

Head of the CUYAHOGA

2024 Head of the Cuyahoga Regatta Rules

Saturday, September 21, 2024

Hosted by the Cleveland Rowing Foundation

REGISTRATION: Online registration, Credit Card payment, and online waivers will be available through Regatta Central at www.regattacentral.com. Waivers and payment, which are not submitted online, must be submitted at the Check-In Desk before a race packet will be issued. To be complete, entries must include payment, a completed entry form for each event, and a waiver signed by each competitor (parent/guardian must sign for competitor under 18 years old). Checks should be made payable to "Cleveland Rowing Foundation." The **deadline for registration** is **Saturday, September 14, 2024 at 11:59PM**. Late registration opens September 15, 2024 at 12:00 AM and closes on September 16, 2024 at 11:59 PM. The HOTC will give refunds for scratches communicated to the registrar prior to 11:59PM on September 14, 2024. No other refunds will be made.

Technical questions regarding use of Regatta Central should be directed to: support@regattacentral.com (no regatta-related questions please.)

FEES: Early Bird Rates through 8/20/2024

Eights: \$110.00	Doubles/Pairs: \$50.00
Fours/Quads: \$80.00	Singles: \$35.00

Regular Registration:

Eights: \$120.00	Doubles/Pairs: \$60.00
Fours/Quads: \$90.00	Singles: \$40.00

\$25.00 late fee is applied to all entries after Saturday, September 14, 2024.

ELIGIBILITY: This is a US Rowing event so while all rowing clubs and scullers are invited to participate, rowing clubs must be organizational members of US Rowing and rowers must provide their US Rowing membership number. Foreign clubs who are members of their national rowing federation may also participate. Competitors shall represent only one Club at a Regatta.

All athletes age 18 or over must complete the SafeSport training called Abuse Prevention for Adult Athletes. Member safety and well-being are priorities for US Rowing, and education is critical to prevent the harm that misconduct causes our members. In partnership with the U.S. Center for SafeSport, US Rowing provides training on how to identify and prevent the various forms of misconduct. Effective

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January 1, 2023, all [Relevant Adult Participants](#) are required to take SafeSport training on an annual basis. If a relevant adult participant's SafeSport training is not completed prior to attending a regatta, the participant will not be allowed to participate.

As a registered participant in a US Rowing event, you are required to adhere to the [US Rowing Safe Sport Policy Manual](#) for the duration of the event. Additionally, reporting misconduct is vital to protecting athletes and preventing further incidents. Sexual Misconduct must be reported to the U.S. Center for SafeSport at [Report a Concern | U.S. Center for SafeSport \(uscenterforsafesport.org\)](#) . To report other forms of misconduct, including violations of the Athlete Abuse Prevention Policies, refer to the [reporting protocols](#), including how to report a violation. IMPORTANT: All relevant adult participants ([defined here](#)) must complete SafeSport training and be in good standing by the lineup entry deadline. If this is not the case, the relevant adult participant will not be eligible to participate and will not be allowed to be on site.

ATHLETE ROSTER FROM COACHES: The United States Coast Guard requires us to provide a full list of all participating athletes. While Regatta Central will be the primary source of this information, coaches may be asked for additional information or data on late add-ons. All participants including substitutes must include their birthdates on their registration to be valid. Your cooperation is greatly appreciated in this matter.

CHECK-IN: All coaches or other parties responsible for each school or club must check-in to confirm registration and receive race packets. Check-in is on Friday, September 20th from 5:00 PM to 7:00 PM, or on race day from 6:00 AM to 8:00 AM. **Packets not picked up by 8:00 AM on Saturday will be scratched.**

RIVERGATE PARK: The Cleveland Rowing Foundation is located at Rivergate Park. The size of our property allows us to host both athletes and spectators in one location. Spectators will be able to see the finish line from the spectator viewing area as well as see the launch and recovery docks. Athletes will have a designated location for team tents. No camping will be permitted at Rivergate Park. CRF is committed to being environmentally responsible and is actively encouraging rowers to use only reusable plastic bottles for water. We will have a water filling station available to refill your reusable water bottle. Trash bins will be located throughout the property. We are encouraging participants to take your recyclables home with you for proper disposal. Please help us keep our area clean and support our efforts to be environmentally friendly. All coxswains and rowers must wear appropriate footwear to and from the docks. There are several gravel areas that crews will be crossing so be prepared! A map with information regarding the layout of Athlete & Spectator Village will be available online prior to the regatta.

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BOAT AND TRAILER STORAGE: Security-patrolled overnight shell storage will be available at Rivergate Park. Trailers must arrive between **3:00-9:00 PM on Friday, September 20, 2024** or between **5:00-7:00 AM on Saturday September 21, 2024**. **Trailers arriving after 7:00 AM on Saturday, September 21st may not be able to park at Rivergate Park in order to ensure the safety of rowers and spectators.**

Although there will be room in the trailer parking lot for boat and equipment trailers, tow trucks will need to be parked at an alternative location. Scullers car topping their shells will be able to drop off their shell at Rivergate Park in designated areas on a first come first serve basis. ***All teams will be assigned a specific area for their trailers and boats in order to accommodate all crews. The Cleveland Rowing Foundation grounds can accommodate ~25 trailers. Crews trailering with less than 4 shells are asked to share trailers, if possible, with another team. Trailers with less than 4 shells MAY be asked to park, dependent upon regatta size, off site at a secondary trailer location.***

PARKING & DIRECTIONS: Parking for trailers will be located at Rivergate Park. Sculler's car-topping and wishing to drop off their shell should enter through the main entrance (**1003 British Street Entrance**). Due to limited space, athletes and spectators will **NOT** be able to park at Rivergate Park. There will be designated lots, or street parking, available surrounding Rivergate Park. The **"Directions and Parking"** tab on Regatta Central gives more detailed information on parking & directions.

PARKING FOR SPECTATORS: Spectator parking is available for \$10.00 at 1651 Columbus Road, Cleveland, OH 44113 in the Flats District Parking Lot. Please have exact change.

ADDRESS: The Head of the Cuyahoga will be hosted by the Cleveland Rowing Foundation and will take place on the Cuyahoga River in Cleveland, Ohio. The boathouse address may not be found in your GPS, so please use the address provided below which will direct you near the Cleveland Rowing Foundation Boathouse gate. The Directions and Parking tab on Regatta Central gives more detailed information on parking & directions.

CLEVELAND ROWING FOUNDATION BOATHOUSE ADDRESS – 1003 British Street, Cleveland, OH 44113

COACHES, COXSWAINS, & SCULLERS MEETING: A meeting for coaches, coxswains, and scullers is required by our United States Coast Guard permit. The meeting will be held at **online via Zoom on Thursday, September 19, 2024 at 8:00 PM**. A recording will be available online on Friday morning. All coaches, coxswains, & the bow seat of blind boats (1x, 2x, 4x) are required to attend.

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BOW AND BIB NUMBERS: Bow and bib numbers will be distributed in the race packet at check-in. Bow numbers must be returned at the conclusion of racing to the Dock Master. All shells must have bow clips to race. **Bib numbers must be worn visibly on the back of each single sculler or bow rower. Bib numbers must also be worn on the back of all coxswains of stern coxed boats.**

SAFETY: In accordance with US Rowing Rules all entries must comply with the following safety regulations:

- A) All shells must be equipped with a supple or plastic ball, of white or fluorescent color, firmly attached and mounted on its bow. The bow ball shall be at least 4 cm in diameter.
- B) Each set of shoes within the shell must be equipped with quick release footwear.
- C) A boat in which the body of the coxswain is enclosed or partially enclosed within the hull of the boat shall conform to the following requirements:
 - i. The opening through which the coxswain enters and exits shall be at least 2.30 feet long when measured along the longitudinal axis of the boat. For a length of at least 1.64 feet, the opening shall be as wide as the inner hull of the boat itself.
 - ii. The inner surface within which the coxswain's body rests shall be smooth and free of any obstacles, devices, or other structures that would hinder quick exit.
- D) Equipment will be checked every time a shell launches.

WEIGH-IN: There are no official weigh-ins at this regatta. Head Coaches will be responsible for their athletes complying with the weight limit. The maximum weight for lightweight men is 160 lbs. (no averaging) and the maximum weight for lightweight women is 135 lbs. (no averaging).

CLASSES: All competitors must be eligible for the event division in which they are competing. Any crew containing an ineligible competitor will be violating the rules and will be disqualified from the Regatta.

Middle School: Middle school competitors must currently be enrolled in 6th, 7th, or 8th grade to participate in this category. They will race on a shortened course (~1500m).

Youth (Junior): A Youth is a competitor who in the current calendar year does not attain the age of 19, or who in the current calendar year does not attain the age of 20 and has been continuously enrolled in secondary school as a full-time student seeking a diploma. A Competitor thus ceases to be a Youth after December 31 of the year of their 18th birthday (U19), or upon completion of the 12th grade of secondary school, having been a full-time student within the year of their 19th birthday (U20). Athletes older than U20 are never eligible to compete as Youth.

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Novice (scull): Any oarsperson who has not competed in any sculling event prior to Sept. 1, 2023. **Due to the difficulty of navigating the Head of the Cuyahoga course novice scullers will NOT be allowed to race.**

Novice (sweep): Any oarsperson who is eligible to row as a freshman/novice at their own institution or has not rowed in a race prior to Sept. 1, 2023. **Coaches should determine whether novice 8's/4's can handle the challenging nature of this course.**

Open: Any rower, regardless of age, may compete in open events. (As of 2015: Juniors may enter Open Events; the LOC will seed colleges, adult and high schools appropriately in the event.)

Junior Varsity/2nd 8+: The JV classification is not open to any rower competing in a Varsity or Youth 8+ event unless all members are from the same high school and are enrolled as juniors or below in that high school. If a JV/2nd boat is a club/youth boat or includes seniors, those teams must also be entering a Varsity or Youth 8 boat. It is understood that the Varsity or Youth boat be entered as the faster of the two 8+'s.

Master: A competitor who has attained or will attain the age of 21 during the current calendar year, rounded down to the nearest whole number. A competitor's age is determined as of December 31 of the current calendar year ("rowing age"). Categories will be as follows: (AA) 21 to 26 years, (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 to 84, (K) 85 and over. The category of a Masters Crew shall be determined by the average age of the rowers in the crew, rounded down to the nearest whole number.

Recreational: The Recreational category is for **Masters Rowers** who practice on average **two days per week** and have not medaled in any USRA national or elite events. 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 crew may **NOT** enter a Masters event and also a Recreational event. Recreational Rowers can be or will attain the age of 21 and over during the current calendar year.

Composite Boats: Composite crews include competitors from more than one club and/or unaffiliated competitors and must register as a composite crew. Such crews will be ineligible to receive points used to determine the team points award. Once a crew has been entered as a composite crew, it shall remain so, regardless of subsequent substitutions.

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Women's Events: Events exclusively for athletes who identify as a woman at the start of the rowing season and/or those who are assigned as female at birth.

Men's Events: Events exclusively for athletes who identify as a man at the start of the rowing season and/or those who are assigned as male at birth.

Mixed Boats: Boat entries in this category must consist of 50% rowers of any gender and 50% rowers assigned as female at birth. The coxswain may be of either sex.

Open Gender Event: US Rowing will offer an Open Gender AA-K 2x at all US Rowing Masters hosted regattas in 2023. The intention behind this event is to create space for nonbinary athletes to compete if they wish to do so outside of binary events. We expect that entire boats of men and women will race in their respective categories to preserve that intention. Athletes are encouraged to compete where they identify. At least half of the rowers in the boat must identify as non-binary.

Veterans Events: To be eligible for a Veterans event at least 50% of the crew excluding the coxswain must be Active Duty Service Members, National Guard, Reservists, or Veterans. This is a recreational category. See additional details above under Recreational.

Mixed Inclusive Boats: In Mixed Inclusive Rowing Events, half of the Rowers in a crew shall be men and half shall be women. In the 4+, the coxswain may be either a man or a woman and does not need to have an impairment. A PR3 Mixed 4+ crew may include a maximum of two rowers whose impairment is visual, only one of whom may have a sport class of PR3-B3. A PR3 Mix 2x crew may include a maximum of one rower whose impairment is visual, and that rower may be either PR3-B1 or PR3-B2. These races will be conducted on a shorter course ~ 1500m.

Alumni Boats: In Alumni Rowing Events, 100% of the Rowers in a crew must have attended the same academic institution (named at the time of entry application) and who are not currently enrolled at the institution in question. Athletes who competed as part of a Club youth program during the school year while enrolled at an academic institution are considered eligible as Alumni of their Club Program. *Alumni events require that no athlete will compete as a student-athlete (at any point in the future) for the rowing program of their former academic institution or club youth program. *The Regatta may request verification of alumni status of individuals as defined above.

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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 applied for all Masters boats using the standard US Rowing handicaps for a 1,000 meter course and will be multiplied by 2.75 to factor for the length of the course. Age handicaps published in the US Rowing 2023 edition of the Rules of Rowing will be applied in races that combine age categories.

EVENTS: The event schedule is posted on Regatta Central. Although every effort will be made to keep to the published event schedule, the race times are subject to change. Two (2) entries are required to run an event.

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) unless determined by the Chief Referee or the Regatta Director. Boats may be called to launch up to 60 minutes prior to race time.

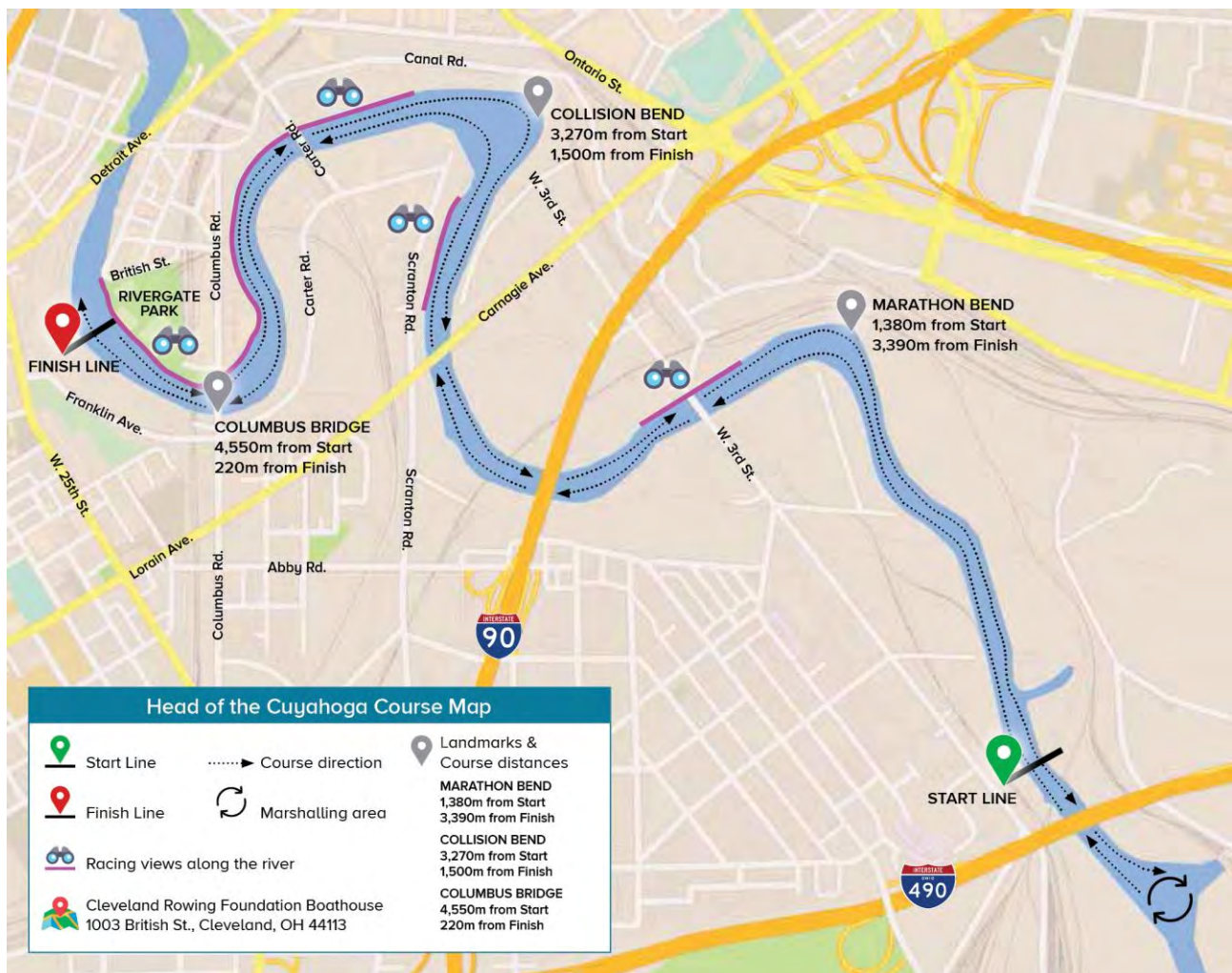
HOT-SEATING: Races will not be delayed to permit hot seating. All crews are on notice of the scheduled launch and start times and enter at their own risk. The Regatta Director retains the final authority regarding the launch and retrieval order of shells. Crews missing their official start time due to hot seating **may** be allowed to race for time at the discretion of the Regatta Director / Chief Referee. Due to the narrowness of the river, in most places, boats will need to row single file to the start. This can pose a challenge for boats launching late for their event. Most crews should allow 60 minutes to row to the start. Please plan accordingly and listen for the announcer to call for your event to launch.

INCLEMENT WEATHER POLICY: The Head Referee and Regatta Director will work together to monitor the weather during the event. If schedule changes or event cancellations are necessary due to weather concerns this will be communicated through announcements over the sound system and via Here Now to all head coaches. Teams are responsible for staying updated on all schedule changes.

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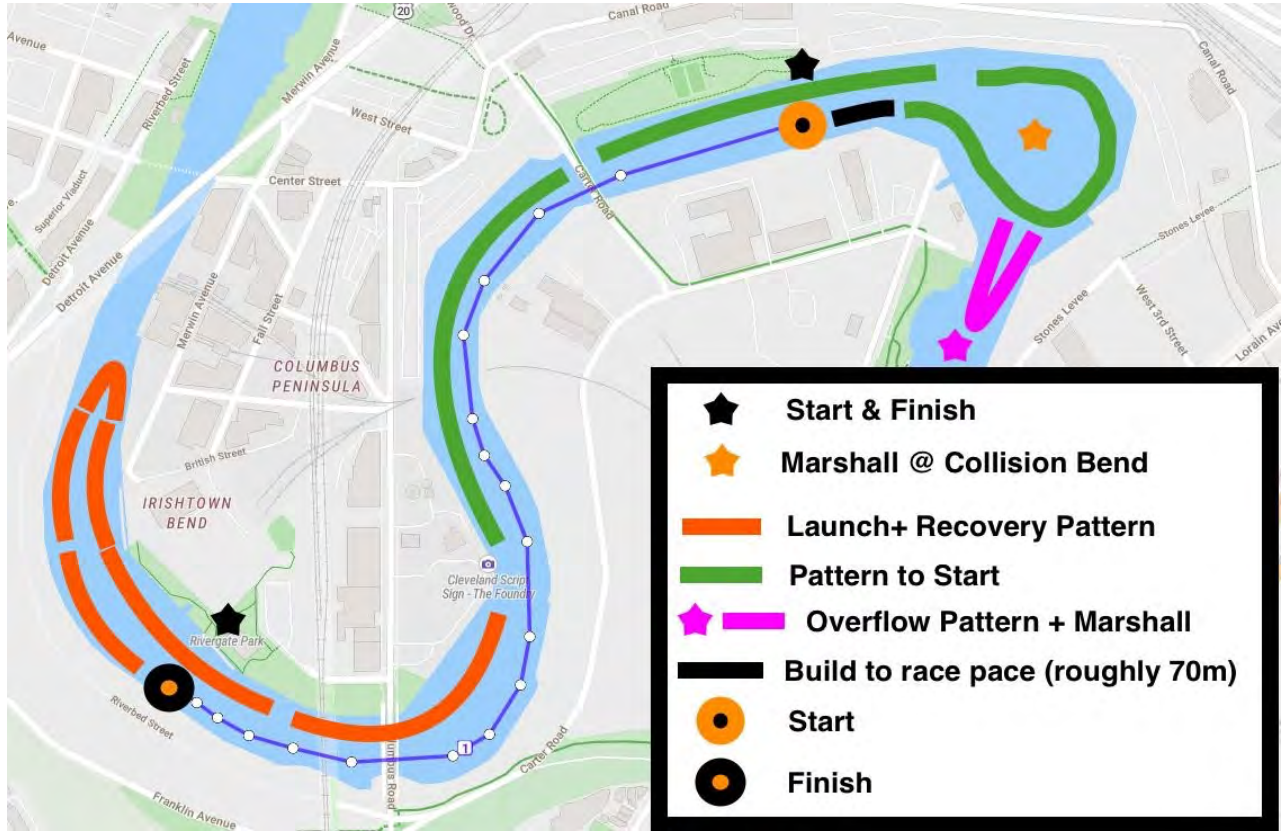
COURSE/COURSE MAP: All competitors are responsible for being familiar with the course. Crews will launch from Rivergate Park and row to the marshalling area at the Mittal Turning Basin. They will turn at the Basin & race back towards the boathouse. The start line is just below the I-490 Bridge. The finish line will be located on the Rivergate Property so that spectators will be able to view the finish. The course is approximately 4,770 meters, involves several challenging turns & goes under 7 bridges. Please note that boats must row on the **LEFT** side of the river (from the coxswain's viewpoint) at all times.

[See the HOTC Course Guide to see the course from both the rower's & coxswain's perspective.](#)



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MODIFIED COURSE FOR INCLUSIVE AND MIDDLE SCHOOL RACES: (approximately 1500m)



LAUNCHING & RECOVERY: There are two docks which can be used for launching unless otherwise indicated by the Regatta Director. When facing the river from land the dock on the LEFT (Metroparks Dock) will be used for launching only. The dock on the RIGHT (CRF Dock) will be used for Cleveland Rowing Foundation Members' launching and all boats will use this dock for recovery. To make launching & recovery as efficient as possible, boats in the main trailer parking area should launch from the Metroparks dock. Home teams, scullers, & crews parked in the overflow trailer parking (outside of the CRF main gate) can launch from the CRF dock. In order to allow teams to get to the start in a timely manner crews need to be as quick as possible on the dock (no more than 2-3min on the dock). Boats may be accompanied by a maximum of two helpers to assist in launch and recovery. Crews wishing to collect shoes from launching rowers must have a bucket/receptacle available. Coaches should give their final instructions & pep talks prior to entering the dock area. A 5 second penalty may be assessed by the Dock Master for any coaching or excessive delay on the dock. Boats may be called to launch up to 60 minutes prior to race time.

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START: Directions for proceeding to the start will be announced at the coach, coxswain, and scullers meeting. Boats must be ready to leave the dock at the specified launch time. Announcements will be made indicating when to launch. Due to the large number of crews anticipated, quick launching is essential. Boats must arrive at the marshaling area 5-10 minutes before the start time of their event. Starting marshals located above the start line will assist as crews order themselves by bow number prior to the start of each event.

CONDUCT DURING TRANSIT, RACING, AND PENALTIES:

(A). Boats will row to the start line upriver along the river's east bank (to the coxswain's left, sculler's right), and race back to the west of the centerline of the river. Most of the way up to the start there will NOT be room to pass other crews who are also rowing to the start. Crews must plan their launch time accordingly. Novice crews or slower crews may want to allow additional time to ensure they are not late to the starting area. Once on the water, coxswains should keep their crews moving in order to prevent delaying other crews.

(B). Boats passing other racing boats shall pass on the inside of a turn or curve in the river (on those limited areas of straight-away 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 always stay between the coxswains left of the course buoys and the east bank. Passing another boat while rowing to the start line is permitted on straight- aways where the river is wide enough to pass. Passing another boat should only be done if necessary. Crews passing in an unsafe manner may result in exclusion.

(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, 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.

(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 a 60 second penalty for unsportsmanlike conduct, flagrant behavior, or unsafe passing.

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(F). After crossing the finish line, shells must row toward the Detroit-Superior Bridge. Unless otherwise instructed by course officials, boats will turn before the bridge and row single file towards the recovery dock along the east bank of the river (on the coxswain's left, sculler's right).

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 "Safe Zones." Crews will be directed to the "Safe Zones" by safety launches.

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 4:30PM sharp on Saturday, September 21, 2024. The regatta director will strongly enforce the 4:30PM rule. ***NO RACING will be done after 4:30PM for the safety of all crews.*** This will be reiterated at the Coaches, Coxswains and Scullers Meeting.

RESULTS: Results will be posted as they occur. Results will be unofficial until such time as the referee reports have been received and penalties assessed. Official results will be available on HereNow.

APPEALS: Scullers and crews may appeal for relief from any ruling of ineligibility or any penalty imposed on them for alleged infractions (i.e. interference, course violations) but no objection alleging interference by a competing entry shall be heard. Appeals must be made by a race participant who observed the incident. No crew shall receive a time advantage from a decision by the Ombudsman or Jury. All protests will be decided at the discretion of the race organizers. There will be no protests considered for broken equipment. Once crews enter the starting chute, they accept the start as is. If there are problems with equipment, please direct your coxswains/crews to ask the race officials for help. There will be limited boat parts (nuts, bolts, oarlocks, oar collars, and wrenches available at the starting area).

PROTESTS: Protests regarding the outcome of a race must be made within 30 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 \$75.00 at the time the protest is submitted must accompany protests. The fee will be refunded if a decision in favor of the protest is made. Protest forms can be obtained at the information tent located outside the door to the main lobby of the Cleveland Rowing Foundation boathouse.

MEDALS, AWARDS & TEAM POINTS AWARD:

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

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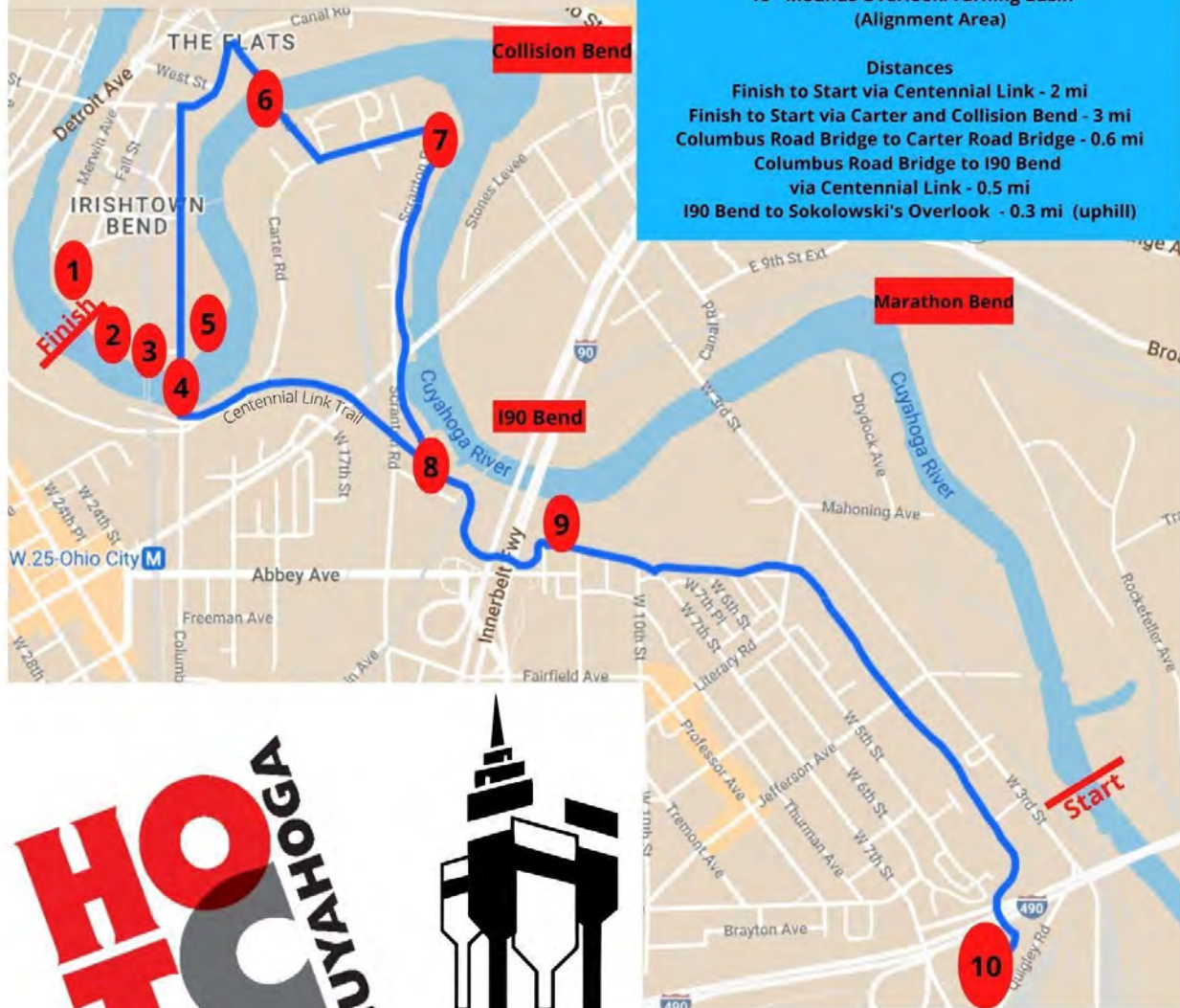
- **TEAM POINTS AWARD:** Points will be awarded in each 8+ and 4+ event to the school or club with whom the winning boat is affiliated (NOTE: if a team has more than one entry in any event, only the highest finishing entry is eligible to win team points.) Points will be awarded as follows: 1st place - 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 ***HOTC Team Points Award***.
- **AWARDS:**
- ***The Bob Emmet Award*** - Introduced in 2024, The Bob Emmet Award is presented to the best overall time of the Men's 1x (Junior, Open or Masters) in honor of Robert Emmet, a beloved member of the CRF community we lost in 2023. Bob's passion for rowing was unparalleled and he shared it with many as a teammate, coach, and friend. He coached for Saint Ignatius High School as well as Western Reserve Rowing Association's Summer Rowing League and the Freedom Rows Veterans Program. He rowed for the WRRRA men's masters team and mentored many single scullers over the years on the twists and turns of the Cuyahoga. This award was made possible through generous donations to Western Reserve Rowing Association in Bob's memory.
- ***The Marcovy Cup*** - Introduced in 1990, the Marcovy Cup is presented to the first-place winner of the 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 and noted advocate of women's sports.
- ***The Zita Varnelis Award*** - Presented to the winner of the Women's Open 4x in honor of Zita Varnelis, a long-time rower who we lost in late 2018. Zita represented Western Reserve Rowing Association in countless sweep and sculling races in the US, Canada and Lithuania. Zita also donated her creative talents to design the Head of the Cuyahoga medals, t-shirts, and programs.

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- ***The American Legion Cup*** – Introduced in 2021, this award is presented to the winner of the Mixed Veterans 8+.
- ***Youth Boy's Points Award*** – 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.
- ***Youth Girl's Points Award*** – 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.

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The **Head of the Cuyahoga** race course follows the twists and turns of the Cuyahoga River for 4.8 kilometers. It is easily accessible for viewing via **off-road bike/walking paths** through the Flats and into Tremont. There are paths over both Columbus and Carter Road bridges and a shortcut from Columbus Road to the I90 Bend/Tremont via the Centennial Link Trail.



HOTC Viewing Spots

Map Locations

- 1 - Cleveland Rowing Foundation (Athlete Village, Recovery Docks)
- 2 - Merwin's Wharf (Finish Line, Launch Docks)
- 3 - Hart Crane Park
- 4 - Columbus Road Bridge
- 5 - The Foundry
- 6 - Carter Road Bridge
- 7 - Collision Bend/Eagle Street Bridge
- 8 - I90 Bend
- 9 - Sokolowski's Overlook
- 10 - Mounds Overlook/Turning Basin (Alignment Area)

Distances

- Finish to Start via Centennial Link - 2 mi
- Finish to Start via Carter and Collision Bend - 3 mi
- Columbus Road Bridge to Carter Road Bridge - 0.6 mi
- Columbus Road Bridge to I90 Bend via Centennial Link - 0.5 mi
- I90 Bend to Sokolowski's Overlook - 0.3 mi (uphill)



Map in coordination with Bike Cleveland
bikecleveland.org



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Event Drone Policy: In accordance with US Rowing's drone policy, anyone interested in utilizing a flying drone at the regatta venue must receive approval from US Rowing and the Local Organizing Committee.

Code of Conduct: Applies to all participants in the Head of the Cuyahoga regatta (athletes, coaches, spectators, & volunteers).

We expect every participant to:

- Conduct themselves in a manner that is friendly and respectful to other participants.
- Treat everyone fairly, regardless of gender, ethnicity, sexual orientation, religion, political belief, or economic status.
- Respect the dignity of all participants; refrain from public criticism of competitors, coaches, referees, or volunteers.
- Refrain from the use of profane, insulting, harassing or otherwise offensive language while participating in the event.
- Report any incident to the HOTC Race Director (Jen Forbes) that might be contrary to these Standards of Conduct.

Additional requirements for volunteers:

- Volunteers must abstain from the use of drugs, alcohol and tobacco products before or during your volunteer shift.
- Volunteers should abide by the instructions and guidelines given to you by your HOTC Committee Co-Chair.

REGATTA DIRECTOR: Please direct all non-registration regatta-related questions to the Regatta Director at rowingdirector@clevelandrows.org.