

**THE HEAD OF THE MISSISSIPPI REGATTA**  
**Regatta Information and Schedule**

**Minneapolis Rowing Club is pleased to welcome you to the 34th Head of the Mississippi Regatta October 5, 2014.**

**REGISTRATION** – Will be available on Regatta Central beginning September <https://www.regattacentral.com/index.jsp> This is the only way you can register for races for the HOTM. Entries close Friday September 26.

**STAGING AREA:**

Trailer and shells can be parked at River Flats Park – see directions – next to the University of Minnesota’s Boat House. Security will be provided beginning at 7:00 PM on Saturday. There is no parking of trailers at Minneapolis Rowing Club.

**RACE COURSE:**

The race is rowed upstream and has several bridges, channel markers and other obstacles to be aware of. It is a beautiful course beginning at Minneapolis Rowing Club and ending approx. 3 miles upstream. Please refer to the local rules for further information.

**COACHES & COXSWAINS MEETING:**

A representative from each club/University racing needs to attend ONE of the meetings. At the River Flats Park – 7:30 AM OR Minneapolis Rowing Club – 8:15 AM.

**SCHEDULE:**

Races begin at 9:00 AM. Watch your time and allow at least 30 minutes to row to the starting area from River Flats Park. Please be aware of your time. Boats late to the line will not be allowed to race unless directed to do so by the officials.

If you wish to add a boat or change ages in a boat please do so at least one hour prior to scheduled race time. If you wish to scratch a boat please do so ASAP.

**BOW NUMBERS:**

Are provided in your packet.

**CLASSIFICATIONS:**

**“Masters”:** Rowers who have attained or will attain the age of 27 during the calendar year. A competitor’s age is determined as of December 31 or the current calendar year.

**“Juniors”:** High school or community rowing programs where the oldest rower will not have attained the age of 19 by the end of the calendar year in which the race occurs.

**“Novice/Freshman”:** Any rower who began rowing May 2014 or later and/or is in their first year of rowing at the collegiate level.

**“Open/Collegiate”:** Any rower or crew representing a college or university, either as a club or varsity sport, and any non-collegiate rower or crew not otherwise classified or affiliated. NOTE: No Junior may cox or row in a boat entered in any collegiate events.

**HANDICAPS FOR MASTER'S EVENTS:**

Handicaps are based on the standard USRA rules. If you fail to provide ages for each rower on Regatta Central registration they will be assigned the age of 27 and averaged at that.

**PROTESTS:**

Any protest can be made by writing at the registration area with 60 minutes of race finish. A \$25 protest fee must accompany a written protest note. The \$25 will be returned if protest is upheld.

**AWARDS:**

Will be given for first place finishers that have at least 2 entries.

**EVENT DAY PARKING:**

There is pay box parking at the River Flats Park. Once full there are several pay lots in the area and street parking above the River Flats Park (look for stairs to come back down). All meters are enforced so pay attention.

NO PARKING will be allowed on the park grounds – except the trailer.

**SCHEDULE:**

See Regatta Central

**COURSE, WARM-UP and LANDING:**

See Local Racing Rules

**OTHER CONCERNS:**

The Head of the Mississippi is the same day as the Twin Cities Marathon – so please plan your travel accordingly.

## **HEAD of the MISSISSIPPI**

### **Local Racing Rules**

#### **LAUNCHING & WARM UP:**

At River Flats Park:

We will call boats to the water one hour prior to racing; but it is up to you to allow yourself enough time and to have bow numbers and boats ready at the start. Plan on taking at least 25 minutes to row to the warm up area. Crews late to the line will be excluded from that race.

#### **FROM RIVER FLATS:**

Launch and head down the East side of the river. Stay to the Port Shore and watch for oncoming racers. Keep all RED Chanel Markers to your Starboard side - EXCEPT between the Railroad Bridge and Lake Street Bridge!! Very important to then move out and keep RED channel markers just to the Port Side and GREEN Channel markers just prior to Lake Street Bridge (2) to your Starboard side.

Continue through Lake Street Bridge and watch for boats coming across from Minneapolis Rowing Club.

Starting area is the Lake Street Bridge at Minneapolis Rowing Club.

After passing the Start you may row down to last Marshal and then circle clock wise in warm up area. Please pay attention to other boats and start moving to starting marshal as called or by time or with other boats in your event in order.

#### **LAUNCH from MRC:**

Follow the launch chute past Lake Street Bridge then cross to warm up area. Pay attention to boats coming up landing chute and do not impede boats coming up to staging area to start race. Pay attention and move slowly to warm up area. **Do Not Cross Course** – crossing course may lead to disqualification. No Hot Seating allowed from MRC Docks.

#### **TRAFFIC PATTERN RACING:**

The race is run up the West side of the river (opposite of normal traffic pattern).

There are three bridges and 12 permanent channel navigational buoys on the course, as indicated on the course map. Any incidental hazards, such as snags or shallow areas, will be marked or have a safety launch and driver posted at them.

#### Bridges & Channel Markers:

You must go through shore span of the RR Bridge, Franklin (only one span) & 94 BUT must go through the far shore (West side) of the Washington Bridge – last bridge before finish. There is a 1 min penalty for each bridge span you pass incorrectly.

You must stay to the West side of the course and keep all RED Channel markers to your Starboard Side and first GREEN channel marker (before RR Bridge) to your STARBOARD side. The last GREEN channel marker before Washington Bridge (last bridge) must be on your PORT side and you must stay in the marked course past and all the way to Washington Bridge. There will be a **30 second penalty** for each red buoy you cross with the hull of your boat through the last turn before Washington Bridge and for each time you are on the incorrect side of a channel marker.

Pay attention Crews warming up from the River Flats will be on the opposite side of the river.

#### **RETURNING AFTER RACING:**

##### TO RIVER FLATS PARK:

Continue through FINISH. Do not stop right after finish! Continue to next red buoy and then begin turn to the East side and row carefully back to dock. Listen for directions from Finish Marshal and Dock Master.

##### TO MRC:

Follow directions above for "launching from River Flats" all the way though Lake Street Bridge. Then circle and come to landing chute - pay attention to not impede racers starting and boats launching. If you are hot seating make plans to hot seat from River Flats Dock to assure you make the race. **Do Not Cross Course** – crossing course may lead to disqualification.

#### **HOT SEATING:**

If your boat requires 'hot seating' please let the dock master know and have those going into boat ready or the boat will have to be pulled off the dock. Talk to the other crews and let them know you are hot seating for priority docking.

#### **RACING RULES:**

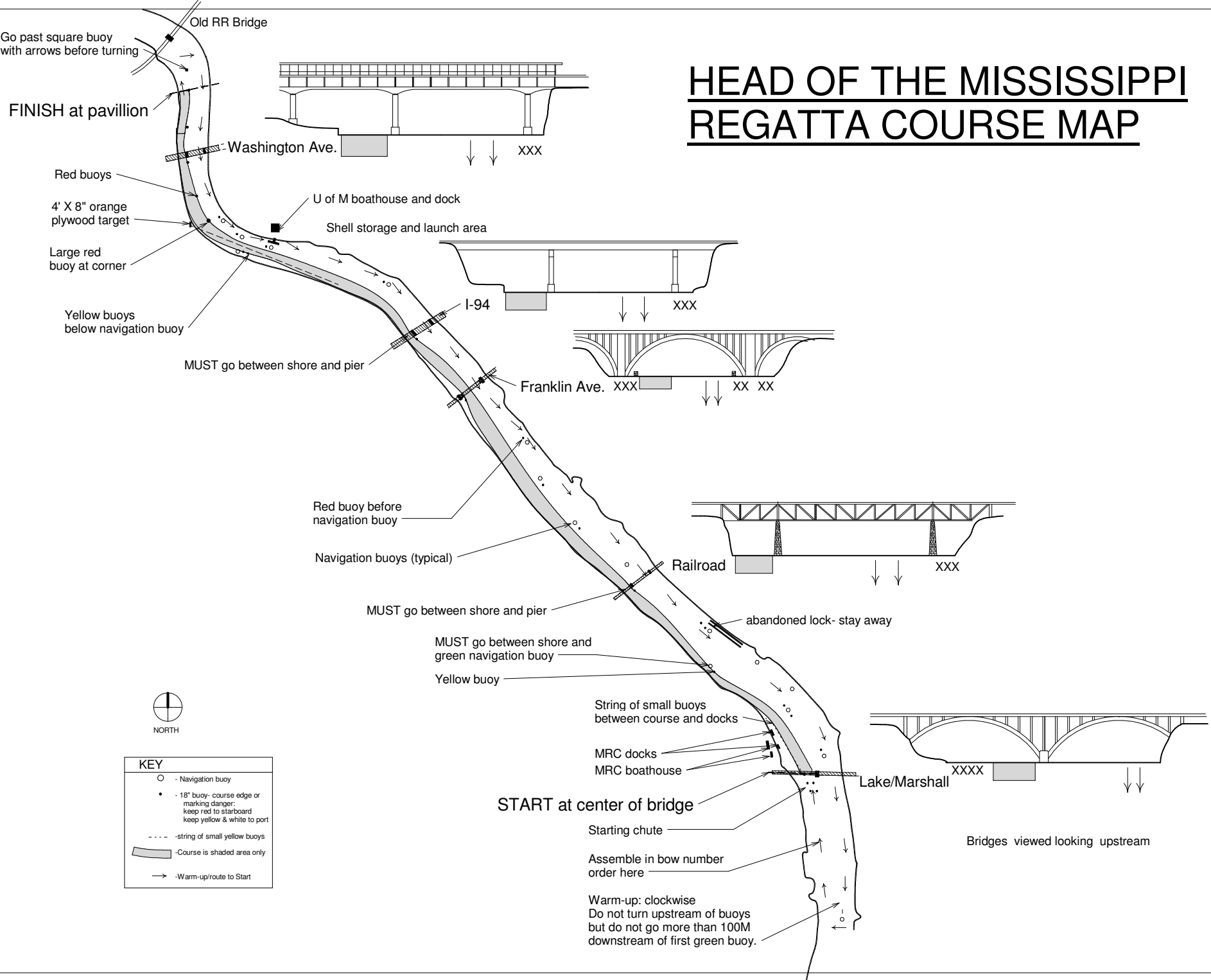
See Traffic pattern.

Boats racing have the right away over all other boats. Any non-racing boat that interferes with a race will be subject to a 30 second penalty or exclusion.

An overtaking boat is considered to be overtaking when it moves to within a boat length of the boats it is approaching. When passing another boat, the overtaking boat has the right of way, but is obliged to make it apparent to the boat ahead on which side it wishes to pass. The boat being overtaken must yield room to the overtaking boat, usually on the outside. However, no overtaking boat should press its right of way to the point of collision. Racing boats, by judgment of the officials, cannot interfere with other racers without a penalty or exclusion.

Note: the Regatta Chair and Head Official reserves the rights to rule on any situations not specifically covered in these rules and assess penalties as appropriate.

# HEAD OF THE MISSISSIPPI REGATTA COURSE MAP



NORTH

**KEY**

- - Navigation buoy
- - 18" buoy- course edge or marking danger: keep red to starboard keep yellow & white to port
- string of small yellow buoys
- ▭ - Course is shaded area only
- - Warm-up/route to Start

## Head of the Mississippi 2014 Event Schedule

Event #	Time	Event
1	9:00	Open Women 2x
2	9:15	Junior Women 4+
3	9:30	Open Men 1x
4	9:30	Master Men 1x
5	9:30	Junior Men 1x
6	9:45	Master Women 4x
7	10:00	Master Women 2x
8	10:00	Junior Women 2x
9	10:15	Freshman Collegiate Women 4+
10	10:15	Open Novice Women 4+
11	10:30	Freshman/Open Novice Men 8+
12	10:45	Open/Collegiate Men 4+
13	10:45	Master Men 4+
14	11:00	Open Women 1x
15	11:00	Master Women 1x
16	11:00	Junior Women 1x
17	11:15	Junior Men 8+
18	11:30	Open Men 2x
LUNCH	BREAK	
19	1:30	Collegiate Women 4+
20	1:30	Open Women 4+
21	1:45	Junior Women 8+
22	2:00	Junior Men 2x
23	2:00	Master Men 2x
24	2:15	Master Men 4x
25	2:30	Master Women 4+
26	2:45	Freshman/Open Novice Men 4+
27	3:00	Freshman Collegiate Women 8+
28	3:00	Open Novice Women 8+
29	3:15	Junior Men 4+
30	3:30	Mixed Open 2x
31	3:30	Mixed Master 2x
32	3:30	Mixed Master 4x
33	3:45	Collegiate Women 8+
34	3:45	Open Women 8+
35	4:00	Open/Collegiate Men 8+

# HEAD OF THE MISSISSIPPI

## Launch & return traffic at MRC

Launch with bow  
DOWNSTREAM  
Follow shore to 100 Meters  
below starting line. Wait for any  
crews lined up to start a race,  
then cross to east shore



Crossing traffic here-  
go slow and WATCH

Return to dock on shore/west  
side of buoy line.

NOTE- The entire launch  
and return traffic area is tight-  
go slow and watch carefully  
for other boats

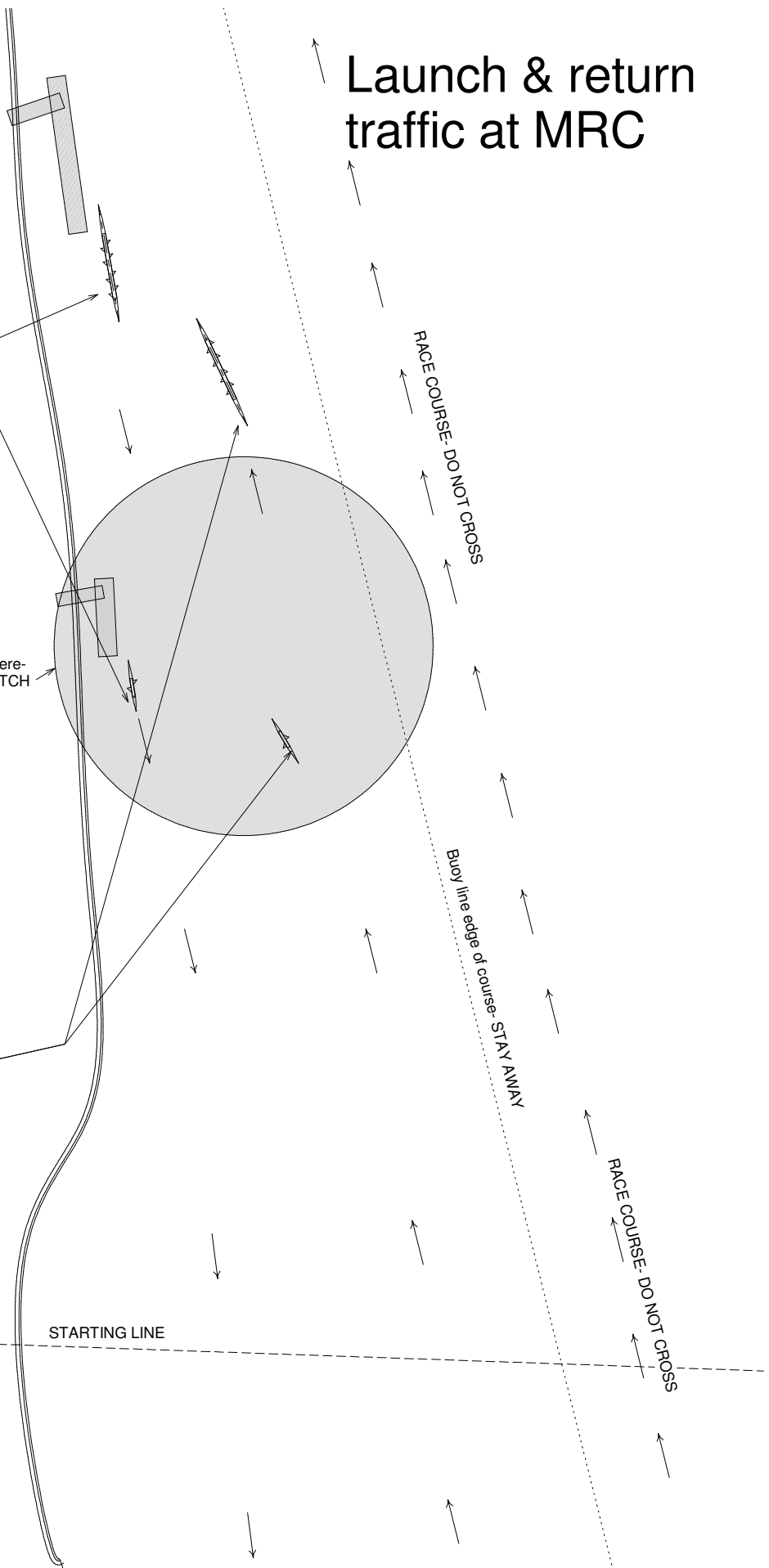
2 MINUTE TIME LIMIT ON DOCK  
from setting boat into water to pushing off  
and  
from coming to stop at dock to lifting boat up

STARTING LINE

RACE COURSE- DO NOT CROSS

Buoy line edge of course- STAY AWAY

RACE COURSE- DO NOT CROSS





# Head of the Mississippi Regatta

**Crew Name:** \_\_\_\_\_

## **Rowing release and Waiver of Liability, Assumption of Risk and Indemnity Agreement**

In CONSIDERATION of being the opportunity to participate in any way in the 2005 Head of the Mississippi Regatta activities, I, for myself, my personal representatives, assigns, heirs and next of kin:

1. ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based and that I am qualified in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND that (a) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my 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 I INCUR AS A RESULT OF MY PARTICIPATION IN THE ACTIVITY.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Head of the Mississippi Regatta, the University of Minnesota Intercollegiate Athletics department, their administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors 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 AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the "Releasees", I WILL INDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE "RELEASEES" from any litigation expenses, attorney fees, loss, liability, damage or cost which any may incur as the result of such a claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND IT'S TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OR 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.

Printed Name of Participant: \_\_\_\_\_ Signature: \_\_\_\_\_  
Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Date: \_\_\_\_\_

### **Parental Consent**

AND I, the minor's parent and/or legal guardian, understand the nature of rowing activities and the minor's experience and capabilities and believe the minor to be qualified in such an activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the "Releasees" from all liability, claims, demands, losses, or damages on the minor's 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 further agree that if, despite this release, I, the minor, or anyone on the minor's behalf makes a claim against any of the above "Releasees", 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.

Printed Name of Parent/Guardian: \_\_\_\_\_ Signature(s): \_\_\_\_\_  
Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Date: \_\_\_\_\_

# Head of the Mississippi Regatta

**Crew Name:** \_\_\_\_\_

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1. ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based and that I am qualified in good health, and in proper physical condition to participate in such Activity. I further agree and warrant that if at any time I believe conditions to be unsafe, I will immediately discontinue further participation in the Activity.
2. FULLY UNDERSTAND that (a) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY, INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by my 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 I INCUR AS A RESULT OF MY PARTICIPATION IN THE ACTIVITY.
3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the Head of the Mississippi Regatta, the University of Minnesota Intercollegiate Athletics department, their administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors 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 AND WAIVER OF LIABILITY, ASSUMPTION OF RISK AND INDEMNITY AGREEMENT I, or anyone on my behalf, makes a claim against any of the "Releasees", I WILL INDEMNIFY, SAVE AND HOLD HARMLESS EACH OF THE "RELEASEES" from any litigation expenses, attorney fees, loss, liability, damage or cost which any may incur as the result of such a claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND IT'S TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OR 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.

Printed Name of Participant: \_\_\_\_\_ Signature: \_\_\_\_\_  
Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Date: \_\_\_\_\_

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Printed Name of Parent/Guardian: \_\_\_\_\_ Signature(s): \_\_\_\_\_  
Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Date: \_\_\_\_\_

## Hotels

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[http://www.gothotel.com/university\\_of\\_minnesota.html](http://www.gothotel.com/university_of_minnesota.html)

## Directions

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**FROM THE SOUTH:** Take Interstate 35 north to Minneapolis. Take exit – MN Hwy. 122 / 3<sup>rd</sup> St. / University of MN East Bank. Stay toward University of MN East Bank. Follow across Bridge down Washington to Oak. Take a right on Oak Street – follow to East River Parkway. Take a right on East River Parkway. Take a right. River Flats Park will be approximately ¼ mile on the left at the base of the hill.

**FROM THE EAST:** Take Interstate 94 west to Minneapolis. Take Exit #235A- Huron Blvd. Go to first signal – SE Fulton St. Turn left. Follow Fulton to East River Parkway. Take a right. River Flats Park will be approximately ¼ mile on the left at the base of the hill.

**FROM THE NORTH:** Take Interstate 35/35W. Exit Hwy. 280- follow to Interstate 94 West. Once on Interstate 94 heading West you must cross to right lane to exit the next exit – #235A Huron Blvd. Go to first signal – SE Fulton St. Turn left. Follow Fulton to East River Parkway. Take a right. River Flats Park will be approximately ¼ mile on the left at the base of the hill.

For additional information call:

**We look forward to seeing you there!**

**HOTM Regatta Committee**