

The 2004 Secret City Head Race Hosted by The Oak Ridge Rowing Association

Location: Clinch River, Melton Hill Lake Reservoir,
Oak Ridge, Tennessee

Distance: 5000 meters (Down Stream)

Entry Deadline: September 27, 2004

Check-in: 5:00 PM -8:00 PM October 1, 2004

Coaches and Coxswains Meeting

6:30 AM, Saturday, October 2 at the ORRA's Boathouse.

Directions and Maps

Please visit our website www.orra.org

Contact Information

Regatta Directors:

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Rules and Regulations

The Secret City Head Race will follow the USRowing 2004 Rules of Rowing. Unless stated by the LOC in this packet. The USRowing Rule Book is the ultimate source for all rulings.

Late Entries

Crews will be allowed to enter late. Crews missing the deadline will be considered a late entry. Please consult the fee schedule to check for any late fees that may apply.

Entry Fees

Make checks payable to the **ORRA**. Fees for events cancelled due to acts of God are not refundable

Singles:	\$20
Doubles/Pairs:	\$30
Quads/Fours:	\$50
Eights:	\$80
Late Fee (per entry)	\$10

Registration:

<http://www.regattacentral.com>

(No mail-in, faxed or phoned entries will be accepted.)

Pay fees on-line or send to:

Oak Ridge Rowing

c/o Secret City Head Race

P. O. Box 4384

Oak Ridge, Tennessee 37831-4384

Team Cap

The team cap (\$600.00) is applicable only to college and high school teams.

Waiver Requirements

Every competitor must have a completed 2004 USRowing Regatta Liability Waiver Form. Each crew must pick up a competitor's' packet at the registration table which will include each event in which it is entered. Packets will only be released to crews whose membership is fully verified to have signed a waiver form. Under absolutely no circumstances will entries with missing waivers be issued their race packet or be allowed to race. Additional copies of the waiver will be available at the Registration table when checking-in. Liability waivers do not have to accompany the submission of entry forms; they will be accepted at the registration table during check-in. Competitors under the age of 18 must sign and have a parent or legal guardian sign an individual minor's waiver

Scratches

Scratches of entries for each event must be in two hours before the scheduled event on Saturday. Fifty percent of the entry fee will be refunded, if Scratch occurs less than two hours prior to the scheduled event NO REFUND will be given. Events with only one entry will be scratched. Fees for such scratched events will be refunded.

Course

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 Finish Line Tower just below the Melton Hill Marina (Figure 1).

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 prior to each events scheduled start time. 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 excluded from the event or penalized by the officials. If the Dock Master determines that a crew cannot reach the starting line on time, then he/she has the right to prevent that crew from leaving the docks. Outgoing boats will have priority over incoming boats. The Dock Master will get your crew to the water as soon as possible.

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. Novice crews should launch at least 60 minutes prior to their event to allow sufficient time to row to the start against the current. The embayment docks will be closed for an event 30 minutes prior to the start of the event.

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 will also be placed on the bow of each boat entered.

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. The dock will be closed for an event 30 minutes before the start of the event

Rowing to the Starting Line

Immediately after launching rowers will hold to the port side (coxswain's left) of the embayment entrance and wait for clearance from the Marshall at the mouth of the embayment for clearance to cross to the opposite (eastern) side of the river. 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. USRowing 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 10 minute 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 orange inflatable buoys on their port side (coxswain's left) at all times. The orange buoys must always be on the port side of the rowers. Passing an orange buoy with the buoy on the starboard side will result in a 60 second time penalty for each violation. 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. 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 immediately in front of the Finish Tower that is just downstream from the embayment entrance. 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 500-meter section of water will be available for cool down and turning the boat for return to the embayment. Boats should turn toward the Oak Ridge bank and proceed back to the embayment entering on the downstream side of the mouth of the embayment. Boats should not go past the turn in the river. Doing so will be at the risk of the crew involved. This area will be open to other traffic and not controlled by the LOC.

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

Weigh-Ins

Lightweight weigh-in will be at the ORRA Boathouse. Weigh-ins will be held 5:00 PM till 7:00 PM October 3, 7:00 AM till 9:00 AM October 4

Men: No rower can weigh more than 160 lb. NO AVERAGE WILL BE USED.

Women: No rower can weigh more than 135 lbs. NO AVERAGE WILL BE USED.

Event Definitions

Championship events are Unrestricted. (No Youth crews will be allowed in this category)

Open events are unrestricted for of any age category or skill level.

Novice events are restricted for individuals who have not competed in events in sculling or sweep one year prior to this event.

Youth events are restricted to rowers that have not attained the age of 19 during the current calendar year.

Women's Division: Female rowers and scullers only.

Men's Division: Male rowers and scullers only.

Masters age restricted category that receives handicaps based on age as of December 31 of the current year. Masters Age Handicaps will be based on the 1000-meter age handicaps found in the USRowing Rules of Rowing.

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.

Point Categories

Point trophies will be given in the following three categories:

1. College/University Points Trophy
2. Junior Points Trophy
3. Club Points Trophy

Point information

The total points for college, club and youth events will be contested separately and points will be awarded separately. Points awarded for each headrace event will be based on the order of finish:

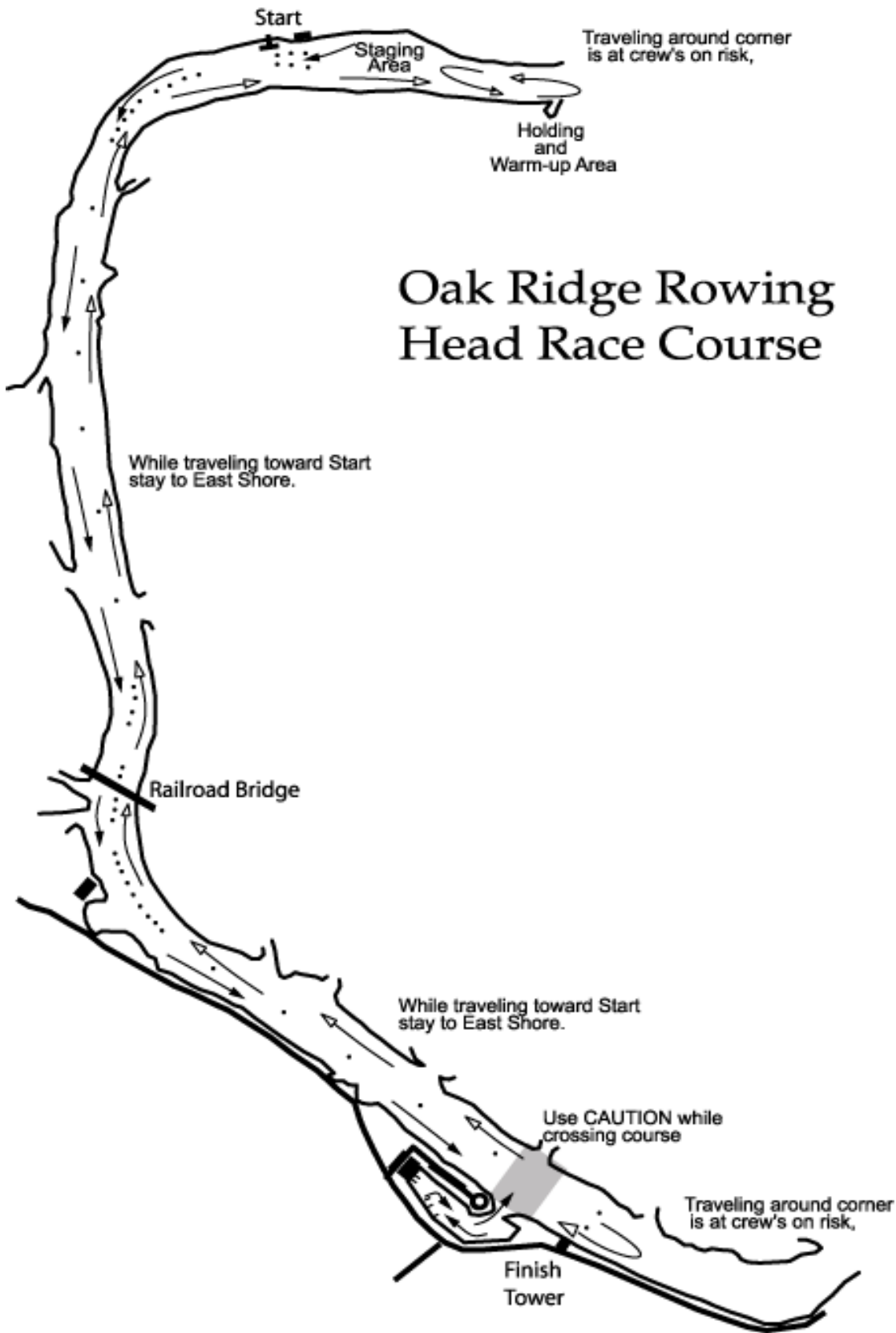
- 1st = 10 points
- 2nd = 8 points
- 3rd = 6 points
- 4th = 4 points
- 5th = 2 points

Other Rules

1. Only students of the high schools and colleges can score points for their institutions. Coaches, faculty, parents, etc. cannot row for points under a college/university or high school.
2. All members of a high school/youth program or college/university program must have identical jersey and blade designs.
3. In events which have points for both the college/university and club point trophies, the boat will receive the points for the position they finish in the race with respect to all boats
4. Composite crews cannot score points for any specific school or club but will block the points out for the position in which they finish.
5. If a boat starts an event it will be considered an entry but must finish to score points.
6. Any other rulings that need to be made with respect to the point trophies will be made by the regatta committee attempting to be fair to all parties. Such rulings will be final.

Schedule of Events

Event	Time	Description	Event	Time	Description
1	8:00	Men's Open 2x	28	12:50	Women's Open 2x
2	8:10	Men's Masters 2x	29	1:00	Women's Masters 2x
3	8:20	Women's Championship 1x	32	1:10	Men's Championship 1x
4	8:20	Women's Ltwt 1x	33	1:10	Men's Ltwt 1x
5	8:20	Women's Masters 1x (27-42)	34	1:10	Men's Masters 1x (27-42)
6	8:20	Women's Sr. Masters 1x (43-59)	35	1:10	Men's Sr. Masters 1x (43-59)
7	8:20	Women's Vet. Masters 1x (60+)	36	1:10	Men's Vet. Masters 1x (60+)
8	8:20	Women's Youth 1x (18 or younger)	37	1:10	Men's Youth 1x (18 or younger)
9	8:40	Men's College Novice 4+	38	1:30	Women's College Novice 4+
10	8:50	Men's Open Novice 4+	39	1:40	Women's Open Novice 4+
11	9:00	Men's Youth Novice 4+	40	1:50	Women's Youth Novice 4+
12	9:10	Women's College Novice 8+	41	2:10	Men's College Novice 8+
13	9:20	Women's Open Novice 8+	42	2:20	Men's Open Novice 8+
14	9:30	Women's Youth Novice 8+	43	2:30	Men's Youth Novice 8+
15	9:50	Men's Championship 8+	44	2:40	Mixed Open 8+
16	10:00	Men's Open 8+	45	2:50	Women's Championship 8+
17	10:10	Men's Ltwt 8+	46	3:00	Women's Open 8+
18	10:20	Men's Masters 8+	47	3:10	Women's Ltwt 8+
19	10:30	Men's Youth 8+	48	3:20	Women's Masters 8+
20	10:40	Men's Youth Ltwt 8+	49	3:30	Women's Youth 8+
21	10:50	Women's Championship 4+	50	3:40	Women's Youth Ltwt 8+
22	11:00	Women's Open 4+	51	4:00	Men's Championship 4+
23	11:10	Women's Ltwt 4+	52	4:10	Men's Open 4+
24	11:20	Women's Masters 4+	53	4:20	Men's Ltwt 4+
25	11:30	Women's Youth 4+	54	4:30	Men's Masters 4+
26	11:40	Women's Youth Ltwt 4+	55	4:40	Men's Youth 4+
27	11:50	Mixed Open 4+	56	4:50	Men's Youth Ltwt 4+
			57	5:00	Mixed Open 2x



Oak Ridge Rowing Head Race Course