



2009 Head of the Iowa

October 25, 2009
Iowa City, Iowa
Iowa River

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IOWA HAWKEYES

The University of Iowa
Carver-Hawkeye Arena
Iowa City, IA 52242-1020

Dear Colleagues,

On behalf of the University of Iowa, we would like to welcome you to the 2009 Head of the Iowa Regatta.

The University of Iowa Athletics Department is both honored and proud to host this event and look forward to once again featuring collegiate rowing in our community. We are excited about the recent completion of the P. Sue Beckwith, M.D. Boathouse and the opportunity to showcase our commitment to the sport of rowing.

We believe you will enjoy the warmth, friendliness and hospitality of the people of Iowa City, and we pledge to do all we can to make your stay with us enjoyable.

Thank you for your support of the Head of the Iowa!!!

Sincerely,

A handwritten signature in cursive script, appearing to read 'Paula'.

Paula Jantz
Associate Athletic Director



2009 HEAD OF THE IOWA

Sunday, October 25, 2009

Iowa City, Iowa

The University of Iowa invites you to participate in the 2009 Head of the Iowa Regatta. The 2.5 mile race will be held Sunday, October 25 on the Iowa River.

The Regatta is USRowing sanctioned, and includes events for collegiate men and women.

The packet includes the following information:

- Regatta Information
- Course Description & Procedures
- Coaches Checklist

If you have any questions regarding the materials in this packet, please contact Kendra Wieditz at (319) 335-9259 or email kendra-wieditz@uiowa.edu. Here is the address for

Events for this Regatta:

Novice:
Men: 4+, 8+
Women: 4+ 8+

Open:
Men: 2-, 4+, 8+
Women: 2-, 4+, 8+

Registration-The Head of the Iowa Regatta uses Regatta Central for registration of entries. Please go to: <http://www.regattacentral.com/> for more information.

Entry Fees:

- Doubles/Pairs \$30.00
- Fours \$50.00
- Eights \$70.00
- (**Note:** A \$5.00 fee will be charged for bow numbers not returned.)

Entry Deadline-The deadline to register at <http://www.regattacentral.com/> Friday, October 16, 2009.

Note: If you are to enter a race after the deadline your boat will be added at the end of the race. We will be doing a random draw this year on Friday, October 16, 2009.

- Your line-ups will be due on race day.

*All organizations must have a representative at the 8:30 am meeting.

<u>Start Time</u>	<u>Schedule of Events</u>
* 8:30 am	COACHES & COX'S MEETING
10:00 am	Men's Varsity 8+
10:30 am	Women's Varsity 8+
11:00 am	Men's Novice 8+
11:30 am	Women's Novice 8+
	BREAK
12:30 pm	Men's Varsity 4+
1:00 pm	Women's Varsity 4+
1:30 pm	Men's Novice 4+
2:00 pm	Women's Novice 4+
2:30 pm	All 2- (Men first, Women follow)

Address & Directions:

200 E. Park Road, Iowa City, IA.

- I-80E – Take 244 Exit then turn left on Dubuque Street. At Park Road stoplight take a right and there is City Park.
- I80W - Take 244 Exit then turn right on Dubuque Street. At Park Road stoplight take a right and there is City Park.

Definitions:

2009 Rules-USRowing rules of racing will govern all situations unless otherwise specified within. Please refer to the Course Description and Procedures sheet for specific racing rules.

Event Specifications:

Novice-Any competitor who is in their 1st year of collegiate rowing OR who has been competing for one year or less as of October 25, 2009. This means experienced college freshmen may compete. Experience as a sculler does not count as experience in sweep events and vice versa.

Coxswain: No Restrictions.

Regatta Information:

Timing System & Results will be provided by



Accommodations-There will be floor space available for teams at the Field House at The University of Iowa, free of charge. But you will be required to pay for parking. Please contact Kendra Wieditz, if you are interested in the Field House accommodations by Friday, October 16, 2009. We will cancel the room if there are no interested teams. Please refer to this website for the visitor's guide:

www.iowacitycoralville.org/visitors.asp and this website for more hotel information:

<http://www.hawkeyesports.com/travel/hotel/iowa-travel-information.html>.

Boat Storage/Parking-Boats may be stored at the race site in the sectioned-off area near the East parking lot at City Park. There will be professional security provided for Saturday night. Please indicate on your Composite Entry Form the day you will arrive in Iowa City. Boats may be stored from Saturday starting at 10:00 am.

Concessions & Hospitality-Vendors will be at the site all day.

Meetings-There will be a coaches and coxswains meeting at 8:30 a.m. on Sunday, October 25, 2009 outside the Registration Tent. All organizations must have a representative present for safety and scheduling reasons. Every organization will be responsible for the information presented at this meeting.

Practice-Teams will be allowed to practice from 12:00-5:00 pm on Saturday, October 24. **The dock will close at 4:45 pm and all boats must be off the river at 5:30 pm. NO EXCEPTIONS!**

Registration-Registration will take place **Saturday, October 24 from 2:00-6:00 pm** and **Sunday, October 25 from 7:00-11:00 am** in the Registration Tent at City Park.

Results and Awards-Medals will be awarded to the top 3 finishes in the events hosting 4 or more entries. A medal will be awarded to the top finisher in the events hosting 3 or less entries. Results will be posted as soon as possible. Starting at **11:00 am** you will be able to start picking up your awards. Awards will be presented throughout the day.

Course Description and Procedures:

Launching Procedures

- Crews must launch during the announced launch time.
- Launching will be in bow number order. Each crew must follow the direction of the dockmaster as to which dock to use. Primarily, the north dock will be used for launching and the south docks will be for returning crews.
- Each crew must launch in two (2) minutes.

- No rigging or stretcher adjustments at the dock.
Equipment breakage: If crews experience equipment breakage at the dock, the dockmaster must be notified at once, and the shell shall be removed from the water immediately.
- After launching, shells must proceed upstream from the launch area to the start line. Stay on the west and south side of the river.
- The dockmaster will retain final authority regarding the launch and retrieval order of all shells.

Rowing to the Start

- You must allow a minimum of 30 minutes to get to the starting line from the docks.
- Crews have approximately 2000 M in which to warm-up.
- Crews must proceed to the start on the west and south side of the river.
- The river will be bisected by orange bema buoys with the north and east side being the racing lane. Your oars should never go into the racing lane.
- Crews must stay to the west and south shore as they proceed up-river to the start. Do not interfere with any race in progress. It may result in exclusion. Please stay in single file in the warm-up lane.
- Once crews arrive at the starting area, they **MUST** follow the instructions of the race marshall on the water. Pay close attention to the marshall's instructions.
- All crews should await the start of their race on the south side of the river. See the area marked "gathering area" on the enclosed map. **Crews must be on full alert and in the "gathering area" on the south and west shore 5 minutes before their race begins.**

Rules at the Start

- All crews must be up-river no later than five (5) minutes before the scheduled start of their event.
- Each crew must be prepared to start at its assigned starting time. The starting order WILL follow numerical sequence of the bow-markers.
- Each crew must follow the directions of the starting judge when proceeding to the starting line.
- All crews must assist in maintaining order at the start. Be alert for other crews.
- Shells arriving more than one (1) minute after the last boat has started **WILL NOT** be permitted to row for awards. Shells arriving more than ten (10) minutes after the start of the last competing boat in that event **WILL NOT** be permitted to row the course.

Rules During the Race

- The Head of the Iowa is a USRowing sanctioned event and will be run according to USRowing rules.
- All crews must pass through the bridge spans marked with green banners. Failure to pass through the appropriate spans will result in exclusion. **The Park Street Bridge and Hancher Footbridge each have spans to pass through.** Prior to the Park Street Bridge (150 meters) is designated as a "No passing zone". This will be clearly marked with different colored buoys all the way to the bridge. **For the safety of all crews—do not pass in this area!**
- Right of Way: A crew is deemed to be overtaking another crew when it has moved to within one boat length of open water of the crew ahead. A crew being overtaken shall move out of the way, to port, and allow the overtaking crew to pass to starboard. Do not force another crew to row directly in your wake after passing. Due to the narrow nature of the Iowa River, all boats must hold their position when going under a bridge. Any boat failing to follow these rules or any other rules, will be excluded.
- Due to the narrow nature of the river your entire boat, including your blades, must be to the port side of the buoys at all times. Failure to do so will result in penalties.

The Finish

- The official order of finish will be determined in the timing tent. **Competitors must row through the buoyed markers at the finish line and through the 2nd from the left span of the railroad bridge.**

Once through the railroad bridge turn immediately and quickly to proceed up-river on the west side. Do not go under the Iowa Avenue Bridge (the one past the railroad bridge) because of the dam located 300 M down the river.

Returning to City Park

- Row upstream on the west side of the river to Hancher Auditorium. At this point wait for the officials' clearance to move through the shallows, up through Park Street Bridge to the retrieval dock. **Be alert and do not interfere with any race in progress; it could result in exclusion of your boat.**

Protests

- All protests must be filed within 60 minutes of the end of the race in which the violation occurred. The crew's coxswain or representative rower/sculler shall indicate the crew's **intent** to file a protest to the course marshall at the finish line or to the dockmaster on shore at the docks/launching area.
- Protest forms must be filed directly with Roger Frederick, the Chief Referee.
- A \$25 filing fee is required at the time a protest is filed. In the event the protest is upheld, the fee will be returned. If the protest is denied, the fee will be forfeited.

Violations/Penalties

Buoy Violations:

10 seconds for the 1st buoy

60 seconds for the 2nd buoy

Exclusion from the race for the third buoy

60 second penalties for the following:

Taking more than 2 minutes to launch from the dock

Late arrival to the start

Not yielding to another crew

Interference with a racing crew

Exclusion if you:

Try to pass another crew under the bridges or try to pass a crew in the "No passing zone"

Are rowing with the wrong bow #

Cause a collision

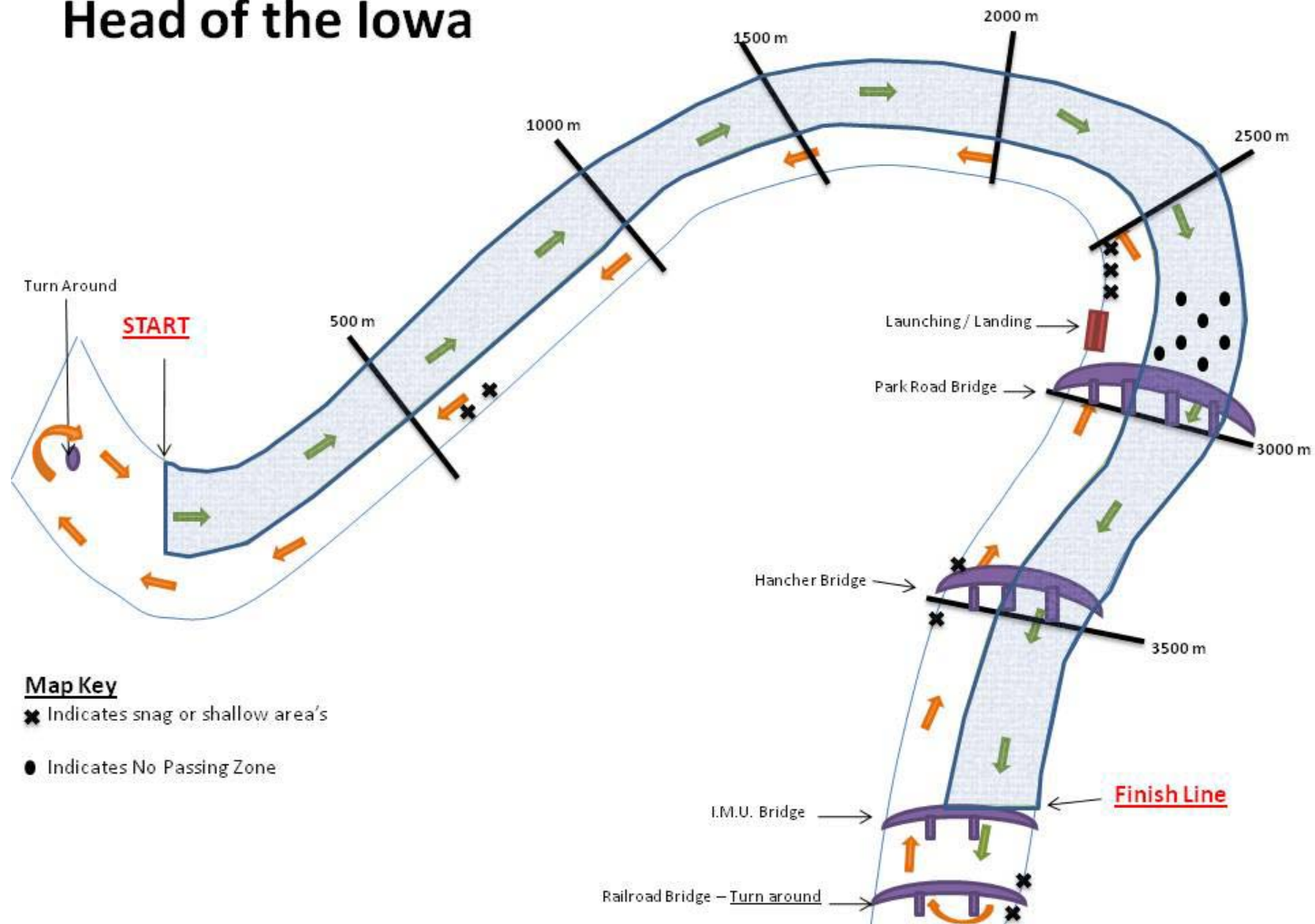
Fail to use the appropriate spans of each bridge

**2009 HEAD OF IOWA REGATTA
COACHES CHECKLIST**

<input type="checkbox"/>	On-Line Registration	October 16, 2009	Friday
<input type="checkbox"/>	Travel Party Form	October 16, 2009	Friday
<input type="checkbox"/>	Waiver Forms	October 24, 2009	Saturday
<input type="checkbox"/>	Line-Ups	October 24, 2009	Saturday
<input type="checkbox"/>	Entry Packet Pick-Up	Regatta Day	Saturday (2:00-6:00 pm) Sunday (7:00-11:00 am)
<input type="checkbox"/>	Coaches/Coxswain's Meeting	Regatta Day	Sunday (8:30 am)
<input type="checkbox"/>	First Event	Regatta Day	Sunday (10:00 am)

WAIVERS AND LINE-UPS ARE ALSO AVAILABLE ONLINE AT REGATTA CENTRAL!

Head of the Iowa



Release of Liability

IN CONSIDERATION of being given the opportunity to participate in any USRowing activity, including scheduled, supervised club activities, and registered regattas, during the policy term 12/31/08 – 12/31/09, I, for myself, my personal representatives, assigns, heirs, and next of kin.

1. I ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.

2. I FULLY UNDERSTAND that: (a.) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Releasee named below; (c.) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. I AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of USRowing and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.

4. I HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, the Regatta, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place, (each considered one of the Releasees herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasee or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim, to the fullest extent permitted by law.

Fax: 609-924-1578



I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Participant:

USRowing # _____ Date of Birth: _____

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date: _____

Participant's Signature: _____

Organization: _____

PARENTAL CONSENT

(if participant is under the age of 18).

AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor's account caused or alleged to be caused in whole or part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above Releasee, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost any may incur as the result of any such claim, to the fullest extent permitted by law.

Printed Name of Parent/Guardian:

Address: _____

City: _____ State: _____ Zip: _____

Phone: _____ Date: _____

Parent/Guardian Signature (only if participant is under the age of 18): _____

This is THE USRowing Release of Liability, which should be copied for your use.