

Head of the CUYAHOGA

2009 Head of the Cuyahoga Regatta Rules
Saturday, September 19, 2009

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1. ENTRIES: To be complete, entries must include payment (payable to "Cleveland Rowing Foundation"), completed entry form for each event and waiver form signed by each competitor (parent/guardian must sign for competitor under 18). Registration and electronic waivers are online at www.regattacentral.com
2. ELIGIBILITY: All rowing clubs and scullers are eligible to enter.
3. BOAT AND TRAILER STORAGE: Security-patrolled, overnight shell storage will be available at the Cleveland Rowing Foundation launch site designated on the enclosed map after 2:00 PM on Friday, September 18, 2009. All shells will be placed in slings - no trailers will be permitted in the CRF launch site; trailers will be parked on the street. Security will patrol the area. Coaches and scullers must indicate number of shells they are bringing; clubs will be assigned a specific shell area within the CRF Launch Site/Athletes Village. Contact Theresa Gang, Regatta Director, at tgangfamily@gmail.com with your shell count.
4. ATHLETE VILLAGE + SPECTATOR VILLAGE. The size of this regatta necessitates the creation of two designated areas on opposite sides of the Cuyahoga River. Both sides of the

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river, and the adjoining bridge, offer outstanding views of the race. The ATHLETE VILLAGE will be on the Cleveland Rowing Foundation property, south of the river. This Village will host launch + recovery docks, stored shells, First Aid, Registration, Protests, Referees and Race Central. ATHLETES, COACHES, REFEREES and VOLUNTEERS will be the only individuals credentialed to enter the Athletes Village due to space and personnel restrictions. On the opposite side of the river, the SPECTATOR VILLAGE will feature parking, club tents, parents groups, merchandise, concessions and two opportunities to see each shell as it races: Initially as it passes the Spectator Village, and by walking or riding a bike a short distance to the Center Street Swing Bridge, the chance to see that same crew as they power to the finish. See the Course Map for details.

5. **ATHLETE ROSTER FROM COACHES:** The US Coast Guard requires us to provide a full list of athletes from every club and school. While Regatta Central will be the primary source of this information, coaches may be asked for additional information or data on late adds. Your cooperation is greatly appreciated in this matter.
6. **CHECK-IN:** All coaches or other parties responsible for each school or club must check in to confirm registration and receive race packets. Teams not affiliated with the Cleveland Rowing Foundation (CRF) must check-in on Friday, September 14 from 5:00 - 7:00 PM, or on race day from 6:30 AM to 10:00 AM. All crews from CRF member programs must register during the Friday check-in hours.
7. **COACHES/COXSWAINS/SCULLERS MEETING:** A meeting for coaches, coxswains, and scullers is required by our US Coast Guard permit, and will be held at the CRF boathouse at 7:00 A.M. on Saturday, September 19, 2009. A **SECOND COACH + COXSWAIN + SCULLERS MEETING** will be repeated at 10:30 A.M. Due to the challenging nature of the course, attendance at these meetings by all coxswains and scullers is **MANDATORY** and wristbands will be distributed to all attendees. Dockmasters will not permit coxswains or scullers who did not attend the meeting to launch.
8. **LIGHTWEIGHT CREWS** are expected to comply with current US Rowing Association weight limits, but there will be no actual weigh-in. Coxswains will not be weighed. **PLEASE NOTE:** IF there is a written protest (see 20. Protest Procedures) regarding the weight of a lightweight crew, the crew in question will be weighed, as well as the protesting crew. If either crew is more than 5 lbs. Over USRA Weight Limit, those crew(s) will be disqualified.
9. **COURSE/COURSE MAP:** The course extends approximately 2.68 miles downstream from near the West 3rd Street Bridge to Settler's Landing/Scene Pavilion, along the eastern shore of the Cuyahoga River. Due to the course modifications from previous years, course records will be based upon times from 2006, 2007, & 2008.
10. **BOW AND BACK NUMBERS:** Bow and back numbers will be distributed at registration in the race packet. Bow numbers must be returned at the conclusion of racing to the Dockmaster. A \$10.00 charge will be assessed if the bow numbers are not returned. All shells must have bow clips to race. Back numbers must be worn on the back of the bow rower; stern coxswains must wear numbers on their backs (provided in the race packet) and a bow-coxed shell must place its stern bib number on the front of the stroke seat rower.

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11. **LAUNCHING:** The CRF Boathouse dock is different than most traditional docks due to the bulkheads lining the river. The boats are not walked onto a sloping dock. Crews place their boat upside down on wooden tees above the dock, parallel to the water. The rowers then walk down a ramp onto the dock below, lift the boat off the tees and roll the boat into the water. Local CRF crews will be on hand to assist away crews with the proper handling, launching, and recovery of shells on the dock.
12. **START:** Directions for proceeding to the start will be announced at the meeting for coaches/coxswains/scullers. Boats must be ready to leave the dock at the specified launch time. Due to the large number of crews anticipated, quick launching is essential. Boats must arrive at the marshaling area 5 minutes before the start time of their event.
13. **SAFETY ZONES:** Due to the complexity of the course and in the event of an Emergency, the US Coast Guard has asked us to identify 3 “Safe Zones” where crews will be placed in the event of an Emergency. Those are designated on the Course Map and will be reviewed at the Coaches, Coxswains and Scullers Meetings.
14. **CLASSES:** Junior: A junior is a competitor who in the current calendar year does not attain the age of 19, or who is currently, and has been continuously, enrolled in secondary school as a full time student seeking a diploma. Novice: A competitor who has not competed in a regatta before the current calendar year. Open: Unrestricted. Master: A competitor who has attained/will attain the age of 21 during the current calendar year. Lightweight: In any men’s lightweight event (sweeps or sculling) no rower shall weigh more than 160 lbs. In any junior men’s lightweight event no rower shall weigh more than 155 lbs. In any women’s lightweight event (including juniors), no rower shall weigh more than 130 lbs. PLEASE NOTE: IF there is a written protest (see 20. Protest Procedures) regarding the weight of a lightweight crew, the crew in question will be weighed, as well as the protesting crew. If either of the crews are more than 5 lbs. over USRA Weight Limit, those crew(s) will be eliminated. Recreational: The Recreational category is for masters who practice on average one day per week. This category includes such crews as those rowing as a corporate crew, in a summer rowing league, as novices (in first year of rowing), or other occasional rowers. What distinguishes a recreational rower is the limited frequency with which he or she rows. A team may not enter a Masters event and also a Recreational event.
15. **HANDICAPPING:** Masters races will be handicapped. Competitors/crews entered in masters races who do not have their ages (as of 12/31/08) listed on their entry forms will not have their handicaps calculated (actual elapsed time will be used). Handicaps will be figured using US Rowing Association 1000 meter handicaps, multiplied by 2.25.
16. **EVENTS:** Please see the Events List and Schedule, attached. Although every effort will be made to keep to the published events schedule, the race times are subject to change. Two (2) entries are required to run an event.
17. **EVENT TIMES:** Entries MUST row only at the time the event they are entered in is scheduled and raced. No boats will be permitted to race at any other time in the schedule (e.g., a men’s junior 4+ will not be permitted to race when the women’s masters 2x’s are racing or at any other time except when men’s junior 4+’s are racing).

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18. **HOTSEATING:** Races will not be delayed to permit hotseating. All crews are on notice of the scheduled launch and start times, and enter at their own risk. The Dockmaster retains the final authority regarding the launch and retrieval order of shells.
19. **CONDUCT DURING TRANSIT, RACING AND PENALTIES:**
 1. Boats will row to the start line upriver along the river's west bank (to the coxswain's right, sculler's left), and race back to the east of the centerline of the river.
 2. Boats passing other racing boats shall pass on the inside of a turn or curve in the river (on those limited areas of straightaway on the course, the passing boat may take its choice of sides); the overtaken boat will yield to the outside of a turn or curve, or to the side not chosen by the overtaking boat on the straightaway.
 3. Boats rowing to the start will at all times stay between the coxswains right of the course buoys and the west bank. Passing another boat while rowing to the start line is permitted only in areas where orange-colored buoys are present. There are only 3 areas where passing is permitted, and all are on straight-aways. Passing another boat should only be done if necessary. If a crew passes another boat on a turn or in a no-pass zone, this may result in exclusion. Please refer to the Course Map.
 4. Any racing boat crossing the buoys (with any part of the hull of the boat, but not the oars) will be charged a penalty of 10 seconds per crossing. All boats must finish between the finish line buoys, and any boat finishing outside the buoys will be charged a 20 second penalty. Boats in transit to the start may also be charged a penalty for crossing the buoys.
 5. Any boat which, without justification, interferes with the forward progress of another boat, or which unreasonably fails to yield to an overtaking boat will be charged a 1-minute time penalty or be excluded, at the discretion of the officials.
 6. After crossing the finish line, a shell must be prepared to weigh enough and steer to port as it enters the turn at Settlers Landing. The shell may then proceed as directed by the finish line marshal until it is safe to turn around. The shell may return to the dock area only as directed by the marshal to avoid interfering with racing crews at the Center Street Bridge. Shells shall return to the launch + recovery dock, single file, up the West Side bank (on the coxes right, sculler's left).
 7. No shell, under any circumstances, may proceed beyond the buoy markers down river of the Nautica Queen Tour Boat by order of our US Coast Guard permit. Any shell doing so will be excluded from their event, and the crew or sculler will be disqualified from all other races in which they/he/she participated during this regatta.
20. **PROTESTS.** Protests regarding the outcome of a race must be made to Race Central within 60 minutes of the time the provisional results of the race in question are posted. Protests made outside of that time period will not be allowed. A fee of \$25.00 at the time the protest is submitted must accompany protests to Race Central. The fee will be refunded if a decision in favor of the protest is made. An ombudsman will make initial decisions on protests. Please review protest notes for lightweights listed above in section 8 (Lightweight Crews).
21. **MEDALS, AWARDS & TEAM POINTS TROPHY.**
 1. **MEDALS:** Medals (gold, silver and bronze) will be awarded to winning crews when race results are confirmed and official.
 2. **TEAM POINTS TROPHY:** Points will be awarded in each 8+ and 4+ event to the school or

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club with whom the winning boat is affiliated (NOTE: if a team has more than one entry in any event, only the highest finishing entry is eligible to win team points.) Points will be awarded as follows: 1st place - 6 points; 2nd place - 4 points; 3rd place - 2 points; 4th place - 1 point. The school or club winning the most points overall will be awarded the HOT C Team Points Trophy.

3. AWARDS: The Marcovy Cup Introduced in 1990, the Marcovy Cup is presented to first place winner for Open Women's 4+. This cup is named after Tim Marcovy, first President of the Western Reserve Rowing Association. The Ivanhoe Boat Club Award Introduced in 1996, the Ivanhoe Boat Club Award is presented to the men's 4+ (junior, open or masters) with the overall best time in honor of the 150th Anniversary of Racing the Cuyahoga. The Chris Ernst "A Hero for Daisy" Award Presented to the women's 8+ (junior, open or masters) with the overall best time in honor of Chris Ernst, a former Yale and Olympic Rower is a noted advocate of women's sports.
4. PRIZE RACES: The top three (3) finishing crews in any Men's and Women's 4+'s and 8+'s categories, respectively, will be automatically entered into a sprint challenge to take place at the end of the day's racing. (For example, if one of the top three women's 8+ finishers come from the Women's Open 8+ event, the other two top finishers come from the Women's Collegiate 8+ event, then the three sprint crews would consist of two collegiate and one open category boats.) To clarify, the sprint race will be made up of the top three finishing boats. In the event that a single crew has entered in more than one race category, finishing in a time which qualifies them for more than one of the three sprint spots, the vacant sprint spot will consist of the next fastest crew by time spanning all comparable boat class categories (i.e. all men's 8+'s, women's 4+'s, etc.). These finishers will sprint a downstream course of approximately 600 meters, ending at a finish line between the Athlete's and Spectator's village. The winner will receive a SpeedCoach system from NK, and shall be awarded to the winning crew's organization, not to any individual. The prize may not be exchanged in kind or for a monetary award.
22. GENERAL RULES. US Rowing Association Rules of Racing apply to all situations not covered above. AS A REMINDER, the US Coast Guard Permit allowing the river closure is only in effect from 7AM until 6PM sharp on Saturday, September 19, 2009. CRF and the HOTC Directors will strongly enforce the 6PM rule- NO RACING will be done after 6PM for the Safety of all crews and in compliance with the US Coast Guard Permit. This will be reiterated at the Coaches, Coxswains and Scullers meetings.
23. FEES.
 1. 1X - \$35.00
 2. 2X - \$40.00
 3. 4+ - \$50.00
 4. 8+ - \$60.00
 1. Regatta Central will accept Credit Card payment.
 2. Deadline for registration is Friday, September 11, 2009.

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24. RACE SCHEDULE*:

Saturday, September 19, 2009

7:00 am – Coach & Cox meeting No. 1

8:00 am – Flag raising and Event Kickoff

10:30 am – Coach & Cox meeting No. 2

- 1 8:05 am Mens Ltwt 8+ (Open, Jr, & Masters)
- 2 8:15 am Mixed 8+ (Open, Jr & Masters)
- 3 8:25 am Womens Rec 8+
- 4 8:35 am Mens Open 2x
- 5a 8:45 am Womens Masters 1x A
- 5b 8:45 am Womens Masters 1x B
- 5c 8:45 am Womens Masters 1x C-D
- 6 8:55 am Womens Open 1x
- 7 9:05 am Mens Open Novice 4+
- 8 9:15 am Womens Open Novice 4+
- 9 9:25 am Womens Jr Ltwt 8+
- 10 9:35 am Mens Jr 4+
- 11 9:45 am Womens Jr Novice 8+
- 12 9:45 am Womens Open Novice 8+
- 13 9:55 am Womens Open 4+
- 14 10:05 am Mens Masters 4+
- 15 10:15 am Mens Open 1x
- 16a 10:25 am Mens Masters 1x A-B
- 16b 10:25 am Mens Masters 1x C
- 16c 10:25 am Mens Masters 1x D-F
- C&C 10:30 am Coach, Cox, Scullers Meeting (Option 2)
- 17 10:35 am Womens Masters 2x
- break 15 Min. Break
- 18 10:50 am Mens Open 8+
- 19 11:00 am Mens Jr Novice 8+
- 20 11:00 am Mens Open Novice 8+
- 21 11:10 am Womens Jr Ltwt 4+
- 22 11:20 am Mixed Recreational 8+
- 23 11:40 am Womens Jr 4+
- 24 11:50 am Mixed 2x - no handicap
- 25 12:00 pm Mens 2-
- 26 12:05 pm Womens 2-

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break 25 Min. Break

27 12:30 pm Womens Open 8+

28 12:40 pm Womens Masters 4+

29 12:50 pm Mens Masters 2x

30 1:00 pm Mens Jr 8+

31 1:10 pm Mens Open 4+

32 1:20 pm Womens Jr 8+

33 1:40 pm Mens Ltwt 4+ (Open, Jr & Masters)

34 1:50 pm Mens Masters 8+

35 2:00 pm Womens Masters 8+

36 2:10 pm Womens Rec 4+

Sprint Race Events

37 2:20 pm Womens 4+ Sprint

38 2:25 pm Mens 4+ Sprint

39 2:30 pm Womens 8+ Sprint

40 2:35 pm Mens 8+ Sprint

Register online at www.regattacentral.com

Maps, driving directions, local information can be found at www.headofthecuyahoga.com,
www.clevelandrows.org, or www.RegattaCentral.com.

Regatta Director: Theresa Gang - clevelandrowing@gmail.com