

**OCU BOOT OF THE OKLAHOMA
REGISTRATION INFORMATION
Oklahoma River, Exchange Boathouse
October 3-4, 2009**



EVENT OVERVIEW

The OCU Head of the Oklahoma is moving west and this year will be known as the 2009 Boot of the Oklahoma! Construction of the Chesapeake Finish Line Tower and the new Devon Boathouse, home of OCU Rowing, have made it necessary to relocate the race this year to the Western Basin of the Oklahoma River at the Exchange Boathouse, 1391 S. Exchange Ave.

The Boot of the Oklahoma Regatta features two days of collegiate, juniors and masters racing headquartered at the Exchange Boathouse in Oklahoma City's historic Stockyard's District.

- 4000m Head Races
- 500m OG+E Stampede Sprints
- Athlete Barbecue

Head of the Oklahoma 2010

The Head of the Oklahoma returns to Regatta Park October 7-10, 2010 with all the excitement you've come to expect from Oklahoma's fall race – including night racing! Plan to join us as we celebrate the opening of the new Devon Boathouse and Chesapeake Finish Line Tower, and completion of significant shoreline improvements. For a preview of plans, visit www.oklahomariver.us.

REGATTA/ REGISTRATION INFORMATION

REGISTRATION & SCHEDULES

All regatta registration is through Regatta Central. Entries will open Saturday, August 8 and close Wednesday, September 23, at midnight. Please see www.regattacentral.com or www.bootoftheoklahoma.com for registration information.

IMPORTANT NOTICE The Head of the Oklahoma is a USRowing registered regatta. All participating organizations/schools/clubs must be members of the US Rowing Association; single scullers do not have to be individual members of US Rowing. If your organization is not a member of US Rowing, contact:
Kelly McGlynn, US Rowing Membership Services
2 Wall Street, Princeton, NJ 08540
609 -751-0703 kelly@usrowing.org

ENTRY FEES: 8+, \$70.00; 4+, \$55.00; 4x, \$50.00; 2x/2-/K2, \$40.00; 1x/K1, \$30.00, Parent Child \$20

RELEASE OF LIABILITY WAIVERS: The Boot of the Oklahoma is a USRowing event and requires a signed USRowing Release of Liability for each athlete. Waivers may be signed online which is the preferred method for submission; paper waivers may be mailed in advance or presented at Registration. All junior team coaches must carry and be able to provide a signed copy of the USRowing Release of Liability for each member of the team.

Athletes may sign an online waiver either through the USRowing web site or on Regatta Central. **USRowing:** go to www.usrowing.org and click on Join/Renew in the upper right hand corner. Full-Privilege members of USRowing click Sign Your Waiver Online. If the athlete is not a Full-Privilege member of USRowing, click Sign Waiver and Add My Name to my Organization's Roster. Complete the forms per their instructions.

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On **RegattaCentral.com**, log-in to www.regattacentral.com. On the home page, under My Roster, click on Instructions for USRowing Waiver Submission.

IMPORTANT: Waivers must be submitted by the athlete or a legal guardian. (Coaches are not permitted to submit a waiver on a rower's behalf)

REFUNDS/ SCRATCHES: Entry fees will be refunded for scratches registered on or before Saturday, September 26. Scratches after this date will forfeit their entry fees. No other refunds will be made. During the regatta, scratch forms must be filed with Control Commission one hour prior to the event.

RACE PACKET PICK-UP AND WEIGH-IN TIMES: Race packet pick-up and weigh-ins will take place in the Exchange Boathouse on Friday, October 2, 1-6 pm, Saturday, October 3, 7am to noon, and Sunday, October 4, 7- 9 am.

PRACTICE: The head race course is open for practice from 12:00 noon to 7:00 pm on Friday, October 2; no boats may launch after 6:00 pm. The course will be not be open to practice on Saturday or Sunday, If you need to access the course earlier, please contact Jim Andersen jandersen@okcbf.org.

COACHES AND COXSWAIN MEETINGS: Race officials and organizers will hold a meeting for coaches, coxswains and unaffiliated scullers at 7:00 am on Saturday, October 3, at the ramp located north of the Exchange Boathouse.

RACE RULES AND SCHEDULE ATTACHED

DRIVING DIRECTIONS & STAGING

The Exchange Boathouse is located at 1391 S. Exchange Ave. in Oklahoma City. Trailer drivers will want to follow the driving directions below and check in at the entrance to the Boathouse parking lot for assignment:

I-40 from the West:

Take Western Ave exit
Stay right and go straight onto Klein Ave
At SW 3rd Street make a diagonal right onto Exchange Ave.
Follow it over the bridge Take the first right into the boathouse parking lot

I-40 from the East:

Exit 149A Western Ave Go slow 20 mph as it turns to the right sharply
Stay in the right lane and turn right onto Western Ave.
Under the Highway, stay in the right hand lane and at the Reno Ave intersection; make a diagonal right onto Exchange Ave.
Follow it over the bridge, and take the first right into the boathouse parking lot.

You may contact the Chesapeake Boathouse at (405) 552-4040 if you need assistance with directions upon arrival in Oklahoma City.

TRAILER PARKING: Trailers will be parked in designated areas in the Exchange Boathouse parking lot and surrounding grassy areas with overflow trailer parking located on the southeast side of the Exchange Ave. bridge. Parking is on a first-come, first-served basis. Security will be provided Friday and Saturday nights for the designated equipment storage areas. Please ensure your trailers are secure and all valuables are removed.

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BUS PARKING: Free bus and overflow trailer parking will be located on the southeast side of the Exchange Ave bridge. Parking in these designated areas is limited to a first-come, first-served basis.

BOAT STAGING: Please keep all boats and oars in the designated staging areas and clear of marked pathways and docks. Most staging will occur in the Exchange Boathouse parking lot and surrounding grass areas.

CLUB TENTS: Clubs and universities are permitted to erect tents in designated areas along the racecourse. Please see registration officials for information on the permitted tent locations.

RACING SHELL RENTALS: Boat rentals are available on a limited basis from the Chesapeake Boathouse at the following rates per entry: Eight - \$160; Quad/Four - \$120; Pair/Double - \$ 80; Single - \$60. Please email Jim Andersen at jandersen@okcbf.org for more information or to make a reservation.

RACE RESULTS AND AWARDS

TIMING: All event timing and results will be provided by Powerhouse Timing.

AWARDS: Awards will be distributed for the Boot of the Oklahoma at designated times throughout the day on Saturday and Sunday as results become official. An awards schedule will be included in the athlete race packet. Special awards will be awarded at the conclusion of racing on Saturday during the Athlete BBQ. Special awards include:

- Norick Cup- First place finisher of the Men's Colligate Eight Head Race
- Ackerman Cup- First-place finisher of the Women's Collegiate Eight Head Race

ATHLETE HOSPITALITY

HOTEL INFORMATION: Please visit www.bootoftheoklahoma.com for a complete list of our hotel partners and special regatta rates. Please note the new hotel partners in the I40/Meridian area.

ATHLETE FOOD: Each athlete will receive a free meal voucher for an authentic Oklahoma BBQ to be held Saturday afternoon, 3-7pm. Various other food vendors will be open throughout the day for food purchase. Free water, PowerAde and fruit will be available in the athlete hospitality tent near the staging area.

APPAREL/VENDORS: Boot of the Oklahoma apparel will be available along with full color commemorative programs. Quantities are limited! A vendor expo area will also offer rowing merchandise, equipment and local vendors.

FIRST AID: First aid will be located near the Exchange Boathouse adjacent to the staging area.

REGATTA UPDATES: Please check www.bootoftheoklahoma.com for regatta updates, schedule updates, or racing information. Emails will also be sent to regatta registrants with updated information leading up to the event.

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RACE RULES & SCHEDULE

EVENT CATEGORIES

- Collegiate - Varsity collegiate rowing programs; also open to clubs. **see special notice regarding NCAA Rule 13.11.1.2 below**
- Open – Open to all USRowing registered rowing clubs, individuals, and teams (no handicapping) except junior athletes, crews and scholastic programs. Includes all international teams that are not juniors.
- Youth - Junior Crews, Scholastic and Club; Juniors may only row or cox in events with a Youth designation
- Lightweight Men - Open to rowers who do not weigh more than 165 lbs.
- Lightweight Women - Open to rowers who do not weigh more than 135 lbs
- Collegiate Freshman/Novice – Open to rowers who have not competed in the past year as a collegiate athlete.
- Youth Novice - limited to rowers who have not raced prior to Jan 1st 2009
- Masters - The Boot of the Oklahoma will follow USRowing Rules of Rowing for Masters eligibility and handicapping guidelines. The Boot of the Oklahoma will recognize all categories of masters racing.

Non-collegiate rowers, scullers and coxswains are not allowed to enter competitions representing a college or university.

SPECIAL NOTICE REGARDING NCAA RULE 13.11.1.2

The Head of the Oklahoma encourages the participation of both college and high school athletes, and allows participation by both groups of athletes while not jeopardizing their ability to compete in future intercollegiate competition. The restrictions apply to high school students participating in both school AND club based junior programs.

SEEDING: The starting positions for head race events will be seeded according to the finish times from the 2008 event. For the events cancelled in 2008, we will use 2007 results to the extent possible. All other starting positions will be assigned according to a random draw conducted by Powerhouse Timing.

LIGHTWEIGHT WEIGH IN Weigh-in will take place in the Exchange Boathouse on Friday, October 2, 1-6 pm, Saturday, October 3, 7am to noon and Sunday, October 4, 7-9am. Crews must weigh in with all members present.

- Lightweight Men - Open to rowers who do not weigh more than 165 lbs.
- Lightweight Women - Open to rowers who do not weigh more than 135 lbs

STAMPEDE (500m races): The Stampede events will be raced on Saturday afternoon. Crews will be selected from the results of the Head Race. If the Head Race event has less than 12 crews, the top 4 crews from the Head Race results will line up for a Grand Final 500m race. If an event has more than 12 crews, we will invite the top 4 crews for a Grand Final and the next 4 crews (places 5-8) for a Petite Final. Lane assignments for the Stampede events will be based upon the finish times from the corresponding Head Race events. Head Race events with a, b, and c sub categories will base advancement on the top collective raw times from all sub categories. For example: in an event with Open, Collegiate, and Lightweight subcategories, the fastest crews, in raw time, will advance to the Stampede Grand Final.

CONTROL COMMISSION: All crews are expected to check in at the Control Commission tent prior to launching. Control commission will direct crews to their launching docks and will check for a properly affixed bow ball and heel tie on each shoe. Control Commission representatives will be located near boat launching areas.

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BIBS/BOW MARKERS: Race bibs and bow numbers will be in your entry packet. All boats must have the bow number displayed during the race and the race bibs should be worn on the back of all bow seat rowers. PLEASE RETURN BOW NUMBERS AT THE CONCLUSION OF YOUR RACE. Receptacles will be located near the recovery dock.

HOT SEATING: The control commission must be informed in advance of any crews planning to hotseat. No events will be delayed for late arriving crews. Late arriving crews may race the course for time if deemed safe by the starting official (however, they will not be eligible for a medal).

RACE COURSE & TRAFFIC PATTERN: Please see course map for specific traffic-related information. All head racing will be conducted in a clockwise traffic pattern with racing occurring from west to east. All sprint racing will occur in a counter-clockwise traffic pattern with racing occurring from west to east on the South Shore. Please use caution when passing through bridges.

LAUNCHING: All participants are expected to launch a minimum of 30 minutes in advance of the event in which they are entered. First call to the water is 55 minutes prior to the start of the race. Any changes to the launch times will be announced. Announcements will be made calling crews to the water. Events will not be held for late crews. Please ensure your crews are prompt on the dock and observe a 90 second dock time.

STARTING: The starter will arrange the crews so that crews cross the starting line at approximately 15 second intervals. PLEASE HAVE YOUR CREWS LINE UP IN THE ORDER OF YOU BOW NUMBER PRIOR TO THE START OF EACH RACE. To consolidate space in the starting area and expedite the start process, crews will set up in two lines with the even numbers on the north and odd on the south.

RIGHT OF WAY: A crew is deemed to be overtaking another crew when it has moved 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 to allow the overtaking crew to pass. Where the course turns to the right, a crew being overtaken shall move to the outside the turn (left or north) 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.

PENALTIES

Buoys- White buoys mark the boundaries of the course, dividing the race lanes from the warm-up/traffic lanes. Red buoys alert of approaching hazards. A crew shall be penalized 10 seconds for each buoy the crew passed incorrectly. A crew passes a buoy incorrectly when any part of its hull passes on the wrong side of the buoy.

Start- A crew that missed the correct order of the start will be penalized 10 seconds.

Yielding- A crew that fails to yield to a crew to a crew having proper right of way shall be penalized 30 seconds. A crew that fails to yield to a crew being properly summoned to the starting area, or interferes with the staging of the start may be penalized 10 seconds by the Marshal or Starter.

Bow Number- A crew that crosses the starting line without any of the required numbers (bow or bib) visible shall be penalized 60 seconds.

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RACE SCHEDULE

Note: races with no entries will be eliminated and final race times will be adjusted accordingly

Event	Saturday Events 4K Races	Time2	OG+E STAMPEDE
1a	Women's Open 1x	8:30 AM	Stampede Qualifier
1b	Women's Open Ltwt 1x	8:30 AM	
1c	Women's Masters 1x AA-D	8:35 AM	
1d	Women's Masters 1x E-J	8:35 AM	
2	Men's Youth 4x	8:45 AM	Stampede Qualifier
3	Women's Youth Novice 4x	8:50 AM	
4	Men's Youth Novice 4+	9:00 AM	
5a	Men's Open 2x	9:15 AM	Stampede Qualifier
5b	Men's Open Ltwt 2x	9:15 AM	
6	Men's Masters 2x	9:20 AM	Stampede Qualifier
7	Women's Youth 1x	9:30 AM	Stampede Qualifier
8	Women's Youth Rec 1x	9:40 AM	
9	Women's Youth Novice Rec 1x	9:40 AM	
10	Women's Open 8+	10:00 AM	Stampede Qualifier
11	Women's Collegiate 8+	10:00 AM	Stampede Qualifier
12	Women's Masters 8+	10:10 AM	
13	Women's Youth 8+	10:15 AM	Stampede Qualifier
13a	Women's Youth Lwt 8+	10:15 AM	
14	Men's Collegiate 4+	10:30 AM	Stampede Qualifier
15	Women's Collegiate Novice/Frosh 4+	10:40 AM	
16	Men's Collegiate Novice/Frosh 8+	10:50 AM	
17	Men's Youth Novice 8+	11:00 AM	
BREAK			
18a	Men's Open 1x	12:00 PM	Stampede Qualifier
18b	Men's Open Ltwt 1x	12:00 PM	
18c	Men's Masters 1x AA-D	12:05 PM	
18d	Men's Masters 1x E-J	12:05 PM	
19	Women's Youth 4x	12:15 PM	Stampede Qualifier
20	Men's Youth Novice 4x	12:20 PM	
21	Women's Youth Novice 4+	12:30 PM	
22a	Women's Open 2x	12:45 PM	Stampede Qualifier
22b	Women's Open Ltwt 2x	12:45 PM	
23	Women's Masters 2x	12:50 PM	Stampede Qualifier
24	Men's Youth 1x	1:00 PM	Stampede Qualifier
25	Men's Youth Rec 1x	1:10 PM	
26	Men's Youth Novice Rec 1x	1:10 PM	

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27a	Men's Open 8+	1:30 PM	Stampede Qualifier
Event	Saturday Events 4K Races (cont)	Time2	OG+E STAMPEDE
27b	Men's Collegiate 8+	1:30 PM	
28	Men's Masters 8+	1:35 PM	
29a	Men's Youth 8+	1:40 PM	Stampede Qualifier
29b	Men's Youth Ltwt 8+	1:40 PM	
30	Women's Collegiate 4+	1:50 PM	Stampede Qualifier
31	Men's Collegiate Novice/Frosh 4+	2:10 PM	
32	Women's Collegiate Novice/Frosh 8+	2:15 PM	
33	Women's Youth Novice 8+	2:20 PM	
34	Mixed Masters 4x	2:30 PM	Stampede Qualifier
35	Kayak 1x,2x	2:35 PM	

OG+E Stampede 500m Sprints

4-6:00 PM

- 0 Parent/Child 2X
- 1 Women's Open / Lwt/ Masters 1x
- 2 Men's Youth 4x
- 5 Men's Open /Lwt 2x
- 6 Men's Masters 2x
- 7 Women's Youth 1x
- 10 Women's Open 8+
- 11 Women's Collegiate 8+
- 13 Women's Youth / Lwt 8+
- 14 Men's Collegiate 4+
- 18 Men's Open / Lwt/ Masters 1x
- 19 Women's Youth 4x
- 22 Women's Open /Lwt 2x
- 23 Women's Masters 2x
- 24 Men's Youth 1x
- 27 Men's Open /Collegiate 8+
- 29 Men's Youth / Lwt 8+
- 30 Women's Collegiate 4+
- 34 Mixed Masters 4x

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Sunday Events 4K Races

51	Men's Open 4x	8:30 AM
52	Men's Masters 4x	8:35 AM
53	Women's Collegiate 1x	8:45 AM
54	Women's Open Rec 1x	8:50 AM
55	Women's Open Novice Rec 1x	8:50 AM
56	Women's Open 2-	9:00 AM
57	Men's Youth 2x	9:10 AM
58	Men's Youth Ltwt 2x	9:15 AM
59	Men's Open 4+	9:30 AM
60	Women's Youth 4+	9:40 AM
61	Women's Youth Ltwt 4+	9:45 AM
62	Mixed Open 8+	9:55 AM
63	Mixed Masters 8+	9:55 AM
64	Mixed Youth 8+	10:00 AM
65	Mixed Masters 2x	10:10 AM
66	Men's Youth 4+	10:20 AM
67	Men's Youth Ltwt 4+	10:20 AM
68	Women's Open 4+	10:30 AM
69	Women's Youth 2x	10:40 AM
70	Women's Youth Ltwt 2x	10:50 AM
71	Men's Open 2-	10:55 AM
72	Men's Collegiate 1x	11:10 AM
73	Men's Open Rec 1x	11:15 AM
74	Men's Open Novice Rec 1x	11:15 AM
75	Women's Open 4x	11:30 AM
76	Women's Masters 4x	11:35 AM

RACE DIRECTOR

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