirror image of the Head of the Charles; the skill required is very high. This challenging three mile (4.8K) course begins on the St. Johns River, winds down the beautiful Arlington River, and passes under three bridges. This is **not** a course for novice coxswains. Residential neighborhoods and marshes protect the majority of the race waters.

A Course map defining traffic flow will be available at Registration and on the website.

### **Call of Events**

All times are subject to change. Final times will be distributed to registered teams and posted at the Regatta Headquarters.

Events will be called 1 hour prior to the start of the race. It is the responsibility of the crew to be at the marshalling area prior to the published start time. A crew that misses its correct order at the start may be penalized 10 seconds. A crew that arrives at the start after their event has run shall row exhibition only, or be excluded from the race at the starter's discretion.

### **Changes to Events**

Stay alert to the possibility of schedule changes. The regatta committee reserves the right to combine or cancel events based on the number of entries received, or changes in weather conditions. The committee also reserves the right to delay or advance the starting times for any event.

### **Hot Seating:**

Allow a minimum of 2 hours for hot seating rowers or equipment. Plan accordingly. Crews late to the start will be penalized or disqualified.

**(See Penalties)**

### **Dock Area**

The Dock master has absolute authority in the dock area and the course crossover area. Failure to follow instructions will result in assessed time penalties. There will be floating docks and a wet launch/landing area. Be prepared to launch or land at either site. The Organizing Committee will try to make sure the wet launch/landing area is clear of debris; however, please wear boat shoes to be safe.

All boats will be inspected prior to launching. Inspection will include bow balls, bow cards, and shoe tie downs. We will be following Rules of Rowing for the length of tie downs. A boat that is entered in multiple events will be inspected each time it is launched.

### **Equipment Adjustments**

All equipment adjustments must be made in the storage area prior to launching.

## **Team Launch/Land Support**

No oars are to be staged in the launch area or left in the landing area. Coaches and team members must support the launching and landing of each team boat.

## **Launching**

Launching occurs at the race course Crossover Area between the second and third bridge (about 2 mile point). The dock master or official will inform you when and where to cross the course. Failure to follow the instructions will result in a time penalty.

## **Course Markers**

Orange buoys, yellow buoys, flags and banners mark the course. The bridge spans are marked on the columns or overhead (except the Mathews Bridge). Go between the marked columns and through the marked spans. Orange buoys to port and yellow buoys to starboard will form a chute at the approach to each bridge, and at the start and finish. The orange buoys will be on the Coxswain's left (port side) and yellow buoys will be on the Coxswain's right (starboard side) for the entire course. Although the course itself moves from the port to the starboard shore between the 2nd (University) and 3<sup>rd</sup> (Cesery) bridges, the orange buoys will remain to port after the Cesery Bridge. Cutting or missing any Orange or Yellow buoys will result in an assessed time penalty of 30 seconds.

## **Starting**

There is a clockwise circle pattern in the warm-up area. The Starter / Marshall will arrange the crews so that crews cross the starting line at approximately 10 second intervals. Crews should remain near the Start Marshall to hear commands to the start line. A crew must yield to another crew being summoned to the starting area. A crew that misses its correct order at the start may be penalized 10 seconds. A crew that arrives at the start after their event has run shall row exhibition only, or be excluded from the race at the starter's discretion.

## **Right of Way**

A crew is deemed to be overtaking another crew when it has moved to within one length of open water of the crew ahead. On those portions of the course that are straight, a crew being overtaken shall move to the right and allow the overtaking crew to pass. Where the course turns, a crew being overtaken shall move to the outside of the turn and allow the overtaking crew to pass along the shorter path. Nevertheless, passing is not allowed, nor is the crew being overtaken required to yield, in cases where the overtaking crew's position clearly prevents safe passage or where there is insufficient room to yield.

## **Passing**

Passing is allowed along the entire course **except** the 90 degree turn by the Episcopal dock, or in any unsafe condition, such as the same bridge span.

## **Return**

**Quickly clear the finish line**, turn and hug the starboard shore. Remain in single file to the launch/landing site. You will be directed to a landing spot.

## **Protests**

Protests for a race must be filed on water at the finish line with an official, no exceptions. You will have one hour from the end of your race to file the written protest with regatta headquarters (near registration) and pay the required \$25 fee (cash only).

**FIRST COAST HEAD RACE  
2010**

**PENALTIES**

- 1. A crew that misses its correct order at the start may be penalized 10 seconds. A crew that arrives at the start after their event has run shall row exhibition only or be excluded from the race at the Starter's or Marshall's discretion.**
- 2. A crew that fails to yield to a crew being summoned to the starting area, or that otherwise interferes with the staging area, shall be penalized 10 seconds by the Starter or Marshall.**
- 3. A crew that crosses the starting line without its required bow number may be penalized 60 seconds. Be prepared for rough water. Tape the bow marker with duct tape.**
- 4. A crew that fails to yield to a crew having the proper right of way shall be penalized 30 seconds.**
- 5. Where Orange and Yellow buoys mark the boundaries of the course, and in particular mark turns on the course, a crew shall be penalized 30 seconds for each buoy the crew passes incorrectly. A crew passes a buoy incorrectly when any part of its hull passes on the wrong side of the buoy. Oars may cross the buoys without penalty.**
- 6. A crew that fails to adhere to the Dock master's instructions while their boat is on the water, especially in regard to crossing the race course, shall be penalized 60 seconds.**
- 7. Any crew that passes or tries to pass at the Episcopal turn, or any other unsafe passing area (such as under the same bridge span), shall be penalized 60 seconds.**
- 8. Any crew that fails to clear the Finish Line immediately may be penalized 30 seconds.**



