

# Head of the CUYAHOGA

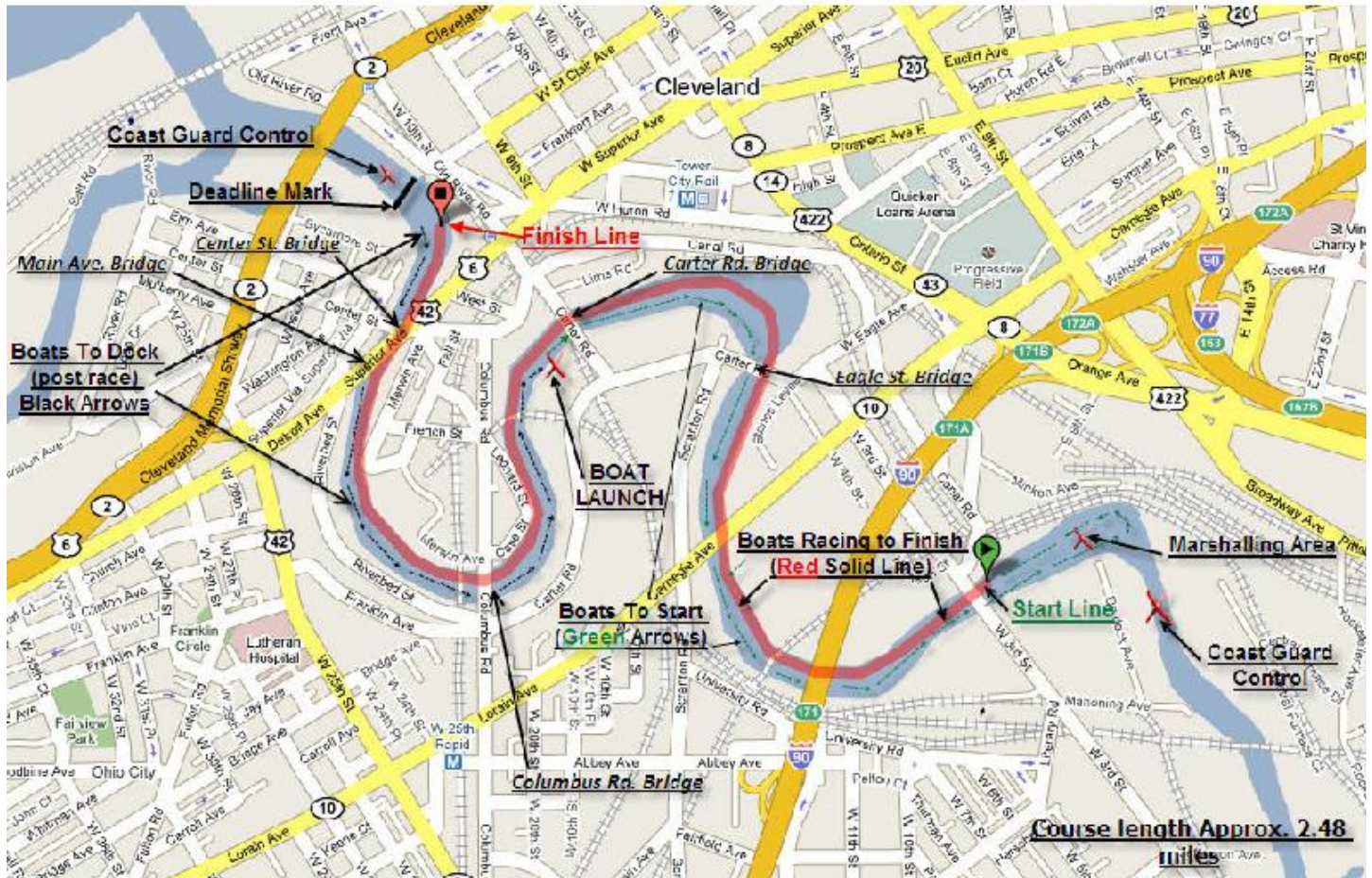
## **2010 Head of the Cuyahoga Regatta Rules Saturday, September 18, 2010**

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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 on- line at [www.regattacentral.com](http://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 3:00 PM on Friday, September 17, 2010. Some trailers will be permitted in Athlete's Village; some trailers will be parked across the street. Security will patrol the area. We reserve the right to assign areas to trailers/teams to accommodate all crews within Athlete's Village.
- 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 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. CHECK-IN:** All coaches or other parties responsible for each school or club must check in to confirm registration and receive race packets. Teams must check-in on Friday, September 17 from 5:00 - 7:00 PM, or on race day from 6:30 AM to 10:00 AM.
- 6. COACHES/COXSWAINS/SCULLERS MEETING:** A meeting for coaches, coxswains, and scullers is required and will be held at the CRF boathouse at 7:00 a.m. on Saturday, September 18, 2010. 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.
- 7. COURSE/COURSE MAP:** The course extends approximately 2.48 miles (4 km) downstream from near the West 3rd Street Bridge to Settler's Landing/Nautica Pavilion, along the eastern shore of the Cuyahoga River.

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- 8. BOW AND BIB NUMBERS:** Bow and bib numbers will be distributed at registration in the race packet. Bow numbers must be returned at the conclusion of racing to the Dockmaster. All shells must have bow clips to race. Two number bibs will be distributed to each boat. The bib should be visible from both the bow and stern and should be worn by either the bow most person on their back and the stern most person on their back. If the stern most person is a rower, then only one bib should be worn and in the bow.
- 9. 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. Volunteers will be on hand to assist crews with the proper handling, launching, and

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recovery of shells on the dock.

**10. 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 10 minutes before the start time of their event.

**11. 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. Crews will be directed to the “Safe Zones” by safety launches.

## 12. 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. Juniors CANNOT enter Open Events.

Novice: A competitor who has not competed in a regatta before the current calendar year.

Open: Any rower who does not fall under the Junior Category.

Master: A competitor who has attained/will attain the age of 27 during the current calendar year. Categories will be as follows: (A) 27 to 35 years, (B) 36 to 42 years, (C) 43 to 49 years, (D) 50 to 54 years, (E) 55 to 59 years, (F) 60 to 64 years, (G) 65 to 69 years, (H) 70 to 74 years, (I) 75 to 79 years, (J) 80 and over.

### Lightweight:

In accordance with US Rowing Rules of Rowing:

#### A Men:

1. A men’s lightweight crew shall average no more than 155 lbs. per rower and no individual rower shall weigh more than 160 lbs.
2. A male single sculler (1x) shall not weigh more than 160 lbs.
3. A Junior Men’s lightweight crew is one in which no individual rower weighs more than 155 lbs.
4. A men’s Masters lightweight crew is one in which no individual rower weighs more than 160 lbs.

#### B Women:

1. A women’s lightweight crew, including a single (1x) shall have no rower who weighs more than 130 lbs.

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.

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A team may not enter a Masters event and also a Recreational event. Recreational Rowers have attained/will attain the age of 21 during the current calendar year.

A female rower shall not compete in events for men, and a male rower shall not compete in events for women.

**13. LIGHTWEIGHT CREWS** are expected to comply with current US Rowing Association weight limits. Lightweight rowers must weigh-in from 7am-11am on Saturday and wristbands will be distributed to all lightweights. Lightweight rowers should weigh in at least one hour before their race.

**14. HANDICAPPING:** Masters races will be handicapped. Competitors/crews entered in masters races who do not have their ages 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 handicaps.

**15. 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.

**16. 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).

**17. 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.

## **18. CONDUCT DURING TRANSIT, RACING AND PENALTIES:**

A. 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.

B. 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.

C. 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

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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.

D. 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. Boats in transit to the start may also be charged a penalty for crossing the buoys.

E. 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 time penalty or be excluded, at the discretion of the officials. A 30 second penalty will be given for slight interference and 1 minute for unsportsmanlike conduct/flagrant behavior/ unsafe passing.

F. 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).

G. 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.

**19. 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.

## **20. MEDALS, TEAM POINTS TROPHY, AWARDS**

**MEDALS:** Medals (gold, silver and bronze) will be awarded to winning crews when race results are confirmed and official.

**TEAM POINTS TROPHY:** Points will be awarded in each 8+ and 4+ event to the school or 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

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HOT C Team Points Trophy.

**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.

**21. GENERAL RULES.** US Rowing Association Rules of Racing apply to all situations not covered above. AS A REMINDER, our US Coast Guard Permit states the river closure is only in effect from 6AM until 4PM sharp on Saturday, September 18, 2010. CRF and the HOTC Directors will strongly enforce the 4PM rule – **NO RACING will be done after 4PM 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.

## **22. FEES**

Eights: \$60.00  
Fours/Quads: \$50.00  
Doubles/Pairs: \$40.00  
Singles: \$35.0

**23. REGISTRATION.** Register on-line at [www.regattacentral.com](http://www.regattacentral.com). Regatta Central will accept Credit Card payments. Deadline for registration is Saturday, September 11, 2010. Late Entry Deadline is Wednesday, September 15, 2010. Late fee of \$5.00 per boat applies.

## **24. RACE SCHEDULE \***

7:00 am – Coaches/Scullers/Coxswain Meeting  
Flag-raising and National Anthem to follow.

### ***Saturday, Sep 18***

1	8:00 am	Mens Jr Ltwt 8+
2	8:10 am	Mens Open Ltwt 8+
3	8:20 am	Mens Open 1x
4	8:25 am	Mens Masters 1x
5	8:40 am	Mens Open Novice 4+
6	8:50 am	Womens Open Novice 4+

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7	9:00 am	Womens Rec 8+
8	9:10 am	Womens Jr Ltwt 8+
9	9:20 am	Womens Masters 4+
10	9:30 am	Mens Jr 4+
11	9:40 am	Womens Jr 4+
12	9:50 am	Womens Jr Novice 8+
13	10:00 am	Womens Open 4+
14	10:10 am	Womens Masters 1x
15	10:15 am	Womens Open 1x
16	10:30 am	Mens Masters 4+
17	10:40 am	Womens Rec 4+
18	11:00 am	Mens Open 8+
19	11:10 am	Mens Jr Novice 8+
20	11:20 am	Mens Open Novice 8+
21	11:30 am	Mens Jr Ltwt 4+
22	11:35 am	Womens Jr Ltwt 4+
23	11:50 am	Mixed Recreational 8+
24	12:00 pm	Mixed Masters 2x
25	12:05 pm	Mens Open 2-
26	12:10 pm	Womens Open 2-
27	12:15 pm	Mens Jr 2x
28	12:20 pm	Womens Jr 2x
break 12:40 pm Lunch		
29	1:10 pm	Mens Jr 8+
30	1:20 pm	Womens Masters 8+
31	1:30 pm	Womens Open 8+
32	1:40 pm	Mens Masters 2x
33	1:50 pm	Mens Open 2x
34	2:00 pm	Womens Open 2x
35	2:10 pm	Womens Open Novice 8+
36	2:20 pm	Womens Jr 8+
37	2:30 pm	Mens Open 4+
38	2:40 pm	Mens Masters 8+
39	2:50 pm	Womens Masters 2x
40	3:00 pm	Mens Jr Novice 4+
41	3:10 pm	Womens Jr Novice 4+

***\*Valid as of 8/25/2010***



# Head of the **HO** **T**C **CUYAHOGA**

The Head of the Cuyahoga will be hosted by the Cleveland Rowing Foundation and will take place on the Cuyahoga River in Cleveland, Ohio.

Maps, driving directions, local information can be found at [www.regattacentral.com](http://www.regattacentral.com)

Regatta Director contact information:

(216) 308-4183

[hotc@clevelandrows.org](mailto:hotc@clevelandrows.org)

# Head of the **HOTC** CUYAHOGA

## Head of the Cuyahoga Partners

- **Official Hotel:**

**Hilton Garden Inn Cleveland Downtown**

Group Code is : HOC

[www.clevelanddowntown.stayhgi.com](http://www.clevelanddowntown.stayhgi.com)

Guests can make their reservations on line by using the group code and placing it in the group/convention box, or by calling 1-877-782-9444.

The rate is \$109.00 plus tax and includes breakfast for up to two guests. Overnight parking is \$8.00 for one car (this has been discounted from \$16.00).

- **Friday Night Pasta Dinner:**

**Sainatos Restaurant**

1852 Columbus Rd

Cleveland, OH 44113

\$10.00 per person.

Located at the Corner of Columbus Road and Columbus Road Bridge. Across the River from the boathouse.