

**Rom The Sixteenth Annual
HEAD OF THE IOWA
Sunday, October 30, 2005
Iowa City, IA**

The University of Iowa invites you to participate in the 2005 Head of the Iowa Regatta. The 2.5 mile race will be held Sunday, October 30 on the Iowa River.

The Regatta is USRowing sanctioned, and includes events for men, women, lightweights, novice and masters rowers, as well as one event for mixed crews.

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.

TENTATIVE SCHEDULE OF EVENTS

The times of the schedule may change slightly after we do the draw. The timing system we are using will automatically set up times according to the number of boats in each race. So be sure to check online at Regatta Central for updates after the draw.

*All organizations must have a representative at the 7:30 a.m. meeting.

<u>Start Time</u>	<u>Schedule of Events</u>	<u>Start Time</u>	<u>Schedule of Events</u>
* 7:30 a.m.	COACHES & COX'S MEETING	BREAK	
8:30 a.m.	Masters Men's 4+, Junior Women's 4+	12:30 p.m.	Novice Men's 4+
8:45 a.m.	Women's Open 2-	12:50 p.m.	Open Men's 2x
9:05 a.m.	Ltwt Men's 4+	1:05 p.m.	Ltwt Women's 4+
9:20 a.m.	Masters Men's 1x	1:20 p.m.	Open Women's 1x
9:40 a.m.	Open Men's 4+	2:00 p.m.	Open Men's 2-
9:55 a.m.	Novice Women's 4+	2:20 p.m.	Novice Women's 8+
10:35 a.m.	Open Men's 1x Ltwt Men's 1x Men's Rec 1x	2:35 p.m.	Novice Men's 8+
10:55 a.m.	Novice Ltwt Men's 8+ Novice Ltwt Women's 8+	2:50 p.m.	Open Women's 2x
11:15 a.m.	Open Women's 4+	3:05 p.m.	Women's Ltwt 1x Master Women's 4+
11:30 a.m.	Junior Men's 8+ Junior Women's 8+	3:20 p.m.	Mixed 4+
		3:35 p.m.	Open Women's 8+
		3:50 p.m.	Open Men's 8+

**Schedule subject to change if necessary
Last Launch Time -- 1 hour prior to sunset**

REGATTA INFORMATION

I. ENTRIES

A. **Registration:**

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

B. **Entry Fees:**

Singles	\$20.00
Doubles/Pairs	\$30.00
Fours	\$40.00
Eights	\$50.00

(**Note:** A \$5.00 fee will be charged for bow numbers not returned.)

B. **Entry Deadline:**

The deadline to register at <http://www.regattacentral.com/> Wednesday, October 20, 2005.

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 21, 2005.

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

C. **Notes:**

1. MINIMUM entries required: **Any event which receives less than three (3) entries will be cancelled.**
2. We will only add events if there is sufficient interest indicated, if minimum entries required are met, AND if an event is cancelled (see #1) opening a time slot. We WILL NOT "squeeze" additional races into our schedule. Please contact the Regatta Director if you are interested in an event that's not currently listed.
3. When deciding on your entries keep in mind that we will **NOT WAIT** for people hotseating. Do not attempt to enter any event with the same equipment or crew with less than **90 minutes** between events. You must be in the starting area 5 minutes before the start of your race.
4. All crews must be capable of finishing the 2.5 mile downstream. course in under 35 minutes.

II. DEFINITIONS AND ELIGIBILITY RULES

A. **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.

B. **Event Specifications:**

1. **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 30, 2005. This means experienced college freshmen may compete. Experience as a sculler does not count as experience in sweep events and vice versa.

2. **Masters**

Must be at least 27 years of age on the Regatta date. The classes are as follows:
(Please be sure and put your age down on the line-up sheet—this is very important to have ahead of time. There is no computer available the day of the race)

Elite	27+
Masters	37+
Senior	48+
Veteran	60+

3. **Lightweights**

Men = 165 pounds maximum, no average

Women = 133 pounds maximum, no average

Note: You will find the weigh-in procedure in Section III, part G.

4. **Mixed Crew**

Must have equal number of male and female rowers in the boat.

5. **Coxswain:**

No Restrictions.

6. **Junior:**

A junior is a competitor who in the current calendar year does 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.

III. REGATTA INFORMATION

A. **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 21, 2005. We will cancel the room if there are no interested teams.

B. 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 a.m.

C. Concessions & Hospitality

Vendors will be at the site all day.

D. Meetings

There will be a coaches and coxswains meeting at 7:30 a.m. on Sunday, October 30, 2005 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.

E. Practice

Teams will be allowed to practice from 12:00-5:00 p.m. on Saturday, October 29. **The dock will close at 4:45 p.m. and all boats must be off the river at 5:30 p.m.. NO EXCEPTIONS!**

F. Registration

Registration will take place **Saturday, October 29 from 2:00-6:00 p.m.** and **Sunday, October 30 from 6:00-11:00 a.m.** in the Registration Tent at City Park.

G. 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 a.m.** you will be able to start picking up your awards. Awards will be presented throughout the day.

H. Weigh-In Procedure

1. Each athlete weighs in two hours before their first race of the day.
2. Doubling in events does not require re-weighing.
3. Lightweight crews must arrive together.
4. Each person must have a photo ID at the weigh-in site.
5. Weigh-ins are to be in racing attire: t-shirts and shorts (or unisuit).
6. Athletes must be within two pounds of the required weight on the first try or they will not be allowed to weigh in again. If they are within two pounds they are allowed to return up to two additional times during the two hour time period after the other crews have all taken their first opportunities. The entire crew will receive certification at the same time although they do not have to re-weigh those already at weight.
7. The scale will be available for the rowers to check their weight the day before. The scale will be at the Regatta site on Saturday, October 30, starting at 2:00 p.m.

8. Tentative Weigh-in Schedule

<u>Weigh-In Time</u>	<u>Crew</u>	<u>Race Time</u>
7:05 a.m.	Men's Ltwt 4+	9:05 a.m.
8:35 a.m.	Men's Ltwt 1x	10:35 a.m.
8:55 a.m.	Novice Ltwt Men's 8+	10:55 a.m.
8:55 a.m.	Novice Ltwt Women's 8+	10:55 a.m.
11:05 a.m.	Women's Ltwt 4+	1:05 p.m.
1:05 p.m.	Women's Ltwt 1x	3:05 p.m.

HEAD OF THE IOWA COURSE DESCRIPTION & PROCEDURES

Launching Procedures

1. Crews must launch during the assigned launch time.
2. 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.
3. Each crew must launch in two (2) minutes.
4. 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.
5. Hot-seating is permitted provided the entire crew for the next event is ready and waiting for the returning shell. If the crew is not immediately available, the shell must return to the staging area. **Do no attempt to enter with the same equipment or crew with less than 90 minutes between events. If you are hotseating your boat, you must have yellow tape on the bow # and the coxswain must have a yellow glove. You must have red tape on the bow # if only a person is hotseating. THIS IS VERY IMPORTANT SINCE WE WILL BE DOING THE DRAW A WEEK AHEAD OF TIME. NEED TO KNOW THIS BY OCTOBER 19, 2005.**
6. After launching, shells must proceed upstream. from the launch area to the start line. Stay on the west and south side of the river.
7. The dockmaster will retain final authority regarding the launch and retrieval order of all shells.

Rowing to the Start

1. You must allow a minimum of 30 minutes to get to the starting line from the docks.
2. Crews have approximately 3000 M in which to warm-up.
3. Crews must proceed to the start on the west and south side of the river.
4. 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.
5. 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.
6. Once crews arrive at the starting area, they MUST follow the instructions of the race marshal on the water. Pay close attention to the marshal's instructions.
7. 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

1. All crews must be up-river no later than five (5) minutes before the scheduled start of their event.
2. Each crew must be prepared to start at its assigned starting time. The starting order WILL follow numerical sequence of the bow-markers.
3. Each crew must follow the directions of the starting judge when proceeding to the starting line.
4. All crews must assist in maintaining order at the start. Be alert for other crews.
5. 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

1. The Head of the Iowa is a USRowing sanctioned event and will be run according to USRowing rules.
2. 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!**
3. 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.
4. 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

1. 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

1. 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 marshal at the finish line or to the dockmaster on shore at the docks/launching area.
2. Protest forms must be filed directly with Roger Frederick, the Chief Referee.
3. 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

**2005 HEAD OF IOWA REGATTA
COACHES CHECKLIST**

- | | | | |
|--------------------------|----------------------------|------------------|---|
| <input type="checkbox"/> | On-Line Registration | October 21, 2005 | Friday |
| <input type="checkbox"/> | Waiver Forms | October 24, 2005 | Monday |
| <input type="checkbox"/> | Travel Party Form | October 24, 2005 | Monday |
| <input type="checkbox"/> | Hotseating Event Sheet | October 19, 2005 | Wednesday |
| <input type="checkbox"/> | Line-Ups | October 30, 2005 | Sunday |
| <input type="checkbox"/> | Entry Packet Pick-Up | Regatta Day | Saturday (2:00-6:00 p.m.)
Sunday (6:00-11:00 a.m.) |
| <input type="checkbox"/> | Coaches/Coxswain's Meeting | Regatta Day | Sunday (7:30 a.m.) |
| <input type="checkbox"/> | Weigh-Ins | Regatta Day | Two hours before your
1 st Race |
| <input type="checkbox"/> | First Event | Regatta Day | Sunday (8:30 a.m.) |

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