



# HEAD OF THE REACH

**DATE:** Sunday, September 18, 2010

**LOCATION:** Deas Island Regional Park, Delta BC

**DETAILS:** A challenging 5.2km race passing the quaint float homes of Ladner Reach, under the Deas Tunnel access bridge, and into the Deas Slough, the most coveted and protected rowing waters in the Pacific Northwest. Try to keep your head in the boat as you row past swans, herons and seals, while bald eagles and kingfishers soar overhead.

## ROWING INSTRUCTIONS

### **1. Rules**

- The Regatta is sanctioned by Rowing BC and races will be governed by the Canadian Rules of

Racing defined by Rowing Canada Aviron

- **Composite Crews** are welcome but must be designated as Composite Crews at registration.

A competitor may be a member of more than one club but no competitor may compete for two different clubs at the same regatta.

- **Novice** rowers are those who were new to rowing after January 2010

### **2. Location**

- The Regatta will be held on the Deas Slough, and Ladner Reach waterway.
- Boats should be offloaded and placed on stretchers at the Deas Island Regional Park.
- The 'Coaches and Coxswains' meeting will be in the main tent at 7:30am. Attendance by at least one representative from each crew is mandatory.
- Bow numbers and course diagrams will be provided at registration.

### **3. Races**

- Two races are scheduled.

Awards will be given to the top male, female and mixed crews in each boat class (1x, 2x, 4's, 4x and 8)

### **4. Launch**

- All boats are to be launched at the Delta Deas Rowing Club Dock or adjacent beach.

- A **Dock Marshal** must check all boats for heel tie-downs and bow balls prior to launch. Crews are responsible to make sure their boat is checked and marked off on the Dock Marshal's check sheet
- Boats must be in the water by **08:45 AM** and **10:45 AM** for each race - in fairness to crews waiting at the start, **no late launching will be allowed.**

#### **5. Up - River Row**

- After launch, proceed up river to the start area. Please follow instructions from the *Course Marshals*. Enjoy the river! Take note of the position of the course buoys, and any hazards to navigation not indicated on the course map. (enjoy the tranquil setting of Ladner Reach, too!)

#### **6. Down - River Race**

- All boats must be upriver of the start area by **9:10AM** for the first morning race and by **12:10AM** for the second race.
- ***This is a running start head race.*** Start between the yellow buoys placed just ahead of the start line. Follow starter's orders. Start times will begin at **9:30 AM** for the First race, and **12:30 PM** for the second race. Starts will be in sequence of your bow number. It will be a running start with approximately 10-second intervals between boats.
- The finish line is 400m from the Deas Island dock. *A cool down area will be just behind the finish line.* Please be aware of the limited space available behind the finish line when participating in a cool down.
- A time penalty will be applied to any boat that cuts a corner by not correctly rounding one of the yellow inflatable buoys.

#### **7. After the Finish.**

All boats must stay behind the finish line for cool down exercises. A dock marshal will be available to assist with traffic.

#### **8. Boats not Finishing.**

- If you retire or chose not to complete the course for any reason please advise the nearest safety boat.

#### **9. Risk**

- Competitors and crews participate in the races entirely at their own risk. The decision to race is that of the competing crew alone. The organizers will not accept any liability for material damage, personal injury or death sustained in conjunction with, or prior to, or during or after the event.

*Be guided by the rules of good sportsmanship.*

*Your safety and the safety of other participants is paramount*