

Head of the CUYAHOGA

2012 Head of the Cuyahoga Regatta Rules Saturday, September 15, 2012

REGISTRATION: Online registration, Credit Card payment, and online waivers will be available thru Regatta Central at www.regattacentral.com. Waivers and cash/check payment, which are not submitted online, must be submitted at Check-In 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 8, 2012 at 11:59PM**. The **late entry deadline** is **Tuesday, September 11, 2012 at 11:59PM**. A late fee of \$10.00 per boat applies. The HOTC will give refunds for scratches communicated to the registrar prior to 11:59PM on September 8, 2012. 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:

Eights: \$80.00

Doubles/Pairs: \$45.00

Fours/Quads: \$60.00

Singles: \$35.00

ELIGIBILITY: This is a USRowing event so while all rowing clubs and scullers are invited to participate, rowing clubs **must be organizational members of USRowing** and unaffiliated rowers **must have an individual membership to USRowing**.

ATHLETE ROSTER FROM COACHES: The US 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. Teams not affiliated with the Cleveland Rowing Foundation (CRF) must check-in on Friday, September 14 from 5:00 to 7:00 PM, or on race day from 5:45 AM to 10:00 AM. All crews from CRF member organizations must register during the Friday check-in hours.

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BOATHOUSE FACILITIES: The Cleveland Rowing Foundation is located at 1003 British Street. The size of this 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 seeing the launch and recovery docks. Athletes will have a designated location for team tents. No camping will be permitted at on the CRF property. CRF is committed to being environmentally responsible, and is actively encouraging rowers to use only reusable plastic bottles for water. Trash bins will be located throughout the property. 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 printed in the program and will be available online prior to the regatta.

BOAT AND TRAILER STORAGE: security-patrolled, overnight shell storage will be available. Trailers must arrive between 3:00-8:00 PM on Friday, September 14, 2012 or between 6:00-7:00AM on Saturday September 15, 2012. Trailers arriving after 7AM on Saturday may not be able to park onsite to ensure the safety of rowers and spectators. Although there will be room in the trailer parking lot for boat trailers and cargo trailers, tow trucks will need to be parked at an alternative location. Scullers car topping their shells will be able to unload their shells but will then need to move their car to another parking area after unloading. ***Teams will be assigned a specific area for their trailers and boats in order to accommodate all crews.***

PARKING & DIRECTIONS: ***Due to limited space there will be NO parking on the CRF property except for handicap parking. This includes spectators, tow trucks, and scullers.*** Trailers and scullers with car topped boats should enter through the British Street entrance. Tow trucks & scullers will need to exit by the Merwin Ave entrance after dropping off boats & equipment. Teams wishing to drop off equipment will be permitted to park just outside the British Street gate & carry their equipment in including tents, coolers, & riggers. There will be designated lots or street parking available surrounding the CRF Boathouse. The Directions and Parking tab on Regatta Central gives more detailed information on parking & directions. ***Please pay close attention to which route trailers and spectators are instructed to follow to avoid traffic backups.***

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 Cleveland Rowing Foundation is located at 1003 British Street, Cleveland, Ohio 44113.

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COACHES, COXSWAINS, & BLIND BOAT MEETING: A meeting for coaches, coxswains, and blind boats (1x, 2x, 2-) is required by our US Coast Guard permit, and will be held at 6:45 a.m. on Saturday, September 15, 2012. Due to the challenging nature of the course, attendance at this meeting by all coxswains and blind boats is MANDATORY and wristbands will be distributed to all attendees. The Dock Masters will not permit coxswains or blind boats who did not attend the meeting to launch. Be aware that the Race Course has rowers racing on the left side of the river. Please be sure you are familiar with the launching and racing pattern.

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 USRowing standards 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 bowball shall be at least 4 cm in diameter.
- B) Each set of shoes within the shell must be equipped with quick release footgear.
- 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.

WEIGH-IN: Lightweight crews are expected to comply with current USRowing Association weight limits. Lightweight rowers must weigh-in from 7:00-11:00 AM on Saturday, and wristbands will be distributed to all lightweights. Lightweight rowers should weigh in at least 90 minutes before their first race and will only be required to weigh in once for the entire day. Coxswains will NOT be required to weigh in.

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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. In accordance with NCAA rules no event within the Head of the Cuyahoga Regatta may have collegiate competitors rowing against high school competitors (including high school coxswains).

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 is eligible to row as a freshman/novice at their own institution or has not participated in the sport of rowing prior to September 1, 2011.

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

Collegiate: Rowers must be currently enrolled full-time in a college, university, or community college.

Master: A competitor who has attained or will attain the age of 21 during the current calendar year. 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 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.

Lightweight: In accordance with USRowing Rules of Rowing:

(A). Men:

1. A men's lightweight crew, including a single scull (1x), shall have no rower who weighs more than 160 lbs.

(B). Women:

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

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Recreational: The Recreational category is for **Masters Rowers** who practice on average **two days 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 rower may **NOT** enter a Masters event and also a Recreational event. Any rower who has placed 1st, 2nd, or 3rd in USRowing Masters Nationals, FISA World Masters Championships, or Royal Canadian Henley Masters is not eligible to row in the Recreational category. Recreational Rowers can be or will attain the age of 21 and over during the current calendar year. Recreational races will not be handicapped.

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.

Mixed Boats: Must contain an equal number of men and women excluding the coxswain. The coxswain may be of either sex.

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

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 USRowing handicaps for a 1,000 meter course and will be multiplied by 2.75 to factor for the length of the course. Refer to http://www.usrowing.org/Libraries/Events/2011RORnodirectory_1.sflb.ashx for more information. Recreational events will not be handicapped.

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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.

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 except at the discretion of the Regatta Director and Chief Referee (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).

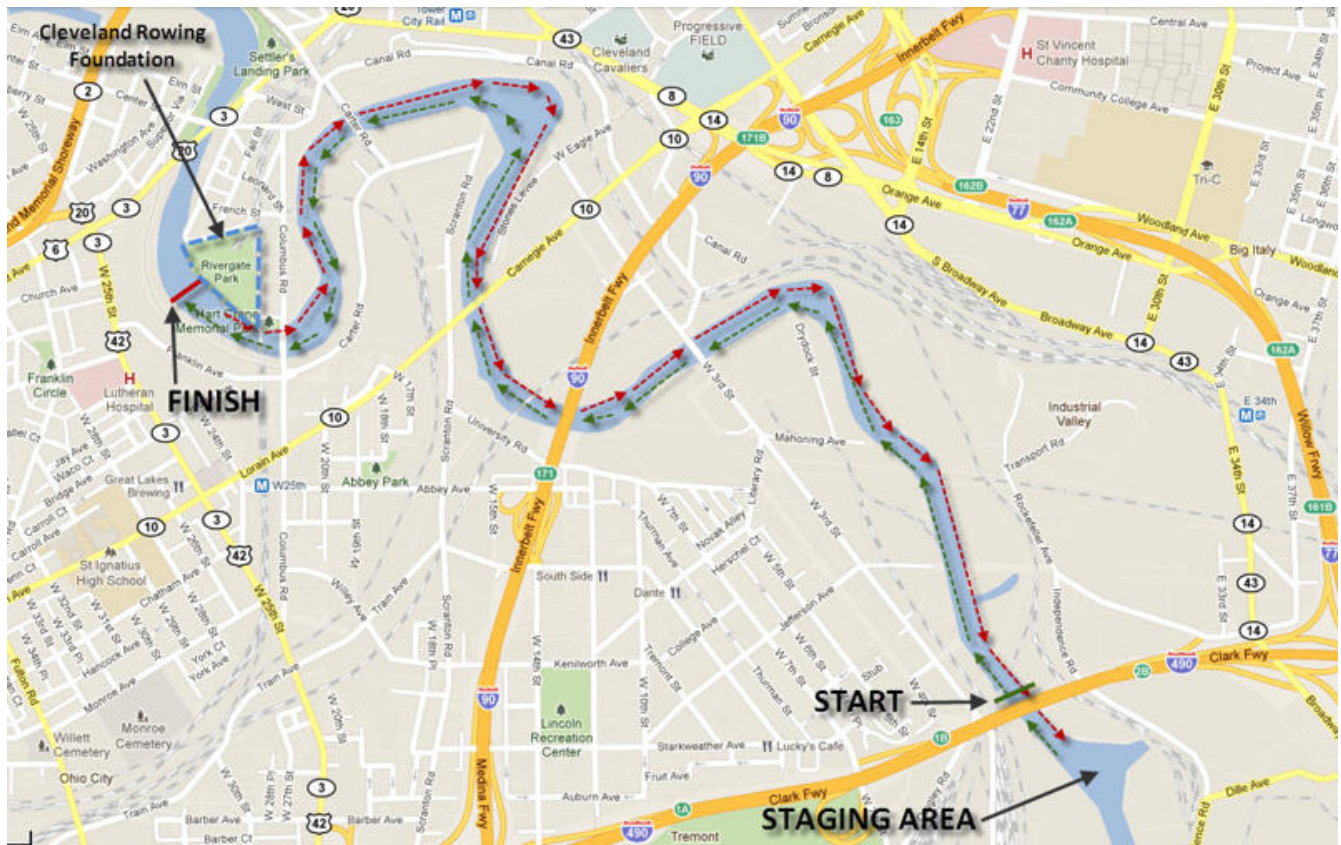
HOT-SEATING: Races will not be delayed to permit hot-seating. All crews are on notice of the scheduled launch and start times, and enter at their own risk. Hot-seating cards must be picked up at Check-In between 5:45 – 10:00 AM & should be displayed when the crew is approaching the Recovery Dock. When possible the Dock Master will allow hot-seating crews priority when returning to the Recovery Dock but the Dock Master retains the final authority regarding the launch and retrieval order of shells.

INCLEMENT WEATHER POLICY: The Head Referee and the regatta committee 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 by posting an announcement on the results board. Teams are responsible for staying updated on announced schedule changes.

GENERAL RULES. USRowing Association Rules of Racing apply to all situations not covered elsewhere. AS A REMINDER, the US Coast Guard Permit allowing the river closure is only in effect from 7 AM until 4 PM sharp on Saturday, September 15, 2012. CRF and the Regatta Director will strongly enforce the 4 PM rule. ***NO RACING will be done after 4 PM for the safety of all crews.*** This will be reiterated at the Coaches, Coxswains and Blind Boat Meeting.

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COURSE/COURSE MAP: All competitors are responsible for being familiar with the course. Crews will launch from the CRF docks 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 CRF Property so that spectators will be able to view the finish. The course is approximately 4,800 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.



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LAUNCHING & RECOVERY: There will be separate docks for launching & recovery to make the process more efficient. When facing the river from land the launch docks will be on the LEFT & the recovery docks will be located to the RIGHT. Local CRF crews will be on hand to assist away crews with the proper handling, launching, and recovery of shells on the dock. Coaches and rowers must not interfere with the dock staff's ability to recover boats and should not come onto the dock until their crew has landed. Failure to follow this procedure may result in a time penalty.

START: Directions for proceeding to the start will be announced at the meeting for coaches/coxswains/blind boats. 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 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.
- (B). A crew that fails to yield to a crew being summoned to the starting area, or that otherwise interferes with the staging of the start, may be penalized 10 seconds.
- (C). A crew that crosses the starting line without its required bow number shall be penalized 60 seconds.
- (D). 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. A crew that fails to yield to a crew having proper right of way shall be penalized 30 seconds.
- (E). Boats rowing to the start will at all times 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 will be severely penalized and may result in exclusion.

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(F). Where buoys mark the boundaries of the course, and in particular mark turns on the course, a crew shall be penalized 10 seconds for each buoy that the crew passes incorrectly. A crew passes a buoy incorrectly when any part of its hull passes on the wrong side of the buoy. Any boat that leaves the race course completely (both port and starboard tips cross the buoy line) can, at the discretion of the official, be excluded.

(H). If a crew or competitor's conduct during the race includes flagrant behavior, unsportsmanlike conduct (including inappropriate language), or unsafe passing, that crew can be given a 60 second penalty, shall be excluded, or disqualified at the discretion of the official.

(I). Any boat that has one or more rowers lost or ejected during the race must stop and remain with those individuals until they are all safely out of the water. Any crew that fails to do so will be disqualified.

(J). After crossing the finish line, shells must continue to row toward the Detroit-Superior Bridge until they reach the turnaround buoy. 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).

PASSING ZONES: Due to the complexity of the course and in the event of an Emergency, the US Coast Guard has asked us to identify "Passing Zones." Crews will be directed to the "Passing Zones" by safety launches in the event of an emergency.

RESULTS & PROTESTS: Unofficial results will be posted as they occur. Protests regarding the outcome of a race must be made to Race Central 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 \$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. After results are final medals will be awarded. Official results will be available on Regatta Central.

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MEDALS, AWARDS & TEAM POINTS AWARD:

- MEDALS: Medals (gold, silver, and bronze) will be awarded to winning crews when race results are confirmed and official.
- 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**.
-2011 Winner: Three Rivers Rowing Association with 32 points.

- AWARDS:

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.

-2011 Winner: Case Western University – 20:20.00

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.

-2011 Winner: Miami University – 17:32.00

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.

-2011 Winner: Anthony Wayne High School – 18:20.00

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RACE SCHEDULE:

2012 Head of the Cuyahoga *Saturday, September 15th*

6:45 AM coach, coxswain, & blind boat meeting

Flag raising & National Anthem to follow

<u>Event #</u>	<u>Start Time</u>	<u>Event</u>
1	8:00	Men's Collegiate Novice/Frosh 8+
2	8:05	Women's Collegiate Novice/Frosh 8+
3	8:10	Men's Rec 4+
4	8:15	Men's Open 1x
5	8:20	Men's Junior 1x
6	8:30	Women's Open 1x
7	8:35	Women's Junior 1x
8	8:40	Women's Open 2-
9	8:45	Men's Open 2-
10	8:50	Men's Junior Novice 8+
11	9:00	Women's Junior Novice 8+
12	9:10	Women's Collegiate 8+
13	9:20	Men's Collegiate 8+
14	9:30	Women's Rec 8+
15	9:40	Women's Open 8+
16	9:50	Men's Open 8+
17	10:00	Men's Junior 4+
18	10:10	Women's Junior 4+
19	10:25	Men's Collegiate Novice/Frosh 4+
20	10:30	Women's Collegiate Novice/Frosh 4+
21	10:40	Women's Masters 1x (AA-B)
22	10:45	Women's Masters 1x (C-D)
23	10:50	Women's Masters 1x (E-F)
24	10:55	Women's Masters 1x (G-J)
25	11:20	Exhibition - Break
26	11:50	Women's Rec 4+

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<u>Event #</u>	<u>Start Time</u>	<u>Event</u>
27	12:00	Women's Junior 2x
28	12:05	Men's Junior 2x
29	12:15	Men's Junior Ltwt 4+
30	12:25	Women's Junior Ltwt 4+
31	12:35	Women's Open 4+
32	12:45	Men's Open 4+
33	12:55	Men's Collegiate 4+
34	1:05	Women's Collegiate 4+
35	1:15	Men's Junior Novice 4+
36	1:25	Women's Junior Novice 4+
37	1:35	Men's Open 2x
38	1:40	Women's Open 2x
39	1:45	Men's Masters 1x (AA-B)
40	1:50	Men's Masters 1x (C-D)
41	1:55	Men's Masters 1x (E-F)
42	2:00	Men's Masters 1x (G-J)
43	2:05	Women's Junior 8+
44	2:20	Men's Junior 8+
45	2:30	Men's Open Ltwt 8+
46	2:35	Women's Open Ltwt 8+
47	2:40	Mixed Rec 4+
48	2:50	Men's Junior Ltwt 8+
49	2:55	Women's Junior Ltwt 8+
50	3:00	Mixed Rec 8+
51	3:10	Mixed Open 8+

*Event schedule is subject to change depending on number of entries in each event.

USROWING MASTERS NATIONAL HEAD RACE: Additional masters events will be held on Sunday September 16th, 2012 as part of the first ever USRowing Masters National Head Race. Go to www.usrowing.org/Events/MastersHeadRace.aspx for additional details and registration.

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

COURSE ACCESS:

This year we will have two opportunities for participants to become familiar with our course.

FRIDAY EVENING PRACTICE SESSION:

Due to the safety concerns associated with rowing on the Cuyahoga River no visiting crews will be allowed to row on Friday September 14th unaccompanied but will have the opportunity to row during the Friday Evening Practice Session. All boats will be escorted by a CRF coaching launch to assure the safety of the crews, therefore the number of shells will be limited. Boats wishing to practice on the course on Friday MUST register in advance and pay a \$10 per boat fee on Regatta Central. The practice session will start at 5:45 PM with a safety briefing and will last approximately 2 hrs. If space is limiting, small boats will be given priority. You will be contacted and put on a waiting list if you register and all the available spots are filled. If we are unable to accommodate your request, your fee will be returned.

FRIDAY EVENING COURSE TOURS FOR COXSWAINS, COACHES, AND SCULLERS:

On Friday evening from 6 PM to 8 PM we are offering 40 minute tours of the course conducted by an experienced local coach for coxswains, coaches, and scullers who would like a preview of this challenging course. Launches will leave the CRF dock every 15 minutes from 6 to 7 PM. The cost of this service is \$10 per passenger. You must register and pay for this service in advance on Regatta Central. We will assign you a definite time slot for the tour after you register. If a slot is unavailable, your fee will be refunded.

The docks will be closed to local crews starting at 10 AM on Friday September 14, 2012.

BOAT RENTALS:

Local clubs as well as boat vendors may be able to provide boat rentals to out of town teams. Contact Wendy Turkuc at turkuc@att.net for additional details.

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PASTA DINNER:



Sainato's is located at the corner of Columbus Road and Merwin Avenue. Dinner will be from 6:00 to 8:00 PM, \$10.00 per person. Please pay in cash at the door. This is a great opportunity to socialize with other teams and since Sainato's is located right next to the CRF Boathouse it will be very convenient.

OFFICIAL REGATTA HOTELS:

Head of the Cuyahoga hotel information can be found at:
<http://www.usrowing.org/Events/MastersHeadRace.aspx>

ADDITIONAL INFORMATION: Can be found on Regatta Central at:
www.regattacentral.com/regatta/index.jsp?job_id=2119. Check for updates.