

# Chattanooga Head Race

Saturday, October 11, 2003

Chattanooga Rowing Center  
1001 Riverside Drive  
Chattanooga, Tennessee

Lookout Rowing Club and Chattanooga Rowing are pleased to announce the **11<sup>th</sup> Annual Chattanooga Head Race**. The race will be run on the beautiful Tennessee River. It will begin about three miles upstream from downtown Chattanooga.

The race will feature **High School, College/University, Open and Masters** events. Medals will be awarded to first, second and third place finishers in all races. High School/Youth, College/University, and Club overall team point trophies will be awarded.

**Exciting changes** are taking place for rowers in Chattanooga. The city has begun renovation of the downtown waterfront that will offer wide spacious green, stadium seating and even rowing shell docks for the 2005 Chattanooga Head Race! While the next two years will have some minor adjustments in the course and operation of the head race – fully expect to be rewarded with an amazing upgraded course, waterfront, launching area and more in 2005. We certainly appreciate and look forward to your participation while we go through these changes and improve the Chattanooga Head Race and rowing in Chattanooga!

The race will be staged out of the Chattanooga Rowing Center, home of Lookout Rowing Club and Chattanooga Rowing. High school, youth crews, and masters crews will stage from the Rowing Center. College and University crews will stage from Ross's Landing or notified of an alternative location after your registration.

The River Walk and Walnut Street walking bridge, connecting downtown and North Chattanooga to the Rowing Center, provide beautiful views of the race course. This allows easy transit between the venue's various operating sites, as well as the barges housing the University of Tennessee at Chattanooga and The McCallie School crews. Spectators will be able to pick a spot almost anywhere along the last mile of the race to cheer for their favorite crews.

While visiting Chattanooga we hope you will have the opportunity to take advantage of a number of attractions and events. These include the **Tennessee Aquarium**, the largest fresh water aquarium in the world, the **Creative Discovery Museum**, and the **3-D IMax Theater**, each a couple of blocks from the aquarium. Other attractions include **Rock City**, from which you can see seven states, **the Incline Railroad** up Lookout Mountain, the world's steepest incline railway, and **Ruby Falls**, an indoor spectacular. Rowers and their guests may also ride the **Southern Belle** or the **Chattanooga Star** riverboats each of which makes frequent trips from the downtown area. Not to mention the numerous new eating establishments in the downtown area.

Members of Lookout Rowing are looking forward to this year's regatta. We invite you to share a day of competition. We hope you can make your visit a weekend of fun in Chattanooga.

Sincerely,

Michael Connors, President  
Lookout Rowing  
Regatta Director

# Chattanooga Head Race Registration Information

**Registration.** Registration packages can be picked up at the Chattanooga Rowing Center from 7-9 PM on Friday or beginning at 7:00 AM on Saturday.

**Launch area and boat storage.** Boats and trailers will be stored in designated areas near the Chattanooga Rowing Center or other locations to be announced after your registration. Regatta volunteers will be on hand to control boat storage. Boats will be launched from the Chattanooga Rowing Center dock or from Ross's Landing. The same docks will be used for taking shells out. The docks are small, so crews will not be allowed, to make any adjustments on the dock prior to launching. The dock will be closed for an event 45 minutes prior to start of the event.

**Events.** Events are described in the accompanying List of Events. Events with only one entry will be cancelled. Events with small numbers of entries may be combined.

**Fees.** Fees are described on the accompanying Fees Sheet. The program fee cap is \$450. Entries of rowers in Masters events will not count toward the fee cap for a college or high school/youth program. All members of a high school/youth or college/university program under the same fee cap must have identical jersey and blade designs.

**Medals and Trophies.** Medals for first, second and third place finishers for all events with at least two entries will be awarded. Team trophies will be awarded to the high school/youth program, college or university, and club scoring the largest number of points within its category. Medals will be awarded as soon as results are official. Team point trophies will be awarded in a ceremony at the Rowing Center after completion of the last race. All members of a high school, youth or college/university program must have identical jersey and blade designs.

**Lightweight Weigh-ins.** All rowers in lightweight events must weigh in. Lightweight weigh-in is from 7 PM to 9 PM on Friday evening and from 7:30 AM to 10 AM on Saturday at the Chattanooga Rowing Center. Crews must weigh-in together.

**Waiver forms.** All participants - rowers and coxswains - must have a signed waiver. There will be no exceptions to this rule. Crews with members who do not have a signed waiver will not be allowed to launch. Minors must have waivers signed by parent or guardian.

**Shower facilities.** Free showers will be available at the Chattanooga Rowing Center.

**Lodging.** Visit our website for a complete listing of area lodging locations at [www.chattrowing.org](http://www.chattrowing.org).

**UTC.** Sleeping accommodations are available at Maclellan Gym on the UTC campus for \$1 per person per night. For more information, contact Robert Espeseth at 423-755-5333(W) or 423-267-6627(H). 1 mile from Ross's Landing. Gym will not be available until after 8PM Friday evening!

**Entry response date.** Mailed entries must be postmarked by September 26, 2003. Regatta Central Online entries are due by October 1, 2003. Late entries will not be accepted. Late entries will not be allowed under the fee cap.

For more information, contact

Mike Connors at 423-697-8214 (Days) or 706-866-7401 (Evenings) or 423-624-2291 (Fax)

*11<sup>th</sup> Annual*  
**Chattanooga Head Race 2003 - Regatta Schedule**

<b>EVENT #</b>	<b>TIME</b>	<b>EVENT</b>
1	9:00 AM	WOMEN'S CHAMPIONSHIP 8
2	9:00 AM	WOMEN'S MASTERS 8
3	9:10 AM	MEN'S CHAMPIONSHIP 4+
4	9:20 AM	MEN'S CHAMPIONSHIP 1X
5	9:20 AM	WOMEN'S CHAMPIONSHIP 1X
6	9:30 AM	MEN'S MASTERS 1X
7	9:30 AM	MEN'S SENIOR MASTERS
8	9:30 AM	MEN'S VETERANS
9	9:30 AM	WOMEN'S MASTERS 1X
10	9:30 AM	WOMEN'S SENIOR MASTERS
11	9:30 AM	WOMEN'S VETERANS
12	9:40 AM	MEN'S LIGHTWEIGHT 1X
13	9:40 AM	WOMEN'S LIGHTWEIGHT 1X
14	9:50 AM	MEN'S YOUTH 1X
15	9:50 AM	WOMEN'S YOUTH 1X
16	10:00 AM	MEN'S NOVICE 1X
17	10:00 AM	WOMEN'S NOVICE 1X
18	10:00 AM	MEN'S RECREATIONAL 1X
19	10:00 AM	WOMEN'S RECREATIONAL 1X
20	10:10 AM	MEN'S NOVICE 4+
21	10:10 AM	MEN'S TRUE COLLEGE NOVICE 4+
22	10:20 AM	WOMEN'S YOUTH NOVICE 4+
23	10:30 AM	MEN'S YOUTH NOVICE 8
24	10:40 AM	MEN'S CHAMPIONSHIP 2-
25	10:50 AM	MEN'S LIGHTWEIGHT 4+
26	11:00 AM	MEN'S CHAMPIONSHIP 2X
27	11:00 AM	WOMEN'S CHAMPIONSHIP 2X
28	11:10 AM	MEN'S MASTERS 4+
29	11:10 AM	WOMEN'S MASTERS 4+
		<b>"LUNCH BREAK"</b>
30	12:10 PM	MEN'S CHAMPIONSHIP 4x
31	12:20 PM	WOMEN'S NOVICE 4+
32	12:20 PM	WOMEN'S TRUE COLLEGE NOVICE 4+
33	12:30 PM	MEN'S NOVICE 8
34	12:30 PM	MIXED MASTERS 8
35	12:40 PM	MEN'S YOUTH 2X
36	12:40 PM	WOMEN'S YOUTH 2X
37	12:50 PM	MIXED MASTERS 2X
38	1:00 PM	WOMEN'S CHAMPIONSHIP 2-
39	1:10 PM	WOMEN'S YOUTH 8
40	1:20 PM	MEN'S YOUTH 4+
41	1:50 PM	WOMEN'S LIGHTWEIGHT 4+
42	2:10 PM	WOMEN'S NOVICE 8
43	2:20 PM	MEN'S YOUTH NOVICE 4+
44	2:30PM	MIXED MASTERS 4+
45	2:40 PM	WOMEN'S YOUTH NOVICE 8
46	2:50 PM	MEN'S MASTERS 2X
47	2:50 PM	WOMEN'S MASTERS 2X
48	3:00 PM	WOMEN'S CHAMPIONSHIP 4X
49	3:10 PM	WOMEN'S YOUTH 4+
50	3:20 PM	MEN'S YOUTH 8
51	3:30 PM	WOMEN'S CHAMPIONSHIP 4+
52	3:40 PM	MEN'S CHAMPIONSHIP 8

Coaches & Coxswains Meeting at 7:30 AM  
 Chattanooga Rowing Center

# Chattanooga Head Race - Event Specifications, Fees

**Masters Age Categories.** AA: 22 – 26. Masters Ages: 27-42. Senior Masters : Ages: 43-59. Veterans Ages 60+. Age is determined by age as of December 31, 2003.

**Masters Age Handicaps.** Age handicaps will be based on the 1000-meter age handicaps found in the USRowing Rules of Rowing multiplied by 4.8, the ratio of the course length to 1000.

**Lightweight Specifications. Men:** No rower can weigh more than 165 lb. **Women:** No rower can weigh more than 135 lb. **NO AVERAGE WILL BE USED.**

**Novice.** Individuals who have not competed at the collegiate level prior to 6/1/03. Novice events are intended for first year collegiate rowers.

**True College Novice.** Individuals who have never rowed prior to 6/1/03. These events are for college rowers who have no prior high school or club experience in sculling or sweep.

**Youth.** High school rowers who have not attained the age of 19 during the current calendar year. Youth events are intended for experienced high school rowers.

**Youth Novice.** High school rowers who have not competed prior to 1/1/03. Youth novice events are intended for first year high school rowers.

**Championship.** Unrestricted.

**Women's Division.** Female rowers and scullers only. **Men's Division.** Male rowers and scullers only.

**Coxswains.** May be of either sex for any event. No weight restrictions apply.

**Scratched Events.** Events with only one entry will be scratched. Fees for such scratched events will be refunded.

**Protests.** Protests must be presented in writing to the regatta director within one hour of the completion of the event along with a \$20 fee. The protest fee will be refunded if the protest is upheld.

**Hot Seating.** Coaches must notify the dockmaster 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 45 minutes before the start of the event

**Entry Fees. 8:** \$75.00                      **4:** \$45.00                      **2X,2-:** \$30.00                      **1X:** \$20.00

**Team Cap.** \$550.00 The team cap is applicable only to college and high school teams. **All members of a high school/youth or college/university program under the same fee cap must have identical jersey and blade designs.**

**Refunds.** Fees for events cancelled due to acts of God are not refundable.

# Chattanooga Head Race - Course Description

*Due to our riverfront development, this is subject to change.*

*Please plan on attending the coaches/coxswain meeting for final course description.*

**Course.** The race will begin upstream from the Chattanooga Riverport on the Chattanooga side of the river. Due to riverfront development, the finish may be modified and will be announced later.

**Launching.** High school, Youth, and Masters crews will launch from the Chattanooga Rowing Center dock. Collegiate crews will launch from Ross's Landing or contacted after registration for alternate launch locations. Since the same docks must be used for take out, **there will be no time for adjustment on the docks.** Crews should plan to adjust foot stretchers and tie shoe laces after launching. **Novice crews should launch at least one hour prior to their event** to allow sufficient time to row to the start. The Rowing Center docks will be closed for an event 45 minutes prior to the start of the event

**Rowing to Starting Line.** Immediately after launching rowers will proceed upstream hugging the downtown Chattanooga side bank, keeping the yellow milk jug buoys on the port side (coxswain's left). When boats reach the power lines crossing the river upstream from the Rowing Center, they will be directed to cross the course by a safety launch. After crossing the river, they will continue upstream on the Northern bank between the green channel markers and the North shore. **Coxswains should be conscious of the fact that commercial traffic will not be suspended during the day. This means that barge traffic may be encountered.**

**Warm up.** Once boats are upstream of the starting line, they may use the part of the river between the green channel markers and the North shore to warm up. Crews are advised to stay out of the main river channel while warming up.

**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 Chattanooga side of the river and line up in numerical sequence of bow numbers. USRA officials will assist in the staging area.

**The Start.** All boats must pass through the starting chute to begin the race.

**The Race.** During the race, boats should keep the large orange inflatable buoys on their starboard side at all times. **The orange buoys must always be on the starboard side. Passing an orange buoy with the buoy on the port side will result in a 1 minute time penalty for each violation,**

As boats approach the Rowing Center yellow milk jugs will mark the course on the port side. All boats should row between the yellow milk jugs and Maclellan Island. **Any boat rowing outside the lane defined by yellow milk jugs and the island will be disqualified.**

**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 disqualification.**

**The Finish.** The finish will be marked by two large inflatable buoys. **All boats must finish between these buoys.**

**Takeout.** After finishing, boats should turn toward the Chattanooga bank and proceed back to the location they launched from, hugging the Chattanooga (launching) side bank.

# Chattanooga Head Race

## Point Trophies

**Point Categories.** Point trophies will be given in the following three categories:

- 1) College/University
- 2) High school
- 3) Club

**Point information.** The events counting for points in each of the categories are as follows

College	High School	Club	
M&W Novice 4+	M&W Youth 4+	M&W Champ 2-	M&W Masters 1X
M&W Novice 8,	M&W Youth 8	M&W Champ 2X	M &W Sr. Mast 1X
M&W Champ 2-	M&W Yth Nov. 4+	M&W Champ 4+	M&W Veterans 1X
M&W Champ 4+	M&W Yth. Nov. 8	M&W Champ 8	M,W&Mx Masters 2X
M&W Champ 8		M&W Ltwt 4+	M,W&Mx Masters 4
M&W Ltwt 4+		M&W Champ 1X	M&W Rec 1X
M&W TCN 4+		M&W Ltwt 1X	W Masters 8+

Points will be awarded based on the type of event (i e., 1X, 2X, 4+, etc.) and the number of entries in each event using the following table

No. Entries		>10	9	8	7	6	5	4	3	2	
Type	1X	10	9	8	7	6	5	4	3	2	1
of	2X, 2-	20	18	16	14	12	10	8	6	4	2
Boat	4+	40	36	32	28	24	20	16	12	8	4
	8	80	72	64	56	48	40	32	24	16	8

**Example.** If a 4+ event had seven entries, you would find the 7 in the first row of the table and then drop down to the "4+" row. Twenty-eight points would be awarded to the 1st place boat. Then, working to the right, 24 to the 2nd place boat, 20 to the third place boat, 16 to the 4th place boat, etc

**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.

**Award Ceremony.** After completion of the last race there will be a ceremony at the Rowing Center to award team point trophies.

# Chattanooga Head Race Entry Form

Entries must be postmarked by September 26, 2003.  
Send to: Mike Connors; 204 N Brent Drive; Ringgold, GA 30736

Name of Regatta: Chattanooga Head Race

Event Number \_\_\_\_\_ Event Title: \_\_\_\_\_

Name of Organization submitting entry \_\_\_\_\_  
(If mixed entry, give names of all organizations. If unaffiliated, designate as such.)

Please Print. Use First Names. Do not use initials

<u>Position</u>	<u>First Name</u>	<u>Last Name</u>	<u>Juniors'</u> <u>Birthdate</u>	<u>Masters'</u> <u>FISA age</u>
Single	_____	_____	_____	_____
Crew 1	_____	_____	_____	_____
Crew 2	_____	_____	_____	_____
Crew 3	_____	_____	_____	_____
Crew 4	_____	_____	_____	_____
Crew 5	_____	_____	_____	_____
Crew 6	_____	_____	_____	_____
Crew 7	_____	_____	_____	_____
Crew 8	_____	_____	_____	_____
Cox	_____	_____	_____	_____
Sub	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____
	_____	_____	_____	_____

Contact Person: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone: Day \_\_\_\_\_ Evening: \_\_\_\_\_

Substitutions (up to half the number of rowers and the coxswain) must be reported in writing at least one hour before the start of the race. Every entry must be received on or before the announced entry closing date and must be accompanied by payment of the designated entry fee.

# Chattanooga Head Race

## Summary of Entry Information

Send to: Mike Connors  
204 North Brent Drive  
Ringgold, GA 30736

Organization: \_\_\_\_\_

Contact Person: \_\_\_\_\_

Phone: Day: \_\_\_\_\_ Evening: \_\_\_\_\_

No. of entries . . .

Eights \_\_\_\_\_ x \$75 = \_\_\_\_\_

Fours \_\_\_\_\_ x \$45 = \_\_\_\_\_

2X, 2- \_\_\_\_\_ x \$30 = \_\_\_\_\_

1X \_\_\_\_\_ x \$20 = \_\_\_\_\_

Subtotal: \_\_\_\_\_

Smaller of Subtotal or \$550 cap for H.S. or Colleges:  
(Please enclose this amount)

\_\_\_\_\_

How many persons in your contingent? \_\_\_\_\_ **(IMPORTANT!!)**

Will you be brining a boat trailer \_\_\_\_\_ Yes \_\_\_\_\_ No

How many shells do you intend to bring?

Eight \_\_\_\_\_ Fours \_\_\_\_\_ 2X,2- \_\_\_\_\_ 1X \_\_\_\_\_

When will you arrive in Chattanooga?

Fri AM \_\_\_\_\_ Fri Afternoon \_\_\_\_\_ Fri Evening \_\_\_\_\_ Saturday \_\_\_\_\_



**ROWING  
PARENTAL CONSENT RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK,  
AND INDEMNITY AGREEMENT ("AGREEMENT")**

IN CONSIDERATION of my minor child being permitted to participate in any way in the Event Chattanooga Head Race United States rowing Association sponsored Activity ("ActiYity") I agree that I

1. Understand the nature of Rowing Activities both on water and land based and the Minor's Experience and capabilities and believe the Minor to be qualified, in good health, and in proper physical condition to participate in such Activity. I further agree and warrant and will instruct the Minor that if at any time the Minor believes conditions to be unsafe, he/she will immediately discontinue further participation in the Activity.

2. FULLY UNDERSTAND that (a) ROWING ACTIVIEIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by the Minor's own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES COSTS, AND DAMAGES incurred as a result of the Minor's Participation in the Activity.

3. HEREBY RELEASE, DISCHARGE, COVENANT NOT TO SUE, AND AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS the Club, USRowing, their administrators, directors, agents officers' volunteers, and employees, other participants, any sponsors, advertisers, and, if applicable, owners and lessers of premises on which the Activity takes place, (each considered one of the "RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE RELEASEES OR OTHERWISE, INCLUDING NEGLIGENT RESCUE OPERATIONS; AND I FURTHER AGREE that if, despite this RELEASE I, THE MINOR, OR ANYONE ON THE MINOR'S BEHALF MAKES A CLAIM AGAINST ANY OF THE RELEASEES NAMED ABOVE, I WILL INDEMNIFY, SAVE, and HOLD HARMLESS EACH OF THE RELEASEES FROM ANY LITIGATION EXPENSES, ATTORNEY FEES, LOSS, LIABILITY, DAMAGE, OR COST ANY MAY INCUR **AS THE RESULT OF ANY SUCH CLAIM.**

I HAVE READ THIS; AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP **SUBSTANTIAL RIGHTS BY SIGNING IT** AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID THE BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

\_\_\_\_\_  
Name of Minor Participant

\_\_\_\_\_  
Signature of Parent or Legal Guardian

\_\_\_\_\_  
Signature of Witness

\_\_\_\_\_  
Date

\_\_\_\_\_  
Printed Name of Parent or Legal Guardian

\_\_\_\_\_

MINOR WAIVER

MINOR WAIVER