



Head of the Lagoon Regatta Packet

November 9th – 10th, 2019

The Head of the Lagoon Regatta is run over a 2 day weekend. On Saturday, November 9th, only Masters, Collegiate, Open and Jr1x rowers are allowed to race. On Sunday, November 10th, there is ONLY junior racing. On both days, the Venue opens at **6:15 AM** to athletes, coaches and spectators. Please do not arrive before 6:15 AM.

DRONE POLICY: The City of Foster does not allow drones during public events.

REGISTRATION: Regatta registration is done on Regatta Central. Entries close on 10/27/19. There is no race day registration.

Packet pickup for completed entries, opens at 7:30 am each day. Packets are organized by team AND name of person that paid for entries. For each boat there will be a bow number and two paper numbers (one for cox/stroke and one for bow person). No boat will receive a packet unless line-ups are complete and entries are paid. You must be cleared by USRA to race.

SAFETY EQUIPMENT: Every boat must have a bow clip, bow ball and heel restraints for all shoes. Each boat will be inspected for safety **each** time it is launched.

COACHES/COXSWAINS MEETING: Meeting will be held at 7:30 am each morning.

WEIGH-INS: Lightweights may weigh in from 7a.m – 11 am . Crews must weigh-in together. Lightweights: Women ~ 135.0 lb., no averaging. Master and Collegiate Men ~ 165.0 lbs., Junior Men 155.0 lbs. Wristbands will be given out. Coxswains will not be weighed. Crews that do not weigh-in will be scratched. If you do not make weight, your results will be moved to the OPEN division of your boat class. You will race in your pre-assigned numerical order.

Novice 1X, 4+ & 8+: These events are to accommodate novice rowers. Masters are considered novice for first 2 calendar years of rowing. The calendar for Masters starts on your first practice day. As in previous years, novice boats may be coxed by non-novice coxswain in the interest of safety. This includes Jr Novice 8, Novice 4+, Novice 4x+, Freshman 8+ and Freshmen 4x+.

Junior Freshman 4x+, 8+: These events are to accommodate those rowers in 9th grade or lower. Rowers may or may not be novice as long as they are in 9th grade or lower.

RACE COURSE: The course starts at the southern end of the Lagoon and traces a path shaped like the numeral '2', passing under three bridges, along the boardwalk at Central Lake and finishing before Port O' Call Shopping Center, a distance of 5 kilometers. The course is clearly marked with 120+ large orange BEMA buoys. Racing begins with rolling starts with a 10-20 seconds interval between boats. The buoys are there for safety and do not give you a race advantage.

RULES OF RACING:

Passing: Boats may pass slower boats under Bridge #1 and #2 only. This means if two boats are approaching the same arch (there are two arches of race traffic under each of the 3 bridges), you may only pass a slower boat under Bridge #1 and #2. There is **NO PASSING** under Bridge #3-Foster City Blvd. This means you need to find your LANE OF OPPORTUNITY before you get to the bridge OR else wait until all boats are out of the bridges safely. Yelling and screaming like a maniac is not finding your LANE OF OPPORTUNITY.

Assessed penalties are as follows:

1. Crews will be assessed a **30 second penalty** for failing to yield to an overtaking crew. An overtaking boat has the right of way and slower crews must yield and move to the outside of any curve OR move to where you are instructed by the overtaking crew.
2. Crews will be assessed a **1' penalty** for interference on the course.
3. Crews will be excluded for rowing in an unsportsmanlike manner, this includes profanity.
4. Crews will be assessed a **10 second penalty** for crossing a buoy with oars.
5. Crews will be assessed a **30 second penalty** if their hull crosses the buoys.
6. Passing a boat under bridge #3 results in a **30 second penalty**.
7. **Crews will be excluded for rowing through the incorrect arch of any of the 3 bridges. This means rowing through the arch of oncoming traffic. In the race direction, all 3 bridges have 2 arches to choose from: a safe arch and an arch that takes skill. Both arches are available for racing. The 3rd arch of oncoming traffic is not available for racing.** This is a safety concern as doing so can cause a head-on collision.

At the Finish: Crews must continue rowing at least 50-100m beyond the finish line. There is a finish chute of buoys that all boats must clear before stopping and turning.

For Spectators: There is no standing allowed on top of any of the bridges. The bike/pedestrian lane on the bridges is in the center, so standing to get a view would put you in the traffic lane which would then get you a ticket from FCPD. Standing is allowed off to the sides of the bridges or under the arches. There is no spectator viewing at the start or finish line as these locations are the backyards of Foster City residents. There is an overlook point to the finish line located near 1233 Hillsdale Avenue. There is no parking or stopping on this overlook, but you can walk or bike from the main Regatta HQ location.

AGE HANDICAP: Time USRA handicapping for age will be used.

Bow Numbers: You do not need to bring bow numbers, they will be provided. Please make sure they are returned after racing. Lost bow numbers will be charged \$5.

Launching/Recovery: There will be 4 large docks and one small dock for singles and doubles. Make sure your boats have people following to carry oars to the dock. Parents will NOT be allowed in the dock area. Max 2 coaches per boat for oar carry only.

AWARDS: Custom medals will be awarded to first place. If there are more than 6 boats entered, then second and third place medals will also be awarded. Events must have at least two boats to run. We will not run an event with only one entry at the time of the draw.

PERPETUAL TROPHIES: Crews may take home our perpetual trophies as long as they sign a guarantee that they will return them in good condition, and pay for replacements if they damage or lose the trophies.

FOOD & BEVERAGES: No personal BBQ's, coal or propane, will be allowed on the regatta site. This means anything with an open flame, This is due to the fire that occurred at HOTL 2006. Vendors will be on site with regatta t-shirts. JL and Sew Sporty will be on site with rowing apparel. The Foster City Lions Club will have food for sale on Saturday or Sunday. (They switch each year)

QUIET ON THE LAGOON: Please remain quiet on the Lagoon before 9:00 a.m. Use common sense thereafter as this is a quiet residential neighborhood and we would like to be invited back!

COURTESY AND COMMON SENSE: The Community Recreation Center is a public facility paid for by the tax dollars of the residents of Foster City. We must allow them access to the Community Recreation Center parking lot. We must also keep all doorways and sidewalks clear of tents, athletes, boats and oars. **There are a few bronze statues in the launch area and around the main building, please do not touch, set up camp near or hang bags on these statues. This is a direct MANDATE from the regatta officials. Thank you for your attention to this matter.** There is also no public urination allowed anywhere, Foster City, or any other Peninsula city. If there is a line for the toilet, please keep your uni-suit on.

DIRECTIONS AND PARKING INSTRUCTIONS

DIRECTIONS: **650 Shell Blvd., Foster City, CA**

From 101: Head east on Hwy. #92. Take Foster City Boulevard exit. Turn left at lights onto Metro Center Boulevard. Turn right at lights onto Foster City Boulevard. Turn right at lights onto East Hillsdale Boulevard. Turn left at next light onto Shell Boulevard.

From San Mateo Bridge: Take Foster City Boulevard exit. Turn right at lights and right again onto Foster City Boulevard. Turn right at 2nd lights onto East Hillsdale Boulevard. Turn left at next light onto Shell Boulevard.

Spectator Approved Parking Areas

1065 E. Hillsdale - Bank of America Parking Lot

610 Foster City Blvd. - Foster City City Hall

There is NO parking at the Foster City Library as they have their normal weekend schedule of events. Please do not take away a parking spot from a family visiting the library. Foster City Police Officers have been hired to help with parking, car control and people crossing streets in the crosswalks.

PARKING: **NO** parking will be available at the Community Recreation Center, Tennis Courts or [Senior Wing Parking](#) lot (located closest to Leo Ryan Park and closest to the intersection of Hillsdale and Shell Blvds) for participant or spectator vehicles.

For out of town trailers arriving on Friday: Trailers (please call Joe) may park at Dog Park at Foster City Blvd and Bounty Drive on Friday after 10 AM. Saturday racing teams (collegiate/masters/open) may practice from 2 - 5:30 PM on Friday at Dog Park. You must be **OFF** the water at 5:30 PM and have bow and stern lights on. Boats without lights will not be allowed to launch. Last launch is at 4:30 PM. This is a waterway for boats other than rowing and it is not illuminated. There is NO athlete parking at the Rec Center or Dog Park. Please park on the street at the intersection of Bounty and Foster City Blvd. We need to leave spots for Foster City residents at the park. After practice, you may set up slings only, at the main Regatta HQ at the Rec Center. No Tents, tables or chairs maybe set up until Saturday after 6 am.

For All Spectators/Athletes/Coaches Parking for the weekend is in **Spectator Parking Approved Areas** only. (please see above for address locations).

Tow vehicles ONLY may stay with the trailers in the trailer lot.

Bus Drop-Off: There will be a bus drop off area across the street from the trailer lot on the WEST side of Shell Blvd near the light and crosswalk. Buses are encouraged to drive to the site using Foster City Blvd exit. Turn Left off HWY 92, go down Foster City Blvd, Turn RIGHT on Bounty, then turn right on Shell Blvd and pull over across from the trailer lot for drop off and pick ups. This is for BUSES only.

Athlete Drop off: There will be an athlete drop off area on Shell Blvd in front of the tennis courts. THIS is drop off only, with no parking available. Please drop off and proceed to Spectator Parking. Please see the Parking Map under Venue.

For cartopper boats: There is also a turnaround lot just south of the tennis courts on SHELL BLVD for cartoppers and to unload and park. Only cartoppers will be allowed to park.

For hospitality wagons & cars: For those towing a Hospitality wagon. Those wagons maybe parked in the Senior Parking Lot. The tow vehicle must unhook and park in Spectator approved parking. Please park one wagon per spot and tightly. For those people in cars that need to drop off food or water, please use the athlete drop off area on Shell Blvd, in front of the tennis courts just south of the Trailer lot. You will need to drop and go, there is no parking or standing or waiting. If helpers are not available when you arrive, you will still need to drop and go and then park in **Spectator Parking Approved Areas**

For collegiate/master/open trailers arriving on Saturday Morning: Trailers (please call Joe) may park directly at the regatta location at 650 Shell Blvd. Please see Spectator Approved Parking Areas for your athletes and spectators. All the Parking Areas are a 5-7 min walk to the Regatta HQ location.

For Junior trailers arriving on Saturday: Trailers (please call Joe) may come to the regatta site at 3 PM. Please check Twitter @headofthelagoon for any delays or early entrance. The race course opens on Saturday at 3 PM from Regatta HQ only. There is no practicing, launching or parking of trailers at Dog Park. Saturday practice boats must be **off** the water by 5:30 PM. You must have bow and stern lights on. Boats after 4 PM will not be allowed to launch without lights on. No exceptions. No boats may launch after 4:30 PM. You may set up slings, boats, tents, chairs and tables at Regatta HQ after 3 PM for Sunday racing clubs. If there is room at 650 Shell Blvd before 3 PM we will let you know via twitter @headofthelagoon .

For Junior trailers arriving on Sunday: Please call Joe and try to arrive by 7:00 AM. The cox meeting is 7:30 AM. Please add extra time, so you don't get frustrated with the amount of people and boats and then do something you will regret. Please call Joe O'Connor before you arrive. **Cell 650 296 8650**

For All Teams: The Community Recreation Center and Senior Center parking lot will be used as a storage area for boats and trailers only. We are also asking teams to set up their boats in the big, luxurious Leo Ryan Park, located on the north side of the Rec Center. There is grass and an amphitheater for great viewing. Please be courteous. We need everyone to be nice to each other when unloading. There is a TON of space in the big, green lawn area. The walk is not far. Don't be afraid to use the lawn area. There will be bathrooms in the Main Lot AND in the grassy lawn Ryan Park. There is absolutely **no rigging of boats** in the parking lots. We must leave some parking spots open for brave people that will actually be using the Rec Center over the weekend. The main lot is for trailers only. We must leave all the handicap stalls open for people with handicap placards, even on Sunday. We also must leave a lane around the parking lot open for emergency vehicles. We must also not block the walking paths or whack FC residents in the head while they are walking on the walking path.

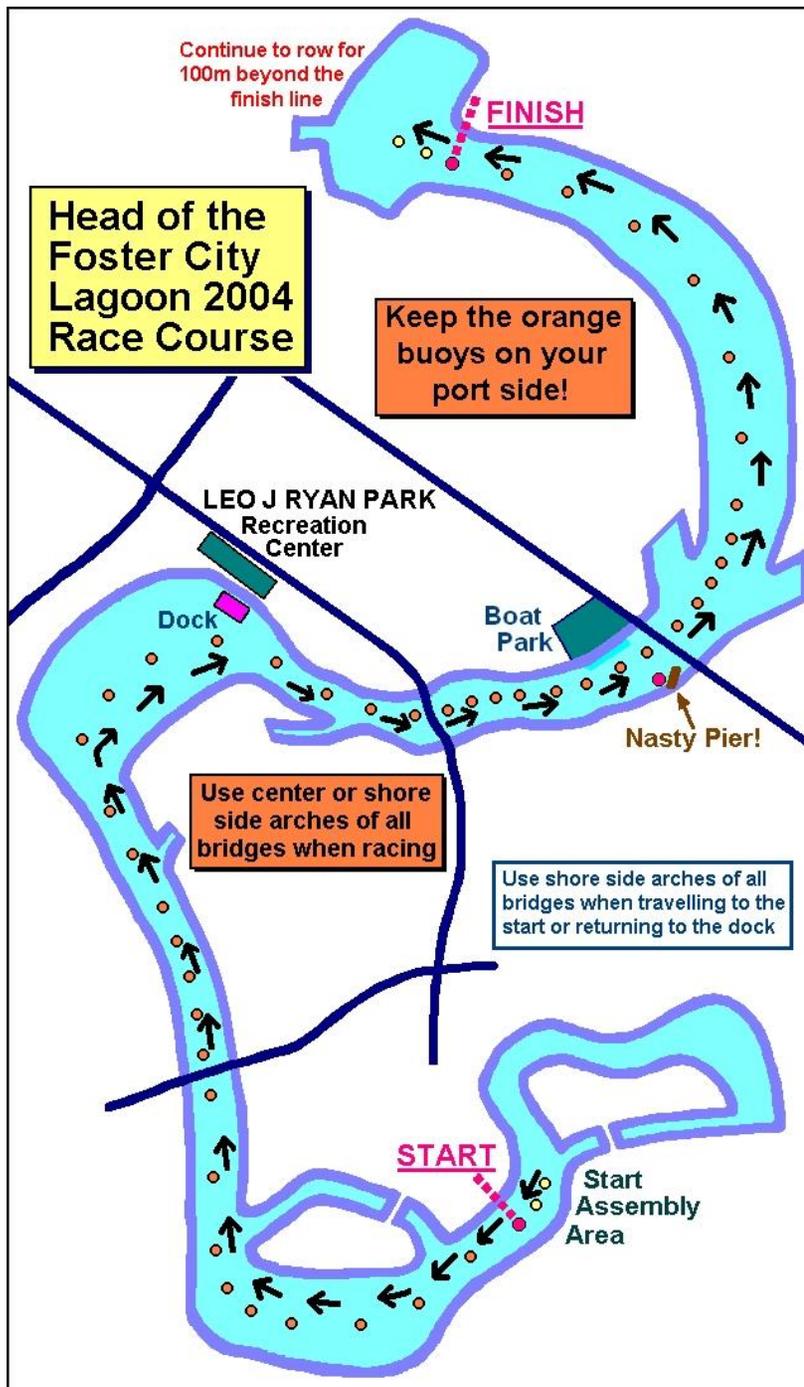
You MAY NOT stake tents in any grass area -- there is an underground sprinkler system and your stakes might find the main pipe. The grass maybe soggy, so we are asking you not to put tarps and what-not on the grass so that we do not ruin the grass.

The Rec Center, and it's bathrooms opens at 9 AM. We have 8 port-a-lets in the Main lot, at 2 bathrooms at Catamaran Park and at 6 bathrooms at Leo Ryan Park until the Rec Center opens. Once the Rec Center opens, everyone forgets about the port-a-lets, so plan accordingly. This does not mean to pee in the bushes, behind a trailer or near the tennis courts. Foster City is home to people.

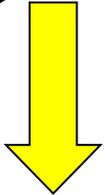
VENUE MAPS



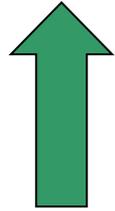
(Aerial Shot Courtesy of Aaron Kudatsky)



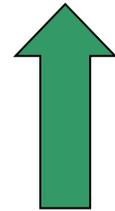
Beach Park Blvd, Bridge #1



Warm-up to Start
ONLY



Race Direction

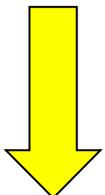


Race Direction

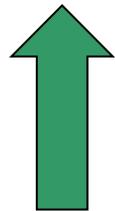
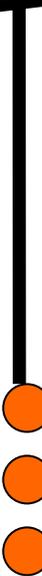


Not

Shell Blvd Bridge #2



Return to Launch
Area, ONLY

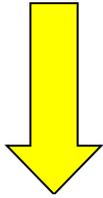


Race Direction

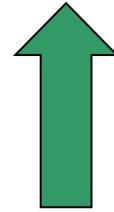


Race Direction

Foster City Blvd, Bridge #3



Return to Launch Area, ONLY

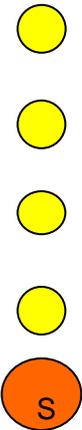
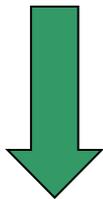


Race Direction

This is a tricky arch for 8+'s

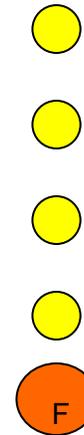
Nasty Pier on Starboard

Starting Line and Chute



Start and Timers on Starboard

Finish Line and Chute



Finish and Timers on Starboard