

# Head of the Port, West Sacramento

October 14, 2007

Hosted by River City Rowing Club

## REGATTA INFORMATION

### Entry Information

#### **Entry Deadline:**

**Boat lineups and fees must be received by Friday, October 5, 2007.** Registration is online at [regattacentral.com](http://regattacentral.com) (see below).

#### **Late Entries:**

Late entries will be accepted until Friday, **October 12, 2007** AND a **50% additional late fee** will be assessed. There will be NO refund of fees for scratches. **No fees and No late entries will be accepted on race day.**

#### **Masters Handicapping:**

Sculling:

27-35 No handicap

36-49 4 seconds/year of age over 35

50+ 8 seconds/year of age over 49

Sweep:

27-35 No handicap

36+ 4 seconds/year of age over 35

NCAA rules apply. Collegiate women's entries will not be accepted for events not listed as "collegiate."

All participants must have a signed waiver on file on race day. See [www.rivercityrowing.org/HOP/HOP.html](http://www.rivercityrowing.org/HOP/HOP.html) for waiver instructions.

All crews must check in to receive their bow numbers. Check-in is located near the RCRC Boathouse. Check in will be from 6:00 AM – 9:00 AM on Sunday, October 14, 2007. All crews must check in by 9:30 AM or you will be scratched.

### Registration Information

Registration is on-line at [www.regattacentral.com](http://www.regattacentral.com). Regatta updates will be available by adding Head of the Port to your RegattaCentral calendar. **ALL ENTRIES MUST BE COMPLETED VIA REGATTACENTRAL.** Entries can be paid by credit card (Visa, Mastercard, Discover), PayPal, or check.

#### **Payment Method:**

- If paying by credit card or PayPal, follow the instructions to finalize payment.
- If paying by check, use the mailing address below. **Please print the invoice and include it with your check.** If paying by check, checks must be received by Tuesday, October 9<sup>th</sup> (entries are still due online by October 5<sup>th</sup>). **All entries must include payment in full.**

#### **Make checks payable to:**

River City Rowing Club (or RCRC)

#### **Mailing address:**

HEAD OF THE PORT  
River City Rowing Club  
P.O. Box 980401  
West Sacramento, CA 95798

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### Entry Fees:

Boat Class	Received by October 5th, 2007	Received after October 5th, 2007 (Late fee = 50%)
8+	\$72	\$108
4+/4x	\$48	\$72
2-/2x	\$30	\$45
1x	\$22	\$33

### Lineup changes:

If lineups change after the entry deadline (October 5th), please email new lineups (WITH average age) to [rcrc\\_coach@hotmail.com](mailto:rcrc_coach@hotmail.com) before October 12th. After October 12th, fill out a "Crew Change" form at time of registration on race day.

### Schedule

The preliminary race schedule is available online at [www.rivercityrowing.org](http://www.rivercityrowing.org) and at [regattacentral.com](http://regattacentral.com). The final race schedule and starting order will be posted on the RCRC website the WEDNESDAY prior to the event. [www.rivercityrowing.org](http://www.rivercityrowing.org)

The **Coaches / Coxswains / Scullers Meeting** will be held at **7:10 AM** Sunday, October 14, 2007 at the two story boathouse near the RCRC Boathouse.

### Weigh-ins

There are no coxswain weigh-ins.

### Equipment

Every shell must have a protective ball on the bow of the boat and heel restraints attached to the foot stretchers in a way that allows for quick exit in case of emergency. Boats will not be allowed to launch without proper safety gear.

Entry numbers will be provided. Please bring a BOW NUMBER (WITH CLIP ON BOAT) so we can attach a new number to it. It is your responsibility to provide a bow marker that the entry number will be affixed to. The entry number must be in your bow number clip correctly and visible to the officials on both sides of the course. **Crews without bow markers may not have their times recorded.**

### Boat Storage

Small shells (1X, 2X) may be stored in the designated area next to the RCRC boathouse. Large shells may be stored on the gravel parking lot in front of the UCD Crew facilities. Overnight security will be provided.

### Course

The Head of the Port traffic pattern is available on-line and at check-in. **PLEASE MAKE SURE ALL CREWS/SCULLERS FOLLOW THE POSTED TRAFFIC PATTERN.** The 5 Kilometer racecourse starts 3.5 Kilometers west of the RCRC boathouse and finishes past the turning basin in the "locks" area. The finish line is **500 meters past** the Industrial Blvd bridge. While racing, pass under the **middle** span of the Industrial Blvd bridge.

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### Course (cont'd)

Please allow at least 40 minutes for rowing to the starting area. Roll call in the starting area will happen 5 minutes prior to the start of each event. All crews will be started in numerical order. Crews arriving late may be disqualified. Allow at least 15 minutes after the completion of the race to return to the dock when evaluating hot-seating options.

Overtaking boats have the right of way. Boats being overtaken must yield to the overtaking boat.

**Please row through the finish line. Do not stop until you are at least 100 meters past the finish and your boat is well clear of all other race traffic.** Watch for racing crews when turning.

When returning to the dock from the finish line, stay to the right-hand shore. Pass under the **right-hand** span of the Industrial Blvd bridge.

### Parking

Parking is limited. You are encouraged to carpool. We highly encourage spectators to park at one of the following 2 locations:

- (1) Street parking is available on Halyard Blvd and Beacon Blvd outside of the Port of Sacramento. Follow the directions to the RCRC Boathouse ([www.rivercityrowing.org/directions/directions.html](http://www.rivercityrowing.org/directions/directions.html)), but after turning right onto Industrial Blvd, take the next right onto Halyard Blvd and park. Carefully walk across Industrial Blvd and follow the winding road to the boathouse. This is probably about 1 mile from the launching area.
- (2) Better views of the racing can be seen from the levee. We suggest that spectators view the regatta along the levee (spans the entire race course). To get to the levee, follow the directions to the RCRC Boathouse ([www.rivercityrowing.org/directions/directions.html](http://www.rivercityrowing.org/directions/directions.html)), but instead of turning right onto Industrial Blvd, turn LEFT onto Industrial Blvd. Follow Industrial over the bridge. Directly after the bridge, there is parking on the right. You can also access the dirt road that runs along the levee on the south side of the race course from this location.

Parking near the boathouse / launch site is limited to the upper level, overlooking the turning basin. No parking will be allowed in the parking lot in front of the UCD boathouse or on the gravel road connecting the boathouse and upper parking lot.

### Trailer parking

Trailer parking will be on the tarmac overlooking the turning basin. Entry to this area is through the main Port of Sacramento gate. **The Port of Sacramento is a secure facility. Please bring photo ID for access.**

### BBQ Lunch & Awards

River City Rowing Club invites you to a BBQ lunch following the racing. The BBQ will be held at the UCD Boathouse beginning at 12:00 noon. Awards will be presented at the BBQ. Entry fees include BBQ lunch. Additional non-competitor lunch tickets may be purchased in advance for \$5.00 during the registration process.

Awards will be presented for the top boat in each category with 3 or more boats in it.

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### Race T-shirts

Head of the Port t-shirts are available for pre-order. T-shirts are available in sm, med, large, X-large, XX-large. Pre-order t-shirts are \$17 (short sleeve) and \$22 (long sleeve) and may be ordered at time of registration. A limited number of Head of the Port t-shirts will be available race day for \$20 (short sleeve) and \$25 (long sleeve). Check out [www.rivercityrowing.org](http://www.rivercityrowing.org) to preview the t-shirt design.

### Hotel Information

<b>Best Western Harbor Inn &amp; Suites</b> 1250 Halyard Drive W. Sacramento, CA 95691 (916)-371-2100 Res: 1-800-WESTERN Fax: (916) 373-1507	<b>Holiday Inn Express</b> 2761 Evergreen Ave. W. Sacramento, CA 95691 (916) 372-6900 Res: 1-800-330-7377 Fax: (916) 372-6306	<b>Motel 6</b> 1254 Halyard Drive W. Sacramento, CA 95691 (916)-372-3624 Res: 800 4-Motel 6 Fax: (916) 372-0849
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### More Information

Email Tiffany Knapp at [rrcc\\_coach@hotmail.com](mailto:rrcc_coach@hotmail.com) or visit the RCRC web page at [www.rivercityrowing.org](http://www.rivercityrowing.org)

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### SCHEDULE

Time	Event Letter	Event
<b>7:10 AM</b>		
<b>Coach, Coxswain, and Sculler meeting (at the two-story boathouse)</b>		
8:30	A	<b>Men's: Open 8+</b>
8:30	B	<b>Men's: Masters 8+ (27+)</b>
8:30	C	<b>Men's: Novice Club 8+ **</b>
8:35	D	<b>Men's: Junior 4+</b>
8:40	E	<b>Men's: Open 1X</b>
8:40	F	<b>Men's: Masters 1X (36-49)</b>
8:40	G	<b>Men's: Masters 1X (50+)</b>
8:55	H	<b>Women's: Open / Collegiate 8+</b>
8:55	I	<b>Women's: Masters 8+ (27+)</b>
8:55	J	<b>Women's: Novice Club 8+ **</b>
9:05	K	<b>Women's: Junior 4+</b>
9:20	L	<b>Women's: Open / Collegiate 1X</b>
9:20	M	<b>Women's: Masters 1X (36+)</b>
9:40	N	<b>Men's: Open 2X</b>
9:50	O	<b>Men's: Junior 8+</b>
10:00	P	<b>Men's: Open 4+</b>
10:00	R	<b>Men's: Masters 4+</b>
10:10	S	<b>Men's: Open 4X</b>
10:40	T	<b>Women's: Open / Collegiate 2X</b>
10:40	U	<b>Women's: Open / Collegiate 2-</b>
10:50	W	<b>Women's: Junior 8+</b>
11:00	X	<b>Women's: Open / Collegiate 4+</b>
11:00	Y	<b>Women's: Masters 4+</b>
11:10	Z	<b>Women's: Open 4X</b>
11:15	AA	<b>Mixed Open 8+ ***</b>
11:15	BB	<b>Mixed Masters 8+ (27+) ***</b>
<b>12:00</b>	<b>Lunch and Awards Ceremony at UCD Boathouse</b>	

Women's Open events in which there are collegiate entrants are closed to high school participants (**NCAA Bylaw 13.11.1.2**)

\*\* Novice Club 8+ category = less than 1 yr rowing & Ave. age 27+ & no minimum age & Handicapped

\*\*\* At least four of the rowers of the crew must be women.