



The South Orlando Rowing Association

invites you to the

3rd annual Head of the Gibleet Regatta

Included in this packet, you will find contact information, race schedules, regatta history and venue information.



Registration:

Registration deadline – Friday, November 13, 2009

Entry Fees:

Eights: \$80.00

Fours/Quads: \$50.00

Doubles/Pairs: \$30.00

Singles: \$15.00

Middle School 8+: \$40.00

Middle School 4x+: \$25.00

Entry Cap \$650.00 per club

*NOTE: all entries must be submitted under one account to receive the entry cap

Payment:

Payments may be paid online through Regatta Central

Checks must be made payable to South Orlando Rowing Association & mailed to:

South Orlando Rowing Association

Attn: Head of the Giblet Regatta

PO Box 568782

Orlando, FL 32856

Scratches:

Scratches and boat changes prior to the deadline will NOT be charged

Scratches made after registration deadline are obligated to the full registration amount

Scratches made on regatta day incur a \$20 penalty

Waivers:

All competitors must sign a liability waiver. Competitors under the age of 18 must sign and have a parent or guardian sign an individual minor's waiver. Please return your signed waivers as part of your teams entry packet (only if racing as part of a team/club).

Waivers can be found at the end of this packet or under the waiver section at www.regattacentral.com

Completed team waivers (or individual waivers if not participating as part of the team) can be submitted:

1. In person at registration
2. Via fax: Attn. Candi Mellow (407) 423-5563
3. Via email: katiehd327@gmail.com
4. By mail (waivers must arrive at PO Box by Wed. Nov 18)

South Orlando Rowing Association

Attn: Head of the Giblet Regatta

PO Box 568782

Orlando, FL 32856



Competitor Eligibility:

Each team shall be responsible for the eligibility, conduct, physical fitness, including the ability to swim, of its competitors.

HS, HS Lightweight, HS Novice:

HS, HS Lightweight, and HS Novice events are limited to scullers, rowers and coxswains currently enrolled in high school. Junior/high school scholastic teams, scullers and coxswains may only enter "HS", "HSLightweight", and "HSNovice" events. HS event competitors are defined as scullers, rowers and coxswains who in the current calendar year, do not attain the age of 19, or who are and have been continuously enrolled in secondary school as a full time student seeking a diploma. Per FSRA, 6-8th grade students may row in HS events.

Masters Events:

Masters Events are limited to scullers and rowers who have each attained at least 21 years of age during the calendar year. For Master 2x, 4x, 4+, and 8+ the age of the crew will be the average of the rowers (except for coxswain). Age handicapping for Master events will follow USRowing Guidelines.

Lightweight events:

There will not be a boat weight averaging requirement for lightweights of either gender. USRA crew average weight rules shall not apply. For the Hooch, lightweights are:

- Male rower(s) weighing no more than 165.0 lbs
- Female rower(s) weighing no more than 135.0 lbs

Weigh-in for members of lightweight crews will take place on Saturday beginning at 6:30 a.m. The weigh-in must be complete 1.5 hours prior to racing and the entire boat must be present for weigh-ins. Coxswains do not have to weigh in.

Novice events:

Novice events are limited to scullers, rowers and coxswains who have been competing for one year or less. Experience in sculling events does not count as experience in sweep events and vice versa.

Mixed Events:

Mixed crews shall have an equal number of men and of women. Coxswains may be of either gender.

Cancellation of events:

Events with only one entry at the registration deadline will be eliminated and the team will be notified in advance of race day. If race day scratches reduce a race to one entry, the single entry will row down the course for time.

Coaches & Coxswains Meeting:

The coaches & coxswains meeting will be held at 7:00 a.m. on race day at the registration area. Representatives from each team must attend.

Bowballs, bowmarkers & shoes:

No boat will be allowed on the water without a bowball & quick release shoes. Heel ties must be in place & secure.

Friday Practice:

The site will be available for Friday Practice (Weather Permitting). All teams must be off the water by 6:30 p.m.

Merchandise Sales:

Sales of merchandise will be permitted ONLY by advance arrangement with the South Orlando Rowing Association. Please contact katiehd327@gmail.com for requirements, forms and fees.



Awards:

Medals will be awarded for 1st, 2nd, & 3rd place finishers in each event. An all points trophy will be awarded to the HS and Masters teams accumulating the most points.

HS/Junior

	8+	4+/x	2x	1x
1st	100	75	50	25
2nd	86	65	43	22
3rd	74	56	37	19
4th	64	48	32	16
5th	56	42	28	14
6th	50	38	25	13
7th	46	33	23	12
8th	42	29	21	11
9th	38	26	19	10
10th	34	23	17	9
11th	30	20	15	8
12th	26	17	13	7

Masters (after Handicap)

	8+	4+/x	2x	1x
1st	100	75	50	25
2nd	86	65	43	22
3rd	74	56	37	19
4th	64	48	32	16
5th	56	42	28	14
6th	50	38	25	13
7th	46	33	23	12
8th	42	29	21	11
9th	38	26	19	10
10th	34	23	17	9
11th	30	20	15	8
12th	26	17	13	7

Masters points will count toward Masters All-point trophy & HS/JR points will count toward HS All-point trophy. Master & High School points **will not** be combined. Middle school events will not count toward a HS or Master all-point trophy.

If 3 or more programs compete in middle school events, a middle-school All Points trophy will be awarded and will follow the HS points systems above.



Venue Information:

Turkey Lake Park
3401 Hiwassee Rd
Orlando, FL 32835
phone. 407-299-5594

The park charges a \$4 per vehicle fee to enter the park and \$30 per bus on race day. Parking for busses & spectators will be in the softball field at the east end of the park.

The race course is along the entire shore of Turkey Lake. The team tent areas provide great viewing of the start and finish of the 5k course!



Directions:

From Tampa: I-4 East toward Orlando. Exit Sand Lake Rd. & turn left at the ramp. Go to the 2nd light which is Turkey Lake Rd., turn right on Turkey Lake Rd. and follow 3-4 miles until it intersects with Conroy-Windermere Rd. Turn left on Conroy-Windermere. Go approximately ½ mile to the intersections of Hiwassee Rd. Turn right on Hiwassee. Go approximately ¾ mile on Hiwassee. Bill Fredrick Park is on your right.

From Miami: I-95 north to the Beeline Expressway/Rt. 528 West (tollway). Follow the signs to I-4 East towards Orlando. The first exit after merging on to I-4 is Sand Lake Road. Exit Sand Lake Rd. & turn left at the ramp. Go to the 2nd light which is Turkey Lake Rd., turn right on Turkey Lake Rd. and follow 3-4 miles until it intersects with Conroy-Windermere Rd. Turn left on Conroy-Windermere. Go approximately ½ mile to the intersections of Hiwassee Rd. Turn right on Hiwassee. Go approximately ¾ mile on Hiwassee. Turkey Lake Park is on your right.

From Orlando & North: I-4 West. Exit on Conroy-Windermere Rd. Go straight on Conroy-Windermere through 4 traffic lights, the 5th light is Hiwassee. Turn right on Hiwassee. Go approximately ¾ mile on Hiwassee. Turkey Lake Park is on your right.



2009 Head of the Giblet - Regatta Schedule

7:00 AM	<i>Coach & Coxswain Meeting</i>		
8:00 AM	Womens Masters/Open 1x Womens HS 1x Womens HS Ltwt 1x Womens Jr (<15) 1x Womens Rec/Novice 1x	10:30 AM	Mens Masters/Open 4+ Mens HS 4+ Mens HS Ltwt 4+
8:15 AM	Mens Masters/Open 2x Mens HS 2x Mens Jr (<15) 2x	10:45 AM	Mens Masters 4x Mens HS 4x
8:30 AM	Womens Masters/Open 4+ Womens HS 4+ Womens HS Ltwt 4+	11:00 AM	Mens Masters/Open Novice 4+ Mens HS Novice 4+
8:45 AM	Womens Masters 4x Womens HS 4x	11:30 AM	Middle School 8+
9:00 AM	Womens Masters/Open Novice 4+ Womens HS Novice 4+	11:45 AM	Middle School Coxed 4x
9:15 AM	Mens Masters/Open 8+ Mens HS 8+ Mens HS Ltwt 8+ Mens Masters/Open Novice 8+ Mens HS Novice 8+	12:00 PM	<i>Lunch Break</i>
9:30 AM	Womens Masters/Open 2x Womens HS 2x Womens Jr (<15) 2x	1:00 PM	Mixed Masters/Open 2x Mixed HS 2x
9:45 AM	Mens Masters/Open 1x Mens HS 1x Mens HS Ltwt 1x Mens Jr (<15) 1x Mens Rec/Novice 1x	1:15 PM	Mixed Masters/Open 4+ Mixed HS 4+
10:15 AM	Womens HS 8+ Womens HS Ltwt 8+ Womens Masters/Open Novice 8+ Womens HS Novice 8+	1:30 PM	Mixed Masters 4x Mixed HS 4x
		1:45 PM	Mixed Masters/Open 8+ Mixed HS 8+

Printed Name of Participant _____

ROWING WAIVER AND RELEASE OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT

IN CONSIDERATION of being given the opportunity to participate in the 2009 Head of the Giblet Regatta, I do for myself, my personal representatives, assigns, heirs and next of kin:

- 1) **ACKNOWLEDGE**, agree and represent that I understand the nature of Rowing Activities, both on the water and land based, and that I can swim, am qualified, in good health, and in proper physical condition to participate in such activity.
- 2) **FULLY UNDERSTAND that: (a) ROWING ACTIVITIES INVOLVE RISK AND DANGERS** of serious bodily injury, including permanent disability, paralysis and death ("Risks"); (b) that these risks and dangers may be caused by my own actions or inaction, the actions or inaction of others participating in the Activity, the conditions in which the Activity takes place, or the negligence of the Releasees named below; (c) there may be other risks, social and economic losses either not known to me or not readily foreseeable at this time, and I **FULLY ACCEPT AND ASSUME ALL RESPONSIBILITY FOR LOSSES, COSTS AND DAMAGES** I incur as a result of my participation in the activity.
- 3) **AGREE AND WARRANT** that I will examine and inspect each Activity in which I take part as a member of the club 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) **HEREBY RELEASE**, discharge, and covenant not to sue the South Orlando Rowing Association, their respective administrators, directors, members, agents, officers, volunteers and employees., other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises on which any of the Activities takes place (each a 'Releasee' 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 any Releasee or otherwise, including negligent rescue operations; and I further agree that if, despite this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement, I, or anyone on my behalf makes a claim against any of the above Releasees, I **WILL INDEMNIFY, SAVE, AND HOLD HARMLESS** such of Releasee from any litigation expenses, attorney fees, loss, liability, damage, or cost which may be incurred as the result of any such claim.

I have read this Waiver and Release of Liability, Assumption of Risk and Indemnity 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: _____

ADDRESS: _____
Street City State Zip

TELEPHONE: _____ **DATE:** _____

PARTICIPANT'S SIGNATURE (if age 18 or over): _____

PARENTAL CONSENT

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 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 in 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 releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the releasees from any litigation expenses, attorney fees, loss liability, damage, or cost that may be incurred as the result of such claim.

PRINTED NAME OF PARENT/GUARDIAN: _____

ADDRESS: _____
Street City State Zip

TELEPHONE: _____ **DATE:** _____

Parent/Guardian Signature (If participant is under age 18) _____