



# Heart of Texas Regatta February 25<sup>th</sup> & February 26<sup>th</sup>, 2023 Festival Beach Park Lady Bird Lake

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## **NOTE THE FOLLOWING UPDATES OR CLARIFICATIONS TO:**

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## **I. Venue Information**

Location:  
Festival Beach Park  
Lady Bird Lake  
Austin, TX 78702



\*All boats must launch from Festival Beach and go through Control Commission\*

## II. Parking

Parking within the venue will be limited on race days to boat trailers and the vehicle that was used to tow the boat trailer. Parking permits are only issued to boat trailer tow vehicles. Please visit the website for trailer parking maps and additional information. Trailers and tow vehicles are limited to the loop of Chicon only. **No vehicles are allowed to park in the small parking lot within the venue—they will be towed. If you need to use the parking lot, please contact [info@austinrowing.org](mailto:info@austinrowing.org) for more information.**



For vehicles without permits: No equipment vehicles other than the boat trailer and tow vehicle are allowed to park within the venue. The venue is defined as the inner circle of Chicon Street. *Tow vehicles and trailers are not allowed to enter/exit the inner loop except for the times specified below.*

Parents, booster clubs, and additional equipment vehicles are only allowed within the inner loop of the venue during the following times:

- Friday: Before 1pm and after 6:30 pm
- Saturday: 60 minutes after the conclusion of the final race of the day
- Sunday: 60 minutes after the conclusion of the final race of the day

Parents and coaches who have tents, grills, coolers, and other equipment to unload outside of the above times will need to park on Nash Hernandez Road. They will not be given access to the inner circle of Chicon Street outside of the posted loading/unloading times.

**No coach/trailer tow vehicles will be allowed or to enter or exit the inner circle of Chicon Street starting 90 minutes prior to the first race of the day.**

**Anyone missing this window will need to park outside the venue, even if they have a parking permit.**

Coaches with permits, and other vehicles without permits will be allowed to enter/exit the inner circle of Chicon Street 60 minutes after the conclusion of the last race each day.

*Please plan accordingly.*

Austin Rowing Club is working closely with the City of Austin Parks and Recreation Department to better enforce regatta-parking guidelines.

**NO PARKING ON GRASS IS PERMITTED FOR ANY REASON.**

**Any vehicle found not adhering to the above rules will be towed immediately.**



### **III. Coach, Coxswain, and Blind Boat Meeting**

Attendance is mandatory on both days. The Chief Referee will take attendance to make sure each team has a representative at the meeting. If not at the meeting, you must speak with the Chief Referee prior to being allowed to launch which may delay your crew's launch time and not allow for the crew to reach the start line on time. Meeting starts at 6:00 am Saturday and Sunday.

### **IV. Practice**

The course will be available for practice Friday afternoon: February 24<sup>th</sup>. Crews may launch for practice from 2-5:30pm. All crews must be off the water by 6pm. Referees will be available from 2-5pm in order to assist crews with proper procedures for backing into stake boats.

### **V. Important information for Novice Coaches:**

For most competitors, the Heart of Texas Regatta is the first race of the spring, and the first opportunity for novice rowers to race in a lane from a starting block. It is very important that coaches practice backing into stake boats with their novices prior to arriving at the regatta. Please make sure that novice rowers understand how to back into stakeboats in ALL boats they will be racing. Referees will be on stakeboats at practice on Friday so that competitors can familiarize themselves with how to back towards the starting platform (please note there will be no stakeboat holders at practice on Friday). The Heart of Texas Regatta follows the US Rowing rules of racing, which states:

*A Crew that is not attached to its starting station at least two minutes before the Scheduled Time of the Race may be assessed a warning (Rule 2-602(b), "Types of Penalties") by the Starter. A Crew that is not attached to its starting station by the Scheduled Time of the Race may be excluded by the Starter.*

The referee may choose to assist a struggling crew with backing into their stakeboat. Referees understand that this is the first sprint regatta for many novices. However, in the interest of keeping the schedule on time, if too much time is being spent with a crew unfamiliar with backing procedures, they may be excluded from the race and sent back to the docks.

### **VI. Rules and Membership**

Except as noted in this packet the 2023 Heart of Texas Regatta will be governed by the 2022 USRowing Rules of Rowing. The Heart of Texas Regatta is a USRowing Registered Regatta. In order to compete in this event all organizations will need to adhere to the following:

- A. All attending organizations must be current USRowing organizational members.
- B. All unaffiliated rowers must have a USRowing Championship membership.
- C. All competitors must be a basic member and have a current (online) signed waiver.

Every competitor must have signed a USRowing Release of Liability Waiver online through USRowing. No paper waivers will be available for this regatta. If any club has a question on how to renew membership or sign an athlete waiver please contact the USRowing membership department directly at [members@usrowing.org](mailto:members@usrowing.org) or you can call 1-800-314-4769.

## **VII. Registration/Entries**

### **A. Important Entry Deadlines:**

1. Standard Registration
  - a. Opens: January 9, 2023 (9:00am CST)
  - b. Closes: February 14, 2023 (11:00pm CST)
  
2. Late Registration
  - a. Opens: February 15, 2023 (12:01am CST)
  - b. Closes: February 21, 2023 (11:00pm CST)
  
3. Line-Up Deadline: February 21, 2023 (11:00pm CST)

**B. Waiver Submission Deadline:** February 21, 2023 (11:00pm CST)

**C. Payment:** Payment is due at time of registration. Any entry that is scratched before the standard registration deadline will be refunded through Regatta Central.

**D. Late Entries:** Late entries are accepted after the standard registration deadline at the discretion of the registrar and only to fill empty lanes; no heats will be added to accommodate late entries. Prescribed late entry fees must accompany late entries. Before February 21 at 11:00pm, late entries must be submitted online at Regatta Central. After this time, late entries will only be accepted on-site Friday, February 24 from 3-6pm during registration hours. No late entries will be accepted after 6:00pm on February 24. No late entries will be accepted on race days.

### **E. Entry caps**

**Junior Entry Cap:** All junior events are capped at 21 entries. Entries are accepted in order of submission, a waitlist will be maintained for all junior events with more than 21 entries.

**Entry Cap:** 2 entries for each club per event.

**F. Scratches:** Fees for scratched entries made after the standard registration deadlines are non-refundable, **with no exceptions**. After the standard registration deadline, scratches can still be made on Regatta Central through February 21 at 11:00pm. All scratches made after this time will need to be done at registration during registration hours on Friday, February 24 (3-6pm), or on race days. Scratch forms are available at the registration tent, or online.

## G. Substitutions

**There will be no line-up substitution restrictions through on-site registration: Friday, February 24, from 3-6pm.** After 6pm on February 24, the following substitution rules go into effect: A crew other than a single scull may substitute up to one half of its rowers, as well as the coxswain. On race days, the LOC may prohibit such substitution if it is not submitted in writing at registration at least one hour before the first race of the event in which the crew is entered. After the first race in an event has taken place, the composition of a crew, including the coxswain, shall remain the same and no substitution shall be allowed for any subsequent races in that event, except as allowed by the Chief Referee in the case of injury or illness.

Substitution forms are also available online.

**H. Duplicate Entries:** Fees will not be refunded for duplicate entries.

**I. On-Site Registration:** On-site registration will begin on Friday February 24 from 3-6pm and throughout race days on Saturday and Sunday beginning at 6:00am. Crews who need to make scratches or substitutions may do so during these times. After 6pm on Friday, February 24, please see Section VI-F for rules regarding substitutions.

## VIII. Changes in the Form of Progression

This regatta is following a modified version of the USRowing Progression System “C” for seven-lane racing.

<b>Entries</b>	<b>Heats</b>	<b>Advancing in Each Heat</b>
1-7	0	Final Only
8-14	2	(3)
15-21	3	(2)

Changes will be made following the below rules:

- A. By the LOC, no less than two hours before the scheduled time of the first race in the event, if due to scratches, the reduced number of entries would call for a different form of progression under the applicable progression system or,
- B. By the LOC, any time before the first race in the event, if due to scratches, the event would be reduced to a final only, with no heats, under the applicable progression system.
- C. If the LOC changes the form of progression under subsection (a) it shall conduct a new draw to determine composition of heats and lane assignments.

For masters events, entries will be broken down by age categories depending on number of entries. If heats are required for master’s events, they will follow the progression stated above.

## **IX. Competitors**

### **A. Juniors**

A crew entered in a junior event shall include only junior rowers. A junior is a competitor who is and has been continuously enrolled in secondary school as a fulltime student seeking a diploma. A competitor ceases to be a junior after December 31 of the year of his or her 18th birthday, or of the year in which he or she completes the 12th grade of secondary school, having been a full-time student, whichever is later. Rule 4-104.1(c).

#### **1. 1V/2V Rules**

A rower who competes in a 1V event may not also compete in any 2V event in the same discipline (sweep vs sculling). For example, a rower competing in a 1V quad may not also compete in a 2V double, and a rower in a 1V double may not compete in a 2V quad. A rower in a 1v sculling event may compete in a 2v sweep event and vice versa.

In order for a team to compete in a 2V event, that team must also compete in the corresponding 1V event of the same boat class and gender.

#### **2. U-17 Classification**

A rower may compete in the U17 category until December 31 of the year of his or her 16<sup>th</sup> birthday.

### **B. Novices**

Crews entered in novice events shall include only novice rowers. A rower qualifies as a novice provided s/he has been competing for under one calendar year, and did not compete in the 2022 Heart of Texas Regatta. Novice eligibility for sweep rowing and sculling are not considered separate. To enter in to a novice event, the rower must have been rowing for under one year, regardless of discipline.

Coxing experience has no bearing on novice rower classification. A novice entry's coxswain is not required to be a novice.

### **C. Masters**

Masters' age categories are defined in USRowing's 2022 Rules of Rowing. A rower's "rowing age" is his/her age on December 31, 2023; a crew's age is the average of its rowers' rowing ages, rounded down to the nearest whole number.

Entries in Masters events must list every rower's year of birth in order to compete. All rowers in a Masters boat must have a rowing age of at least 21.

The Regatta Committee reserves the option to split any Masters event into two or more separate events according to the crews' age categories.

Masters Crews shall be classified by age according to the following categories:

- (AA) 21-26 years
- (A) 27-35 years
- (B) 36-42 years
- (C) 43-49 years
- (D) 50-54 years
- (E) 55-59 years
- (F) 60-64 years
- (G) 65-69 years
- (H) 70-74 years
- (I) 75-79 years
- (J) 80 to 84 years
- (K) 85 years and over

### **E. Open Races**

Open events are open to all rowers who have attained or will attain the age of 19 in the current calendar year. No youth rowers can row in open races. All open events have no handicap.

## **X. Policies**

**A. Required Equipment:** All boats are required to comply with the 2022 USRowing Rules of Rowing regarding bow balls, footgear Release, and bow numbers.

Use of communication devices: Once a crew has launched for a race, **no communication with the crew is permitted from outside the boat** using electronic equipment.

**All crews are responsible for providing their own bow numbers.** Bow numbers must be the correct and clearly visible. Control Commission will hold a crew from launching if they have an incorrect bow number or it is not deemed visible enough (Example: shark fin bow numbers are too small to be clearly visible).

### **B. Official Regatta Water and Row Back Policies**

The official area designated for the Heart of Texas Regatta extends from the eastern tip of Bird Island, west to the I-35 bridge. It is not recommended that any competitors row past either of those two eastern and western landmarks. If a crew chooses to pass these landmarks, they have exited the protected Regatta water, and the LOC is not responsible for any accidents that may occur. In addition, no referees or safety marshals will be patrolling the areas outside of the Official Regatta Water.

Local crews wishing to row boats back to their boathouses will need to wait until the conclusion of all racing for the day (once all competitors from the final race have returned to the docks). After a crew passes under I-35, they have exited the protection of the Regatta, and are also forgoing any right to protest results of their race.

### **C. Hot Seating of Boats**



A boat that is to change crews immediately upon arrival at the docks after a race, and to race again without being removed from the water is considered a hot-seat boat. Control Commission must be notified of every hot-seat boat before it launches, so that they can confirm the crew for the hot-seated event has launched, and has the correct bow number. Control Commission also needs to confirm the crew has appropriate coxswain and lightweight rower wristbands, if applicable. Failure to check-in a hot-seated boat could lead to exclusion from the race.

Hot-seating and registering for events that are scheduled close together is done at each competitor's own risk. The LOC and referee staff make no guarantee to crews about reaching their event on time—it is the responsibility of the coaching staff and athletes to make sure they have enough time.

#### **D. Reporting to the Start**

Each crew is responsible for being attached to its starting station and ready to race two minutes before the scheduled time of the race, whether or not the starter has made announcements. If racing is delayed, crews shall be responsible for being within voice range of the starter and in a position to respond to instructions. Regatta officials may prohibit crews that are late to the starting line from racing. The official at Control Commission may prohibit a boat from leaving the dock if in his or her judgment it cannot reach the starting line on time.

A crew that is not attached to its starting station at least two minutes before the scheduled time of the race may be assessed a warning by the starter (See the 2019 USRowing Rules of Rowing). A crew that is not attached to its starting station by the scheduled time of the race may be excluded by the starter. If racing is delayed, the starter may announce a new racing time, which shall have the same effect as the original scheduled time for the purpose of this rule.

#### **E. Sportsmanship**

Per the 2022 USRowing Rules of Rowing, "Unsportsmanlike Conduct" shall include, but not be limited to, failure to heed the instructions of Race Officials, use of obscene language or gestures, delaying a Race without just cause, intentional or flagrant disregard of principles of safety and fairness, or abusive behavior toward a Race Official, Team member, or spectator as witnessed by a Race Official

A Crew or Team that engages in Unsportsmanlike conduct, as witnessed by a Race Official, may be assessed by a Race Official with one of the penalties described in Rule 2-602 ("Types of Penalties"), regardless of whether such conduct otherwise constitutes a violation of these rules. If another Crew's opportunity to win, place, or advance is affected by such conduct, the Race Official shall take appropriate action to restore that opportunity, pursuant to Rule 2-603 ("Restoring Opportunity of Winning; Altering Results").

Any Team member, including a Competitor, who engages in Unsportsmanlike conduct at any time during the Regatta, as witnessed by a Race Official, may have his or her further participation at the Regatta curtailed or prohibited by a Race Official.

If any Team member engages in personally abusive language or conduct, the incident shall be reported by a witnessing Race Official to USRowing.

**F. Weigh-Ins: Coxswains**

There will be no weigh-ins for coxswains as USRowing has removed that requirement.

**G. Crew Representation**

No competitor may represent two different organizations in the Regatta. Any crew composed of competitors representing different organizations must be entered as a composite crew.

**H. Dispute Resolution/Protest:**

All questions of eligibility, qualification, and interpretation of the rules shall be referred to the Regatta Director and or Chief Referee whose decisions shall be final. Any protest filed will be in accordance with the 2022 USRowing Rules of Racing.

**I. Trash removal**

All crews must take their trash and recycling to the dumpster located in the small parking lot at the west end of the venue.

**J. Hammocks in trees**

Due to park regulations, we cannot allow hammocks to be hung from trees.

**XI. Schedule Changes**

The event schedule is subject to change depending upon the number of entries received. Events may be canceled or combined if there are fewer than three entries at the standard registration deadline. Any crew entered in a canceled event will be contacted and offered the option to switch to another event or receive a refund of the registration fee.

## XII. Awards

Medals are awarded for first, second, and third place finishes, except that no medal is awarded to an event's last-place boat.

Medals will be available for pickup throughout the afternoon of racing.

For Overall, Open, Masters, and Juniors, team points will be awarded for each event based on the following system. Only the highest placing entry for a single team in an event will earn points for that team in that event.

Event	8+ (1V)	4+ (1V) 2V 8+ Ltw 8+ 4x (1V)	2x (1V) 2- 2V 4+ 2V 4x Ltw 4+ Novice 8+	1x Ltw 1x 2V 2x Ltw 2x Novice 4x Novice 4+	Novice 2x Novice 1x
1st	30	24	18	12	9
2nd	24	19	14	10	7
3rd	18	14	11	7	5
4th	13	11	8	5	4
5th	9	7	5	3	2
6th	5	4	3	2	1

If an event is Final-Only (7 or less entries), points will be distributed as described below:

Entries	7	6	5	4	3	2
1st	100%	100%	100%	100%	100%	100%
2nd	80%	80%	80%	60%	40%	20%
3rd	60%	50%	40%	30%	20%	
4th	40%	20%	10%	5%		
5th	20%	10%	5%			
6th	10%	5%				
7th	5%					

## XIII. Weather

Occasionally regattas have to be truncated or canceled, usually in order to avoid exposing competitors, officials, and volunteers to unsafe weather conditions. No regatta is truncated or canceled except by order of the City of Austin or of the Chief Referee, who is trained and certified by the USRowing and bears ultimate responsibility for the regatta's safety. When a regatta is truncated or canceled, no registration fees are refunded.

#### **XIV. Lady Bird Lake is no touch water**

NO swimming or throwing the cox into the water is permitted on Lady Bird Lake due to high bacteria levels. It is also strongly recommended that dog owners prevent their dogs from entering or drinking the lake water.

#### **XV. Event Drone Policy**

The Local Organizing Committee, working in conjunction with the chief referee, is charged with approving the use of any and all drones at the regatta venue both on shore and in the field of play, including the airspace above the course (in accordance with local and FAA drone regulations for the specific venue).

Anyone wishing to operate a drone at the regatta venue, including media, competing organizations (including athletes, coaches, support personnel, parents or fans) or spectators must have prior approval from the LOC.

Any drones operating in the field of play must be controlled from the shore with an experienced drone operator. The drone itself must remain at least 10 meters behind the crew in its lane and at least 10 meters above the highest point of the referee launch. A drone may not operate in front of a crew in the field of play. At no time may a drone fly directly above a crew or referee in the field of play.

A drone may follow racing on the side of the course, but it must remain at least five meters away from the outside lane and 10 meters above the highest point of the referee launch. A drone may not follow racing on the side of the course being used as the travel lane for launching crews unless there is enough space to have both a five-meter buffer between the drone and the side of the course, as well as a five-meter buffer between the drone and the travel lane.

## **XVI. COVID-19 Procedures**

The Heart of Texas Regatta encourages all competitors, coaches, and support staff to be fully vaccinated before the regatta. All individuals are asked to wear a mask while in tents and enclosed spaces, and to try to maintain physical distancing whenever possible. It is strongly recommended that unvaccinated individuals wear masks at all times but may remove their masks while on the water rowing. Unvaccinated individuals should obtain a negative Covid-19 test within 48 hours of arriving on-site as a precautionary measure.

All participating organizations should monitor their athletes, coaches, and support staff by completing daily wellness screens on days that they are at the venue. Organizations also should monitor their athletes, coaches, and support staff for signs or symptoms before traveling to the regatta. If an individual develops signs or symptoms of Covid-19, they must not attend any practice event, competition, or travel to the venue. Anyone participating in the event developing any of these signs or symptoms must notify the LOC immediately and leave the venue.

### Signs and symptoms of Covid-19 include:

Fever or chills	New loss of taste or smell
Cough	Sore throat
Shortness of breath or difficulty breathing	Congestion or runny nose
Fatigue	Nausea or vomiting
Muscle or body aches	Diarrhea
Headache	
Contact with someone who has tested positive for COVID-19 in the past 14 days	

The CDC currently defines “Close Contact” as:

“Close contacts are someone who was less than 6 feet away from an infected person (laboratory-confirmed or a clinical diagnosis) for a cumulative total of 15 minutes or more over a 24-hour period. For example, three individual 5-minute exposures for a total of 15 minutes..”

If the individual answers yes to any of the above, it is recommended that they obtain a negative Covid-19 test before traveling to participate in any events or be present at the venue. Failure to report symptoms may result in exclusion from the event. Any individual who has had close, sustained contact with a person testing positive for Covid-19 will be required to follow state and local guidance on quarantine procedures. If an organization has any doubts about whether an individual can safely travel and participate at the Head of the Colorado, please 1) Obtain a negative Covid-19 test, and 2) Contact the LOC with questions.

### Venue Information

1. Team tents: Athletes, coaches, and support staff should take measures to keep their team separate from other teams, and remain in team-designated areas as much as possible

2. Registration: Please send one team representative to the registration tent. This includes packet pick up, medal pick up, submission of substitution or scratch forms, etc.
3. First Aid: Please refer to the Venue Map for the location of the First Aid tent
4. Portable toilets: Toilets will be cleaned and disinfected regularly. Hand sanitizer will be available in front of the portable toilets. Please use hand sanitizer **before and after** toilet use.
5. Docks: We will be limiting the number of people allowed on the docks. Please allow extra time for launching. Teams should have clearly marked boxes for shoes to speed up time on the docks.
6. Launches: Disinfectant wipes will be provided in all launches and should be used by the launch driver to clean all surfaces **before and after** each shift. Unvaccinated launch drivers or referees should wear a mask.
7. Start/Finish Area: Both start and finish areas will have disinfectant wipes available, and all surfaces should be cleaned **before and after** each shift. This includes chairs, tables, electronics, and sound systems. Any unvaccinated individuals at the start or finish area should wear a mask.
8. Weigh-Ins: There are no weigh-ins at the 2022 Heart of Texas.
9. Venue: There will be hand-sanitizer stations located throughout the venue. Please use hand sanitizer before approaching or using any venue facilities, including Registration or Volunteer tents, portable toilets, water monster, docks, etc.

Thank you in advance for helping maintain a safe environment for all attendees. We look forward to a safe and successful Heart of Texas in the midst of the Covid-19 pandem

