



2010 Head of the Iowa

October 31, 2010

Iowa City, Iowa

Iowa River

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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 22, 2010.

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 Monday, October 25, 2010. There will be no additions after October 27, 2010.

- 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+	Event #1
10:30 am	Women's Varsity 8+	Event #2
11:00 am	Men's Novice 8+	Event #3
11:30 am	Women's Novice 8+	Event #4
	BREAK	
12:30 pm	Men's Varsity 4+	Event #5
1:00 pm	Women's Varsity 4+	Event #6
1:30 pm	Men's Novice 4+	Event #7
2:00 pm	Women's Novice 4+	Event #8
2:30 pm	All 2- (Men first, Women follow)	Event #9/#10

Address & Directions:

P. Sue Beckwith Boathouse – 1201 N. Dubuque Street, Iowa City IA 52246 (Racing & Team Tents)

- I-80E – Take 244 Exit then turn left on Dubuque Street. Take first right after stop light.

200 E. Park Road, Iowa City, IA (For Fans, Buses, Concessions/etc.)

- 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.

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Unloading/Parking

Trailers will be able to unload at Beckwith Boathouse, not at City Park. You will receive a parking placard for the truck (**only**) to park at Beckwith Boathouse. All Buses and Trailers will be parked at City Park. Buses will need to pull in on Foster Road and then turn onto Taft to load and unload athletes/coaches.

Definitions:


2010 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 31, 2010. 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 22, 2010. We will cancel the room if there are no interested teams. We have added some Cedar Rapids Hotels because it is a **home football weekend**. 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>.

http://www.hotels-rates.com/Cedar_Rapids/IA/usa/

Boat Storage/Parking- There will be designated areas for parking at City Park and the Beckwith Boathouse for security limitations to the area. There will be professional security provided for Saturday night for both sides in designated areas **only**. Please indicate on your Team Travel Form the day you will arrive in Iowa City. Boats may be stored f on Saturday starting at 10:00 am.

Spectator Concessions at City park side. Vendors will be at the site all day.

Hospitality –teams will be assigned areas on the Beckwith Boathouse side.

Meetings-There will be a coaches and coxswains meeting at 8:30 a.m. on Sunday, October 31, 2010 outside the Beckwith Boathouse. 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 1:00-5:00 pm on Saturday, October 30. **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 30 from 2:00-6:00 pm** and **Sunday, October 31 from 7:00-11:00 am** at the P. Sue Beckwith Boathouse. Parking placards for team trucks will be in your registration packets.

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 at both the spectator area and team staging areas. 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.
- 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. Follow right – hand rule.
- 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.
- 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 disqualification. 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 in the area marked "gathering area" see enclosed map. See the area marked "gathering area" on the enclosed map. **Crews must be on full alert and in the "gathering area" 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 green marked span of the railroad bridge.** Once through the railroad bridge turn immediately and quickly to proceed up-river on the right 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 P. Sue Beckwith Boathouse

- Row upstream on the right side of the river to the 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

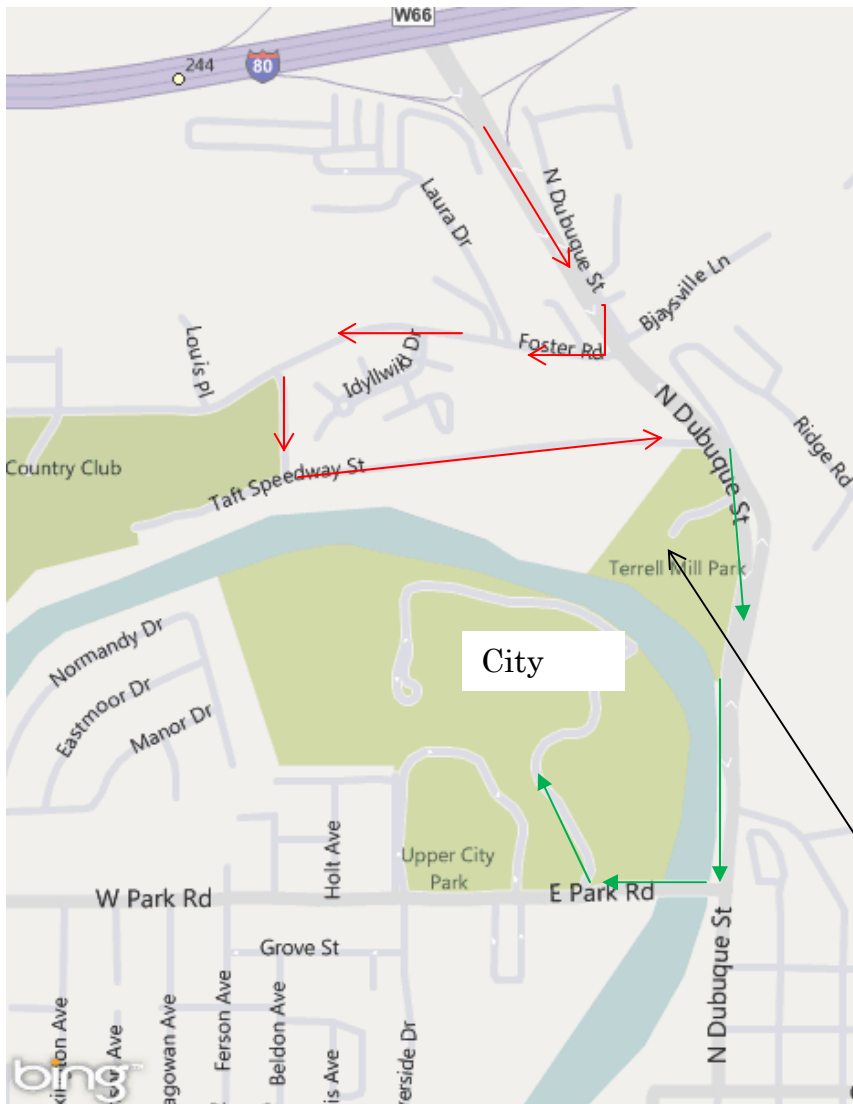
Fail to use the appropriate spans of each bridge

**2009 HEAD OF IOWA REGATTA
COACHES CHECKLIST**

<input type="checkbox"/>	Travel Party Form	October 15, 2010	Friday
<input type="checkbox"/>	Jpeg of oar to put in program	October 18, 2010	Monday
<input type="checkbox"/>	On-Line Registration	October 22, 2010	Friday
<input type="checkbox"/>	Waiver Forms	October 30, 2010	Saturday
<input type="checkbox"/>	Line-Ups	October 30, 2010	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!

Directions to P. Sue Beckwith Boathouse And Route for Team Buses



Buses need to drop-off student-athletes on Taft Speedway before Dubuque Street. There is a pathway that leads from Taft to the Boathouse Drive. Then buses will continue on to City Park to remain throughout the event.

F. Sue Beckwith, M.D.
Boathouse

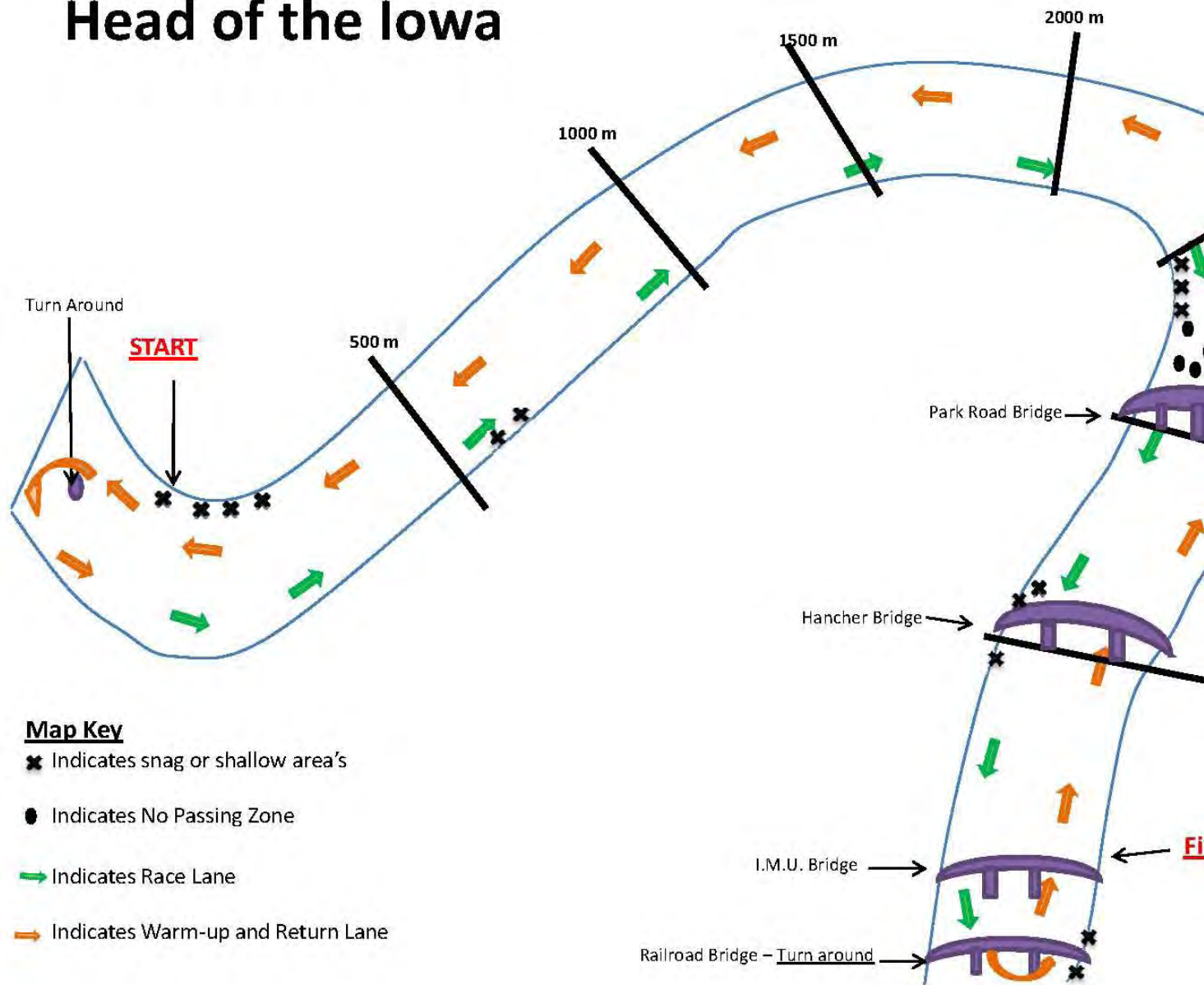
1201 North Dubuque

Take exit 244 off of I-80 and turn south on Dubuque Street.
Turn right into entrance to Terrill Mill Park.
P. Sue Beckwith, M.D. Boathouse is at end of parking area.

Team buses follow **red** arrows to drop off and pick-up student-athletes. Turn onto Foster, left on Calbria Street, then continue left on Taft Speedway. Buses will continue to follow the **green** arrows to City Park. There will be designated parking for team buses and trailers.

Team buses will not be allowed down the drive to the P. Sue Beckwith Boathouse. Trailers will be allowed down the drive to unload and load equipment. Then trailers will be parked at City Park throughout the event. Team trucks are the **ONLY** team vehicles allowed to park at the Boathouse. Placards will be provided for each team.

Head of the Iowa



**Regatta Line-Up
Head of the Iowa**

A separate line-up form is required for each event.

Event Number:

Event Title:

Organization(s) submitting entry:

(If mixed entry, give names of all organizations. If unaffiliated, designate as such.)

	Last Name	First Name
Single:		
1		
2		
3		
4		
5		
6		
7		
8		
Cox		
Subs		

2010 Head of the Iowa - T-shirt Pre-Order Form

Coaches,

Regatta T-shirts are available for pre-order. There will be limited t-shirts for sale on the day of the regatta.

Cost of the shirt: **\$10.00 each**

Team Name: _____

Contact Name: _____

Contact Phone Number: _____

Quantity:

Unisex Cut:

____ Youth Small ____ Small ____ Med ____ Large ____ X-Large

Checks can be made out to: University of Iowa (cash also accepted)

Pre-Orders due by October 18th - Email kendra-wieditz@uiowa.edu

You can also pay online at regattacentral.com when you register.

Payment due at Pick-up on Saturday, October 30, 2010



**THE UNIVERSITY OF IOWA
2010 Head of the Iowa
Team Travel Form**

Please complete this form to provide us with necessary information to run an efficient event. This information will also help us assist you with any special needs you may have. Please return the completed form to Paula Jantz by **October 15, 2010**.

PLEASE MAKE SURE THAT YOU HAVE ACCURATE CONTACT INFORMATION IN CASE OF WEATHER/RIVER PROBLEMS.

Team: _____

Coach Name: _____ **Phone #:** _____

Estimated Arrival (Date/Time): _____ **Cell Phone #:** _____

Vehicles:

Please indicate the type and number of vehicle(s) you will be traveling in.

_____ Type (Vans, Bus, etc.) _____ Number

_____ Type (Vans, Bus, etc.) _____ Number

Also, indicate the number of trailers you will be bringing to the event _____ Number

Trailer(s) arrival (Date/Time): _____

Hotel Information:

Please provide the name and telephone number of the hotel where your team will be staying

_____ Hotel _____ Phone

Field House _____ Yes _____ No

Other Information:

Include any additional information regarding your travel party that will assist us in running the event.

Please email to paula-jantz@uiowa.edu or fax to 319-335-9333