

Oak Ridge Rowing Association's Secret City Head Race Regatta

MELTON HILL LAKE, OAK RIDGE, TENNESSEE

The Oak Ridge Rowing Association, INC will be hosting the 9th Secret City Head Race on a new weekend. Oak Ridge, Tennessee, The city of Oak Ridge lies in the ridge-valley topography of Eastern Tennessee. The City is ~15 minutes off I-40 and I-75. This year the event will be **Saturday, October 31, 2009**. This head race has grown each year and now being held on the last weekend of October we hope to see continued growth for the years to come. A new designed and shortened course to make the traffic flow and event management easier for all that plan on attending. Also new this year, the registration fees for the regatta have been changed to a flat fee with no cap on the number entries or events entered. Make plans today to visit East Tennessee in the late fall and enjoy what the secret city has to offer.

REGISTRATION | TIME LINE

- **Registration Opens:** Mon Sep 14, 2009
- **Deadline:** Fri Oct 23, 2009
- **Late Entries Deadline:** Mon Oct 26, 2009 (\$25.00 late fees may apply)
- **Payments Due:** Sat Oct 31, 2009
- **Line-up Change Deadline:** Mon Oct 26, 2009
- **Scratch Deadline:** Mon Oct 26 [Full Refund] | Fri Oct 30 [No Refund] | after C&C meeting [**\$50.00** scratch fee]
- **Online Waivers due:** Fri Oct 30, 2009
- **Check-In:** Fri Oct 30 (6:00 PM to 8:00 PM) | Sat, Oct 31 (6:00 AM to 8:00 AM)
- **C&C Meeting:** Fri Oct 30 (8:00 PM) at the ORRA's Boathouse.
- Entries should be made on the Regatta Central web site: <http://www.regattacentral.com>
- **Regatta fees:** 8+ \$80.00 | 4+/-x \$60.00 | 2-/-x \$40.00 | 1x \$20.00. There is not an entry cap for this event.
- Oak Ridge Rowing has waived the Team Tent fee.
- Make checks payable to the **ORRA**.
- Pay fees on-line or send to: ORRA, c/o Secret City Head Race, 697 Melton Lake Drive, Oak Ridge, TN 37830

CONTACT INFORMATION

Regatta Director: Allen Eubanks, (865) 482-6538, coach@orra.org, 697 Melton Lake Drive, Oak Ridge, TN 37830

CHECK-IN

Teams may sign-in at the ORRA Boathouse on Each crew must pick up a packet at the registration table which will include each event in which it is entered including bow numbers. Under absolutely no circumstances will entries with missing waivers be issued their race packet or be allowed to race. Every competitor must have a completed On-Line USRowing Regatta Liability Waiver. Competitors under the age of 18 must sign and have a parent or legal guardian sign an individual minor's waiver. **No Paper waivers will be accepted.**

C&C MEETING

At least one representative from each crew must attend. All crews will be responsible for the information delivered at the meeting, regardless of attendance. This will be the last opportunity to discuss entry and schedule issues,

LODGING AND RESTAURANTS

For complete directions to lodging and restaurants in Oak Ridge, please visit our web site at <http://www.orra.org>

HANDICAPPED NEEDS

Please advise the Regatta Organizing Committee of any special needs regarding services for handicap assistance at least seven days prior to the regatta.

CONCESSIONS & MERCHANDISE

The unauthorized sale of merchandise, food or drink is not permitted. Food and beverages will be available for purchase at the regatta site.

SCRATCHES

Scratches of entries for each event must be announced at the C&C Meeting for NO REFUND. Scratch Fee (\$50.00) if scratches are made after the conclusion of the C&C meeting. Event "No Show" is considered a scratch. Crew's Medals will be held until fees are paid.

PRACTICE

Any competitors practicing on the course before the day of the regatta will do so at their own risk. The Secret City Head Race Regatta committee does not schedule supervised practices.

DOCK MASTER

The Dock Master has absolute authority over the dock area. All competitors must return to these docks after their race. The Dock Master will make the first call for each event **90 minutes and 60 minutes prior** to each event's scheduled start time. The embayment docks will be closed for an event 30 minutes prior to the start of the event. Each competitor is required to report in before boarding launching dock. Competitors not reporting in prior to last call will be scratched. This helps insure the regatta stays on schedule. Competitors arriving late to the starting line for an event may be held at start area until a safe window for start is identified. The crew will race separate from other crews in the category. Outgoing boats will have priority over incoming boats. The Dock Master will get your crew to the water as soon as possible.

SAFETY EQUIPMENT

Every competing boat must be properly equipped with a bow ball. Every competing boat shall also be equipped with quick-release shoes. Control commission will check before boarding launching docks (per rule 3-109).

BOAT NUMBERS

Assigned numbers for all boats will be distributed when each crew picks up a competitor's packet at the registration table for each event. Attachment of your boat number on the back of Coxswain and Bowman is critical for your time to be recorded correctly. Boat numbers should also be placed on the bow of each boat entered. Boat numbers should be returned after returning to the docks.

HOT SEATING

Coaches must notify the dock master of their intention to hot seat. Events will not be held up to accommodate hot seating crews. Allow two hours between events in which you plan to hot seat for equipment or rowers - less than two hours may not allow enough time for the hot seating crew to get to the starting line.

AWARDS/MEDALS

First-, second-, and third- place winners are awarded medals provided at least three boats rowed in their event. Medals will be awarded once results are official. Winners not claiming their medals/trophies by the end of the race day will be contacted by mail.

PROTESTS

Intent to file protest must be indicated on the water immediately following the finish of a race. The protest must be made to an USRowing official before the crew leaves the finish area. After a crew returns to the docks, all right to protest is waived. The regatta will consider protest per USRA rules at a fee of \$25.00. The protest must be filed with the Regatta Director and the fee paid within 60 minutes from the start of the race in question. The Regatta Jury will consider appeals from crews who have been assessed a penalty.

RULES

- Unless stated in this packet The Secret City Head Race will follow the USRowing Rules of Rowing. The USRowing Rule Book is the source for all rulings. Please familiarize yourself with these rules before attending the coaches and coxswains meeting.
- A team is considered the usual way the program practices/competes as of January 1 of the same year. A school team/club represents a single organization, with distinct location, colors, and coaches for the entire competitive season are a team. All crews representing the school/club must wear similar uniforms. Each team shall be responsible for the conduct, physical fitness, including the ability to swim, of its competitors.
- Athletes in each event are required to be of the same gender. A coxswain may be of either gender, and of any skill or age classification (not withstanding the age maximum).
- "Ineligibility Discovery": all athlete line-ups are required to be posted on www.regattacentral.com upon the close of on-site registration.
- USRowing organizational membership is required to participate, for all boats larger than a double in this event, and must be taken care of prior to arriving on site. Membership can be done on-line at www.usrowing.org.
- During a race, no boat shall have on board any electronic devices that are capable of sending or receiving information from any source external to the boat. (This includes cell phones)
- A crewmember must check-in with the dock master before launching for every race.
- Each event must have a minimum of two entries to constitute a race. Events with only one (1) entry at the registration deadline shall be eliminated and the team shall be notified in advance of race day. If race day scratches reduce a race to one (1) entry, the single entry shall row the course for time.
- Fees for events cancelled due to acts of God are not refundable.

WEIGH-IN PROCEDURES

- Weigh-in will be at the ORRA Boathouse breezeway.
- **Weigh-in will begin Saturday morning at 6:00 AM.**
- Athletes are required report to the scales 2 hours prior to, but no later than 1 hour, to the first event.
- Athletes will only be required to weigh-in once per day, regardless of the number of events.
- Athletes will need to inform officials of ALL of the events that they will be participating in.
- Crews and alternates will weigh-in together and must be accompanied by a coach or program designate.
- Clerk of the Scales or Registrar will communicate with the coach or designate, only.
- Competitors shall be weighed in wearing the same uniform, identical in style, color, and detail, including any insignia without shoes or other footgear. No one will be weighed-in wearing more or less clothing.
- Crews are to step on the scale in the order that they row in the boat (i.e. bow to stern).
- Each rower shall have only one (1) initial opportunity to weigh in. Re-weighs will only be allowed if the rower is within one (1) pound of the event maximum and must be done within the weigh in time window.
- No one will be allowed to "check weight" on the official scale during the official weigh-in times. Un-official scales will be on site as of Friday at noon.
- The LOC strongly urges all coaches to refrain from unnatural weight requirements for rowers.

CATEGORIES

Masters: Master is a competitor who has attained or will attain the age of 21 as of 12/31/2009. A competitor's age is determined as of December 31 of the current calendar year, rounded down to the nearest whole number. Minimum age is 21. The crew's age is determined by the average age of the rowers in the crew, rounded down to the nearest whole number. Minimum average age of a crew is 27 as of 12/31/2009. A Masters crew shall be comprised exclusively of Masters rowers, excluding the coxswain. A Masters crew may compete in a lower (younger) age category but not in a higher category. Masters Age Handicaps will be based on the 1000-meter age handicaps found in the USRowing Rules of Rowing. Every Masters rower must be in a position to prove his age by presentation of an official document if requested. Masters events shall be held in the following:

Master (27+)
Senior-Master (40+)
Grand-Master (50+)
Veteran (60+)

Youth: The youth events are intended for competitors who in the current calendar year do not attain the age of 19, or who is and has been continuously enrolled in secondary school as a full time student seeking a diploma. A competitor thus ceases to be a junior after December 31 of the year of his/her 18th birthday, or of the year in which he/ she completes the 12th grade of secondary school, having been a full time student, whichever is later. All questions of eligibility, qualifications, or interpretations of the rules shall be referred to the Chief Referee, whose decision shall be final.

Club: Crews with rowers of varying ages who are not affiliated with a college or university and who do not fit the master or junior categories.

College: Current students enrolled at and representing accredited/chartered college or universities, who do not fit the master or junior categories, and are eligible to compete in intercollegiate athletics.

Coxswains: Coxswains may be of either sex for any event. Any experience level. No weight restrictions apply. Coxswains are not required to weigh-in.

EVENTS

Lightweight Events (LT): Open to any competitor that meets the requirements establish in these rules for Lightweight rowers. NO AVERAGE WILL BE USED FOR ANY LIGHTWEIGHT EVENT.

- Men's Youth Lightweight is 160
- Men's Adult Lightweight is 165
- Women's Lightweight is 135

Novice (N): A Novice event shall be defined as any student-athlete who is in their first year of competition.

- College students with previous rowing high school experience shall compete in **FRESHMAN EVENTS** when offered.
- A rower who has previously competed only as a coxswain can compete as a Novice rower. A coxswain who has previously competed only as a rower can compete as a Novice coxswain.

Mixed Events (MX): Mixed crew events are which half of the crew excluding the coxswain, shall be women and half shall be men

SCHEDULE OF EVENTS

A preliminary schedule of events will be posted on the www.orra.org by Wednesday, October 28th. This will not be the final heat sheet and will be subject to changes. The final heat sheet will be distributed at the Coaches and Coxswains' meeting.

Singles	8:30 AM	Men's 4+	12:00 PM
1 Men's Club 1x		48 Men's College 4+	
2 Men's College1x		49 Men's Lightweight 4+	
3 Men's Lightweight 1x		50 Men's Club 4+	
4 Men's Master (21+) 1x		51 Men's Youth 4+	
5 Women's College 1x		52 Men's Youth Lightweight 4+	
6 Women's Club 1x		53 Men's Master 4+	
7 Women's Lightweight 1x		Mixed 4x	1:30 PM
8 Women's Master (21+) 1x		54 Mixed 4x	
9 Men's Youth 1x		Mixed 4+	1:45 PM
10 Men's Youth Lightweight 1x		55 Mixed 4+	
11 Women's Youth 1x		Men's 8+	2:00 PM
12 Women's Youth Lightweight 1x		56 Men's College 8+	
13 Men's Senior Master (40+) 1x		57 Men's Club 8+	
14 Women's Senior Master (40+) 1x		58 Men's Lightweight 8+	
15 Men's Grand Master (50+) 1x		59 Men's Youth 8+	
16 Women's Grand Master (50+) 1x		60 Men's Youth Lightweight 8+	
17 Men's Veteran (60+) 1x		61 Men's Master 8+	
18 Women's Veteran (60+) 1x		Women's 4+	2:30 PM
19 Men's Novice/Rec 1x		62 Women's College 4+	
20 Women's Novice/Rec 1x		63 Women's Club 4+	
Pairs	9:30 AM	64 Women's Lightweight 4+	
21 Men's College 2-		65 Women's Youth 4+	
22 Men's Club 2-		66 Women's Youth Lightweight 4+	
23 Men's Youth 2-		67 Women's Master 4+	
24 Women's Club 2-		Women's 2x	2:45 PM
25 Women's College 2-		68 Women's College 2x	
26 Women's Youth 2-		69 Women's Club 2x	
Women's Novice 8+	10:15 AM	70 Women's Youth 2x	
27 Women's Freshman Novice 8+		71 Women's Master (21+) 2x	
28 Women's College Novice 8+		72 Women's Grand Master (50+) 2x	
29 Women's Club Novice 8+		Men's 4x	3:15 PM
30 Women's Youth Novice 8+		73 Men's 4x	
Men's Novice 4+	10:30 AM	74 Men's Master 4x	
31 Men's College Novice 4+		75 Men's Youth 4x	
32 Men's Club Novice 4+		Men's Novice 8+	3:30 PM
33 Men's Youth Novice 4+		76 Men's College Novice 8+	
Women's 4x	11:00 AM	77 Men's Club Novice 8+	
34 Women's 4x		78 Men's Youth Novice 8+	
35 Women's Master 4x		Women's Novice 4+	3:45 PM
36 Women's Youth 4x		79 Women's Freshman Novice 4+	
Men's 2x	11:15 AM	80 Women's College Novice 4+	
37 Men's College 2x		81 Women's Club Novice 4+	
38 Men's Club 2x		82 Women's Youth Novice 4+	
39 Men's Youth 2x		Mixed 2x	4:00 PM
40 Men's Master (21+) 2x		83 Mixed Open 2x	
41 Men's Grand Master (50+) 2x		84 Mixed Youth 2x	
Women's 8+	11:45 AM	85 Mixed Master 2x	
42 Women's College 8+		86 Parent-Child 2x	
43 Women's Lightweight 8+		Mixed 8+	4:30 PM
44 Women's Club 8+		87 Mixed Open 8+	
45 Women's Youth 8+		88 Mixed Master 8+	
46 Women's Youth Lightweight 8+			
47 Women's Master 8+			

THE COURSE

The course is 5000 meter in length. The headrace will begin upstream from the Melton Hill Marina at the Anderson County Gibbs Ferry Park on the Clinch River. The headrace will end at the 1500m line of the Melton Lake 2000m sprint course.

LAUNCHING

Crews will launch from the input docks in the marina embayment. There will be no time for equipment adjustment on the docks. Crews should plan to adjust foot stretchers and tie shoelaces after launching.

ROWING TO THE STARTING LINE

Immediately after launching crews will use the right hand rule while traveling to the start area (coxswain's right). After crossing the river, the crew will proceed upstream staying at least 10 meters away from the bank as a precaution keeping the orange buoys on the port side (coxswain's left). Crews must pass under the right arch of the railroad bridge. PLEASE USE CAUTION! Traffic maps for both races will be set up at the Coaches and Coxswains Meeting and at the regatta site. When boats reach the starting line at Gibbs Ferry Park, they must check-in with the start Marshall.

WARM UP

Once boats are upstream of the starting line, they may use the part of the river above the starting chute and the large orange upstream buoy to warm up. Crews should be conscious of the fact that other boat traffic on the river will not be suspended during the morning headrace. Traffic may be encountered.

STAGING

Approximately 10 minutes before the scheduled start of their event, boats should proceed to the staging area just upstream of the starting chute on the park side of the river and line up in numerical sequence of boat numbers. Officials will assist in the staging area. The start chute will consist of the shore on the starboard side and a row of buoys on the port side

THE START

All boats must pass through the starting chute to begin the headrace. Events will be started at about intervals. The spacing between each boat in an event will be about 15-20 seconds (or 3-4 boat lengths). The starting marshal will direct each boat to begin rowing in the chute. The start official may direct a crew to stop rowing in the chute if the spacing is too small. There is absolutely no passing in the chute.

THE RACE

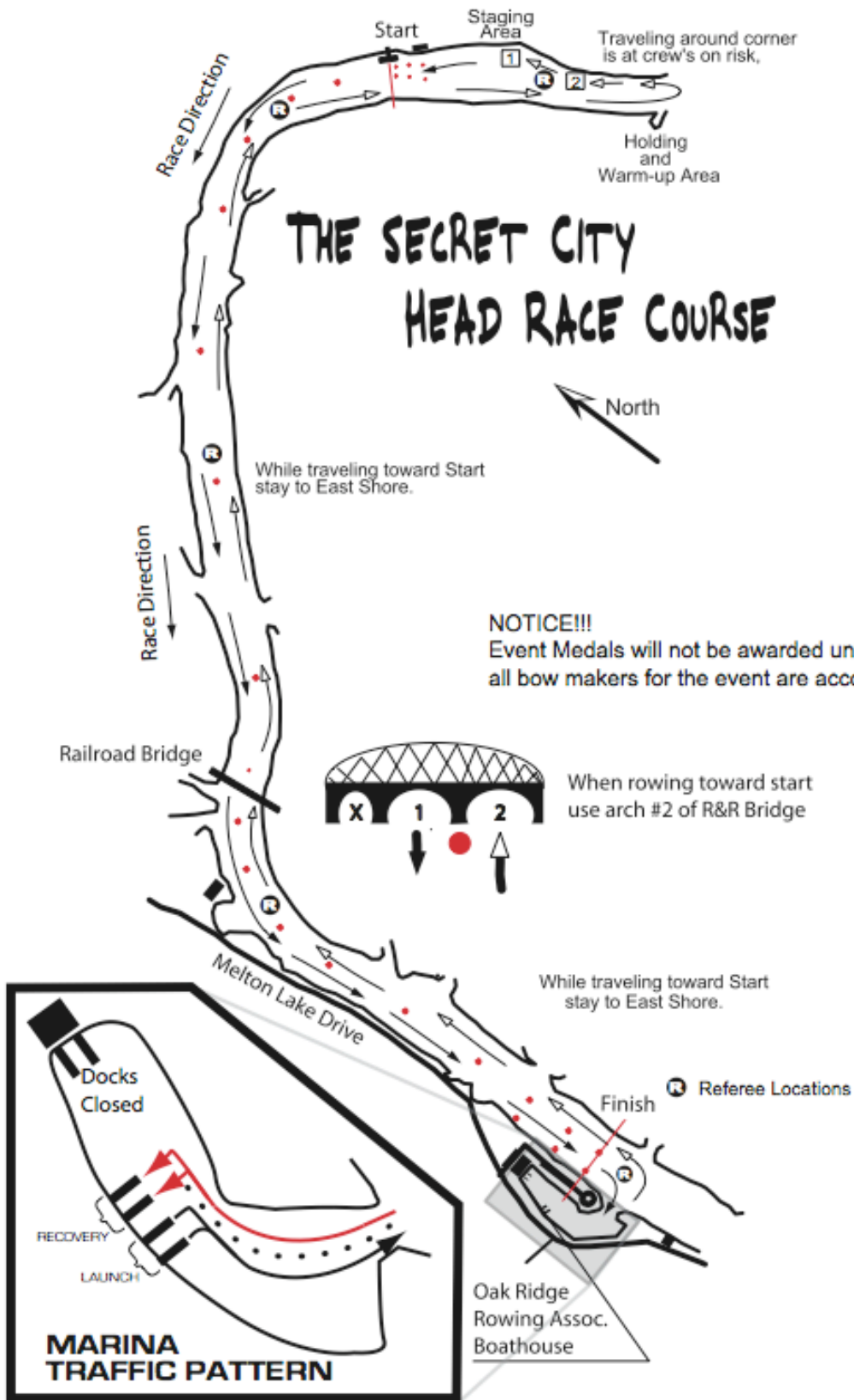
During the race, boats should keep the large inflatable buoys on their port side (coxswain's left) at all times. **The buoys must always be on the port side.** Passing a buoy with the buoy on the starboard side will result in a **30 second time penalty for each buoy violation**. The only exception will be at the finish line, where double buoys mark the finish line gate. USRowing officials will be stationed along the course to monitor this as well as for safety.

PASSING AND BEING PASSED

Slower boats must give way to overtaking crews, allowing the overtaking crew the shortest course (yield to starboard). Failure to give way may result in a **time penalty of 15 seconds** or disqualification. Usually, the crew being overtaken should yield to the starboard.

THE FINISH

The finish line is 1500m past the last turn. Two large orange buoys will mark the finish line. All boats must cross the finish line between the buoys for your time to be recorded. Keep rowing after you cross the finish line. Do not stop on or near the finish line! A section of water will be available for cool down before turning the boat for return to the embayment. Boats should continue toward the embayment entrance, entering on the downstream side of the mouth of the embayment. Do not cross the opening of the embayment.



DIRECTIONS If you have any questions about directions please call the Oak Ridge Boathouse (865)482-6538.

FROM THE NORTH on I-75 (LEXINGTON, KY)

Interstate 75 S to Exit 122 to Oak Ridge via the Clinton Highway 61.

Follow Highway 61 through Clinton to Oak Ridge.

Turn left at light onto MELTON LAKE DR. (see "Melton Lake Drive")

FROM THE SOUTH on I-75 (CHATTANOOGA, TN)

Interstate 75 N (to Knoxville) Exit 84 onto Interstate 40 E.

(see "EAST AND WEST DIRECTIONS on I-40")

FROM THE NORTH on I-81 (BRISTOL, TN)

Interstate 81 S to Interstate 40 W.

(see "EAST AND WEST DIRECTIONS on I-40")

FROM EAST OR WEST on I-40 (ASHVILLE/NASHVILLE)

Interstate 40 to Exit 376A (Maryville/Oak Ridge).

(see PELLISSIPPI PARKWAY)

FROM THE KNOXVILLE McGHEE TYSON AIRPORT

Leaving McGhee Tyson Airport North on Highway 129 to Interstate 140 N (to Oak Ridge) travel

11 miles to merge into TN-162 N.

(see PELLISSIPPI PARKWAY)

"PELLISSIPPI PARKWAY" EXIT 376A - TN-162

TN-162 N, merges into N-62 W "Oak Ridge Highway" through Solway (small town) over the Clinch River bridge.

• DETOUR ROUTE •

Turn right at LAFAYETTE DR.

Turn right at OAK RIDGE TURNPIKE.

Turn right at MELTON LAKE DR.

MELTON LAKE DRIVE

Traveling from Oak Ridge Turnpike- The Oak Ridge Rowing Association is 1.2 miles ahead on the left.